



NEWCASTLE U3A PROGRAM INFORMATION BOOKLET

Semester 2, 2019

July 22 – December 6

**Newcastle U3A established 1990 - 29 years of
“Learning Opportunities for Seniors”**

Newcastle University of the Third Age

**NEWCASTLE U3A Inc.
ABN: 87 967 033 912
WEB: www.newcastle.u3anet.org.au
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**Postal Address: NEWCASTLE U3A Inc.
PO Box 316
Hamilton 2303
PHONE: 0479 193 182**

NOTICE of U3A GENERAL MEETING

Thursday September 19, 2019 commencing 10.30am

McIntyre Theatrette, Newcastle Museum, 6 Workshop Way, Newcastle

**Tea and coffee available from 10.00am and the meeting will be followed by lunch (your expense) in
Honeysuckle Hotel verandah, Lot 31 Wharf C, Honeysuckle Drive.**

LATE ENROLMENT

If you decide you would like to apply for an additional course after submitting your enrolment form, you are most welcome to do so provided there is a place available.
PLEASE DO NOT TURN UP AT A COURSE WITHOUT ENROLLING –
you must make an application through the Office and have received confirmation that you have a place.

*The 2019 Newcastle U3A program booklet, membership and enrolment forms,
information about venues used by U3A, including location maps, is available via the U3A website.*

www.newcastle.u3anet.org.au

HOW U3A COMMUNICATES CHANGES OR CANCELLATIONS

Sometimes a course needs to be cancelled or amended. If this is the case, we endeavour to get in touch with all members who enrolled in the activity.

Whenever possible changes will be detailed in a **newsletter** or the **weekly email**.

- This means you need to at least skim all communications.
- If Option 1 isn't possible, and we have an email address, you will be notified by email.
 - Don't forget to regularly check U3A emails.
- If all else fails, the member will receive a phone call. Sometimes we have no option but to leave a message on an answering machine, so make sure you check your message bank regularly.

IMPORTANT INFORMATION FOR U3A MEMBERS WHO ARE CURRENTLY FINANCIAL

- You do NOT need to renew your membership if you were a member in Semester 1 but you DO NEED to advise **any change to your contact details**. Please use the Member Contact Details form on the website.
- You do NOT need to re-enrol in a course that is continuing from Semester 1
- You DO need to enrol online for any new courses in Semester 2

PLEASE READ THE SEMESTER 2 PROGRAM IN FULL BEFORE COMPLETING ENROLMENT APPLICATION FOR NEW OR ADDITIONAL COURSES

IMPORTANT INFORMATION FOR MEMBERS WANTING TO JOIN U3A IN SEMESTER 2

Newcastle U3A has a simple three-step online process for membership registration, payment, and course enrolment:

1. Pay your membership fee using internet banking (EFT), direct deposit, or cheque.
2. Complete the online membership application form and submit it
3. Complete the online course enrolment application form and submit it.

Office volunteers can help you with completing forms. Please come into the office at 21 Gordon Avenue Hamilton during 'open-office' hours and a volunteer will assist you.

PLEASE READ THE SEMESTER 2 PROGRAM AND THE INSTRUCTIONS BELOW IN FULL BEFORE COMPLETING THE MEMBERSHIP AND ENROLMENT APPLICATIONS FOR 2019

Membership and Enrolment for 2019

As a 2019 financial member of Newcastle U3A you are entitled to attend as many courses, talks and events as you wish during the year, subject to the availability of places, and pre-payment of excursion or other costs where those apply. Our Membership Year is from January to December. The membership fee for Semester 2 only is \$40 per person. This is due when you lodge your membership and enrolment applications.

NU3A Membership Payment

Payment is important as your membership and enrolment applications cannot be processed in the absence of evidence of payment. You need to make the payment first and advise your method of payment in your membership and course enrolment application forms. Please also email newcastleu3a.au@gmail.com with the date of payment (and copy of the receipt if possible) to facilitate identification and allocation of your payment.

Membership and course enrolment applications are not processed until the membership, and any excursion or course fee applicable, is received. See payment method details below. No online payment method is available via the website.

Before filling in forms, peruse the NU3A Program Information Booklet, select your courses and add the cost of Extras – course fees (where applicable) and **excursions** – to your Membership fee.

Payment Methods

Please note NU3A is unable to accept cash payments.

1. **Electronic Funds Transfer (EFT):** Please transfer **\$40** membership fee, plus any extra amounts required for excursions or courses in your enrolment application, to the following account. Ensure you provide in the description field your full name in enough detail to correctly identify you e.g. *your surname AND first name or, if too long, surname AND initial(s). e.g. ChurchillW*.

**Account name: Newcastle U3A Inc.
BSB Number: 650000
Account number: 822048118**

OR a Direct Deposit may be made at any branch of The Newcastle Permanent using the details shown above (please retain your deposit receipt and ask the staff to mark your deposit with your name to identify your payment).

2. **Cheque:** Write a cheque for **\$40**, plus any extra amounts required for excursions or courses you wish to apply for, to 'Newcastle U3A Inc' and post together with your details (name, address, contact email and phone number) to:

**Newcastle U3A Inc.
PO Box 316, Hamilton 2303**

MEMBERSHIP AND ENROLMENT

Please use our system of Online Forms and Email Enrolment if possible. These are user-friendly and do not require sign-up or a password. They can be securely and safely completed on any computer or device and can be used at any time during the year. If this is not an option for you, and you are not able to come into the office for someone to help you, you can still complete a printed form (see instructions under 'Paper' below). The online forms will allow you to: **Join as a member for Semester 2 2019** – please include an **email address** to ensure faster and more comprehensive communication – and apply to **Enrol**.

If you don't have internet access at home, or would otherwise like some assistance to complete your membership and enrolment applications online, our willing band of volunteers will be available to help in the office at 21 Gordon Avenue Hamilton between 10.00am and 11.00am on Fridays ONLY during the semester break (Jun 28, Jul 5, Jul 12, Jul 19). Just come on in with a list of the courses you want to apply for – no appointment needed.

Paper

While less convenient, timely, or reliable, if needed you can print, complete and mail the membership and Semester 1 course application forms together with cheque or payment details OR you can call into the office at 21 Gordon Avenue Hamilton between 10.00am and 11.00am on Fridays during the Semester break.

Badges

Membership badges and membership and enrolment receipts will be available for collection from the office at 21 Gordon Avenue Hamilton during 'open office' hours on Fridays between 10.00am and 11.00am during the semester break (Jun 28, Jul 5, Jul 12, Jul 19).

If you are unable to collect your badge personally, please forward a stamped, self-addressed envelope to:

**Newcastle U3A Inc.
PO Box 316, Hamilton 2303**

The 2019 Newcastle U3A program booklet, membership and enrolment forms, information about venues used by U3A, including location maps, is available via the U3A website.

www.newcastle.u3anet.org.au

HOW U3A COMMUNICATES CHANGES OR CANCELLATIONS

Sometimes a course needs to be cancelled or amended. If this is the case, we endeavour to get in touch with all members who enrolled in the activity.

Whenever possible changes will be detailed in a **newsletter** or the **weekly email**.

- This means you need to at least skim all communications.
- If Option 1 isn't possible, and we have an email address, you will be notified by email.
 - Don't forget to regularly check U3A emails.
- If all else fails, the member will receive a phone call. Sometimes we have no option but to leave a message on an answering machine, so make sure you check your message bank regularly.

IMPORTANT INFORMATION FOR U3A MEMBERS**Confirmation of Enrolments and Course Allocations**

Initial enrolment applications for Semester 2 will close on Monday 1st July 2019. Ballots are conducted for any course where there are more applicants than places available. Once the ballot process is completed all applicants will be sent an email or letter confirming the course/s in which they have been enrolled. Enrolments are then re-opened for new applications, subject to places available.

Wait List System

All Newcastle U3A enrolment applications are processed in such a way that all members have equal opportunity. Some courses fill quickly and sometimes not all applications are successful. If there are more enrolments than places available in a course, a ballot will apply. If you are not allocated a place in the ballot, you will be placed on a wait list. Should an additional place become available later in the Semester, you will be immediately notified. You will receive an email or letter prior to the beginning of the Semester informing you of the courses in which you are successfully enrolled or wait listed.

NB. Excursions with payments are allocated based on the date the payment is received.

A number of courses continuing from Semester 1 are closed to new enrolments or have an ongoing wait list, and are clearly marked as such in the Program and the online Enrolment Form.

LATE ENROLMENT

If you miss the enrolment deadline or decide you would like to apply for an additional course after submitting your enrolment form, you are most welcome to do so provided there is a place available. PLEASE DO NOT TURN UP AT A COURSE WITHOUT ENROLLING – you must make an application through the Office and have received confirmation of a place.

SELECTING THE RIGHT LANGUAGE COURSE FOR YOU

The approach to each language course is described in the course details. Please read this carefully and contact Newcastle U3A for Course Clerk or tutor contact details if you are unsure of the right one for you. **Note that many language courses require purchase of a textbook.**

Everyone is different – those who work hard at language learning should feel free to discuss their suitability with the tutor.

VARIATIONS TO COURSES – HOW U3A COMMUNICATES CHANGES OR CANCELLATIONS

Sometimes a course needs to be cancelled or amended. If this is the case, we endeavour to get in touch with all members who enrolled in the activity. That communication takes one of 3 forms:

1. Whenever possible changes will be detailed in a **newsletter** or the **weekly email**. This means you need to at least skim all communications.
2. If Option 1 isn't possible, and we have an email address, you will be notified by email. Don't forget to regularly check U3A emails.
3. If all else fails, the member will receive a phone call. Sometimes we have no option but to leave a message on an answering machine, so please make sure you check your message bank regularly.

If you haven't enrolled, you won't receive the notification! Please make sure you always enrol in the courses you wish to attend. Sometimes we are simply unable to contact members in time. Our committee and wonderful Course Clerks try very hard to communicate changes to members – please remember to acknowledge their efforts regularly.

NEWCASTLE U3A COURSE VENUES 2019

Adamstown Uniting Church, Barnes Room and Memorial Hall, 228 Bruncker Road Adamstown [up to 90+] **

Carrington Bowling Club and 'Cowper Street Diner', Cowper Street Carrington [24] ^~*

Carrington Community Centre, Corner Young and Hargrave Streets, Carrington [50] **

Christian Science Church Hall (rear of) 23 Gordon Avenue Hamilton [37] **

Colliers Close Common Room, Colliers Close, Newcastle East [19] ~*

Hamilton Uniting Church Hall (Fellowship House), 150 Beaumont Street Hamilton [n/a] **

Henderson Park Hall – corner Lockyer and James Streets, Adamstown [n/a]

Hunter Unions Building, 406-408 King Street (enter from Devonshire Street) Newcastle [80] **

Lambton Anglican Church and/or Church Hall, 18 Morehead Street Lambton [60] ~*

Merewether Uniting Church Hall, 178 Glebe Road Merewether [50] **

Newcastle Cruising Yacht Club, 95 Hannell Street Wickham [n/a] ^

Silveridge Community Centre, 13 Iranda Grove Wallsend [50] ~*

Star Hall, 23 Valencia Street (corner Villiers Street) Mayfield [n/a] **

The Glen Room at The Place, corner Frederick and Pearson Streets, Charlestown [25] **

The Place, corner Frederick and Pearson Streets, Charlestown (southern end of Charlestown Square) [n/a] **

The Theatrette, Newcastle City Library, Laman Street, Newcastle [25] **

U3A Room, 21 Gordon Avenue (Pachamama House, between Parry and Tudor) Hamilton [37] ~*

Wallsend Pioneers Memorial Hall, 54 Cowper Street Wallsend [n/a] **

maximum seating capacities in brackets: []

denotes: ^licensed premises **accessible venue ~*no steps or few steps

Important: always check your newsletters/email updates for any venue changes

MONDAY

102 CONTINUING FRENCH**Limit 8****Course Leader: Jean-Pierre Abel****Course Clerk: Noelene Lowes 0437 308 938****Dates: Jul 22, 29; Aug 5, 12, 19, 26; Sep 2, 9; Oct 14, 21, 28; Nov 4, 11, 18, 25; Dec 2****Time: 1:30pm - 2:30pm****Venue: private location in Newcastle CBD - to be advised on enrolment**

For those with a knowledge of French. Emphasis on speaking, listening, pronunciation. Homework! Not for beginners!

103 MANDARIN CONTINUING**Limit 10****Course Leaders: The Group****Course Clerk: Ron Giggins 0484 619 635****Dates: Jul 22, 29; Aug 5, 12, 19, 26; Sep 2, 9; Oct 14, 21, 28; Nov 4, 11, 18, 25; Dec 2****Time: 3:15pm - 4:45pm****Venue: U3A Room, 21 Gordon Avenue, Hamilton**

Continuing practice and study of the Chinese language and discussion of Chinese culture. This is a self-directed group with a Mandarin speaker present. Suitable for members who previously participated or who have experience in Mandarin.

104 A TASTE OF ITALIAN - STAGE 2**Limit 12****Course Leader: Suzanne Morrison****Course Clerk: Janette Manca 0414 637 083****Dates: Jul 22, 29; Aug 5, 12, 19, 26; Sep 2, 9; Oct 14, 21, 28; Nov 4, 11, 18, 25; Dec 2****Time: 10:00am - 11:00am****Venue: Colliers Close Common Room, end of Colliers Close, Newcastle East**

Enrollees will need some knowledge of the language before enrolling. We will be focusing on sentence structure and grammar, reading and comprehension. This course continues on from the 2018 course, but all members who fit the criteria should feel welcome to enrol.

105 SPANISH FOR BEGINNERS**Limit 19****Course Leader: Jack Caldwell****Course Clerk: Annette Latter 0403 780 239****Dates: Jul 22, 29; Aug 5, 12, 19, 26; Sep 2, 9; Oct 14, 21, 28; Nov 4, 11, 18, 25; Dec 2****Time: 1:30 pm - 3:00 pm****Venue: Colliers Close Common Room, end of Colliers Close, Newcastle East**This is a course for beginners (or those who have mostly forgotten!). Participants will need to **purchase the textbook** by McGraw Hill *Easy Spanish Step-by-Step* by Barbara Bregstein (ISBN: 9780071463386). Please note that the course will be self-guided during Term 3 with work by correspondence from Jack, who will return from October 14.**106 LET'S WRITE****COURSE CLOSED Limit 20****Course Leader: Elizabeth Elliott****Course Clerk: Sandy Sanson-Fisher 0411 446 258****Dates: Jul 22, 29; Aug 5, 12, 19, 26; Sep 2, 9; Oct 14, 21, 28; Nov 4, 11, 18, 25; Dec 2****Times: 9:30 am - 11:00 am****Venue: Silveridge Community Centre, 13 Iranda Grove, Wallsend**

Have you ever wanted to write a story, a piece of fiction, a poem or give voice to those special times in your life? If you have, come along, put pen to paper and make a start in a safe, non-critical environment and see what happens. You may be surprised, and you may even have fun. This is a free-flowing course dealing with many aspects of writing and active participation is warmly welcomed.

107 UKULELE INTERMEDIATES**Limit 45****Course Leader: Susan Coggan****Course Clerk: Jenny Williams 0438 732 519****Dates: Jul 22, 29; Aug 5, 12, 19, 26; Sep 2, 9; Oct 14, 21, 28; Nov 4, 11, 18, 25; Dec 2****Time: 10:30 am - 12noon****Venue: Carrington Community Centre, corner Young and Hargrave Streets, Carrington**This course is the next stage after Beginners Ukulele. If you can play C C7 D D7 F G G7 A Am A7 and are prepared to learn B7 Bb Dm E7 & Em then please join us. We will be singing a range of songs; learning tablature & extending our strumming & plucking skills. Participants will need to **purchase the textbook** *The Ukulele Club Songbook* Volume 2 (published by Hal Leonard, ISBN 9781863678056) by Blue MUGs, which is available from Jacks Music at New Lambton or Musos Corner. Phone first to ascertain supplies are in stock. The book is also available online direct from the [publisher](#). **Please wait for your enrolment confirmation prior to purchasing the textbook** (approx. cost \$42).

MONDAY**108 UKULELE FOR BEGINNERS at Carrington Bowling Club****COST \$6.00****Limit 45****Course Leader: Susan Coggan****Course Clerk: Chris Welbourne 0418 4663 59****Dates: Jul 22, 29; Aug 5, 12, 19, 26; Sep 2, 9; Oct 14, 21, 28; Nov 4, 11, 18, 25; Dec 2****Time: 1:00pm - 2:30pm****Venue: Carrington Bowling Club, Cowper Street, Carrington**

This course teaches ukulele accompaniment to a range of songs. We will start with a simple 1 chord song of "Frere Jacques", and progress over the year to songs with a range of chord progressions (e.g. "Eight Days a Week" by The Beatles). You will learn the ukulele skills of tuning; reading chord diagrams; strumming; playing chords, & simple finger picking. If you can't sing, humming is ok. Participants will need to **purchase the workbook from NU3A** at the time of enrolment by adding \$6 to your membership fees.

110 MEDITATION**WAITLISTED Limit 35****Course Leaders: Vicki Everingham and Sherill Jones****Course Clerk: Veronica Brandon 4021 1883 / 0407 222 319****Dates: Jul 22, 29; Aug 5, 12, 19, 26; Sep 2, 9; Oct 14, 21, 28; Nov 4, 11, 18, 25; Dec 2****Time: 1:30pm - 3:00pm****Venue: Star Hall, 23 Valencia Street, Mayfield**

Includes several types of meditation such as relaxation, visualisation, breathing techniques, chakras and mindfulness. The course does not promote any specific philosophy or religious background.

111 BALANCE 'N' BONES**Limit 32****Course Leader: Elizabeth Howard****Course Clerks: Elizabeth Howard 0451 272 729 and Julie-Ann Hamilton 0403 897 181****Dates: Oct 14, 21, 28; Nov 4, 11, 18, 25; Dec 2****Time: 1:30 pm - 2:30 pm****Venue: The Place, Charlestown Community Centre, corner Frederick and Pearson Streets, Charlestown**

An exercise program for active, mobile, mature-aged participants at all fitness levels. A fun, easy workout to increase flexibility, balance, coordination and bone strength. Minimal impact aerobics moves, seated and standing, exercises with hand-held weights (optional), stretches, relaxation, some jumping (optional). Wear loose comfortable clothing, soft shoes or joggers. Bring a bottle of water, hand-held weights and a lightweight ball. Work at your own level. **Medical caution:** if anyone has any health issues which might be exacerbated by participation in any exercise program please first check with your doctor. **Note: you need to re-apply to enrol in this course even if you were enrolled in Semester 1.**

112 THIS TRANSGENDER LIFE: Experiences, Science and Future Prospects**Limit 24****Course Leader: Dr Rachel Heath PhD****Course Clerk: John Thacker 0403 001 682****Date Jul 22****Time: 11.30am - 1.00pm****Venue: U3A Room, 21 Gordon Avenue, Hamilton**

Rachel is Conjoint Associate Professor of Psychology at the University of Newcastle and the author of two books on transgender issues, *The Praeger Handbook of Transsexuality* (2006) and, with Dr Katie Wynne, *A Guide to Transgender Health* (June 2019). She was Professor of Psychology at three Universities, including two in the UK. Rachel co-founded the Hunter Centre for Sex and Gender Diversity (now the Hunter Gender Alliance) and has conducted courses on Gender Diversity and Transgender Issues to senior University students and to the general public. In this talk, Rachel will describe her own transition experiences, tell people about the latest scientific findings in the field of gender diversity, and discuss the challenges and future prospects for trans people and their supporters both here and abroad. Plenty of time will be set aside for questions.

113 BEGINNERS JAPANESE LANGUAGE AND CULTURE**Limit 20****Course Leader: Jennifer King****Course Clerk: Alison Maxwell 0488 032 702****Dates: Jul 22, 29; Aug 5, 12, 19, 26; Sep 2; Oct 14, 21, 28; Nov 4, 11, 18, 25; Dec 2****Time: 9.30am -11.00am****Venue: U3A Room, 21 Gordon Avenue, Hamilton**

This course aims to develop basic communication skills in using and understanding the spoken Japanese language and explores the fascinating cultural traditions of Japan. An introduction to the Hiragana script and Japanese calligraphy is also included. **Please note there will be no course on Monday 9th September.**

LATE ENROLMENT

If you decide you would like to apply for an additional course after submitting your enrolment form, you are most welcome to do so provided there is a place available.

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MONDAY

- 115 THE TUDOR DYNASTIES – THE INTRIGUES, RELATIONSHIPS AND INSIDE STORIES OF THE DYNASTIES THAT SHAPED ENGLAND** **Limit 50**
Course Leader: Alan Barr
Course Clerks: Jenny Bensley 0481 538 137/ Peter Everingham 0438 616 214
Dates: Jul 22, 29; Aug 5, 12, 19
Time: 10.30am - 12noon
Venue: Adamstown Uniting Church, Glebe Road, Adamstown.
 You will not want to miss this fascinating series of 5 selected talks covering:
 (1) **Tudor Court** – 1485-1603 – ‘a glimpse of and introduction to the Court of England’s best-known Dynasty.’
 (2) **King Henry VIII** – ‘villain, tyrant or just a monarch with personal relationship issues?’
 (3) **Queen Mary I (Bloody Mary)** – ‘a five-year tragic reign of terror – what went wrong?’
 (4) **Elizabeth I** – ‘the Place of the Virgin Queen in English history including her achievements and her private life.’
 (5) **Mary Queen of Scots** – ‘Queen of France and Scotland, tragically with misplaced ideas about claiming the English throne.’
- 116 AN INTRODUCTION TO 3D PRINTING** **WAITLISTED** **Limit 20**
Course Leader: Steven Threlfo
Course Clerk: Alan West 0439 817 006
Date: Sep 2
Time: 1.30pm - 3.00pm
Venue: U3A Room, 21 Gordon Avenue, Hamilton
 3D printing is a technology that has been emerging since the 1980s. Technical developments are now bringing 3D printing to the forefront of manufacturing, art, and medicine. In addition, the availability of low-cost 3D printers, suitable for domestic use, is now supplementing the tools available for hobbyists and shed dwellers. With fast access to customized and inexpensive products, 3D printing has the potential to change contemporary culture, in particular how specialised components are prototyped, created and used.
- 125 DARWIN AND HIS GALAPAGOS FIASCO** **Limit 25**
Course Leader: Bert Browne
Course Clerk: June Browne 4925 3949 / 0473 858 431
Date: Aug 12
Times: 11.30am – 1.00pm
Venue: U3A Room, 21 Gordon Avenue, Hamilton
 Legend has it when the *Beagle* spent 5 weeks in the Galapagos Islands, Darwin started forming his transmutation ideas based on the flora and fauna, particularly the finches, he observed there. In reality it was back in England, some five years later, and only with the help of his fellow collectors and expert examiners before he realised the importance of the Galapagos Islands.
- 126 PALMYRA – THE BEAUTIFUL CITY IN SYRIA** **Limit 25**
Course Leader: Bert Browne
Course Clerk: June Browne 4925 3949 / 0473 858 431
Date: Oct 21
Times: 11.30am – 1.00pm
Venue: Adamstown Uniting Church, corner Glebe and Bruncker Roads, Adamstown
 Palmyra was the most powerful commercial centre in the Middle East between the first and third centuries AD. The magnificent monuments were a resplendent blend of Greco-Roman architecture and they stretched over kilometres and were the most significant buildings of the ancient world.
- 127 STORY OF THE RED CENTRE** **Limit 25**
Course Leader: Robert (Bob) Colomb
Course Clerk: Margaret Flood 4929 2950
Dates: Jul 29; Aug 5
Times: 11.30am – 1.00pm
Venue: U3A Room, 21 Gordon Avenue, Hamilton
 The landscape we see at Uluru and around Alice Springs is not only spectacular, but very ancient. The story of this landscape starts nearly four billion years ago, and runs through the formation of the original continental fragments, three supercontinents and three mountain ranges. Over two sessions we will look at the processes producing continents, continental drift and mountain building to tell the story of the Red Centre.

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MONDAY

128 PALMYRA – THE BEAUTIFUL CITY IN SYRIA 2**Limit 25****Course Leader: Bert Browne****Course Clerk: June Browne 4925 3949 / 0473 858 431****Date: Oct 28****Times: 11.30am – 1.00pm****Venue: Adamstown Uniting Church, corner Glebe and Bruncker Roads, Adamstown**

Palmyra was the most powerful commercial centre in the Middle East between the first and third centuries AD. The magnificent monuments were a resplendent blend of Greco-Roman architecture and they stretched over kilometres and were the most significant buildings of the ancient world.

TUESDAY

201 SPEAKING ITALIAN**COURSE CLOSED Limit 5****Course Leader: Elvira Abel****Course Clerk: Sid Gray 0439 253 926****Dates: Jul 23, 30; Aug 6, 13, 20, 27; Sep 3, 10; Oct 15, 22, 29; Nov 5, 12, 19, 26; Dec 3****Time: 11:00am - 12noon****Venue: private location in Newcastle CBD - to be advised on enrolment**

This is a course for members who speak and understand Italian and want to improve those skills. The emphasis will be on speaking, listening and pronunciation.

202 FRENCH CONTINUING**Limit 12****Course Leaders: The Group****Course Clerk: Marianne Ayre 0413 312 725****Dates: Jul 23, 30; Aug 6, 13, 20, 27; Sep 3, 10; Oct 15, 22, 29; Nov 5, 12, 19, 26; Dec 3****Time: 1:30pm - 3:00pm****Venue: Colliers Close Common Room, end of Colliers Close, Newcastle East**

For those who want to increase their existing basic knowledge of French and improve their French language skills.

203 LATIN ADVANCED**Limit 14****Course Leader: Rosemary O'Neill****Course Clerk: Rosemary O'Neill 4023 2932 / 0409 500 707****Dates: Jul 23, 30; Aug 6, 13, 20, 27; Sep 3, 10; Oct 15, 22, 29; Nov 5, 12, 19, 26; Dec 3****Time: 9:45am - 11:15am****Venue: U3A Room, 21 Gordon Avenue, Hamilton**

A continuing course for people who are studying the Latin language - its vocab, grammar and its impact on the English language. New members will need to have prior knowledge of Latin and **must contact the tutor before enrolling**. We will begin by quickly revising the contents of Books 1 & 2 before we continue with Book 3. The **course text** is *The Oxford Latin Course Part 3* (2nd edition - ISBN 019 912228) by Maurice Balme and James Morwood.

204 LATIN INTERMEDIATE**Limit 14****Course Leader: Rosemary O'Neill****Course Clerk: Rosemary O'Neill 4023 2932 / 0409 500 707****Dates: Jul 23, 30; Aug 6, 13, 20, 27; Sep 3, 10; Oct 15, 22, 29; Nov 5, 12, 19, 26; Dec 3****Time: 11:30am - 1:00pm****Venue: U3A Room, 21 Gordon Avenue, Hamilton**

A continuing course for people who want to study the Latin language - its vocab, grammar and impact on the English language. New members will need to have some prior knowledge of Latin and **must contact the tutor before enrolling**. We will begin by quickly revising the contents of Book 1 before we continue with Book 2. The **course text** is *The Oxford Latin Course Part 2* (2nd edition) by Maurice Balme and James Morwood (ISBN 019 912227).

205 TAI CHI / QI GONG – BEGINNERS**COURSE CLOSED Limit 50****Course Leader: Pauline Pirozzi****Course Clerk: Cathy Haddow 0417 241 115****Dates: Jul 23, 30; Aug 6, 13, 20, 27; Sep 3, 10; Oct 15, 22, 29; Nov 5, 12, 19, 26; Dec 3****Time: 9:30am - 10:30am****Venue: Wallsend Pioneers Memorial Hall, Cowper Street, Wallsend**

Beginners will attend this time slot. Yang form movements are larger and more extended. The posture is upright and full. The pace is gentle, slow and continuous, with connections between movements gentle and coherent. The force of movements is internal with tenderness and fierceness. YANG IS VERY POPULAR WITH TAI CHI BEGINNERS. Qi Gong exercises work on: Restoring Vitality and Balancing the emotions through an intrinsic workout.

TUESDAY

206 TAI CHI / QI GONG – ADVANCED**COURSE CLOSED** Limit 50

Course Leader: Pauline Pirozzi

Course Clerk: Cathy Haddow 0417 241 115

Dates: Jul 23, 30; Aug 6, 13, 20, 27; Sep 3, 10; Oct 15, 22, 29; Nov 5, 12, 19, 26; Dec 3

Time: 11:00am - 12noon

Venue: Wallsend Pioneers Memorial Hall, Cowper Street, Wallsend

Suitable for students with knowledge of 40 Yang Form. This year students will also be experiencing the TAI CHI FAN.

207 POETRY: Bards and Ballads

Limit 20

Course Leader: Daphne Roper

Course Clerk: Brenda Carter 4920 6740 / 0422 691 280

Dates: Jul 30; Aug 27; Nov 5; Dec 3

Time: 1:30pm - 3:00pm

Venue: U3A Room, 21 Gordon Avenue, Hamilton

Do you remember those poems you heard in your schooldays, or are you a modernist of "Slam"? Come and share it all with those of like mind. Not a performance, nor will we simply be thumbing the pages of old poetry.

208 BOOK READING

Limit 20

Course Leader: Joy Nicholls

Course Clerk: Beverley Rees 4969 5197

Dates: Aug 13; Sep 10; Oct 22; Nov 19

Time: 1:30pm - 3:00pm

Venue: U3A Room, 21 Gordon Avenue, Hamilton

The reading list includes: Aug 13 *The Birdman's Wife* by Melissa Ashley; Sep 10 *There Should be More Dancing* by Rosalie Ham; Oct 22 *The Zanzibar Wife* by Deborah Rodriguez; Nov 19 *No Friend But the Mountains* by Behrouz Boochani. All enthusiastic readers are welcome.**209 RANDOM READERS**

Limit 20

Course Leader: Daphne Roper

Course Clerk: Ray Seldon 4961 4381 / 0416 337 644

Dates: Jul 23; Aug 20; Oct 29; Nov 26

Time: 1:30pm - 3:00 m

Venue: U3A Room, 21 Gordon Avenue, Hamilton

A "read and tell" opportunity to discuss a book each month; this will be a non-prescribed book. Each participant may introduce the book they are currently reading or have recently completed - including brief profiles of the author, publication date, and of course your opinion, favourable or otherwise.

210 CRAFTY CONVERSATIONS

Limit 20

Course Leaders: The Group

Course Clerk: Jan Chandler 4929 3700 / 0437 525 495

Dates: Aug 6; Sep 3; Oct 15; Nov 12

Time: 1:30pm - 3:00pm

Venue: U3A Room, 21 Gordon Avenue, Hamilton

Bring along something you are working on; share skills, ideas and patterns; help others; learn something new and embrace Craft Work. A casual, self-managing group designed to support members interested in craft work. Men and women are welcome. THIS CLASS MEETS WITHOUT A TUTOR.

211 FIRST AID FOR SENIORS

Limit 20

Course Leader: David Alderton

Course Clerk: Julie Newing 0414 433 008

Date: Oct 15, 22;

Venue: The Glen Room, Charlestown Community Centre

Time: 10.30am – 1.30pm

This is a full HLTAID003 basic first aid course. With this course you will have the full knowledge of the basic First Aid course but it will not come with a certificate. Course includes detailed work on manikins for CPR and defibrillator; bandaging techniques for cuts and snake bites; work with puffer and EpiPen as well as much more. Course is detailed but also fun. Attendees please note: you may get your parking validated at the information desk if you are parked for more than 3 hours at Charlestown Shopping Centre.

TUESDAY

212 ART IRRITATES LIFE**Limit 100****Looking at Contemporary Art and ideas that help us see our everyday lives****Course Leader: Dr Rod Pattenden****Course Clerk: Joy Carlin 0402 812 940 / Beth Elliott 0418 478 222****Dates: July 23, 30; Aug 6, 13****Time: 10.30am-12noon****Venue: Adamstown Uniting Church, Glebe Road, Adamstown**

This richly illustrated series of talks will explore the manner in which modern art can both inspire and annoy. These entertaining talks will demonstrate that art can provide us with fresh ways of understanding things like life, death, politics and power, war and peace, gender and difference, and responses to the future of our planet.

Presented by Dr Rod Pattenden, curator and art historian. Rod has curated a number of significant exhibitions and written widely about art in Australia. He is currently developing an exhibition on war artist George Gittoes to open at the Newcastle Art Gallery in 2020. He is also minister of Adamstown Uniting Church with an interest in creative forms of spirituality.

213 TOUR OF ORICA KOORANGANG SITE**Limit 25****Course Leader: Jenny Williams 0438 732 519****Course Clerk: Dianne Imison 4963 6415 / 0421 154 013****Date: Sep 10****Time: 10.30am-1.00pm****Venue: Orica Kooragang Site, 15 Greenleaf Road, Kooragang Island**

This 2½ hour tour of Orica's chemical plant on Kooragang Island is exclusive to Newcastle U3A members (community tours operate at the weekend). It includes an initial briefing/introduction and provision of protective clothing (safety boots, hard hat, etc.), and a conducted tour on foot around the site followed by light refreshments. There is limited parking on the property outside the Administration office, and ample parking on the street outside.

Required: Please wear long pants and long sleeves. Participants need to be comfortable to walk for about one hour over uneven surfaces; a hard hat will be provided and sunscreen is recommended.

214 LAMBTON & NEW LAMBTON – 19th century mining towns**Limit 90****Presenter: Julie Keating****Course Clerk: Julie Newing 0414 433 008****Date: Sep 10****Time: 10.30am-12noon****Venue, Adamstown Uniting Church, 228 Bruncker Road, Adamstown**

Respected local author and historian Julie Keating has continued her series of books focusing on Newcastle in the 19th and early 20th centuries. This talk is based on her two books: *Lambton: a nineteenth century mining town* and *New Lambton: from mining town to progressive municipality*. Coal mining was the impetus for growth in both these communities and there was a sense of rivalry between the two mining companies operating the mines.

215 WICKHAM, ISLINGTON & TIGHES HILL: the early days near Throsby Creek**Limit 90****Presenter: Julie Keating****Course Clerk: Margaret Finnie 0438 625 774****Date: Nov 12****Time: 10.30am-12pm****Venue, Adamstown Uniting Church, 228 Bruncker Road, Adamstown**

Respected local author and historian Julie Keating has continued her series of books focusing on Newcastle in the 19th and early 20th centuries. A number of Newcastle suburbs developed because of coal mining. In *Wickham, Islington & Tighes Hill: the early days near Throsby Creek* the development story began because of the demand for meat by the domestic market and the sailing companies needing to provide sustenance for their sailors. There were slaughter-houses, fellmongeries, tanneries and meat processing works established along Throsby Creek. These industries needed clean water for their processing but also dumped their wastes into the creek.

216 MEMORIES, MANUSCRIPTS AND MORE**Limit 15****Course Leader: Rebecca Skinner****Course Clerk: Jan Smith 4920 1347 / 0428 626 595****Dates: Jul 23, 30; Aug 6, 13, 20, 27; Sep 3; Oct 22, 29; Nov 5, 12, 19, 26; Dec 3****Times: 11.30am - 1.00pm****Venue: Colliers Close Common Room, end of Colliers Close, Newcastle East**

Have you a story to tell – either about your life or your ancestors that you wish to preserve as part of your family legacy? So often it's hard to know where to start and what to leave out. Perhaps you wish to write down the stories you made up for your children so they can read them to their own children. Or maybe you want to make up stories featuring the children in your family? If you need tips on writing, ideas on story structure and how to present your work in a professional looking book, designed by you, then my experience as a journalist, editor and writer can show you how. Bring your ideas, your writing and your publishing dreams to this unique course every Tuesday afternoon.

Note: no class on September 10 or October 15.

TUESDAY

223 INTERMEDIATE PHOTOGRAPHY at Lambton Anglican Church**Limit 25****Course Leader: Mark McConnell****Course Clerk: John Thacker 0403 001 682****Dates: Oct 15, 22; Nov 5, 19; Dec 3****Time: 10:30 am – 12 noon****Venue: The Green Room, Lambton Anglican Church**

There will be field trips in weeks 3, 5 and 7 to sites determined by the group, with your efforts displayed and discussed at the following session. Topics will include refresher on shutter/aperture/ISO, tips, group photography, lighting (flash and available light), scanning and copying photos (pixels vs print size), video tips, histograms, Photoshop and processing images. Please note that the field trips are course 224 and you will need to enrol in both courses.

224 INTERMEDIATE PHOTOGRAPHY - FIELD TRIPS**Limit 25****Course Leader: Mark McConnell****Course Clerk: John Thacker 0403 001682****Dates: Oct 29; Nov 12, 26****Time: 10:00 am - 11:30 am – note earlier start time!****Venue: Various locations - excursions**

All applicants for course 223 Intermediate Photography at 21G should also enrol in this course. It includes the field trips which are an essential component of the Intermediate Photography learning experience.

226 INTRODUCTION TO SAILING INFORMATION SESSION**Limit 60****Course Leader: Henk Zeeman****Course Clerk: Jenny Williams 0438 732 519****Date: Oct 15****Time: 10.30am-12noon****Venue: Newcastle Cruising Yacht Club, 95 Hannell St, Wickham**

Interested in trying something new and exciting or brushing up on your sailing experience? Come along to this Introduction to Sailing at Newcastle Cruising Yacht Club where Henk Zeeman, your experienced captain, sailing instructor Andrew Omotosha, Sailing Academy Manager Jacqui Ellis and our own Graeme Newing will take you through everything you need to know to ensure that you have a most enjoyable experience. Information will cover what you will be doing, what to wear, where to park your car, where you can leave your gear, what to do afterwards. There will be videos of the Force 24s you will be sailing on and a Q and A session to cover any questions you may have.

Note: Enrolment in the Discover Sailing Experience Courses will be open only to members who attend Course 226 or completed a Sailing Experience Course in Semester 1.

DISCOVER SAILING EXPERIENCE

The Discover Sailing Experience involves 3 hours on a Force 24 inshore keelboat owned by Newcastle Cruising Yacht Club (NCYC). Four courses are currently being offered, and participants can attend as many courses as they wish; they will always learn something extra having more time on water. The cost for each course is \$25 (a significantly reduced rate for U3A members), payable at the time of enrolment. NCYC supply the lifejacket, boats, sails and all safety equipment. An Australian Sailing qualified Instructor will be on board with **four participants**. All participants will need to be registered with **Australian Sailing** – NCYC will complete this for you - and this will provide personal accident insurance whilst you are participating in the course. There is no cost for this and once registered will cover you for life. Your Australian Sailing registration number must be quoted when enrolling. Following the introductory courses, NCYC plan to offer further details to any participants who are interested in pursuing other, more detailed courses. Details of **Insurance** provided can be viewed via www.networksteadfast.com.au/industries-and-associations/sailing/personal-injury-australian-sailing-members-insurance

227 DISCOVER SAILING EXPERIENCE – Course 1**Cost \$25 per person****Limit 12****Course Leader: Henk Zeeman****Course Clerk:****Date: Oct 22****Time: 10.00am-1.00pm****Venue: Newcastle Cruising Yacht Club, Wickham Marina, Hannell St, Wickham****228 DISCOVER SAILING EXPERIENCE – Course 2****Cost \$25 per person****Limit 12****Course Leader: Henk Zeeman****Course Clerk:****Date: Oct 29****Time: 10.00am-1.00pm****Venue: Newcastle Cruising Yacht Club, Wickham Marina, Hannell St, Wickham**

TUESDAY**229 DISCOVER SAILING EXPERIENCE – Course 3**

Course Leader: Henk Zeeman

Course Clerk:

Date: Nov 5

Time: 10.00am-1.00pm

Venue: Newcastle Cruising Yacht Club, Wickham Marina, Hannell St, Wickham

Cost \$25 per person

Limit 12

230 Discover Sailing Experience – Course 4

Course Leader: Henk Zeeman

Course Clerk:

Date: Nov 12

Time: 10.00am-1.00pm

Venue: Newcastle Cruising Yacht Club, Wickham Marina, Hannell St, Wickham

Cost \$25 per person

Limit 12

LATE ENROLMENT

If you decide you would like to apply for an additional course after submitting your enrolment form, you are most welcome to do so provided there is a place available.
PLEASE DO NOT TURN UP AT A COURSE WITHOUT ENROLLING –
you must make an application through the Office and have received confirmation that you have a place.

TUESDAY AFTERNOONS WITH U3A**TUESDAY AFTERNOONS WITH U3A** – enrol separately for those sessions that you wish to attend

Limit 100

Course Leaders: Ron Davis and Carol Davis

Course Clerk: Carol Davis 4951 7878; ronald_davis@hotmail.com

Time: 1:30 pm - 3:00 pm

Venue: Adamstown Uniting Church, corner Glebe and Brunner Roads, Adamstown

251 THE HARRISON CLOCK - the 1500-1600's chronometer which changed maritime history

Presenter: Chris Cull

Date: Jul 23

252 LOST HOTELS OF THE NEWCASTLE SUBURBS – ADAMSTOWN TO MAYFIELD

Presenter: Ed Tonks, historian

Date: Jul 30

253 DROUGHTS AND FLOODING RAINS

Presenter: Conjoint Professor Howard Bridgman

Date: Aug 6

254 BORDER DISPUTES BETWEEN THE AUSTRALIAN STATES

Presenter: Victor Isaacs, Canberra

Date: Aug 13

255 GEOLOGY OF THE LOWER HUNTER – MINERALS - how they are formed and are used

Presenter: Phil Gilmore, Geological Survey of NSW, Maitland

Date: Aug 20

256 OCCUPATIONAL DISEASES - PAST AND PRESENT - including mining, grocers, bakers, chemicals, radiation, asthma and infections

Presenter: Chris Ashhurst-Smith, Microbiologist

Date: Aug 27

257 CAVING

Presenter: Garry Smith, President of Newcastle and Hunter Speliological Society

Date: Sep 3

258 REALITIES OF CLIMATE CHANGE

Presenter: Conjoint Associate Professor Howard Bridgman

Date: Sep 10

Third Term Break – 13 September to 14 October 2019

TUESDAY AFTERNOONS WITH U3A

259 THE STROKE FOUNDATION

Presenter: Valeria Astorga, PhD, M Human Nutrition, Stroke Foundation

Date: Oct 15

260 A TRAIN TRIP THROUGH SOUTHERN AFRICA

Presenter: Margaret Finnie

Date: Oct 22

261 GUY FAWKES – INNOCENT OR GUILTY ? – all about 5th November in England and the Houses of Parliament

Presenter: Phil Barrington

Date: Oct 29

262 THE GALAPAGOS ISLANDS

Presenter: Conjoint Associate Professor Howard Bridgman

Date: Nov 5

263 JAZZ IN NEWCASTLE

Presenter: Rod Barnes, Dungeon Big Band

Date: Nov 12

264 CRIMINOLOGY

Presenter: Xanthe Mallett, University of Newcastle

Date: Nov 19

265 MOUNT KOSCIUSKO – the mountain, the walk, the wild horses, and the politics

Presenter: Linda Groom

Date: Nov 26

266 ITALY AND MALTA – the Reflections of a Tourist

Presenter: Dr Ron Robinson

Date: Dec 3

WEDNESDAY

301 FRENCH CONVERSATION (this lesson is conducted in French)**COURSE CLOSED****Limit 15**

Course Leader: Elvira Abel

Course Clerk: Frances Hawke 4963 3738 / 0425 266 620

Dates: Jul 24, 31; Aug 7, 14, 21, 28; Sep 4, 11; Oct 16, 23, 30; Nov 6, 13, 20, 27; Dec 4

Time: 12:30pm - 1:30pm – note time!

Venue: Colliers Close Common Room, end of Colliers Close, Newcastle East

For members with good knowledge of French, able to speak quite fluently. Emphasis is on speaking, listening to and understanding French. Participants must have a good understanding of grammar - aspects are taught as necessary. For those who speak and understand the language well and want to continue to practise and fine-tune their skills.

302 FRENCH BEGINNERS**Limit 8**

Course Leader: Jean-Pierre Abel

Course Clerk: Jean Menlove 0428 497 294

Dates: Jul 24, 31; Aug 7, 14, 21, 28; Sep 4, 11; Oct 16, 23, 30; Nov 6, 13, 20, 27; Dec 4

Time: 2:30pm - 3:30pm

Venue: private location in Newcastle CBD - to be advised on enrolment

This course is for members with little or no knowledge of French or those that have forgotten their high school lessons! The emphasis is on speaking, listening and pronunciation - listening especially. You will be expected to do homework.

303 SPANISH - PRE-INTERMEDIATE**Limit 22**

Course Leader: Garry Jennings

Course Clerk: Estelle Roberts 0413 363 439

Dates: Jul 24, 31; Aug 7, 14, 21, 28; Sep 4, 11

Time: 9:30am -11:00am

Venue: U3A Room, 21 Gordon Avenue, Hamilton

This course is suitable for students who have completed the U3A Beginner Spanish and/or Spanish Stage 2 in 2018; OR those with some basic Spanish OR anyone returning to study the language after a period away. We will work with the future and past tenses; apply the language to real life scenarios and balance speaking, listening, writing and reading. Participants will need to **purchase the prescribed Text Book: *Easy Spanish Step-By-Step*** by Barbara Bregstein (ISBN – 978 0071463386).

WEDNESDAY

304 ITALIAN ADVANCED**Limit 14****Course Leader: Jim Mannell****Course Clerk: Margaret Clitheroe 0403 020 084****Dates: Jul 24, 31; Aug 7, 14, 21, 28; Sep 4, 11; Oct 16, 23, 30; Nov 6, 13, 20, 27; Dec 4****Time: 11:30am - 1:00pm****Venue: U3A Room, 21 Gordon Avenue, Hamilton**

For students who have completed 2 years plus of basic oral and written Italian and are proficient in all indicative tenses. New participants who are in doubt about their proficiency should **contact the teacher through the Course Clerk**. Homework and private study are integral to the course and a **course workbook may be required in Semester 2** this year.

305 LET'S TALK ITALIAN**Limit 18****Course Leader: Michael Foley****Course Clerk: Margaret Clitheroe 0403 020 084****Dates: Jul 24, 31; Aug 7, 14, 21, 28; Sep 4, 11; Oct 16, 23, 30; Nov 6, 13, 20, 27; Dec 4****Time: 9:30am -11:00am****Venue: Colliers Close Common Room, end of Colliers Close, Newcastle East**

This is a continuation of the 2018 intensive course "Short Course Italian", although any member who meets the criteria is welcome to enrol. It is suitable for those who have completed at least 6 months of recent previous study. The focus will be on grammar in preparation for the spoken language. Participants will need to **purchase a copy of the textbook** *Hugo's Italian in 3 months* (ISBN 9781405301022). Please **do not purchase the textbook until you are advised** that your course application has been successful. Homework required.

310 LET'S TALK ITALIAN FOR BEGINNERS**NEW COURSE****Limit 18****Course Leader: Michael Foley****Course Clerk: Genevieve Guinane 4021 1503 / 0407 232 553****Dates: Jul 24, 31; Aug 7, 14, 21, 28; Sep 4, 11; Oct 16, 23, 30; Nov 6, 13, 20, 27; Dec 4****Time: 11.00am – 12noon****Venue: Colliers Close Common Room, end of Colliers Close, Newcastle East**

This is a beginners' course in Italian. It is suitable for those who have little or no knowledge of Italian. The main focus will be on grammar in preparation for the spoken language. Participants will need to **purchase a copy of the textbook**, which is available from Book Depository *Hugo's Italian in 3 months* (ISBN 9781 405301022). Homework is required.

306 FULL BODY STRETCH / LATINO DANCERCISE**WAITLISTED Limit 40****Course Leader: Colleen Potts****Course Clerk: Sherill Jones 0487 068 637****Dates: Jul 24, 31; Aug 7, 14, 21, 28; Sep 4, 11; Oct 16, 23, 30; Nov 6, 13, 20, 27; Dec 4****Time: 11:00am -12:15pm****Venue: Henderson Park Hall, corner Lockyer and James Streets, Adamstown**

Participants will need to bring a yoga mat and towel and water for hydration. Wear comfortable clothes to stretch in standing, sitting and lying positions and joggers or Zumba shoes for the Latino Dance Routines.

307 TAP DANCING FOR FUN AND FITNESS**Limit 40****Course Leader: Colleen Potts****Course Clerk: Anne Steiner 4952 4942 / 0404 488 994****Dates: Jul 24, 31; Aug 7, 14, 21, 28; Sep 4, 11; Oct 16, 23, 30; Nov 6, 13, 20, 27; Dec 4****Time: 12:15pm - 1:15pm****Venue: Henderson Park Hall, corner Lockyer and James Streets, Adamstown**

A fun way to keep fit and learn a new skill. Bring tap shoes and a bottle of water. This is a beginner tap dancing course - everyone is welcome. You will learn the basic tap dance steps and perform simple routines.

308 MIDDLE EASTERN CHOREOGRAPHIES [amalgamated with BEGINNER BELLY DANCE]**Limit 40****Course Leader: Colleen Potts****Course Clerk: Sherill Jones 0487 068 637****Dates: Jul 24, 31; Aug 7, 14, 21, 28; Sep 4, 11; Oct 16, 23, 30; Nov 6, 13, 20, 27; Dec 4****Time: 1:15pm - 3:15pm****Venue: Henderson Park Hall, corner Lockyer and James Streets, Adamstown**

This course for continuing girls only. All present choreographies will be refined, and exciting new choreographies will be taught. Girls who enjoy performing will have the opportunity to do so but there is no obligation. This improvisation-based course is suitable for beginners and continuing dancers. Belly dance moves have been divided into 8 stationary families and travelling steps. Each family of movement is centred on lower, mid and upper body in both basic and classical pose. The course will cover a new family and travel step each week as well as basic poses and belly dance principles. Each lesson will end with free dancing in small groups followed by cool-down stretches. Wear comfortable clothes and a shimmy belt and bring a bottle of water.

WEDNESDAY

323 FAMILY HISTORY DISCUSSION GROUP**WAITLISTED** **Limit 20****Course Leader: Clelia Park****Course Clerk: Julie-Ann Hamilton 4961 5578 / 0403 897 181****Dates: Aug 7; Sep 4; Nov 6; Dec 4****Time: 1:30pm - 3:00pm****Venue: U3A Room, 21 Gordon Avenue, Hamilton**

Topics include researching land titles, convict records etc; using genealogy software; using websites such as Ancestry, Find My Past, Scotland's People, Trove. This is a supportive, self-managing group, using the expertise of group members.

324 ARMS, ARMOUR AND HERALDRY THROUGH THE AGES**CANCELLED** **Limit 38****Course Leader: Dr John Page****Course Clerk:****Dates: July 24, 31; Aug 7, 14, 21****Times: 10.00am - 11.30am****Venue: Hunter Room, Hunter Union Building, 406-408 King Street**

This course describes the origin and tradition of Heraldry and how to understand it. At the end of this 5-week course you will be able to interpret the coats of arms you see.

325 THE IDEAS: MEMES, MINDS AND MODERN TIMES**Limit 30****Course Leader: John Carr****Course Clerk: Michelle Deeg 4968 8141/0413 138 141****Dates: Oct 16, 23, 30; Nov 6, 13, 20, 27; Dec 4, 11;****Times: 1.00pm - 3.00pm****Venue: The Glen Room, The Place, Charlestown Community Centre**

We will be exploring some of the major ideas that have shaped modern life, and which continue to exert an ongoing force in driving controversies and conduct of our society. Knowingly or not, everyone has worldviews – they are inescapable, and serve to create the fundamental basis that shapes our perceptions of and reaction to many of the core public debates in our society. How then can we understand the nature of ideas operating in society and how they have developed? From an understanding of the worldviews and ideologies we explore such predominant perspectives as the Enlightenment Project, Marxism, Psychoanalysis, Religion, Existentialism, Evolution and even so-called postmodernism.

Note: The last class in this course will be held in the first week of the end of year break.

326 NEWCASTLE HISTORY WALK**WAITLISTED** **Limit 15****Course Leader: Suzanne Martin****Course Clerk: John Thacker 0403 001 682****Day: August 21****Time: 9.30am - 12.30pm**

Discover the heritage, history and architecture of early Newcastle and the many changes that have taken place as it developed from a Convict Settlement into the 7th largest city in Australia. Our walk will take us around Newcastle East and Newcastle beach and along Church St to Christ Church Cathedral. Wear good walking shoes as the walk will include a city hill!!! Lunch at own expense, at a city hotel or restaurant at the end of the walk.

327 NEWCASTLE HISTORY WALK**WAITLISTED** **Limit 15****Course Leader: Suzanne Martin****Course Clerk: Karen Gilmartin 0419 725 020****Day: September 18****Time: 9.30am - 12.30pm**

Discover the heritage, history and architecture of early Newcastle and the many changes that have taken place as it developed from a Convict Settlement into the 7th largest city in Australia. Our walk will take us around Newcastle East and Newcastle beach and along Church St to Christ Church Cathedral. Wear good walking shoes as the walk will include a city hill!!! Lunch at own expense, at a city hotel or restaurant at the end of the walk.

328 NeW Space Tour August**Limit 15****Course Leaders: University of Newcastle Team members****Course Clerk: Jenny Williams 0438 732 519****Date: Aug 14****Time: 10:30 am – 12:30 pm**

A guided tour across all levels of NeW Space, part of UON's City campus in the heart of Newcastle's CBD. This stunning building harnesses the latest in technology and innovation in teaching and learning to deliver a world-class student experience by engaging students in new and exciting ways. As well as the contemporary teaching spaces, the building houses digital library services, collaborative learning and research spaces and social spaces. Our hosts may also include a representative of EJE Architecture, one of the firms involved in the design of the building, as well as a UON Gallery representative to speak about the art collection and indigenous cultural aspects of Newcastle. The tour will be followed by optional coffee / a light lunch (your expense). To attend you must have received confirmation that you have been successful in applying for a space.

329 NeW Space Tour November**Limit 15****Course Leaders: University of Newcastle Team members****Course Clerk: To be advised****Date: Nov 13****Time: 10:30 am – 12:30 pm**

A guided tour across all levels of NeW Space, part of UON's City campus in the heart of Newcastle's CBD. This stunning building harnesses the latest in technology and innovation in teaching and learning to deliver a world-class student experience by engaging students in new and exciting ways. As well as the contemporary teaching spaces, the building houses digital library services, collaborative learning and research spaces and social spaces. Our hosts may also include a representative of EJE Architecture, one of the firms involved in the design of the building, as well as a UON Gallery representative to speak about the art collection and indigenous cultural aspects of Newcastle. The tour will be followed by optional coffee / a light lunch (your expense). To attend you must have received confirmation that you have been successful in applying for a space.

THURSDAY**401 ITALIAN INTERMEDIATE****COURSE CLOSED Limit 10****Course Leader: Elvira Abel****Course Clerk: Helen Ogle 0408 860 126****Dates: Jul 25; Aug 1, 8, 15, 22, 29; Sep 5, 12; Oct 17, 24, 31; Nov 7, 14, 21, 28; Dec 5****Time: 10:45am - 12noon****Venue: private location in Newcastle CBD - to be advised on enrolment**

For members with at least 2 years' knowledge of Italian. Emphasis on speaking, listening, pronunciation and some grammar.

402 BEGINNERS ITALIAN CONTINUING**COURSE CLOSED Limit 10****Course Leader: Elvira Abel****Course Clerk: Helen Ogle 0408 860 126****Dates: Jul 25; Aug 1, 8, 15, 22, 29; Sep 5, 12; Oct 17, 24, 31; Nov 7, 14, 21, 28; Dec 5****Time: 12.15pm – 1.15pm****Venue: private location in Newcastle CBD - to be advised on enrolment**

This course is for those who have had a minimum of 6 weeks Italian learning or have some memory of high school Italian. You will need to do homework!

403 FRENCH BEGINNERS CONTINUING**Limit 8****Course Leader: Jean-Pierre Abel****Course Clerk: Anita Zielonka 0423 622 917****Dates: Jul 25; Aug 1, 8, 15, 22, 29; Sep 5, 12; Oct 17, 24, 31; Nov 7, 14, 21, 28; Dec 5****Time: 1:30pm - 2:30pm****Venue: private location in Newcastle CBD - to be advised on enrolment**

A course for those with a little knowledge of French - not beginners. The emphasis will be on speaking, listening and pronunciation (especially listening). There will be homework.

404 BEGINNING FRENCH WITH SHORTCUTS**Limit 35****Course Leader: Jack Caldwell****Course Clerk: Caroline de Jongh 0409 460 084****Dates: Oct 17, 24, 31; Nov 7, 14, 21, 28; Dec 5****Time: 9:30am - 11:00am****Venue: Colliers Close Common Room, Colliers Close, Newcastle East**

This is a course for beginners (or those who have mostly forgotten!). While engaging with the contents of a quality structured textbook, learning progress will be boosted by deliberate "short-cut" strategies such as determining gender from word form or sound, active focus on the most frequently used verb endings in the spoken language, early facility in syllabification and similar essential pronunciation skills, understanding the purpose and impact of nasal vowels, the vital process of dual comprehension and getting two-way communication flowing. Participants will need to **purchase the textbook** "Easy French Step-By-Step" by Myrna Bell Rochester, published by McGraw Hill (ISBN 9780071453875). **Please note that this course starts on 17 October and concludes on 5 December.**

405 ITALIAN ADVANCED**Limit 25****Course Leader: Giuliano Battilana****Course Clerk: Judy Clack 0438 261 555****Dates: Jul 25; Aug 1, 8, 15, 22, 29; Sep 5, 12; Oct 17, 24, 31; Nov 7, 14, 21, 28; Dec 5****Time: 11:30am - 1:00pm****Venue: U3A Room, 21 Gordon Avenue, Hamilton**

Participants must have previously studied Italian. The class works with a text and concentrates on speaking as much Italian as possible, with some grammar thrown in from the text. **Intending participants should discuss their abilities with the tutor.**

THURSDAY**406 MANDARIN – NOT QUITE BEGINNERS****Limit 10****Course Leaders: The Group****Course Clerk: Ron Giggins 0484 619 635****Dates: Jul 25; Aug 1, 8, 15, 22, 29; Sep 5, 12; Oct 17, 24, 31; Nov 7, 14, 21, 28; Dec 5****Time: 3:15pm - 4:45pm****Venue: U3A Room, 21 Gordon Avenue, Hamilton**

A course for those who have done some previous study learning Chinese (Mandarin) language and culture. **The class will follow a textbook.** Whilst this is a self-directed group there will be a Mandarin speaker present who will assist with learning.

NOTICE of U3A GENERAL MEETING**Thursday September 19, 2019 commencing 10.30am****McIntyre Theatre, Newcastle Museum, 6 Workshop Way, Newcastle****Tea and coffee available from 10.00am and the meeting will be followed by lunch (your expense) in****Honeysuckle Hotel verandah, Lot 31 Wharf C, Honeysuckle Drive.****THURSDAY - MUSIC APPRECIATION****407 MUSIC APPRECIATION****WAITLISTED Limit 40****Course Leaders: Susan Leembruggen and Christine Johnson****Course Clerk: Christina Jones 4929 1916****Dates: Jul 25; Aug 1, 8, 15, 22, 29; Sep 5, 12; Oct 17, 24, 31; Nov 7, 14, 21, 28****Time: 10:30 am - 12:15 pm****Venue: Christian Science Church, 23 Gordon Avenue, Hamilton**

Music Appreciation explores an understanding of the value and qualities of different styles of music, through listening and engagement. Though the focus is mainly on the western classical tradition, we do explore other music. Our program also includes information about the composers, the instruments and ensembles, and the different styles of music from any given era.

NEWCASTLE MUSIC FESTIVAL**Presenter: Ross Fiddes****Date: Jul 25**

How do we put it all together?

BEETHOVEN: THE MYTH OF THE ARTIST AS HERO**Presenter: Dr Bert Browne****Date: Aug 1**

The *Grove Dictionary of Music* says that "To this day, the Beethoven myth remains an indelible part of the popular imagination". Can we listen to his music perhaps a little differently?

LANG LANG'S JOURNEY OF A THOUSAND MILES**Presenter: Therese Newman****Date: Aug 8**

A child of the explosion of interest in western art music of post-Cultural Revolutionary China, Lang Lang has gone on to become a world-famous pianist; his stellar career will be examined today.

ORPHEUS & EURYDICE THROUGH THE AGES**Presenter: Hilary Oliver****Date: Aug 15**

From the music of Poliziano to Antonio Carlos Jobim - and its 480 year difference - the love story remained the same.

"DIE WINTERREISE" SONG CYCLE: MUSIC BY FRANZ SCHUBERT, POETRY BY WILHELM MÜLLER**Presenter: Olga Reeder****Date: Aug 22**

Schubert referred to this work as containing "*songs which have affected me more than any others*". We will explore the partnership of voice and piano to see how Schubert used both in these beautiful, but sorrowful, songs.

PERCUSSION INSTRUMENTS**Presenter: Max Reeder****Date: Aug 29**

A survey of metal and wooden percussion instruments used in various solo, ensemble and orchestral music.

THURSDAY - MUSIC APPRECIATION continued**OPERA IN PERFORMANCE 2: SCENES FROM BERLIOZ AND BRITTEN****Presenter: Prof. Michael Ewans****Date: Sep 5**

This talk analyses the relationship between words, music and stage action in scenes from two operas. Each scene is first played to the group complete; then it is broken down into sections and analysed both for what the music is saying about the situation, and for how the chosen production illuminates the meaning of the music and drama.

GEORGE LEWIS AND BEYOND**Presenter: Dr Roland Bannister****Date: Sep 12**

In Semester 1 we met New Orleans clarinettist George Lewis. We saw how Lewis and his colleagues influenced musicians across the world. Today we will explore Lewis and his legacy further.

THINGS OF LASTING VALUE**Presenter: Jane Smith****Date: Oct 17**

A conceptual view of features and ideas common to all great works of art focusing predominantly on the classic era across many genres - Music, Painting, Architecture, Fashion and Gardens.

TO BE ADVISED**Presenter: Peter Guy****Date: Oct 24****"SWAN LAKE" BALLET****Presenter: June Browne****Date: Oct 31**

Almost all of Tchaikovsky's music is imbued with theatricality and the qualities of dance, especially in its rhythmic energy and emotional clarity. He composed fine ballet scores and we will hear excerpts from this significant ballet today.

YOUR SINGING BODY**Presenter: Dr Jennifer Barnes****Date: Nov 7**

When we speak or sing we think it comes from the voice-box or larynx but, in fact, the whole body can have an impact on the sound that emerges from us. In this session we explore how posture, flexibility and health can improve or hinder the quality of our communication through the quality of our voices.

TO BE ADVISED**Presenter: Dr Christopher Allan****Date: Nov 14****COMPOSING A LIFE****Presenter: Ross Fiddes****Date: Nov 21**

Some insights into the inspiration for and ways of creating new music.

DESERT ISLAND DISCS/XMAS PARTY**Date: Nov 28**

Bring in your own selection of a favourite piece of music up to 8 minutes in duration which you would take to that desert island. You'll need to share with us why you regard the piece as worthy of this status.

NOTICE of U3A GENERAL MEETING**Thursday September 19, 2019 commencing 10.30am****McIntyre Theatrette, Newcastle Museum, 6 Workshop Way, Newcastle****Tea and coffee available from 10.00am and the meeting will be followed by lunch (your expense) in****Honeysuckle Hotel verandah, Lot 31 Wharf C, Honeysuckle Drive.**

THURSDAY

408 INTRODUCTION TO CHINESE**CANCELLED LIMIT 10****Course Leader: Dessie Kocher****Course Clerk:****Dates: Aug 1, 8, 15, 22, 29; Sept 5, 12; Oct 17, 24, 31; Nov 7, 14, 21, 28; Dec 5****Time: 11.30am – 12.30pm****Venue: Collier Close Common Room, end Collier Close, Newcastle East**

Have you always wanted to learn Chinese? If so, this is the course for you. The goal of the course is to learn the fundamental concepts of the Chinese language so you can easily build on the Chinese language learning. By the end of the course you will be able to hold a conversation in Chinese with basic expression, reading and writing.

409 WAKING UP – EXPLORATION OF CONSCIOUSNESS**Limit 20****Course Leader: Steve Garlick****Course Clerk: Megan McLauchlan 0435 536 654****Dates: Jul 25; Aug 1, 8, 15, 22, 29; Sep 5, 12****Time: 2.30pm - 4.00pm****Venue: Carrington Community Centre, Young Street, Carrington**

Behind all religions and spiritual traditions, mysticism and even science is a call to explore our awareness of life. This course will consider the technologies for waking up to that consciousness. Specifically, techniques from the 4 limbs of yoga will be introduced. These limbs are: the way of thinking (Jnana), the way of doing (Karma), the way of loving (Bhakta) and the way of energy/physiology (Raja). This course will be about being and doing rather than thinking and talking. It will involve gentle exercises either on a chair or on the floor, and non-confrontational group work to enquire into the nature of Being and the Self. It will be suitable for our age group. Bring either a towel or yoga mat, and wear loose comfortable clothing. Bring an open mind!

410 INTRODUCTION TO PHOTOGRAPHY at Merewether Uniting Church**Limit 25****Course Leader: Mark McConnell****Course Clerk: John Thacker 0403 001 682****Dates: Jul 25; Aug 1, 15, 22, 29; Sep 12****Time: 10:30am - 12noon****Venue: Merewether Uniting Church Hall, Glebe Road, Merewether**

Topics will include cameras and their workings, different formats, how cameras function, shutter/aperture/ISO, lighting and flash photography, point of view, framing, different types of photography, common mistakes, rule of thumb, composition and cropping in camera. There will be field trips in weeks 3 and 7 and opportunities to discuss your photographs. Please note that the field trips are course 411 and you need to enrol in both courses.

411 INTRODUCTION TO PHOTOGRAPHY - FIELD TRIPS**Limit 25****Course Leader: Mark McConnell****Course Clerk: John Thacker 0403 001 682****Dates: Aug 8; Sep 5****Time: 10:00am - 11:30am – note earlier start time!****Venue: Various locations - excursions**

All applicants for course 410 INTRODUCTION TO PHOTOGRAPHY at Merewether Uniting Church should also enrol in this course. It includes the field trips which are an essential component of the Introduction to Photography learning experience.

412 EXCURSION: LAKE MACQUARIE CRUISE - Lunch on the Lake**Cost \$54****Minimum 45****Leader: Rosemary O'Neill - 0409 500 707****Course Clerk: Alan West - 0439 817 006****Date: Oct 24****Time: 11.00am - 3.30pm**

Be captivated by the beautiful scenery surrounding the foreshore of Lake Macquarie as you meander around the bays extending as far South as the pristine waters of Swansea. Indulge in a freshly prepared buffet lunch served onboard the vessel consisting of seasoned roasted chicken, double smoked hand carved leg ham, fresh local prawns, and a selection of salads to complement. Enjoy a selection of petit fours for dessert with complementary tea & coffee or select from a full range of drinks available from our fully licensed bar. The boat leaves at 12.00pm for a 2½ hour cruise. **Boarding is at Booragul Public Wharf, behind Awaba House, First St, Booragul. We will need to board by 11.40 am**, so please allow time for this. Participants may wish to carpool.

413 POP UP ART EXHIBITION**Limit 35****Course Leader: Ross Edmonds****Course Clerk: Beth Elliott 0418 478 222****Date: Sep 12****Time: 10.00am -11.30am****Venue: Silveridge Community Centre, 13 Iranda Grove, Wallsend**

This very special not to be missed exhibition features original prints by Australia's first professional artist John Lewin along with some early works by Helena and Harriet Scott who lived on Ash Island with their parents in the 1850s and 60s where most of their artistic work was carried out. These works are rarely, if ever, exhibited outside major galleries. Ross will give a short talk about these artists.

THURSDAY

414 INTRODUCTION TO GOOGLE TOOLS**Limit 22****Course Leader: Philip Barrington****Course Clerk: John Thacker 0403 001 682****Dates: Nov 7, 14, 21****Time: 9.30am - 11.00am****Venue: U3A Room, 21 Gordon Avenue, Hamilton**

Over three weeks this will be an introduction to a number of free tools from Google. Google Mail, Google Contacts, Google Drive, Google Documents, Google Sheets, Google Slides, Google Calendar and Google Picasa, which represent a suite of Office-like tools available to use for the right price - \$0.00.

415 EXCURSION to HUNTER WETLANDS**COST \$ 27****Limit 25****Course Leader: Beth Elliott****Course Clerk: Cathy Haddow – 0417 241 115****Date: Aug 15****Time: 10am - 3.00pm****Venue: Hunter Wetlands, 1 Wetlands Place, Shortland**

EXCURSION DETAILS: 10.00am meet at Wetlands Centre (parking available; 47 bus and short walk to Sandgate Road & Wetlands Place; 10-minute walk from Sandgate Railway Station). Cost includes entry, morning tea and lunch which is pre-ordered. You will be sent an order form for your lunch choices to be returned 2 weeks before the excursion. Snacks are also available for purchase. 10.30am - bird feeding, guided walking tour, nursery visit. Plants available for sale. 12.00 lunch is a choice of 1 main and 1 desert in café overlooking the Wetlands.

Lunch choices: Main - Pasta Carbonara OR Chicken Schnitzel with chips & salad OR Beef Burgundy Pie OR Roast Vegetable and Haloumi Salad. Desert Choices: Lemon Meringue Pie OR Banoffee Tart OR Pavlova. Bring hat, sunscreen, comfortable walking shoes; insect repellent is available on site. Good photo opportunities. Payment must be made at the time of enrolment. Be aware that excursion places are allocated in the order that payment shows up in the NU3A Bank account. Please ensure your full name is on your payment. (See instructions for payment at the front of this Program.)

416 STAGE 2 – HOLIDAY WITH U3A – GENERAL TRAVEL INFORMATION**Facilitators: Gloria Jones, John Thacker and Sally Henning****Course Clerk: Gloria Jones 0403 001682****Date: July 25****Time: 10.00am - 11.00am****Venue: U3A Room, 21 Gordon Avenue, Hamilton****Travel dates: Friday 25 October to Sunday 3 November**

This information session is for those interested in travelling by sea or flying. We aim to provide general information for those interested in broadening their travel experience. The 2019 U3A cruise to South Eastern Australia (late October/early November) will also be addressed in detail, including what you might like to experience on port days. The session focuses on what to bring, what to wear (and laundry), planning and booking excursions/days, transfers to and from the airport, flying information.

421 TOLKIEN'S WORLD: GALADRIEL, FEANOR AND THE SILMARILLIONS**CANCELLED Limit 18****Course Leader: Isabel Hodgins****Course Clerk: Kay Nebauer 0418 445 347****Dates: Aug 1, 8, 15, 22****Time: 1.30pm - 3.30pm****Venue: U3A Room, 21 Gordon Avenue, Hamilton**

J.R.R. Tolkien's *The Hobbit* and *The Lord of The Rings* are his most well-known stories, however there are many others just as exciting. The course will examine the story of Galadriel and her importance in Middle Earth as well as Feanor and the tragedy of his hallowed creations – the Silmarillions. There are other tales which are both romantic and tragic, but always fascinating, including those of the romances between Elf and Man. As well, the course will look at the source of some of Tolkien's inspirations – the myths and legends of other cultures and how these affected his writings.

423 OPERA AS DRAMA**Course Leader: Prof. Michael Ewans****Course Clerk: Theresa Sabella 0402 708 347****Dates: Oct 17, 24, 31; Nov 11, 21; Dec 5****Time: 1:30pm - 3:00pm****Venue: Christian Science Church, 23 Gordon Avenue, Hamilton**

Opera is more than just fabulous singing in expensive stage sets. When insightful music is added to a powerfully dramatic text, opera can become a medium of far greater expressive power than spoken theatre. We will study excerpts on DVD from outstanding productions of works by opera composers who use their music to provide insight into the feelings and thoughts of their characters. Composers include Gluck, Berlioz, Wagner, Bartók, Janáček and Berg.

THURSDAY

424 FELDENKRAIS: AWARENESS THROUGH MOVEMENT**Limit 12****Leader: Helen Lane****Course Clerk: Margaret Jamieson 0407 160 733****Dates: Oct 17, 24, 31; Nov 7, 14, 21, 28; Dec****Time: 2.30pm-4pm****Venue: Carrington Community Centre, Young and Hargrave Streets, Carrington**

The Feldenkrais Method is known for its benefits in promoting your ability to develop greater ease and efficiency in movement, while at the same time improving other components of action – thinking, sensing and feeling. Lessons involve gentle movements, with one's attention on the sensations that accompany each movement. Emphasis is placed on taking your experience of doing a movement easily back into the everyday tasks of your life. To bring: two towels, a mat a bit longer and wider than a yoga mat is advisable. A sheet to go over a yoga mat might be sufficient for you, but you might like to bring a blanket or doona (single size) for extra padding under you for comfort. Optional: Firmer support for under head – in addition to / instead of a folded towel – such as a rubber pad, or a paperback book. A cushion is generally not suitable under your head, as it must be free to move. Some people like support under their shoulders, and/or under their waist.

FRIDAY

501 SCRABBLE**Limit 16****Course Leader: Ann Moss****Course Clerk: Brenda Carter 4920 6740 / 0422 691 280****Dates: Jul 26; Aug 2, 9, 16, 23, 30; Sep 6, 13; Oct 18, 25; Nov 1, 8, 15, 22, 29; Dec 6****Time: 10:30am -12noon****Venue: U3A Room, 21 Gordon Avenue, Hamilton**

A friendly, relaxed group of members who meet for weekly scrabble games.

502 CHESS**Limit 16****Course Leader: The Group****Course Clerk: Cathy Haddow 4009 1148 / 0417 241 115****Dates: Jul 26; Aug 2, 9, 16, 23, 30; Sep 6, 13; Oct 18, 25; Nov 1, 8, 15, 22, 29; Dec 6****Time: 1:30pm - 3:00pm****Venue: U3A Room, 21 Gordon Avenue, Hamilton**

Chess being an Ancient Game is universally played and enjoyed by all ages. Chess is a wonderful way to exercise your mind! New members are welcome.

503 SINGING GROUP**Limit 60****Course Leader: Greg Dickinson****Course Clerks: Peter and Vicki Everingham 4942 2425 / 0438 616 214****Dates: Jul 26; Aug 2, 9, 16, 23, 30; Sep 6, 13; Oct 18, 25; Nov 1, 8, 15, 22, 29; Dec 6****Time: 1:30pm - 3:30pm****Venue: Fellowship House, 150 Beaumont Street, Hamilton**

The U3A Singers are not a choir - just a group of U3A members who love to sing! They also enjoy a post-session coffee and chat. New members - singers, musicians and accompanists will be made to feel very welcome.

504 PHILOSOPHY**Limit 30****Course Leaders: Chris Cull and Robert Colomb****Course Clerk: Richard Wakely 0437 425 749****Dates: Aug 2; Sep 6; Nov 1; Dec 6****Time: 10:15am -12noon****Venue: Carrington Community Centre, corner Young and Hargrave Streets, Carrington**

Directed discussion on some philosophical topic: information and teachings of a particular philosopher, a current issue that needs unpacking to understand properly, a specific philosophical problem (e.g. how should we behave). Some topics will be selected and led by the convenors. Members of the group can also propose to research and lead discussion on a topic of their choice - if members agree, the proposer would then lead that session.

505 YOGA FOR SENIORS**WAITLISTED****Limit 30****Course Leader: Lindy Young****Course Clerk: Penelope Raven 0410 604 628****Dates: Jul 26; Aug 2, 9, 16, 23, 30; Sep 6, 13; Oct 18, 25; Nov 1, 8, 15, 22, 29; Dec 6****Time: 9:30am -10:30am****Venue: Memorial Hall, Adamstown Uniting Church, corner Glebe & Bruncker Roads, Adamstown**

An introductory, gentle yoga that is designed for the U3A age group.

FRIDAY

525 YOGA FOR SENIORS**WAITLISTED** Limit 30**Course Leader: Lindy Young****Course Clerk: Annette Latter 0403 780 239****Dates: Jul 26; Aug 2, 9, 16, 23, 30; Sep 6, 13; Oct 18, 25; Nov 1, 8, 15, 22, 29; Dec 6****Time: 11:00 am -12:00 noon****Venue: Memorial Hall, Adamstown Uniting Church, corner Glebe & Bruncker Roads, Adamstown**

An introductory, gentle yoga that is designed for the U3A age group.

507 CIRCLE DANCE

Limit 40

Course Leader: Annie Rooke-Frizell**Course Clerk: Jenny Bensley 4953 7209 / 0481 538 137****Dates: Aug 2; Sep 6; Nov 1; Dec 6****Time: 10:30am -12noon****Venue: Star Hall, 23 Valencia Street, Mayfield (corner Villiers St)**

Circle Dance is a mix of folk and meditative dance traditions. It is a very calm form of light exercise, with a thoughtful aspect that is relaxing and gentle on the body. To be held on the first Friday of each month during the term.

508 MEN'S BREAKFAST – AUGUST

Limit 24

Guest Speaker: Dr Ron Robinson**Course Leader: Alan West 0439 817 006****Course Clerk: Denis Hyland 0417 451 251****Date: Aug 2****Time: 8.30am - 10.00am****Venue: Cowper Street Diner, Carrington Bowling Club, Cowper Street, Carrington**

We believe men love to chat and there is no better time than when sharing breakfast. You will be able to order the breakfast of your choice (your expense). To attend you must be a member of Newcastle U3A and have made a successful application for each session you would like to attend. Our Guest Speaker is Dr Ron Robinson. Ron has been an academic, hospital administrator, logistics planner and Treasury Policy Advisor. He has Honours and Master's degrees in economics, post graduate qualifications in urban planning and a PhD in management research. An alderman on Newcastle Council for six years including when the Earthquake struck Newcastle, Ron concluded his political adventure as Deputy Lord Mayor. He will talk about his experience in being the Director of Commissioning for two teaching hospitals that were established on green field sites. These were John Hunter in Newcastle and the New Children's Hospital in Westmead. A lot of people are employed in hospitals and the change involved in starting up a new hospital can be testing. Into the mix one can expect some political opportunism and the need to manage both internal and external influences.

509 MEN'S BREAKFAST – NOVEMBER

Limit 24

Guest Speaker: Mark Lynch**Course Leader: Alan West: 0439 817 006****Course Clerk: Keith Finnie 0417 268 818****Date: Nov 1****Time: 8.30am - 10.00am****Venue: Cowper Street Diner, Carrington Bowling Club, Cowper Street, Carrington**

We believe men love to chat and there is no better time than when sharing breakfast. You will be able to order the breakfast of your choice (your expense). To attend you must be a member of Newcastle U3A and have made a successful application for each session you would like to attend. Our Guest Speaker will be Mark Lynch. Mark joined our Newcastle U3A writers' group in 2017. Some Members may recall his Tuesday Afternoon Session last year on "The Life of a Patrol Officer in PNG". Mark also provided three short stories in the Group's Anthology, *The Tale Makers*, published last November. Mark claims to have had 7 or 8 careers over a working span of 60 years so it would take more than one "Men's Breakfast" to bore you comprehensively about those. Along the way, life and those careers have thrown Mark into contact with the Royal Family from time to time. His talk "The Queen and I" will cover those interactions in many different parts of the world, including Queensland, Papua New Guinea, London, Samoa, Tasmania and Canada.

510 URBAN PHOTO WALKS

Limit 20

Course Leader: Mark McConnell**Course Clerk: John Thacker 0403 001 682****Dates: Jul 26; Aug 2, 9, 16, 23, 30; Sep 6****Time: 9.00am - 10.30am – note earlier start time****Venue: various locations – excursion**

FRIDAY

511 URBAN PHOTO WALKS FEEDBACK SESSION**Course Leader: Mark McConnell****Course Clerk: John Thacker 0403 001 682****Date: Sep 13****Time: 10.00am - 12noon****Venue: Merewether Uniting Church Hall, Glebe Road, Merewether**

Join Photo Tutor Mark as he leads a series of WALKS designed to provide photographic opportunities. The walks will generally be on flat terrain and the pace appropriate for photo opportunities. This course is open to both Walkers and Photographers. Details of walk locations will be sent to successful applicants prior to the course. Bring water and wear comfortable shoes and a hat. The final session is on September 13 at Merewether Uniting Church Hall when you will have an opportunity to show and discuss your photographs - photographers should enrol in both courses! The feedback session is an essential component of the photography learning experience.

512 NEWCASTLE ART GALLERY TOUR - James Drinkwater**Limit 50****Course Leader: Bill Williamson – 0448 833 476 and Volunteer Guides of the Newcastle Art Gallery****Date: Aug 9****Course Clerk: Julie Newing – 0414 433 008****Time: 1.30pm - 2.30pm****Venue: Newcastle Art Gallery, Laman Street, Newcastle**

James Drinkwater lives and works in Newcastle and is a dynamic and multi-faceted artist who immerses himself in the places he paints, exploring connections between art, cultural and personal histories (*nag.org.au*). His paintings are strictly his own. They are richly patterned like an intriguing carpet – the shapes varied and inventive, the colour subtle with strong contrasts of light and dark and warm sonorous passages. The shapes dance – the movement of a boy dancing or of the sea? As James says, they are about memory and intimacy. (*Nandahobbs.com and Elizabeth Cummings artist*)

513 NEWCASTLE ART GALLERY TOUR - Kilgour Prize Exhibition**Limit 50****Course Leader: Julie Newing – 0414 433 008 and Volunteer Guides of the Newcastle Art Gallery****Course Clerk:****Date: Sep 13****Time: 1.30pm - 2.30pm****Venue: Newcastle Art Gallery, Laman Street, Newcastle**

In 1987, artist Jack Kilgour bequeathed funds for the creation of a major figurative and portrait art competition to be run in perpetuity at the Newcastle Art Gallery. Today, the Kilgour Prize is one of Australia's major art prizes, an award of \$50,000 for the most outstanding work of art as determined by a panel of three judges and \$5,000 for the People's Choice Award as determined by votes from the public. The inaugural recipient of the Kilgour Prize was Sydney based artist Nicholas Harding with his work *Beach Life* (*nag.org.au*).

514 NEWCASTLE ART GALLERY TOUR – “Wish You Were Here” – Landscapes from the collection**Limit 50****Course Leader: Margaret Finnie – 0438 625 774 and Volunteer Guides of the Newcastle Art Gallery****Course Clerk: Julie Newing 0414 433 008****Date: Nov 8****Time: 1.30pm - 2.30pm****Venue: Newcastle Art Gallery, Laman Street, Newcastle**

This exhibition takes a scenic route through the Newcastle Art Gallery collection. Large scale immersive paintings fill the gallery space - some familiar, some fictitious, offering a unique adventure through the Australian landscape and beyond. Travel up icy mountains, along dark, rocky cliffs, to sun-soaked bushlands and out to sea. Take a cultural holiday without leaving home. *“Wish You Were Here”* offers a unique adventure through the Australian landscape and beyond featuring works of art drawn exclusively from the Newcastle Art Gallery collection by artists Philip Wolfhagen, Mandy Martin, William Delafield Cook, Gloria Petyarre, Brett Whitely, Daniel Walbidi, Neil Frazer. Chris Langlois and Vivienne Binns (*nag.org.au*).

515 COURSE CLERK FORUM – JULY – FOR EXPERIENCED AND BUDDING COURSE CLERKS**Course Leader: Julie Newing****Course Clerk: Beth Elliott 0418 478 222****Date: Jul 19****Time: 10.00am - 1.00pm****Venue: U3A Room, 21 Gordon Avenue, Hamilton**

Course Clerks all perform a vital role in our organisation and are the oil that keeps NU3A's wheels turning. These forums have been deliberately programmed on the Friday before the new terms start so we can deal with any issues Course Clerks may have before the start of each new Term. They are the best opportunity to give feedback, and have questions, technical and otherwise, answered and to help Course Clerks to both manage and enjoy this important role. There will be updates on any changes within the organisation so Course Clerks will feel confident to respond to members' enquiries. We thank our Course Clerks for the valuable contribution each and every one makes that adds so much to the ongoing success of our organisation. So come along and enjoy the morning and don't miss the chance to find out about this important role and chat with other clerks during morning tea.

FRIDAY

516 COURSE CLERK FORUM – OCTOBER – FOR EXPERIENCED AND BUDDING COURSE CLERKS**Course Leader: Julie Newing****Course Clerk: Beth Elliott 0418 478 222****Date: Oct 11****Time: 10.00am - 1.00pm****Venue: U3A Room, 21 Gordon Avenue, Hamilton**

Course Clerks all perform a vital role in our organisation and are the oil that keeps NU3A's wheels turning. These forums have been deliberately programmed on the Friday before the new terms start so we can deal with any issues Course Clerks may have before the start of each new Term. They are the best opportunity to give feedback, and have questions, technical and otherwise, answered and to help Course Clerks to both manage and enjoy this important role. There will be updates on any changes within the organisation so Course Clerks will feel confident to respond to members' enquiries. We thank our Course Clerks for the valuable contribution each and every one makes that adds so much to the ongoing success of our organisation. So come along and enjoy the morning and don't miss the chance to find out about this important role and chat with other clerks during morning tea.

518 WOMEN'S BREAKFAST – AUGUST**WAITLISTED****Limit 24****Guest Speaker: Julie Keating****Course Leader: Julie Newing – 0414 433 008****Date: Aug 30****Time: 8.30am - 10.00am****Venue: Cowper Street Diner, Carrington Bowling Club, Cowper Street, Carrington**

This is an informal morning where women can come together, enjoy a leisurely breakfast in the company of other women and talk about whatever in a safe and supportive atmosphere. Guest Speaker for the morning is Julie Keating, author and historian who will talk about the conditions of women in nineteenth century Newcastle. Covering domestic lifestyle, type of housing, lack of basic services such as water and sewerage and cooking facilities, it provides a fascinating insight into the life of women in those times.

519 WOMEN'S BREAKFAST - NOVEMBER**WAITLISTED****Limit 24****Guest Speaker: Pam Tierney****Course Leader: Julie Newing – 0414 433 008****Date: Nov 29****Time: 8.30am - 10.00am****Venue: Cowper Street Diner, Carrington Bowling Club, Cowper Street, Carrington**

This is an informal morning where women can come together, enjoy a leisurely breakfast in the company of other women and talk about whatever in a safe and supportive atmosphere. Guest speaker for November is Pam Tierney, wife of former Senator John Tierney. Pam speaks of how she balanced her life living between the heady atmosphere of politics, while continuing to raise 6 children and pursuing her own ideals of helping the marginalised and disadvantaged in our society, through such roles as CEO of Lifeline Newcastle and Hunter.

522 MEANING FOR MEN**CANCELLED****Limit 20****Course Leader: Greg Millan, Vice President of the Australian Men's Health Forum****Course Clerk: Alan West 0439 817 006****Date: Aug 9****Time: 8.30am - 1.00pm****Venue: Carrington Community Centre, Young and Hargrave Streets, Carrington**

This half day program provides a safe space to spend some time with like-minded men defining what it means to be a man today and learning some new skills to help us plan for a more meaningful, happy and contented life. The program will cover: brief overview of Humanistic Buddhism; finding our sense of purpose and the role of compassion; an introduction to meditation and mindfulness; how we can tune our goals and find more support for any changes we make; and an overview of health issues for older men. Greg is a social work trained health educator, groupworker and trainer with over 30 years' experience in the men's health area and the author of *Men's Health and Wellbeing: an A-Z Guide*. Arrive at Carrington 8.30am to commence at 9am. Following the session there will be the option of lunch as a group at Carrington Bowling Club (own expense).

FRIDAY COFFEE MORNINGS

For new, current and potential members (or simply the curious) to chat, socialise and get to know others. If you have a friend interested in learning more about U3A they are more than welcome to come along. Join us in the venue at 10.30 am
RSVP please (at least 2 days beforehand to allow for booking and remember to leave your name with the message):
Elizabeth Howard 0451 272729

Jul 12	CJ'S on Glebe , 62 Glebe Road, The Junction
Aug 9	Tailors Workshop , 10 Beaumont Street, Hamilton
Sep 13	The Barn , Cnr Mandalong and Bruncker Rds, Adamstown
Oct 11	Fernleigh Cafe , 89 Fletcher St, Adamstown
Nov 8	Peaberrys , 81 Maitland Road, Islington
Dec 13	Birdy's Cafe , 173 Maitland Road, Tighes Hill

LUNCH OF THE MONTH

Venues have been chosen because of parking availability, access to public transport and a reputation for being an enjoyable place to dine and socialise. Please join us in the venue at 12.00 noon.

RSVP, please: Eric 4957 2211 ericatch1@gmail.com / Leonie sullleonie45@gmail.com

Jul 19	Lambton Park , corner Howe and Morehead Streets, Lambton
Aug 16	Blackbutt , corner Carnley Avenue and Orchardtown Road, Kotara
Oct 18	Gates Hotel , 660 Glebe Road, Adamstown
Nov 15	Maryville Tavern , Lewis Street, Maryville
Dec 13	Duke of Wellington , 69 Regent Street, New Lambton

SUNDAY

701 NEWCASTLE THEATRE COMPANY SUBSCRIBER GROUP

Course Leaders: Gloria Jones and John Thacker

Course Clerk: Gloria Jones 4962 5564/ 0403 001 682

Dates: Jul 14; Aug 25; Oct 6; Nov 17

Time: 1.45pm – 4.45pm (approx..)

Venue: Newcastle Theatre Company, 90 De Vitre Street, Lambton

The theatre group attend Sunday Matinee performances at Newcastle Theatre Company. You decide how many shows you would like to attend and book through the theatre. Please specify that you are part of the U3A group and your seat will be allocated accordingly. The company often offer a short (about 20 minutes) Q and A session after many of the Sunday matinees which are led by members of the creative team and cast. These are engaging learning experiences and highly recommended. Please be friendly to those who sit next to you – many members join this group because they do not enjoy going to the theatre alone. Semester 2 shows include:

July 14 – **Stepping Out** – a light-hearted musical comedy by Richard Harris.

August 25 – **A View from the Bridge** – Arthur Miller's play is set in the 1950's world of Brooklyn's docklands.

October 6 – **Blithe Spirit** – Noel Coward's comedy created records for its long run

November 17 – **Christmas at Pemberley** – a feel-good comedy focused on the bookish, middle sister Mary Bennett

Information provided by the NTC Team and current at time of publication

SEMESTER 2, 2019 – ‘THE FAQs’**Do I need to re-enrol in a continuing course I attended in Semester 1 2019?**

No. Enrolments in continuing courses are automatically rolled over to Semester 2. You will receive a new enrolment confirmation email.

Why do I need to meet the “close of enrolment” deadline?

Some courses will fill up quickly. Any course that is oversubscribed at the close of enrolment (noon on Monday 1st July) will then go to a ballot (except for courses and excursions where payment is involved). All of those who enrolled prior to the deadline will go in the ballot. If you miss the deadline and the course is popular, you will definitely miss out!

Is there a system for numbering courses?

All courses starting with a “1” (for example, 101, 131) are on Mondays, courses starting with a “2” on Tuesdays, etc.

If I am not sure which language class is right for me should I enrol in them all?

Absolutely not. The approach to each language course is described in the course details. Please read this carefully and contact Newcastle U3A for Course Clerk or tutor contact details if you are unsure of the right one for you. **Note that many language courses require purchase of a textbook.**

Why are some courses repeated?

Some courses are always popular and oversubscribed. Where possible, second sessions or courses have been scheduled. In other instances, there are two venues scheduled for some linked courses (e.g. photography). Our software can only cope with one venue per course so the venue details in your enrolment confirmation letter would not be accurate and venue reports incorrect if both were listed with the same number. Those courses are therefore included in the program twice, with each “course” containing separate dates and venues. You will need to apply for both course numbers and this is clearly indicated in the Program where applicable.

How are places in paid courses and excursions allocated?

Strictly in the order that payment shows up in our bank account. To not operate this way would create an administrative nightmare for our Treasurer, as processing refunds is always difficult. Enrolments in paid activities are not entered into the database until payment shows up in our bank account.

What happens if I forget to include my name when processing my membership or excursion payment online?

If we don't know who made a payment, we cannot process your membership or enrolment applications. We do everything possible to find out who made unidentified payments, but often this isn't possible. Our financial institution is governed by privacy laws and not in a position to point us in any direction. This might mean you miss out on a course that is oversubscribed so make sure you always include your name when making an online or over the counter payment.

Aren't members who receive their programs by postal mail disadvantaged because those sent to online members get there much faster?

The program is released in stages. Mailed programs are sent out first. We mail a 'test' copy and once that copy reaches the home of a committee member, we know it is time to distribute the email version and post the program online. In reality though, neither group is disadvantaged as any oversubscribed course goes to a ballot.

Can I just phone the Office to enrol?

No, that is too big a load for the volunteer office staff who will already be working extremely hard processing enrolments. Please use the correct forms (preferably online) and fill out all the details on those forms. If using a paper form, don't forget to include your name; we are constantly surprised by the number of members who forget to put their name in the space at the top of the form!

What happens if there is no place for me in a course?

You will be placed on a “wait list”. Should a vacancy occur, you will be notified. Be positive about this, when members do the right thing and withdraw from courses they find they can't attend in a timely manner, the wait list is reduced very quickly. If you apply for only one course and your application is unsuccessful, we will also offer you a refund by internet transfer.

How will I know whether I have been accepted into all the courses I applied for?

You will receive an email (or letter, if you have not registered an email address) telling you which courses you have been accepted into and which courses you have been wait-listed for. Just because the course is listed on that letter does not mean you have a place! You need to read your letter carefully and if the words “wait list” appear under the course number, that means you are wait-listed. If you have not received your notification a few days before term starts, contact us as a matter of priority.

Can I just turn up at courses without enrolling?

Never! You must always make an application through the Office **and** receive an affirmative answer before attending.

SEMESTER 2, 2019 – ‘THE FAQs’ continued**Will I be notified if there is a change in the program?**

If you have applied for a course and there is a change, you will be notified:

- By a general email to all members or notices in U3A newsletters.
- Where a general notice or email is not possible, U3A will attempt to contact you by telephone.

There is a high degree of personal responsibility involved; members are expected to read newsletters and weekly emails and to check their telephone message services. You should not expect a phone call if it is possible to send a general notice or email.

What will I do if I find out I can't attend an excursion or course I paid for?

Contact U3A as a matter of urgency. Wait lists are kept for all excursions and if your place can be filled a refund will be processed. However, no refund will be possible if your place cannot be filled.

What happens if I cannot attend a course I enrolled in?

If it is a one session course, submit your withdrawal from the course online or, if necessary, contact the Office and let them know you are withdrawing your application. Do this in a timely manner and it will free up a vacancy for another member. Once a course has started and you know you will miss a session, please contact the Course Clerk. These are important actions, both as a matter of courtesy to our very generous tutors, and in fairness to other members.

Please enrol only in classes you can attend and make every effort to attend. Factor in holidays and family duties when choosing courses, especially single term courses. If you are away without notification for several sessions your place will be allocated to the first person on the waiting list.

Can I take photos during courses?

It is OK to take notes; it is not OK to take photographs of presentations or screen images or to record any part of a session.

What is the role of the Course Clerk?

The Course clerk is responsible for marking the role, taking apologies when members are going to miss a session and facilitating communication between tutors and group members between sessions (e.g. distributing course material by email). They also open and lock up venues and are responsible for securing all U3A equipment at the end of the session. Course Clerks have signed a strict privacy and confidentiality agreement and will always “blind copy” members into group emails. They will never distribute personal information – so please do not ask them for another member's contact details.

Who sets up and puts away furniture at the end of a session?

Traditionally that was the role of the Course Clerk, but as groups have increased in size, that is no longer practical. The Course Clerk now tends to be busy marking off lengthy rolls and helping set up equipment. Those members of the group who are able to should pitch in and set up the room, then pack up furniture at the end of the session. If you aren't up to this, for safety reasons, please remain outside the room until it has been set up and leave immediately at the end of the session.

THE “FINE PRINT” - IMPORTANT INFORMATION YOU MUST BE AWARE OF: PLEASE READ

In this document and others “Newcastle U3A”, “NU3A”, or “U3A” means Newcastle U3A Inc. [ABN 87 967 033 912].

Information is provided in good faith; every reasonable effort is made to ensure that it is accurate and up to date. It is provided “as is” without express or implied warranty. Any person relying on any of the information or participating in any U3A activity does so at their own risk. In no event shall U3A be liable for any damage arising, directly or indirectly including damages or losses or injuries arising from inaccuracies, omissions or errors. Enrolment is ONLY available to current financial members of Newcastle U3A.

Opinions expressed here or in U3A activities are not necessarily those of U3A or its officers. U3A accepts no responsibility for statements or opinions expressed. U3A offers courses that provide general information for its members. U3A does not warrant that such information is true and correct or that tutors or presenters are accredited or certified to offer such information.

NU3A does not assert ownership of Intellectual Property (IP) in Course and Educational Materials, Creative Works or Scholarly Works created or developed by Tutors, Presenters or Guest Speakers unless the IP is the result of work specifically commissioned by U3A. Participants on all courses and presentation must respect the IP of Tutors at all times including refraining from unauthorised photographic, audio or video recording and unauthorised use or dissemination of IP to third parties.

U3A reserves the right to alter, amend or delete any program, fee, course, admission requirement, mode of delivery or other arrangement without prior notice.

Third party information is provided as a service to our members and should not be taken as implying any link between U3A and those organisations or individuals. U3A values your privacy and follows current Australian best practice guidelines and the spirit and intent of the Privacy Act to ensure your privacy is protected.

Some courses may utilise a public wireless network (‘Wi-Fi’), which is not as secure as most private ISP. People accessing online services from their personal computers should ensure that they have up-to-date virus protection installed. No responsibility will be taken by U3A for any virus or malware inadvertently downloaded. Participants in computer courses or other courses accessing the internet should also warrant that they will only access the areas included in the lesson.

If you are thinking of enrolling for language courses you should understand that learning a language requires considerable dedication and acknowledgement and that study time other than in class is important to your learning outcomes.

NEWCASTLE U3A SEMESTER 2, 2019 CALENDAR



July 2019						
M	T	W	T	F	S	S
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

August 2019						
M	T	W	T	F	S	S
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

September 2019						
M	T	W	T	F	S	S
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30						

October 2019						
M	T	W	T	F	S	S
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

November 2019						
M	T	W	T	F	S	S
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	

December 2019						
M	T	W	T	F	S	S
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31					

Term Dates Semester 2: Term 3: 22 July - 13 September / **GM:** 19 September / **Term 4:** 14 October - 6 December

U3A GENERAL MEETING 2019

Thursday September 19 2019 commencing 10.30am

Carrington Room, Hunter Unions Building, 408 King St, Newcastle West

Tea and coffee available from 10.00am and the meeting will be followed by lunch (your expense) in NEX (formerly Wests) 309 King Street Newcastle West.



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IT IS HIGHLY RECOMMENDED THAT YOU KEEP A COPY OF YOUR ENROLMENTS

cover photograph courtesy of Newcastle U3A Photography Group: "happy snappers = great pics"