



# **NEWCASTLE U3A PROGRAM INFORMATION BOOKLET 2020**

**Term 1 February 10 – April 3**

**Term 2 May 4 – June 26**

**Newcastle U3A established 1990 - 30 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](http://www.newcastle.u3anet.org.au)  
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**Postal Address: NEWCASTLE U3A Inc.  
PO Box 316  
Hamilton 2303  
PHONE: 0479 193 182**

<b>IMPORTANT INFORMATION FOR U3A MEMBERS</b>
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Newcastle U3A has introduced 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. Email notification that you have paid to [nu3aenrolments@gmail.com](mailto:nu3aenrolments@gmail.com).
3. Complete the online membership application form and submit it [here](#).
4. Complete the online course enrolment application form and submit it [here](#).

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 INSTRUCTIONS BELOW  
BEFORE COMPLETING THE MEMBERSHIP AND ENROLMENT APPLICATIONS FOR 2020**

**Membership and Enrolment for 2020**

As a 2020 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 full annual membership fee is \$60 per person. This is due from 1 January 2020, or before you lodge your enrolment application, whichever comes first.

**NU3A Membership Payment**

Payment is important as your membership and enrolment applications cannot be processed in the absence of evidence of payment:

- Make the payment
- Advise your method of payment in your membership and course enrolment application forms. Please also email [nu3aenrolments@gmail.com](mailto:nu3aenrolments@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 fee is received, see payment method details below. No online payment method is available via the website.

**Before filling in forms, please read the detailed course descriptions** in the NU3A Program Information Booklet, then select your courses and add the cost of any Extras – course fees (if 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 **\$60** membership fee, plus any extra amounts required for excursions or courses noted in your 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*.

<b>Account name:</b>	<b>Newcastle U3A Inc.</b>
<b>BSB Number:</b>	<b>650000</b>
<b>Account number:</b>	<b>822048118</b>

OR a **Direct Deposit may be made at any branch of The Newcastle Permanent** using the details shown above (please retain your deposit receipt).

2. **Cheque:** Write a cheque for **\$60**, 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 online membership and enrolment forms 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 2020** – 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 have laptops and help available in the office at 21 Gordon Avenue Hamilton on most Mondays and Fridays from 10-11am during the term.

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 course application forms together with cheque or payment details OR you can call into the office at 21 Gordon Avenue Hamilton as above.

**Lanyard and Name Badges**

In 2020, our 30<sup>th</sup> Anniversary year, Newcastle U3A will provide all members with an attractive lanyard and membership badge holder, along with a permanent name badge, which includes fields on the back for you to record your emergency and

GP contact details if you wish. Lanyards and Membership badges will be available for collection from the office at 21 Gordon Avenue Hamilton during 'open office' hours as above.

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

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

## **NOTICE of U3A ANNUAL GENERAL MEETING**

**Thursday 30 April, 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.**

### **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.

### **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 Term 1 and 2 2020 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](http://www.newcastle.u3anet.org.au)

<b>IMPORTANT INFORMATION FOR U3A MEMBERS</b>
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**CONFIRMATION OF ENROLMENTS AND COURSE ALLOCATIONS**

**Initial enrolment applications close at noon on Tuesday 28<sup>th</sup> January 2020.** 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 year, you will be immediately notified. You will receive an email or letter prior to the beginning of Term 1 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.**

**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**

Language courses have been broadly graded and many require purchase of a textbook. Some tutors ask to discuss student expectations before enrolling or continuing in a course. Please read the course description carefully, and if unsure contact the Office.

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 do our best 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. Please remember 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 make sure you check your message bank regularly.

If you haven't enrolled, you won't receive the notification! 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 2020**

**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 [35] \*\***

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

**Christian Science Church Hall (rear of) 23 Gordon Avenue, Hamilton [44] \*\***

**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 (Hunter Room), 406-408 King Street (enter from Devonshire Street), Newcastle [23] \*\***

**Lambton Anglican Church, Green Room and Church Hall, 18 Morehead Street, Lambton [60] ~\***

**Mayfield Senior Citizens Centre, corner Maitland Road and Hanbury Street, Mayfield [100]**

**Merewether Uniting Church, Glebe Road, Merewether [n/a]\*\***

**Newcastle City Library Theatre, Laman Street, Newcastle [40]\*\***

**New Lambton Community Centre, corner Lambton Road and Cromwell Street, New Lambton**

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

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

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

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

**Wallsend District Library Heritage and Multi-function Rooms [up to 60]**

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

**Wallsend Uniting Church Hall, 19 Metcalfe Street, Wallsend**

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

<b>MONDAY</b>
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**101 BEGINNERS FRENCH****CLOSED****Limit 8****Course Leader:** Jean-Pierre Abel**Course Clerk:** (To be advised ...)**Dates:** May 4, 11, 18, 25; Jun 1, 15, 22 - **note term 2 ONLY****Time** 3:00pm - 4:00pm**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.

**102 CONTINUING FRENCH****CLOSED****Limit 8****Course Leader:** Jean-Pierre Abel**Course Clerk:** (To be advised ...)**Dates:** May 4, 11, 18, 25; Jun 1, 15, 22 – **note term 2 ONLY****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. There will be homework!

**103 MANDARIN CONTINUING****Limit 10****Course Leaders:** The Group**Course Clerk:** (To be advised ...)**Dates:** Feb 10, 17, 24; Mar 2, 9, 16, 23, 30; May 4, 11, 18, 25; Jun 1, 15, 22**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 SPANISH FOR BEGINNERS CONTINUING****Limit 19****Course Leader:** The Group**Course Clerk:****Dates:** Feb 10, 17, 24; Mar 2, 9, 16, 23, 30; May 4, 11, 18, 25; Jun 1, 15, 22; **Time:** 1:30 pm - 3:00 pm**Venue:** Colliers Close Common Room, end of Colliers Close, Newcastle East

This course follows on from 2019 and will finish in term 2 when participants complete "Easy Spanish Step-by-Step" by Barbara Bregstein. Anyone wishing to join this course must have a reasonably good knowledge of Spanish as it is not for beginners.

**105 INTRODUCTION TO PHOTOGRAPHY****Limit 20****Course Leader:** Mark McConnell**Course Clerk:** (To be advised ...)**Dates:** Feb 10, 17; Mar 2, 9, 16, 30**Time** 11:30am - 1:00pm**Venue:** U3A Room, 21 Gordon Avenue, Hamilton

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 **Field Trips are course 106 and you will need to enrol in both courses.**

**106 INTRODUCTORY TO PHOTOGRAPHY – FIELD TRIPS****Limit 20****Course Leader:** Mark McConnell**Course Clerk:** (To be advised ...)**Dates:** Feb 24; Mar 23**Time:** 10:30am – 12 noon**Venue:** Various locations - excursions

All applicants for course 105 INTRODUCTION TO PHOTOGRAPHY at the U3A Room, 21 Gordon Avenue, should also enrol in this course. It includes field trips which are an essential component of the Introduction to Photography learning experience.

**107 UKULELE INTERMEDIATES****Limit 45****Course Leader:** Susan Coggan**Course Clerk:** (To be advised ...)**Dates:** Feb 10, 17, 24; Mar 2, 9, 16, 23, 30; May 4, 11, 18, 25; Jun 1, 15, 22**Time:** 10:30am – 12 noon**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. **Please wait for your enrolment confirmation prior to purchasing the textbook** (approx. cost \$42).

<b>MONDAY</b>
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**108 UKULELE FOR BEGINNERS****COST \$5.00****Limit 45****Course Leader: Susan Coggan****Course Clerk: (To be advised ...)****Dates: Feb 10, 17, 24; Mar 2, 9, 16, 23, 30; May 4, 11, 18, 25; Jun 1, 15, 22****Time: 1:00pm - 2:30pm****Venue: Carrington Community Centre, corner Young and Hargrave Streets, Carrington**

This course teaches ukulele accompaniment to a range of songs. We will start with a simple 1 chord song *Frere Jacques* and progress over Term 1 and 2 to songs with a range of chord progressions (e.g. *Eight Days a Week*). You will learn the ukulele skills of tuning, reading chord diagrams, strumming, playing chords and simple finger picking. If you can't sing, humming is OK. Participants will need to purchase the beginners' workbook from NU3A at the time of enrolment by **adding \$5** to your membership fees. In the second term participants will need to purchase the textbook *The Ukulele Club Songbook Volume 2* (published by Hal Leonard, ISBN 978863678056) by Blue MUGs, which is available from Jacks Music at New Lambton or Musos Corner. Phone first to ascertain supplies are in stock. You will have the option in Term 3 to join the 10.30am Intermediate class or repeat the Beginners Class.

**110 MEDITATION****WAITLISTED****Limit 35****Course Leaders: Vicki Everingham and Sherill Jones****Course Clerk: (To be advised ...)****Dates: Feb 10, 17, 24; Mar 2, 9, 16, 23, 30; May 4, 11, 18, 25; Jun 1, 15, 22****Time: 1:30pm - 3:00pm****Venue: Star Hall, 23 Valencia Street, Mayfield (cnr Villiers St)**

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.

**112 THE STUART DYNASTY 1603-1714****Limit 70****Course Leader: Alan Barr****Course Clerk: (To be advised ...)****Dates: Mar 9, 16, 23, 30****Time: 10:30am - 12 noon****Venue: Adamstown Uniting Church, cnr Glebe & Brunner Rds, Adamstown**

If you enjoyed Alan Barr's talks on the Tudor Dynasty, then here is the follow up series on the Stuarts. Four talks, each richly illustrated, will introduce you to the lives and personalities of seven kings and queens and the Republican General, Oliver Cromwell. Here are a few issues we will canvas:

- For the first time, a Scot is on the English throne. A plot to kill the King goes horribly wrong, especially for the perpetrators.
- Civil War kills 200,000 and for the only time a reigning King is executed.
- The intriguing lives of two bisexual monarchs.
- England's dabble with a republic. Are there any lessons for us?
- England's most debauched Court – with stories to make your hair curl.
- Religious intolerance and persecution continue – enter the 'Puritans' and the 'Jacobites'.
- England is invaded by the King's own daughter and her husband - who jointly take over the throne.
- The last Queen standing has 17 children but still no heirs!
- Overall, a century of great achievement and 'Great Britain' finally is born.

**113 BEGINNERS JAPANESE LANGUAGE AND CULTURE****Limit 20****Course Leader: Jenny King****Course Clerk: (To be advised ...)****Dates: Feb 10, 17, 24; Mar 2, 9, 16, 23, 30; May 4, 11, 18, 25; Jun 1, 15, 22****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 8th June.

**114 LET'S WRITE A BOOK****CLOSED****Limit 20****Course Leader: Rebecca Skinner****Course Clerk: (To be advised ...)****Dates: Feb 10, 17, 24; Mar 2, 9, 16, 23, 30; May 4, 11, 18, 25; Jun 1, 15, 22****Time: 1:30pm - 3:00pm****Venue: U3A Room, 21 Gordon Avenue, Hamilton**

Have you a story to tell – this course will cover life stories, fiction, children's books, self and traditional publishing. So often it's hard to know where to start and what to leave out of a story. 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 Monday afternoon.

**MONDAY****115 THE BIBLICAL EXODUS****Limit 25****Course Leader:** Eric Aitchison**Course Clerk:** (To be advised ...)**Date:** Mar 23**Time:** 11:30am - 1:00pm**Venue:** U3A Room, 21 Gordon Avenue, Hamilton

This is a review of the Biblical Text from the KING JAMES (1977 Edition) on the progress of the Hebrew meanderings against the paradigms and associated urban myths associated with such authors as Malcolm Gladwell, Penny Cox Caldwell, Michael Rood but especially Glen Fritz and Ron Wyatt. These authors have dominated that story for too long.

**116 STORY TELLING THROUGH INDIGENOUS ART****Limit 20****Course Leader:** Gayle Hopwood**Course Clerk:** (To be advised ...)**Dates:** Feb 10, 17, 24; Mar 2, 9, 16, 23, 30**Time:** 10:30am - 12 noon**Venue:** Wallsend Uniting Church, 19 Metcalfe Street, Wallsend

Ever wanted to create your own artworks but think you don't have artistic talent? Think again! This is a practical course investigating symbols and art forms used in Aboriginal paintings. Participants will create their own 'story paintings' using traditional Aboriginal painting styles and acrylic paint. No expertise is required. A list of equipment will be issued on our first day. Please note there is plenty of off-street parking.

**117 WHICH WINE?****Cost \$60 per person****Limit 30****Course Leader:** Jeanne Boote**Course Clerk:** (To be advised ...)**Dates:** May 4, 11, 18, 25; Jun 1, 15, 22**Time:** 1:30pm - 3:00pm**Venue:** Wallsend Uniting Church, 19 Metcalfe Street, Wallsend

This course is a fun way for you to discern which wine is your favourite from a selection of each variety. Find out what some experts say about the variety and discover what cheeses or foods might pair well with the variety. Come along to determine what you like and don't like in specific wines, or their accompaniment. Hear others' opinions. You'll "blind" taste and score a different variety each week on a take-home rating sheet: then vineyard details, harvest and price will be revealed. You can input into which varieties, and even make the selections, if you'd like. Only a sampling taste of each will be served, totalling approximately 1 standard glass for each participant each day and participants will take turns to take home the leftovers. You'll need to bring along four wine glasses plus a water glass each week.

**NOTE:** the **non-refundable one-off fee of \$60** per person covers the wine, cheese, course materials and handouts.

**118 LIFE, OXYGEN, CARBON DIOXIDE, AND THE UNIVERSE****CLOSED****Limit 25****Course Leader:** Emeritus Professor Saxon White**Course Clerk:** (To be advised ...)**Dates:** May 4, 11, 18, 25**Time:** 11:30am - 1:00pm**Venue:** U3A Room, 21 Gordon Avenue, Hamilton

A major theme is the dependence of life on oxygen, and the evolution of the atmosphere on Earth made up mainly of nitrogen and oxygen and a tiny amount of carbon dioxide. The latter seems to capture the news, whereas oxygen does not. And therein lies a story. This series of lectures deals with the appearance of oxygen on Earth, how and why species depend on oxygen and defend against oxygen lack, and the functional heart-lung interactions in evolved species on earth. This is an interactive series of presentations and questions are welcomed.

**119 THE GREAT SEIGE OF MALTA****Limit 70****Course Leader:** Richard Dash**Course Clerk:** (To be advised ...)**Date:** Feb 24**Time:** 11:30am - 1:00pm**Venue:** Adamstown Uniting Church, cnr Glebe & Brunner Rds, Adamstown

In 1565 the Ottomans were pushing west through the Mediterranean - their goal was to take Malta and then Sicily, mainland Italy, and the rest of Europe. All that stood in their way were the Knights of St. John Hospitaller. The story of this small force which withstood the incredible power of the vast Turkish forces is a David-and-Goliath struggle which had far-reaching consequences. Our tutor recently visited important sites which exist more than four centuries later, and toured Valletta, named after the leader of the victorious forces.

**150 MEREWETHER BATHS, BURWOOD BEACH TO GLENROCK LAGOON****CANCELLED****Limit 20****Course Leader:** Phil Gilmore**Course Clerk:** (To be advised ...)**Date:** May 18**Time:** 9:45am - 1:30pm**Venue:** Various locations - excursions

Come and join us on a very interesting and educational walk from Merewether Baths, meandering along the shoreline of

Burwood Beach, through to the entrance to Glenrock Lagoon. Phil Gilmore, our tour guide will share fascinating geological facts about the shoreline, rock face, faults and rock platforms at the base of the cliffs and headland. See different rock types, sedimentary features, fossils, and aboriginal tool materials. View the historical remnants of the old train tracks, old rail carts, tunnels and coal mines, leftovers of a time gone by. There is evidence of long-term aboriginal occupation by the Awabakal People, possible first coal discovery in the Hunter Valley, 19th Century coal mining, copper smelting, early industrial rail hauling of coal and sand, 1950s gravel quarries and signs of long-term decimation of natural environmental habitats. The walk and return trip will take approximately 3 hours which includes around 1-hour talk time and examining the area. We will cover around 4km at a leisurely pace. You will be walking mainly on firm sand (low tide), with initial access via a sewerage pipe near the baths leading to flat rock platforms with occasional steps. Anyone taking this tour should be relatively fit and steady on their feet. **Meet at Merewether Baths at 9.45 for a 10am start.** Bring a backpack with wind jacket, hat, sunscreen, sunglasses, water, snacks/food, binoculars and wear walking shoes.

<b>TUESDAY</b>
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**201 SPEAKING ITALIAN****CANCELLED****Limit 6****Course Leader: Elvira Abel****Course Clerk: (To be advised...)****Dates: Feb 11, 18, 25; Mar 3, 10, 17, 24, 31; May 5, 12, 19, 26; Jun 2, 9, 16, 23****Time: 11:10am – 12.25pm****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: (To be advised...)****Dates: Feb 11, 18, 25; Mar 3, 10, 17, 24, 31; May 5, 12, 19, 26; Jun 2, 9, 16, 23****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.

This course meets without a tutor.

**203 LATIN ADVANCED****Limit 14****Course Leader: Rosemary O'Neill****Course Clerk: (To be advised...)****Dates: Feb 11, 18, 25; Mar 3, 10, 17, 24, 31; May 5, 12, 19, 26; Jun 2, 9, 16, 23****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: (To be advised...)****Dates: Feb 11, 18, 25; Mar 3, 10, 17, 24, 31; May 5, 12, 19, 26; Jun 2, 9, 16, 23****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****Limit 40****Course Leader: Pauline Pirozzi****Course Clerk: (To be advised...)****Dates: Feb 11, 18, 25; Mar 3, 10, 17, 24, 31; May 5, 12, 19, 26; Jun 2, 9, 16, 23****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. Students starting are **required to attend regular classes** and contact the Course Clerk if they are unable for some reason to attend. If a student feels within the first two or three weeks that this course is not for them, they must immediately inform the Course Clerk as those members on the waiting list need to join the class within the first 4 weeks unless they have experience of the 40 Form. Please wear comfortable clothing and shoes and bring bottled water.

<b>TUESDAY</b>
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**206 TAI CHI / QI GONG – ADVANCED****Limit 55****Course Leader:** Pauline Pirozzi**Course Clerk:** (To be advised...)**Dates:** Feb 11, 18, 25; Mar 3, 10, 17, 24, 31; May 5, 12, 19, 26; Jun 2, 9, 16, 23**Time:** 11:00am - 12 noon**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 42 YANG STYLE FORM.

**216 TAI CHI /QI GONG - INTRODUCTORY BRIDGING COURSE****Limit 40****Course Leader:** Pauline Pirozzi**Course Clerk:** (To be advised ...)**Dates:** Feb 11, 18, 25; Mar 3, 10, 17, 24, 31; May 5, 12, 19, 26; Jun 2, 9, 16, 23**Time:** 12:30pm - 1:30pm**Venue:** Wallsend Pioneers Memorial Hall, Cowper Street, Wallsend

This course will be open to beginners who have completed two years on the 40 Form or those students who are "dedicated" to move on from where your teacher finished off in 2019 class – the aim being to complete the 40 Form in its entirety.

**207 POETRY: Bards and Ballads****Limit 20****Course Leader:** Daphne Roper**Course Clerk:** (To be advised...)**Dates:** Feb 11; Mar 10; May 12; Jun 9**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:** (To be advised ...)**Dates:** Feb 18; Mar 17; May 19; Jun 16**Time:** 1:30pm - 3:00pm**Venue:** U3A Room, 21 Gordon Avenue, Hamilton

All enthusiastic readers are welcome. The reading list includes Feb 18 *Miss Pettigrew Lives For a Day* by Winifred Watson; Mar 17 *Bookshop of The Brokenhearted* by Robert Hillman; May 19 *Dark Emu* by Bruce Pascoe; Jun 16 *Gentleman in Moscow* by Amor Towles.

**209 RANDOM READERS****Limit 20****Course Leader:** Daphne Roper**Course Clerk:** (To be advised ...)**Dates:** Feb 25; Mar 24; May 26; June 23**Time:** 1:30pm - 3:00pm**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:** (To be advised ...)**Dates:** Mar 3, 31; May 5; Jun 2**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 THE WRITERS FORUM****CLOSED****Limit 14****Course Leader:** Beth Elliott**Course Clerk:** (To be advised ...)**Dates:** Feb 18; Mar 3, 17; May 5, 19; June 2, 16**Time:** 10:30am - 12 noon**Venue:** Carrington Community Centre, Corner Young and Hargrave Streets, Carrington

This is an open, relaxed and informal forum for writers of any genre to chat and share their stories or poems etc. with fellow writers in a supportive and respectful environment. This is not a structured class.

## TUESDAY

**212 LIFE'S JOURNEY: A Participatory Astrology Perspective****CANCELLED****Limit 15****Course Leader: Steve Garlick****Course Clerk: (To be advised ...)****Dates: Feb 11, 18, 25; Mar 3, 10, 17, 24, 31; May 5, 12, 19, 26; Jun 2, 9, 16, 23****Time: 2:30pm - 4:00pm****Venue: Carrington Community Centre, Corner Young and Hargrave Streets, Carrington**

We live in a participatory universe, in that our consciousness co-creates the world we experience. We can learn to participate more soulfully in our own creation by becoming aware of the structures in our unconscious. Depth psychologists call these structures 'archetypes of the soul' and astrology presents a coherent map of how these archetypes function in our lives. This course will allow you to actually experience these archetypes by using a zodiacal mandala and some gentle therapeutic techniques such as psychodrama and voice dialogue. It will also involve you sharing and enacting your own astrology chart, we will be gently sharing our lives and what the patterns of the sky might mean for us. It would be helpful to have an electronic device with you running the free app Time Nomad (iPad/ iPhone only). No prior knowledge of astrology is assumed. The course is exploratory, and you should consider enrolling only if you wish to dive deeper into yourself. Some meditation and contemplation practices are also included.

**213 NEWCASTLE HARBOUR FORESHORE: THE FIRST 100 YEARS****Limit 80****Course Leader: Julie Keating****Course Clerk: (To be advised ...)****Date: May 12****Time: 10:30am - 12 noon****Venue: Adamstown Uniting Church, cnr Glebe & Brunner Rds, Adamstown**

Respected local historian and prolific author Julie Keating focuses on the harbour foreshore. Commencing from Nobbys and continuing around the foreshore, major developments and buildings are identified. Includes the early development and industries of Wickham, Carrington and Stockton.

**214 URBAN PHOTOGRAPHY WALKS****Limit 20****Course Leader: Mark McConnell****Course Clerk: (To be advised ...)****Dates: May 5, 12, 19, 26; Jun 2, 9****Time: 9:00am - 10:30am****Venue: Various locations - excursions**

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 (course 415) will be on Thursday June 18th at 21 Gordon Avenue where you will have an opportunity to show your photographs - **photographers should enrol in both courses.**

**221 ITALIAN BEGINNERS CONTINUING****Limit 8****Course Leader: Elvira Abel****Course Clerk: (To be advised...)****Dates: Feb 11, 18, 25; Mar 3, 10, 17, 24, 31; May 5, 12, 19, 26; Jun 2, 9, 16, 23****Time: 9.45am – 11.00am****Venue: Private Location in CBD – to be advised on enrolment**

This course builds on the beginner's course and is for members who have had **6-12 months learning Italian**. Participants will need to do homework.

**226 INTRODUCTION TO SAILING INFORMATION SESSION****Course Leader: Henk Zeeman****Course Clerk: (To be advised ...)****Date: Feb 11****Time: 10.30am-12 noon****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 Hendrik (Henk) Zeeman, your experienced captain and NU3A member, sailing instructor Andrew Omotosha, and Sailing Academy Manager Jacqui Ellis 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 2019.**

<b>DISCOVER SAILING EXPERIENCE</b>
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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 and **NON-REFUNDABLE**. NCYC supply the lifejacket, boats, sails and all safety equipment. An Australian Sailing qualified Instructor will be on board with a group of **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 registration and once registered will cover you for life. Following the Discover Sailing Experience, NCYC can 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](http://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: (To be advised ...)

Date: Feb 25

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 16**

Course Leader: Henk Zeeman

Course Clerk: (To be advised ...)

Date: Mar 3

Time: 10.00am-1.00pm

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

**229 DISCOVER SAILING EXPERIENCE – Course 3**

Cost \$25 per person

**Limit 16**

Course Leader: Henk Zeeman

Course Clerk: (To be advised ...)

Date: Mar 10

Time: 10.00am-1.00pm

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

**230 DISCOVER SAILING EXPERIENCE – Course 4**

Cost \$25 per person

**Limit 16**

Course Leader: Henk Zeeman

Course Clerk: (To be advised ...)

Date: Mar 17

Time: 10.00am-1.00pm

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

**250 UNIVERSITY OF NEWCASTLE ARCHIVES TOUR - Auchmuty Library****CLOSED****Limit 12**

Course Leader: Venue Tour Guide

Course Clerk: (To be advised ...)

Date: Mar 24

Time: 10:00am-12 noon

Venue: Archives, UoN Auchmuty Library, University Drive, Callaghan

The University Archives was founded in February 1975 to safeguard the permanent value records of the University of Newcastle. The University Archives within the Auchmuty Library at the University of Newcastle holds some 2,000 shelf metres of priceless manuscript material dating from the year 1826. Come and join us in a guided tour of the University of Newcastle's Archives:

- View old historical books and archives, seeing how we store things.
- Meet our conservator and archivists who will explain many aspects of archiving
- Come downstairs to see our map room and large format scanner. Our new area that is being fitted out to house the formidable Bob James Collection of friendly societies and masonic memorabilia.
- Finally, head upstairs to see the work being done in our GLAMx Lab where the students participating in work integrated learning programs are trained. Our 3D scanning and audio-visual equipment is also up there. There are lifts should they be needed.

## TUESDAY AFTERNOONS WITH U3A

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

**Limit 90**

**Course Leaders: Ron Davis and Carol Davis**

**Course Clerk: Carol 4951 7878**

**Time: 1:30pm - 3:00pm**

**Venue: Adamstown Uniting Church, corner Glebe and Bruncker Roads, Adamstown**

**251 CHANGES IN DENTISTRY OVER 47 YEARS AND DENTISTRY IN REMOTE COMMUNITIES** -The Royal Flying Doctors

**Presenter: Dr David Hancock (Retired)**

**Date: Feb 11**

**252 STOCKTON BEACH AND ITS PROBLEMS**

**Presenter: Daniel Brown**

**Date: Feb 18**

**253 THE HISTORY OF ANAESTHETIC MACHINE DEVELOPMENT, 1846 TO TODAY**

**Presenter: Stephen Threlfo**

**Date: Feb 25**

**254 WHAT IS A PERSONALITY DISORDER?**

**Presenter: Prof Michael Hazelton**

**Date: Mar 3**

**255 A WORLD OF DROUGHT: ATMOSPHERIC CIRCULATION, BUSHFIRES AND GLOBAL WARMING**

**Presenter: Assoc. Prof. Howard Bridgman**

**Date: Mar 10**

**256 EYE HEALTH IN THE COMMUNITY**, with G.P.s, Optometrists and Ophthalmologists

**Presenter: Rene Cheung, OPSM Optometry (Kotara)**

**Date: Mar 17**

**257 THE STORY OF AUSTRALIAN MONEY**

**Presenter: Ed Tonks, Historian**

**Date: Mar 24**

**258 THE WRITE STUFF MAGAZINE** – Writing for fun

**Presenters: Beth Elliott and The U3A Writers' Group**

**Date: Mar 31**

**259 ALL ABOUT CARTOONS AND THE MEDIA**

**Presenter: Peter Lewis, Cartoonist**

**Date: May 5**

**260 WALK ON WHEELS – A DEMONSTRATION OF STOCK**

**Presenter: Shawn Riley**

**Date: May 12**

**261 CROSS-COUNTRY SKIING INTO THE KOSCIUSZKO BACK COUNTRY**

**Presenter: Garry Smith, President of Speliological Society**

**Date: May 19**

Surviving in snow caves during a lethal 4-day blizzard.

**262 PODIATRY – It's more than just your feet!**

**Presenter: Justin Smith, Achieve Podiatry**

**Date: May 26**

**263 CHASING THE NORTHERN LIGHTS**, in Norway, Sweden, and Iceland

**Presenter: Margaret Finnie**

**Date: Jun 2**

**264 ABOUT ISLAM**

**Presenter: Farooq Rah, Moslem Chaplain, University of Newcastle**

**Date: Jun 9**

**265 HELPING NEWCASTLE WITH HISTORY IN PICTURES**

**Presenter: Lyn Keily, Special Collections Librarian**

Cultural Collections University Library

**Date: Jun 16**

**266 FOSSILS - PREVENTION AND COPING WITH FIRES, ETC. – NEWCASTLE FIRE BRIGADE**

**Presenter: Rodney Lynch**

**Date: Jun 23**

<b>WEDNESDAY</b>
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- 301 FRENCH CONVERSATION** (this lesson is conducted in French) **WAITLISTED**      **Limit 14**  
**Course Leader:** Elvira Abel  
**Course Clerk:** (To be advised...)  
**Dates:** Feb 12, 19, 26; Mar 4, 11, 18, 25; Apr 1; May 6, 13, 20, 27; Jun 3, 10, 17, 24  
**Time:** 12:30pm - 1:45pm  
**Venue:** Colliers Close Common Room, end of Colliers Close, Newcastle East  
 For members with a good knowledge of French and who are able to speak quite fluently. The emphasis in this class is on speaking, listening to and understanding French. The lesson is conducted in French. Aspects of grammar are taught as necessary - it is expected that participants have a good general understanding of grammar. For those who speak and understand the language well and want to continue to practise and fine-tune their skills.
- 302 FRENCH BEGINNERS** **CLOSED**      **Limit 8**  
**Course Leader:** Jean-Pierre Abel  
**Course Clerk:** (To be advised...)  
**Dates:** May 6, 13, 20, 27; Jun 3, 10, 17, 24 - **note term 2 ONLY**  
**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.
- 305 LET'S TALK ITALIAN** **Limit 18**  
**Course Leader:** Michael Foley  
**Course Clerk:** (To be advised...)  
**Dates:** Feb 12, 19, 26; Mar 4, 11, 18, 25; Apr 1; May 6, 13, 20, 27; Jun 3, 10, 17, 24  
**Time:** 9:00am - 10:30am  
**Venue:** Colliers Close Common Room, end of Colliers Close, Newcastle East  
 This is a full year's course suitable for those who have completed at least 12 months of recent previous study. The focus will be on grammar/vocabulary/pronunciation in preparing for the spoken language. Students start to speak Italian in the early stages and homework is required. Please **see course leader for textbook details.**
- 310 LET'S TALK ITALIAN FOR BEGINNERS** **Limit 18**  
**Course Leader:** Michael Foley  
**Course Clerk:** (To be advised...)  
**Dates:** Feb 12, 19, 26; Mar 4, 11, 18, 25; Apr 1; May 6, 13, 20, 27; Jun 3, 10, 17, 24  
**Time:** 11:00am – 12 noon  
**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. Students start using Italian in the early stages and homework is required. **See course leader for textbook details.**
- 306 FULL BODY STRETCH / LATINO DANCERCISE** **CLOSED**      **Limit 40**  
**Course Leader:** Colleen Potts  
**Course Clerk:** (To be advised...)  
**Dates:** Jan 22, 29; Feb 5, 12, 19, 26; Mar 4; May 6, 13, 20, 27; Jun 3, 10, 17, 24  
**Time:** 11:00am -12:15pm  
**Venue:** KCDANCEHQ 5/468-470 Pacific Highway, Belmont (entrance in Marks St)  
 Please note the Building faces the highway but coming from Newcastle, you have to turn right at the Evans Street lights just past Belmont High, then turn first left and next left into Marks Street.  
**Please note dates for this course differ from regular Term dates.**
- 307 TAP DANCING FOR FUN AND FITNESS** **CLOSED**      **Limit 40**  
**Course Leader:** Colleen Potts  
**Course Clerk:** (To be advised...)  
**Dates:** Jan 22, 29; Feb 5, 12, 19, 26; Mar 4; May 6, 13, 20, 27; Jun 3, 10, 17, 24  
**Time:** 12:15pm - 1:45pm  
**Venue:** KCDANCEHQ 5/468-470 Pacific Highway, Belmont (entrance in Marks St)  
**To be added to current description.** Please note the Building faces the highway but coming from Newcastle, you have to turn right at the Evans Street lights just past Belmont High, then turn first left and next left into Marks Street.  
**Please note dates for this course differ from regular Term dates.**
- 308 MIDDLE EASTERN CHOREOGRAPHIES [amalgamated with 309 BEGINNER BELLY DANCE]** **CLOSED**      **Limit 40**  
**Course Leader:** Colleen Potts  
**Course Clerk:** (To be advised...)  
**Dates:** Jan 22, 29; Feb 5, 12, 19, 26; Mar 4; May 6, 13, 20, 27; Jun 3, 10, 17, 24  
**1:45pm - 3:30pm**  
**Venue:** KCDANCEHQ 5/468-470 Pacific Highway, Belmont (entrance in Marks St)  
**To be added to current description.** This course combines classes 308 and 309. Please note the Building faces the highway but coming from Newcastle, you have to turn right at the Evans Street lights just past Belmont High, then turn first left and next left into Marks Street.

<b>WEDNESDAY</b>
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**311 INTERMEDIATE PHOTOGRAPHY****Limit 20****Course Leader:** Mark McConnell**Course Clerk:** (To be advised ...)**Dates:** May 6, 13, 27; Jun 10, 24**Time:** 9:30am - 11:00am**Venue:** U3A Room, 21 Gordon Avenue, Hamilton

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 312** and **you will need to enrol in both courses**.

**312 PHOTOGRAPHY FIELD TRIPS – 2****Limit 20****Course Leader:** Mark McConnell**Course Clerk:** (To be advised ...)**Dates:** May 20; June 3, 17**Time:** 9:30am - 11:00am**Venue:** Various locations - excursions

All applicants for course 311 Intermediate Photography at 21G should also enrol in this course. It includes field trips which are essential to the Intermediate Photography learning experience.

**313 FELDENKRAIS: Awareness Through Movement****WAITLISTED****Limit 15****Course Leader:** Helen Lane**Course Clerk:** (To be advised ...)**Dates:** Mar 4, 11, 18, 25; Apr 1; May 6, 13, 20, 27; Jun 3, 10, 17, 24**Time:** 2:30pm - 4:00pm**Venue:** Carrington Community Centre, Corner 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 also improving other components of action – thinking, sensing and feeling. Lessons involve doing 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 as comfort is the name of the game here, you might like to bring a blanket or doona (single size) for extra padding under you. 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.

**314 WHY SEPARATE KINGS HOSIAH AND HEZEKIAH****Limit 25****Course Leader:** Eric Aitchison**Course Clerk:** (To be advised ...)**Date:** May 20**Time:** 9:30am - 11:00am**Venue:** U3A Room, 21 Gordon Avenue, Hamilton

This course asks questions why these two pivotal kings are separated by a minimum of seven years by the Encyclopaedia Britannica and the majority of textbooks in defiance of the biblical text. Many Biblicists argue on Biblical inerrancy, that is the belief that the Bible is without fault or error in all its teachings – but distort the text to make it fit another conception.

**316 REMOTE AREA NURSING IN AUSTRALIA****WAITLISTED****Limit 25****Course Leader:** Daphne Roper**Course Clerk:** (To be advised ...)**Date:** Mar 18**Time:** 1:30pm - 3:00pm**Venue:** U3A Room, 21 Gordon Avenue, Hamilton

In 1955 many areas now bustling with "grey Nomad" tourists were quite remote without any transport and had only the Flying Doctor Health Service plus occasional nurse visits monthly. Even Far North South Australia was known then as part of "The Centre". Australia was living "off the sheep's back" which made this area productive and busy. Due to serendipity interrupting my post graduate nursing plans that's where I arrived for 12 months of unforgettable experiences.

**318 CLIMATE CHANGE AND AGRICULTURE****Limit 70****Course Leader: Jetse Kalma****Course Clerk: (To be advised ...)****Dates: Feb 12, 19, 26; Mar 4****Time: 10:30am - 12 noon****Venue: Adamstown Uniting Church, cnr Glebe & Brunner Rds, Adamstown**

This four-week course will address the impact of climate change on future food production in Australia and will explore how the farming sector may respond. In **Week 1**, I will answer frequently asked questions such as *What is climate change? How has climate changed in the past? How is the atmosphere changing? Is the science settled? Climate predictions in Australia*

**WEDNESDAY**

and the *impacts of climate change* on water security, droughts, bushfires and food production will be discussed in **Week 2**. This will draw on reports produced by the CSIRO, the Bureau of Meteorology and the Climate Council. The role of agriculture in mitigating climate change through reduction of greenhouse gas emissions, carbon sequestration and carbon farming will be discussed in **Week 3**. Finally, in Week 4, I will focus on how the farming sector can adapt to climate change and move towards regenerative farming systems, based on integrated management of soil, water and vegetation.

**319 COME AND PLAY CANASTA****CLOSED****Limit 16****Course Leader: Mark McConnell****Course Clerk: (To be advised ...)****Dates: Feb 12, 19, 26; Mar 4, 11, 18, 25; Apr 1; May 6, 13, 20, 27; Jun 3, 10, 17, 24****Time: 12 noon - 1:30pm****Venue: Carrington Community Centre, Corner Young and Hargrave Streets, Carrington**

Come and have an enjoyable afternoon playing a game of canasta in a friendly atmosphere. It doesn't matter if you have never played or not played in years, just come along and have a relaxed afternoon among friends.

**320 J.R.R.TOLKIEN: HIS LIFE AND WORKS****Limit 25****Course Leader: Isabel Hodgins****Course Clerk: (To be advised ...)****Dates: May 6, 13, 20, 27; Jun 3, 10****Time: 11:30am - 1:00pm****Venue: U3A Room, 21 Gordon Avenue, Hamilton**

The author of some of the most fantastic and popular literary works of the 20th century with many dedicated fans (and fan clubs) across the world, the pipe-smoking Professor Tolkien was, and still is, an enigma. At Oxford, he was a highly respected academic, scholar, linguist, philosopher, who was fond of having talks, discussions, debates and a pint or two with friends, The Inklings, at the pub *The Eagle and Child*. Tolkien had many diverse interests and experiences apart from his academic career – a soldier in World War One, a horse handler, an enthusiastic walker, gardener, a most loving husband and a dedicated letter writer. His academic and personal experiences influenced much of Tolkien's writings over the years. In the late 20th Century and continuing on into this century, there has been ongoing analysis of his writings and of Tolkien, the author, the academic and the man. This course will explore some aspects of Tolkien's life and interests and how these relate to *The Hobbit*, *The Lord of the Rings*, to the stories in *The Silmarillion* and to his letters which give us insights into the relevance of these works to contemporary society. In recent years, Tolkien's works have reached an extremely wide audience thanks in part to the films "The Lord of The Rings" and "The Hobbit" and also to a film based on his early life, "Tolkien." This course will concentrate on the writings of Tolkien although there will be references made to films where relevant.

**321 BROADWAY TODAY FROM 2000-2020****CANCELLED****Limit 40****Course Leader: Ian John Wheeler****Course Clerk: (To be advised ...)****Date: Mar 25****Time: 10:30am - 2:30pm****Venue: The Community Room, The Place, Charlestown Community Centre**

In this course Ian takes you on a musical carpet ride presenting excerpts from musicals from 2000-2020 bringing the magic of musicals to life. He explores how musical theatre productions have changed and evolved over the years from the old format of musical theatre such as *Oklahoma* into the musical of today. It is an interactive course and members are encouraged to ask questions and discuss various aspects of the musicals being presented. There will be **an hour break for lunch from 12-1pm** and participants will be welcome to bring their lunch and chat during the break if they so wish.

**NOTE: Free parking** at Charlestown Square is available for those attending this course at The Place. Please enquire at the front desk of The Place before or after your course for instructions.

**322 GETTING STARTED WITH RESEARCHING YOUR FAMILY HISTORY****Limit 25****Course Leader: Brenda Carter****Course Clerk: (To be advised ...)****Dates: Feb 12, 19****Time: 1:30pm - 3:00pm****Venue: U3A Room, 21 Gordon Avenue, Hamilton**

This 2-session series is designed to get you started researching your family history. You might then like to join a Family History Discussion Group and enhance your learning as you engage with other group members.

**323 FAMILY HISTORY DISCUSSION GROUP****WAITLISTED****Limit 20****Course Leader: Roland Bannister****Course Clerk: (To be advised ...)****Dates: Mar 4; May 6; June 3****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.

**WEDNESDAY****324 CELL BIOLOGY****Limit 38****Presenter: Dr John Page****Course Clerk: (To be advised ...)****Dates: Feb 19, 26; Mar 4, 11, 18, 25****Time: 10:00am – 11:30am****Venue: Hunter Room, Hunter Unions Building, 406-408 King St, Newcastle West**

A fascinating look at the contents of the human body cells, what they contain and what they can do. This course features a pictorial look at the amazing capacities of the human cell, what they can do and what they contain. All the food you eat finishes up in factories inside your cells and the latest electron microscope high-power pictures take you there.

**325 THE BIG STORY: FROM UNIVERSE TO YOU****Limit 30****Course Leader: John Carr****Course Clerk: (To be advised ...)****Dates: Feb 12, 19, 26; Mar 4, 11, 18, 25; Apr 1****Time: 1:00pm - 3:00pm****Venue: The Glen Room, The Place, Charlestown Community Centre**

The adventurous tale of life itself, from the origins of galaxies and stars, to our Sun and the Earth, how life evolved, the evolution of human behaviour, and the nature and development of that special consciousness which is able to understand and wonder at it all. No prior training in science is required, rather this course is for anyone interested in and fascinated by the nature of life and the new perspectives in science. The course takes a tour from astronomy and physics through biology to psychology: from quarks to quasars, proteins to personality, from universe to you. There will be an easy and interesting study or celebration of the wonders of life against a background of galactic clusters, biology, language, electromagnetism, relativity, the new theories of evolution, neuropsychology, the sub-atomic world and the nature of space-time.

**326 ASTRONOMY****WAITLISTED****Limit 30****Course Leader: John Carr****Course Clerk: (To be advised ...)****Dates: May 6, 13, 20, 27; Jun 3, 10, 17, 24****Time: 1:00pm - 3:00pm****Venue: The Glen Room, The Place, Charlestown Community Centre**

Exploring the first c.14 billion years of the development and current state of astronomy, considering telescopes, the solar system, star-making, nebulas, globular clusters, galaxies, superclusters, cosmology, exoplanets, life in the universe, and 'all-of-the-above'.

**328 MORE GREEK DRAMA****Limit 20****Course Leader: Michael Ewans****Course Clerk: (To be advised ...)****Dates: Mar 4, 11, 18, 25; Apr 1****Time: 9:30am - 11:00am****Venue: U3A Room, 21 Gordon Avenue, Hamilton**

The Athenians invented tragedy and comedy, and their plays are still frequently performed today worldwide. This series of Greek drama presented by Conjoint Professor Michael Ewans of the University of Newcastle, introduces us to the following plays: Aeschylus, Libation Bearers; Sophocles, Antigone; Euripides, Medea and Aristophanes, Peace. Translations will be provided and there will be illustrations from the Course Leader's own productions; there **may be a small cost of printing** if required.

**329 OUT OF CENTRAL ASIA****CLOSED****Limit 30****Course Leader: Bob Colomb****Course Clerk: (To be advised ...)****Dates: Feb 19, 26****Time: 11:30am - 1:00pm****Venue: U3A Room, 21 Gordon Avenue, Hamilton**

In the history of most of the ancient civilisations of Europe and Asia, there are generally several invasions by people "out of Central Asia". This series of two lectures looks at the origins of the people who came out of Central Asia, from the leaving of Africa 100,000 years ago to the rise of the horse cultures in the great Steppe region of Central Asia, which began from the domestication of the horse about 6,000 years ago. We see the emergence of the Indo-Europeans, Turks, Mongols and Magyars all of whom played major roles in our history.

<b>WEDNESDAY</b>
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**330 INTRODUCTION TO 3D PRINTING****Limit 20****Course Leader: Steven Threlfo****Course Clerk: (To be advised ...)****Date: Feb 26****Time: 2:30pm - 4:00pm****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, are now supplementing the tools available for hobbyists and shed dwellers. With fast access to customised and inexpensive products, 3D printing has the potential to change contemporary culture, in particular how specialised components are prototyped, created and used.

**331 AUSTRALIA – ALMOST A FRENCH SETTLEMENT****Limit 25****Course Leader: Bert Browne****Course Clerk: (To be advised ...)****Dates: Mar 4, 11, 18, 25****Time: 11:30am - 1:00pm****Venue: U3A Room, 21 Gordon Avenue, Hamilton**

Six major French expeditions to the Australian coast took place in the late 18th century and early 19th century. These expeditions grew from a fascination with the sciences - anthropology, astronomy, botany, geography, geology and zoology. But were territorial ambitions also involved?

**332 ACCEPTING THE CHALLENGE: TRANSITION TO AN INDEPENDENT PNG****WAITLISTED****Limit 25****Course Leader: Mark Lynch****Course Clerk: (To be advised ...)****Date: Mar 25****Time: 1:30pm - 3:00pm****Venue: U3A Room, 21 Gordon Avenue, Hamilton**

In the early 1970s, for both Australia and its Territories of New Guinea and Papua, strong forces threatened a peaceful and effective transfer of power from Canberra to Port Moresby. For 33 months from Whitlam's election in December 1972, political and official midwives on both sides strived to ensure a healthy birth of a new nation. Mark Lynch tells this historic story from his perspective as PNG Cabinet Secretary.

**333 INTRODUCING THE MAKERSPACE AND TUTORIALS WITH THE SHAPEOKO XXL MACHINE****Limit 25****Course Leader: Greg Hall****Course Clerk: (To be advised ...)****Dates: May 13, 20, 27****Time: 2:30pm - 4:00pm****Venue: U3A Room, 21 Gordon Avenue, Hamilton**

The Newcastle Makerspace <https://www.facebook.com/groups/newcastlemakerspace/about/> is a not-for-profit communal space, that anyone can use, with access to communal tools and shared skills, to make or fix things. This might be for example, a sewing space, an electronics space, a woodworking space, a metal working space, a mechanical repairs / maintenance space etc. In these sessions, we shall introduce the design and manufacture of 2D (2.5D & perhaps 3D) components using the open-source computer-controlled router 'Shapeoko XXL'. <https://wiki.shapeoko.com/> For those who would like to do a little pre-study, the tutorials that we intend to follow are at <https://docs.carbide3d.com/tutorials/#shapeoko-tutorials>.

**334 DRAWING AND PAINTING WITH LIGHT****WAITLISTED****Limit 20****Course Leader: Peter Lewis****Course Clerk: (To be advised ...)****Dates: Jun 17, 24****Time: 11:30am - 1:00pm****Venue: U3A Room, 21 Gordon Avenue, Hamilton**

An alternative way of capturing visual forms using light rather than lines. This doesn't require drawing skills (which can take years to master) and can be used to record the world around us or express the inner world of our imaginations.

**335 AN INTRODUCTION TO MOODLE****Limit 20****Course Leader: Petras Virzintas****Course Clerk: (To be advised ...)****Dates: Feb 12, 19, 26****Time: 9:30am - 11:00am****Venue: U3A Room, 21 Gordon Avenue, Hamilton**

Moodle is an open-source (free) internet-based software package that is designed to support on-line education. This course will give participants a brief introduction to the Moodle system, the interface and some basic HTML training. If there is enough interest in Moodle, then a subsequent course will be provided which will present topics such as Course Formats, Books, Lessons, Quizzes and Forums. **NOTE: Participants must be familiar with the Internet.**

<b>WEDNESDAY</b>
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**350 NOSTALGIC NEWCASTLE LOCAL HISTORY WALK****CLOSED****Limit 15****Course Leader: Suzanne Martin****Course Clerk: (To be advised ...)****Date: Mar 18****Time: 9:30am - 12:30pm**

Where was the George Hotel and Jerrys Cafe? And who shopped at Winns Store? Scott St. Newcastle has changed so much over the years and now, from January 2019, it has Light Rail!! Reminisce on a flat walk and visit the former Newcastle Railway Station, now 'The Station', and perhaps call into the 'new' Courthouse and view the 'Declaration of Newcastle' in the City Hall. Come and join Newcastle local history expert Suzanne Martin. This walk is all flat walking. Wear a hat and comfortable footwear and bring water and sunscreen. Optional Lunch/refreshments (at your own expense) in nearby Clarendon Hotel, 347 Hunter St, Newcastle at end of the walk.

**NOTE:** There only 15 places. **This walk will be balloted - to attend you must have received confirmation** that you have been successful in applying for a space.

**351 NEWCASTLE EAST END - CHURCH STREET - Guided History Tour****CLOSED****Limit 15****Course Leader: Suzanne Martin****Course Clerk: (To be advised ...)****Date: Mar 25****Time: 9:30am - 12:30pm**

Newcastle local history expert Suzanne Martin will lead a heritage walk in the east end and CBD of Newcastle. 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 a hat and good walking shoes as the walk will include a city hill! Optional lunch (at own expense) at The Lucky Hotel, 237 Hunter Street, Newcastle, at the end of the walk.

**NOTE:** There only 15 places. **This walk will be balloted - to attend you must have received confirmation** that you have been successful in applying for a space.

**352 JOHN MCNAIR HERBARIUM The University of Newcastle****CLOSED****Limit 25****Course Leader: Venue Tour Guide****Course Clerk: (To be advised ...)****Date: June 17****Time: 9:30am - 12:30pm****Venue: John McNair Herbarium UoN Plant Science Environmental and Life**

With a collection of over 14,500 specimens and counting, the Don McNair Herbarium supports research, teaching and community education, while also providing an important source of DNA for Australian native flora. The Herbarium is the result of more than 60 years' worth of collecting on behalf of the founder, Dr Donald Livingstone McNair (1920 - 2014), who believed his collection would "be vital in recording environmental and plant changes, particularly in response to climate change". To this end, Dr McNair bequeathed to the University of Newcastle funds to sustain the Herbarium and to foster postgraduate research in plant systematics. We are anticipating a 3-hour session starting at 9.30 am with talks and demonstrations in the lecture theatre and groups visiting the Herbarium.

<b>THURSDAY</b>
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<p><b>401 ITALIAN INTERMEDIATE</b>  <b>Course Leader:</b> Elvira Abel  <b>Course Clerk:</b> (To be advised ...)  <b>Dates:</b> Feb 13, 20, 27; Mar 5, 12, 19, 26; Apr 2; May 7, 14, 21, 28; Jun 4, 11, 18, 25  <b>Time:</b> 11:10am – 12:25pm  <b>Venue:</b> Collier Close Common Room, end of Colliers Close, Newcastle East  For members with <b>at least 2 years knowledge</b> of Italian. Emphasis on speaking, listening, pronunciation and some grammar.</p>	<b>Limit 12</b>
<p><b>402 ITALIAN BEGINNERS</b>  <b>Course Leader:</b> Elvira Abel  <b>Course Clerk:</b> (To be advised ...)  <b>Dates:</b> Feb 13, 20, 27; Mar 5, 12, 19, 26; Apr 2; May 7, 14, 21, 28; Jun 4, 11, 18, 25  <b>Time:</b> 9:45am – 11:00am  <b>Venue:</b> Collier Close Common Room, end of Colliers Close, Newcastle East  This course is for members with little or no knowledge of Italian or those who have forgotten high school lessons! The emphasis is on speaking, listening and pronunciation – listening especially. You will be expected to do homework.</p>	<p style="color: red; font-weight: bold;">WAITLISTED</p> <b>Limit 12</b>
<p><b>403 FRENCH - Advanced</b>  <b>Course Leader:</b> Jean-Pierre Abel  <b>Course Clerk:</b> (To be advised ...)  <b>Dates:</b> May 7, 14, 21, 28; Jun 4, 11, 18, 25 – <b>note term 2 ONLY</b>  <b>Time:</b> 1:30pm - 2:30pm  <b>Venue:</b> private location in Newcastle CBD - to be advised on enrolment  This course is for members who have <b>2 years' experience</b> and want to continue to advanced level. The emphasis is on speaking, listening and pronunciation – listening especially. You will be expected to do homework.</p>	<p style="color: red; font-weight: bold;">CLOSED</p> <b>Limit 8</b>
<p><b>404 BEGINNING FRENCH WITH SHORTCUTS - Continued</b>  <b>Course Leader:</b> Jack Caldwell  <b>Course Clerk:</b> (To be advised ...)  <b>Dates:</b> Feb 20, 27; Mar 5, 12, 19, 26; Apr 2; May 7, 14, 21  <b>Time:</b> 9:00am – 10:30am  <b>Venue:</b> U3A Room, 21 Gordon Avenue, Hamilton  This course follows on from Term 4, 2019 and will finish on May 21st. 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. False beginners capable of picking up the course beyond Chapter 6 of the textbook are welcome to apply.  <b>Please note that this course starts on 20 February and concludes on 21 May.</b></p>	<b>Limit 25</b>
<p><b>405 ITALIAN ADVANCED</b>  <b>Course Leader:</b> Michael Foley  <b>Course Clerk:</b> (To be advised ...)  <b>Dates:</b> Feb 13, 20, 27; Mar 5, 12, 19, 26; Apr 2; May 7, 14, 21, 28; Jun 4, 11, 18, 25  <b>Time:</b> 1:00pm - 2:30pm  <b>Venue:</b> U3A Room, 21 Gordon Avenue, Hamilton  Participants <b>must have previously studied Italian</b>. The class works with a text and concentrates on speaking as much Italian as possible, with some grammar thrown in from the text.  <b>N.B. Intending participants should discuss their abilities with the tutor.</b></p>	<b>Limit 12</b>
<p><b>406 MANDARIN – NOT QUITE BEGINNERS</b>  <b>Course Leader:</b> Ron Giggins  <b>Course Clerk:</b> (To be advised ...)  <b>Dates:</b> Feb 13, 20, 27; Mar 5, 12, 19, 26; Apr 2; May 7, 14, 21, 28; Jun 4, 11, 18, 25  <b>Time:</b> 3:15pm - 4:45pm  <b>Venue:</b> 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.</p>	<b>Limit 15</b>

<b>THURSDAY</b>
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**407 MUSIC APPRECIATION****CLOSED****Limit 40****Course Leaders: Sandy Sanson-Fisher and Christine Johnson****Course Clerk: (To be advised ...)****Dates: Feb 20, 27; Mar 5, 12, 19, 26; Apr 2; May 7, 14, 21, 28; Jun 4, 11, 18, 25****Time: 10:30am - 12:15pm****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.

**408 MUSIC THEORY FOR UKULELE****Cost \$15 for booklet****Limit 30****Course Leader: Susan Coggan****Course Clerk: (To be advised ...)****Dates: Feb 13, 20, 27; Mar 5, 12, 19, 26; Apr 2; May 7, 14, 21, 28; Jun 4, 11, 18, 25****Time: 1:30pm - 3:00pm****Venue: Wallsend Uniting Church, 19 Metcalfe Street, Wallsend**

Can you play C F G7 & Am chords? Do you know which notes form these chords? Are you interested in understanding why a G7 is often used in songs instead of a G chord? Would you like to know how chords and their progressions work in songs? Do you want to play alternative chords up the neck?

This full-year course has been designed to relate your instrument to the language and maths of music. It is for players who wish to extend their knowledge & understanding of their instrument. After this course, you can return to your classes, with a deeper insight into music. At the end of the year you will be able to:

1. Identify the fretboard layout and all its notes
2. Formulate major and minor scales to play across or up the neck
3. Construct major, minor, dominant 7th and major 7th chords in different keys
4. Apply the correct formula to play lesser known chords e.g. augmented, diminished, suspended and 6ths
5. Identify a range of chord progressions
6. Read a simple song score to identify the beat & rhythm to improve playing
7. Investigate a range of strums
8. Play chord melodies
9. Transpose songs to another key
10. Compose a simple song by applying the Circle of Fifths and Fourths
11. Create and play a simple solo using a pentatonic scale
12. Create and play alternative chords up the neck by applying the concept of the moveable nut

**Resources needed**

- 2-4 coloured highlights, lead pencil, eraser
- Ring folder plus 5 dividers for the 100 pages of information
- Baritones will need to bring scissors and a glue stick
- An open mind to ask questions
- Your ukulele for each session as we play and explore

**What others have said about our previous music theory classes**

*Thank you for the light bulb moments. We had so much fun. I realised everything I learnt in theory has practical relevance, and at that point, the line blurs out, and everything learnt & applied starts to directly improve my musicianship. I have thoroughly enjoyed this course, learnt so much & have much more to learn!! I have become more observant & take more notice of how music is written. Have found the whole lot most interesting*

**NOTE: There is a \$15 cost for the tutor's 100-page booklet written for this course, payable on enrolment.****409 CHARGE, BREATHE, SIT AND CONNECT****CANCELLED****Limit 15****Course Leader: Steve Garlick****Course Clerk: (To be advised ...)****Dates: Feb 13, 20, 27; Mar 5, 12, 19, 26; Apr 2; May 7, 14, 21, 28; Jun 4, 11, 18, 25****Time: 2:30pm - 4:00pm****Venue: Carrington Community Centre, Corner Young and Hargrave Streets, Carrington**

This course provides a compact practice of raja yoga, following Patanjali. It consists of teaching some energisation techniques, pranayama or breathing exercises, meditation and circle work (a form of non-confrontational group work). The exercises are designed for our age group and may be done sitting in a chair or standing, if the floor is too far away. This course will be about being and doing rather than thinking and talking. Bring either a towel or yoga mat and wear loose comfortable clothing. **A caution:** while the course does not align with any religious or spiritual group, the convenient three letter acronym, 'god', may occasionally be used as a shortcut to refer to the un-manifested source of being.

<b>THURSDAY</b>
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- 412 TOURIST GUIDES FOR THE JAPANESE TRAVELLER** **Limit 25**  
**Course Leader:** Jenny King  
**Course Clerk:** (To be advised ...)  
**Dates:** May 28; June 4  
**Time:** 9:30am -10:30am  
**Venue:** U3A Room, 21 Gordon Avenue, Hamilton  
 Have you always wanted to visit Japan but been daunted by the prospect of expensive costs, language barriers and organized tours? Discover how to get the most for your tourist dollar (or Yen) while exploring the land of Mt Fuji and cherry blossoms. Learn about the best time to travel, accommodation types, food and dining, travel options and the famous Japanese hospitality. In this course you will learn how to tour Japan from the iconic high technology of Tokyo to the ancient temples and shrines of Kyoto and the beautiful natural landscape of the Japanese alps and hot spring resorts.
- 413 JAPANESE LANGUAGE AND CULTURE – INTERMEDIATE** **Limit 20**  
**Course Leader:** Jenny King  
**Course Clerk:** (To be advised ...)  
**Dates:** Feb 13, 20, 27; Mar 5, 12, 19, 26; Apr 2; May 7, 14, 21, 28; Jun 4, 11, 18, 25  
**Time:** 11:00am - 12:30pm  
**Venue:** U3A Room, 21 Gordon Avenue, Hamilton  
 This course follows on from the Beginners Japanese course in 2019. Students will focus on furthering their conversational Japanese skills through an integrated audio-visual approach to the language and culture used in a wide variety of everyday situations. Recognition of common Japanese script symbols is also included.
- 414 FROM ART NOUVEAU TO ART DECO: French fashion and design** **Limit 30**  
**Course Leader:** Ross Edmonds  
**Course Clerk:** (To be advised ...)  
**Date:** Mar 19  
**Time:** 10:30am - 12 noon  
**Venue:** Wallsend Uniting Church, 19 Metcalfe Street, Wallsend  
 The exhibition will include hand coloured fashion plates from the Parisian magazine “Art, Goût (taste), Beauté” which featured exquisite fashion illustrations that provide a glimpse into the luxurious lifestyle that many women aspired to in the 1920s. As well there will be a display of plates from a portfolio of designs by Edouard Benedictus published in Paris in 1924 and another one published in 1930 which encapsulate the change from Art Nouveau to Art Deco.
- 415 URBAN PHOTO WALKS FEEDBACK SESSION** **Limit 20**  
**Course Leader:** Mark McConnell  
**Course Clerk:** (To be advised ...)  
**Date:** Jun 18  
**Time:** 9:00am - 10:30am  
**Venue:** U3A Room, 21 Gordon Avenue, Hamilton  
 This course is the final session of the Urban Photographic Walks (course 214) where you have the opportunity to show and discuss the photographs you took on the Urban Walks.
- 416 TOWARD THINKING MORE PHILOSOPHICALLY** **WAITLISTED** **Limit 15**  
**Course Leader:** Jeanne Boote  
**Course Clerk:** (To be advised ...)  
**Dates:** Feb 13, 20, 27; Mar 5, 12, 19, 26; Apr 2  
**Time:** 10:30am - 12 noon  
**Venue:** The Joe Leon Room, Jesmond Community Centre, 44 Mordue Pde, Jesmond  
 The aim of this course is for you to: Reflect on and recognise your preferred way/s of thinking, further develop your skills in various alternative ways of thinking, become familiar with some very basic terms and aspects of Philosophy, become familiar with some elements of coherent arguments, become aware of some of the problems that can arise in points of view (written and verbal) and become more confident about philosophically discussing a topic. Overall, we will be looking at various ways of thinking: Critical thinking; Morton’s moral and science-based thinking; Bloom’s taxonomy; de Bono’s thinking hats; Gardner’s multiple intelligences; Costa’s habits of mind; assumptions, beliefs, and opinions; certainty and scepticism; reasonable evidence, accuracy, and bias; some very basic philosophical perspectives; arguments and their common problems ... through discussion and activities. **Off Street parking** available or parking at Jesmond Shopping Centre next door.
- 417 MODERN SCANDINAVIAN ARCHITECTURE AND SOME RENOWNED SCANDINAVIAN ARCHITECTS** **WAITLISTED** **Limit 20**  
**Course Leader:** Ray Seldon  
**Course Clerk:** (To be advised ...)  
**Dates:** Mar 19, 26  
**Time:** 10:30am - 12 noon  
**Venue:** Carrington Community Centre, Corner Young and Hargrave Streets, Carrington  
 This Series is about Modern Scandinavian Architecture and, in particular, the life and work of a number of renowned Scandinavian Architects and of the influence they have had on Architecture Worldwide.

**THURSDAY****450 MAITLAND GAOL - Ex-Warder Tour & Lunch****Limit 40****Course Leader: Venue Tour Guide****Cost \$38****Course Clerk: (To be advised ...)****Date: May 28****Time: 11:00am - 1:00pm****Venue: Maitland Gaol, 6-18 John St, East Maitland**

One of the most popular tours offered at Maitland Gaol. This tour manages to interweave history and true-life perspectives. Hear about what it was like to work behind the sandstone walls, closed off from society looking after the worst of the worst in the maximum-security site. With over 20 years' experience in the job it is an opportunity to learn what it's really like working in a prison. Be prepared for some harrowing tales and remember this tour is not for the faint hearted. The Tour will be followed by a light luncheon which is included in the **excursion price of \$38**. Join your U3A friends catching the train to East Maitland station and back or make your own way by car. Details of train timetables will be given out closer to the day. **We will have to be at the gaol by 10.45**. Don't forget to bring your Opal card! There is easy parking on site or a short walk from East Maitland train station.

**NOTICE of U3A ANNUAL GENERAL MEETING****Thursday 30 April, 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.**

**FRIDAY****501 SCRABBLE****Limit 16****Course Leader: Ann Moss****Course Clerk: (To be advised...)****Dates: Feb 14, 21, 28; Mar 6, 13, 20, 27; Apr 3; May 8, 15, 22, 29; Jun 5, 12, 19, 26****Time: 10:30am - 12 noon****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 Clerks: (To be advised...)****Dates: Feb 14, 21, 28; Mar 6, 13, 20, 27; Apr 3; May 8, 15, 22, 29; Jun 5, 12, 19, 26****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: (To be advised...)****Dates: Feb 14, 21, 28; Mar 6, 13, 20, 27; Apr 3; May 8, 15, 22, 29; Jun 5, 12, 19, 26****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: (To be advised...)****Dates: Mar 6; Apr 3; May 8; Jun 5****Time: 10:15am - 12 noon****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.

## FRIDAY

- 505 YOGA FOR SENIORS CLASS 1** **WAITLISTED** **Limit 35**  
**Course Leader:** Lindy Young  
**Course Clerk:** (To be advised...)  
**Dates:** Feb 14, 21, 28; Mar 6, 13, 20, 27; Apr 3; May 8, 15, 22, 29; Jun 5, 12, 19, 26  
**Time:** 7.45am – 8.45am  
**Venue:** Memorial Hall, Adamstown Uniting Church, corner Glebe & Bruncker Roads, Adamstown  
This class is an introductory, gentle yoga that is designed for the U3A age group and for beginners or members with a little experience of Yoga. Please wear comfortable clothing and bring a bottle of water.  
**Note:** Classes are now starting at an earlier time.
- 506 YOGA FOR SENIORS CLASS 2** **WAITLISTED** **Limit 35**  
**Course Leader:** Lindy Young  
**Course Clerk:** (To be advised...)  
**Dates:** Feb 14, 21, 28; Mar 6, 13, 20, 27; Apr 3; May 8, 15, 22, 29; Jun 5, 12, 19, 26  
**Time:** 9.15am – 10.15am  
**Venue:** Memorial Hall, Adamstown Uniting Church, corner Glebe & Bruncker Roads, Adamstown  
This class is for those members who have been attending yoga classes for some time and are comfortable with moving up a level. Please wear comfortable clothing and bring a bottle of water.  
**Note:** Classes are now starting at an earlier time.
- 507 CIRCLE DANCE** **WAITLISTED** **Limit 30**  
**Course Leader:** Annie Rooke-Frizell  
**Course Clerk:** (To be advised...)  
**Dates:** Feb 14; Mar 6; Apr 3; May 15; Jun 5  
**Time:** 10:30am - 12 noon  
**Venue:** Star Hall, 23 Valencia Street, (corner Villiers St) Mayfield  
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 - MARCH** **Limit 24**  
**Course Leader:** Denis Hyland  
**Course Clerk:** (To be advised...)  
**Date:** Mar 27  
**Time:** 8:30am - 10:00am  
**Venue:** Cowper Street Diner, Carrington Bowling Club, Cowper St, 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.
- 509 MEN'S BREAKFAST - JUNE** **Limit 24**  
**Course Leader:** Denis Hyland  
**Course Clerk:** (To be advised...)  
**Date:** Jun 19  
**Time:** 8:30am - 10:00am  
**Venue:** Cowper Street Diner, Carrington Bowling Club, Cowper St, Carrington  
We believe that men love a chat and there is no better time than when sharing breakfast. The venue is "The Cowper Street Diner" at the Carrington Bowling Club and you will be able to order the breakfast of your choice (your expense). To attend, you must be a U3A member and have made a successful enrolment application for each session you would like to attend.
- 510 WOMEN'S BREAKFAST – MARCH** **Limit 24**  
**Course Leader:** Julie Newing  
**Course Clerk:** (To be advised...)  
**Date:** Mar 6  
**Time:** 8.30am – 10.00am  
**Venue:** Cowper Street Diner, Carrington Bowling Club, Cowper St, Carrington  
This is an informal morning where women can come together, enjoy a leisurely breakfast in the company of other women and talk about anything and everything in a safe and supportive atmosphere.  
**NOTE:** Please provide at least one full day's notice of inability to attend so that caterer can be informed.
- 511 WOMEN'S BREAKFAST – MAY** **Limit 24**  
**Course Leader:** Julie Newing  
**Course Clerk:** (To be advised...)  
**Date:** May 29  
**Time:** 8.30am – 10.00am  
**Venue:** Cowper Street Diner, Carrington Bowling Club, Cowper St, Carrington  
This is an informal morning where women can come together, enjoy a leisurely breakfast in the company of other women and talk about anything and everything in a safe and supportive atmosphere  
**NOTE:** Please provide at least one full day's notice of inability to attend so that caterer can be informed.

<b>FRIDAY</b>
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**515 COURSE CLERK FORUM - FEBRUARY For new, intending and experienced course clerks****Course Leader: Julie Newing****Course Clerk: (To be advised...)****Date: Feb 7****Time: 10.00am – 1.00pm****Venue: U3A Room, 21 Gordon Avenue, Hamilton**

As Course Clerks, you all perform a vital role in our organisation and are the oil that keeps NU3A's wheels turning. These forums have been programmed deliberately on the Friday before the new term starts so we can deal with any issues you may have prior to your commencing. They are your opportunity to give feedback, have your questions, technical and otherwise, answered and to help you to both manage and enjoy the roles you have undertaken. You will be updated on any changes within the organisation so you will feel confident to respond to members' enquiries. We thank you for the valuable contribution each and every one of you make 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 chat with other clerks during morning tea.

**522 MEANING FOR MEN****Limit 20****Course Leader: Greg Millan****Course Clerk: (To be advised...)****Date: Mar 20****Time: 8.30am – 1.00pm****Venue: Carrington Community Centre, Corner 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. 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.

**550 NEWCASTLE ART GALLERY TOUR - Between Two Worlds****Limit 70****Course Leaders: Volunteer Guides of the Newcastle Art Gallery****Course Clerk: (To be advised...)****Date: Feb 14****Time: 1:30pm - 2:30pm****Venue: Newcastle Art Gallery, Laman St, Newcastle**

*Between Two Worlds* aims to create conversations between artists and audiences while promoting the diversity of works of art being produced by Australian artists of Chinese heritage. The exhibition introduces audiences to the breadth of Chinese art forms underpinning the long relationship between China and Australia. *Between Two Worlds* acknowledges the artists who have lived, worked and are connected to China and Australia through migration, major historical events and Australia's agricultural and industrial developments. Showcasing the work of generations of Chinese Australian artists, the exhibition also features works of art by Aboriginal artists who are exploring their own Chinese heritage. This dynamic exhibition will incorporate installation, paintings, photography, sculptures and video which examine a myriad of themes ranging from cultural identity, globalisation, migration and the notion of journey. *Between Two Worlds* includes works of art from the Newcastle Art Gallery collection, the National Portrait Gallery, and other public and private lenders from around Australia. There is no cost for the tour, but you might like to make a small donation as you leave. Easy to carry seating is always available at this gallery.

**551 NEWCASTLE ART GALLERY TOUR - GEORGE GITTOES – on being there****Limit 70****Course Leaders: Volunteer Guides of the Newcastle Art Gallery****Course Clerk: (To be advised...)****Date: Mar 13****Time: 1:30pm - 2:30pm****Venue: Newcastle Art Gallery, Laman St, Newcastle**

George Gittoes AM is a highly recognised Australian artist, photographer and filmmaker. For over four decades he has documented some of the world's worst conflicts. From the killing fields of Cambodia to Rwanda, Gittoes has responded to the best and worst of the human condition. He has been recognised for his humanitarian and peacemaking efforts and has been awarded an Order of Australia (AM) as well as the prestigious Sydney Peace Prize in 2015. As a painter and printmaker, Gittoes is also an award-winning documentary film maker who has worked in places such as Afghanistan, Iraq, Pakistan and more recently the suburbs of Chicago. He is the recipient of a number of major art awards and his work is included in public collections nationally and internationally. The exhibition begins with the 'Yellow House', a historically important artists' community that Gittoes championed in Sydney's Kings Cross in the 1970s, to the major 'Heavy Industry' series and the dramatic working conditions of the Newcastle BHP steel works. The 1990s saw travels to Cambodia, Rwanda, and the Middle East as an unofficial war artist, to Iraq and Pakistan, and onto the founding of a second 'Yellow House' in the city of Jalalabad in Afghanistan working with local artists and actors. His most recent exploration of these themes and journeys are in the suburbs of South Chicago in 2018, one of the worst areas for gun violence in the United States. There is no cost for the tour, but you might like to make a small donation as you leave. Easy to carry seating is always available at this gallery.

## FRIDAY

**552 NEWCASTLE ART GALLERY TOUR - STOPPING TIME: Material Prints 3000 BCE to now****Limit 70****Course Leaders: Volunteer Guides of the Newcastle Art Gallery****Course Clerk: (To be advised...)****Date: May 8****Time: 1:30pm - 2:30pm****Venue: Newcastle Art Gallery, Laman St, Newcastle**

*STOPPING TIME: Material Prints 3000 BCE to Now* expands on the definition of printmaking by bringing works of art together in thematic clusters, regardless of their period or place of production, collapsing the temporal distances between them and emphasising the dual power of material prints to embed or carry time and to stop time as we engage with them.

The exhibition extends well beyond the usual point of origin for printmaking in the fifteenth century when Johannes Gutenberg (1400-1468) invented the movable type printing press, to the perceived decline of printed imagery with the development of digital photography at the end of the twentieth century. From ancient Mesopotamian images pressed in clay from cylinder seals to contemporary 3-D printing this exhibition positions traditional prints as part of a much larger constellation of printmaking. The timeless encounter with material prints can be described as "aesthetic time" (Keith Moxey *Visual Time: The Image in History*) but when artists attempt the synthetic transfer of ideas into matter and image it is more a process of collective cultural imagining and technological revelation rather than aestheticism. Featuring key works of art from the Newcastle Art Gallery collection, *STOPPING TIME* also includes works of art from the Griffith University Art Museum along with several private collections and recent works of art by contemporary artists including Ali Bezer, Blair Coffey, Ryan Presley, and Pamela See. There is no cost for the tour, but you might like to make a small donation as you leave. Easy to carry seating is always available at this gallery.

**553 NEWCASTLE ART GALLERY TOUR – HOMEWARD BOUND: The art and life of TOM GLEGHORN Limit 70****Course Leaders: Volunteer Guides of the Newcastle Art Gallery****Course Clerk: (To be advised...)****Date: June 5****Time: 1:30pm - 2:30pm****Venue: Newcastle Art Gallery, Laman St, Newcastle**

ART has taken Tom Gleghorn a long way in life. In his 94 years, Gleghorn has painted his way from the shores of Lake Macquarie, where he grew up, into galleries around the world. His work has transported him to the Mediterranean, along the streets of London, and into the Australian outback. It has propelled him to the heights of Australian art, exhibiting with John Coburn, Donald Friend, and Robert Dickerson, and it has driven him deep into his own soul. Gleghorn describes himself as 'an ordinary man who has chosen painting as something to do', but he is considered one of Australia's finest and most influential abstract expressionists. Yet no matter where he has gone, no matter where art has taken him, Tom Gleghorn has retained a strong connection to Newcastle and Lake Macquarie. 'It is sort of a home anchor,' says Gleghorn, who lives in Adelaide. 'It's a huge part of my life, because I grew up there. A home away from home.' Tom Gleghorn's first solo exhibition of paintings was held at Newcastle Art Gallery in 1959. The show was opened by an admirer and collector of Gleghorn's paintings, the Nobel Prize-winning writer Patrick White. Sixty-one years after that exhibition, Tom Gleghorn is homeward bound, with Newcastle Art Gallery staging the first major survey of his work. *HOMEWARD BOUND: the art and life of Tom Gleghorn* will feature paintings and drawings from across the artist's extraordinary career of more than 70 years. The works from private and public collections will allow the viewer to journey through Tom's world, including his memories in paint of the lake and Newcastle of his youth. Ultimately, in *HOMEWARD BOUND*, we can see how far Tom Gleghorn has come, how deeply he has explored, and how much this region has shaped him and has inspired his art. There is no cost for the tour, but you might like to make a small donation as you leave. Easy to carry seating is always available at this gallery.

**554 DOBELL HOUSE WANGI WANGI GUIDED TOUR****Course Leader: Venue Tour Guide****Course Clerk: (To be advised...)****Date: May 22****Time: 10.30am – 12 noon****Venue: Dobell House, 47 Dobell Drive, Wangi Wangi**

Situated on the shores of beautiful Lake Macquarie is the Nation Heritage listed Dobell House, the home and studio of the late Sir William Dobell, one of Australia's most famous painters. The home and its contents offer a unique experience of the life and work of Wangi's "Gentle Genius". Come and join us for this interesting guided tour. The tour, which includes a presentation and time to explore the House, normally lasts around 1 and a half hours - including time for a scrumptious morning tea. The cost is \$16 which includes entry and morning tea. Please note you will have to drive your own vehicle or car-pool to the venue as Public Transport is not available.

**Cost \$16 pp inc morning tea****Limit 50**

## FRIDAY

**555 THE HAWKESBURY RIVERBOAT POSTMAN****CLOSED****Limit 55****Course Leader: Venue Tour Guide****Course Clerk: (To be advised...)****Date: Mar 27****Time: 9.45am – 1.00pm****Venue: Hawkesbury River**

Come cruising with us on the Hawkesbury Mail Boat, the famous Riverboat Postman, and enjoy the magnificent scenery of the lower Hawkesbury River as we deliver the mail and other essentials (the odd bottle of whiskey or rum...) to the river-access-only settlements upriver from Brooklyn. Setting out by train (at own expense) from Newcastle Interchange or Broadmeadow Station then boarding the boat at Brooklyn Wharf by 9.45am. This postal service has been operating since 1910, and we'll be delivering mail and other essentials along the route on the 3+ hour cruise, calling into Dangar Island, Kangaroo Point, Milsons Passage and other stops. Morning tea (with REAL coffee, they say!) and Ploughman's Lunch are served on board. Catering for the common dietary requirements (gluten free, vegetarian etc) can be arranged. We expect to have time to have a stroll around Brooklyn before boarding the train home. **Cost \$48pp inclusive** must be paid at the time of enrolment. Please be aware that excursion places are allocated in the order that payment shows up in the U3A bank account! **\*\*\*TRAIN TIMES ARE TO BE CONFIRMED CLOSER TO THE DATE. WE WILL BE LEAVING NEWCASTLE AROUND 7.30am AND RETURNING BETWEEN 3.40pm and 4.40pm\*\*\***

**Cost \$48pp inc lunch****556 NEWCASTLE CHRIST CHURCH CATHEDRAL – GUIDED TOUR****Limit 20****Guided Tour of Church and Spiral Staired Tower****Course Leader: Venue Tour Guide****Course Clerk: (To be advised...)****Date: June 12****Time: 10.00am – 11.30am****Venue: Christ Church Cathedral, Church Street, Newcastle**

Come Join us in a guided tour of the magnificent Christ Church Cathedral, a State Heritage Building and an icon of the City of Newcastle. The Cathedral dominates the skyline, gathering pilgrims, visitors and tourists to enjoy its splendid architecture, music and art. The Cathedral houses Newcastle's principal War Memorial and Memorabilia. For anyone within our group with mobility issues there are several steps to enter the Cathedral but there is a ramp that can be used to access the cathedral from the north side. You may like to also experience the 360-degree views which extend up and down the coastline and across the entire city including the bustling harbour by adding to your tour the spiral stair climb. Suitable shoes must be worn. The Tower Climb is subject to weather conditions and is at the absolute discretion of the Shop Operators. There are 165 stairs including spiral stairs, some people have found the enclosed stairs claustrophobic. The cost of the tour alone is \$8. Tour and stair climb \$15.

**Cost \$8pp tour or \$15 with stair tour****557 MISS PORTER'S HOUSE TOUR****Cost \$25 entry & morning tea****CLOSED****Limit 16****Course Leader: Venue Tour Guide****Course Clerk: (To be advised...)****Date: Mar 6****Time: 10.00am – 12noon****Venue: Miss Porter's House, 434 King Street, Newcastle West**

Come and join us in a 2-hour historical guided tour of Miss Porter's House including a delicious, beautifully presented morning tea. Built by the Porters in 1909, the family lived in this freestanding Edwardian terrace until 1997, when they left it to the National Trust with all its contents intact. It is now a living snapshot of pre-1950s life in Newcastle. Today visitors to this freestanding Edwardian House Museum can view 100 years of collectables, 1909-1940 furnishings, unique stencilled ceilings, collections of fabrics, clothing and craft materials, the historic fernery and the intimate period garden. Please note the grounds are slightly uneven, there are a few stairs on entering the house and a tight staircase to the upper level. The space to walk around inside the house is quite tight, showcasing many antiques and may not be suitable for anyone with mobility issues or those needing a walker for support.

**558 NEW SPACE TOUR – FEBRUARY****WAITLISTED****Limit 20****Course Leader: Venue Tour Guide****Course Clerk: (To be advised...)****Date: Feb 21****Time: 9.45am – 11.30am****Venue: UoN Newspace Hunter St, Newcastle**

This popular guided tour will take us through all levels of NeW Space, part of University of Newcastle'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. The building has been designed to maximise the commanding views to surrounding landmarks with views through to Stockton, across the harbour and up to The Hill. NeW Space shows the region at its best. Our host will take us through the design concept and unique features and colours, representing the local surrounds and community. The tour will take an hour to an hour and a half and will be followed by optional coffee or a light lunch at a nearby venue (at your own expense). Meet in the front foyer by 9.45am for a 10am start.

Parking in the area is extremely limited with most parks timed at an hour or two. The Art Gallery carpark in Queen Street has all day paid parking. Please arrive in plenty of time to find a park or why not use our local transport facilities.

<b>FRIDAY</b>
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**559 NEW SPACE TOUR – JUNE****WAITLISTED****Limit 20****Course Leader: Venue Tour Guide****Course Clerk: (To be advised...)****Date: June 26****Time: 9.45am – 11.30am****Venue: UoN Newspace Hunter St, Newcastle**

This popular guided tour will take us through all levels of NeW Space, part of University of Newcastle'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. The building has been designed to maximise the commanding views to surrounding landmarks with views through to Stockton, across the harbour and up to The Hill. NeW Space shows the region at its best. Our host will take us through the design concept and unique features and colours, representing the local surrounds and community. The tour will take an hour to an hour and a half and will be followed by optional coffee or a light lunch at a nearby venue (at your own expense). Meet in the front foyer by 9.45am for a 10am start.

Parking in the area is extremely limited with most parks timed at an hour or two. The Art Gallery carpark in Queen Street has all day paid parking. Please arrive in plenty of time to find a park or why not use our local transport facilities.

<b>FRIDAY COFFEE MORNINGS</b>
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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 0451 272729**

Jan 31	<a href="#">Sprout Café</a> , 10 Cameron Street, Broadmeadow (near Performing Arts School) park near McDonalds
Feb 28	<a href="#">Talulah</a> , 52 Glebe Road, The Junction
March 27	<a href="#">Crema Coffee Garage</a> , 62 Broadmeadow Road, Broadmeadow
April 24	<a href="#">Wickham Boatshed</a> , 91 Hannell Street, Wickham
May 29	<a href="#">Newcastle Cruising Yacht Club</a> , 95 Hannell Street, Wickham
June 26	<a href="#">Fernleigh Café</a> , 89 Fletcher Street, Adamstown

<b>LUNCH OF THE MONTH</b>
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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**

Feb 21	<a href="#">Town Hall Hotel</a> , Turton Road, Waratah
Mar 20	<a href="#">Mary Ellen</a> , 57 Railway Street, Merewether
Apr 30	<a href="#">West's City</a> , 309 King Street, Newcastle - follows AGM
May 15	<a href="#">Royal Inn</a> , 61 Station Street, Waratah
Jun 19	<a href="#">Gates Hotel</a> , 660 Glebe Road, Adamstown
Jul 17	<a href="#">Lambton Park Hotel</a> , corner Howe and Morehead Streets, Lambton
Aug 21	<a href="#">Blackbutt Hotel</a> , corner Carnley Avenue and Orchardtown Road, Kotara
Sep tba	tba – follows General Meeting
Oct 16	<a href="#">Mayfield Hotel</a> , ( <a href="#">Benny's</a> ) 284 Maitland Rd, Mayfield
Nov 20	<a href="#">Maryville Tavern</a> , Lewis Street, Maryville
Dec 11	<a href="#">Duke of Wellington</a> , 69 Regent Street, New Lambton

<b>SATURDAY</b>
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**601 NTC THEATRE GROUP INFORMATION SESSION AND BACKSTAGE TOUR****Course Leaders: Creative Team Members, NTC****Course Clerk: (To be advised...)****Date: Jan 25****Time: 2.00pm – 4.00pm****Venue: Newcastle Theatre Company, 90 DeVitre Street, Lambton**

This information session is designed to inform members about the Newcastle U3A NTC Theatre group, how it works and how to join it. Why and how are particular plays chosen? Learn how the Creative Team make the journey from a play being selected to the finished product. The challenges of contemporary compliance, including safe modernisation and redevelopment of this much-loved theatre.

The session will be held at the theatre and members may also have the opportunity to enjoy a Backstage Tour. The 2020 subscription program will be addressed so you will be able to choose the plays that appeal to you. You might alternatively subscribe to the whole season – it is excellent value and your booking will be assured.

The U3A Theatre Group (Course 701) book their performances through the Box Office and their seats are allocated as a group to facilitate U3A member interaction. It is a little bit complicated so attendance at this session is recommended. Any U3A member is welcome to attend to learn more about this unique community-based company and their fascinating journey. At the same time, you will need to RSVP and have a confirmed place to attend. Priority will be based on the order RSVPs are received. This is not so much a course, but part of U3A's Program Information and Enrolment schedule. RSVP (email preferred) to U3A at [newcastleu3a.au@gmail.com](mailto:newcastleu3a.au@gmail.com).

<b>SUNDAY</b>
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**701 NEWCASTLE THEATRE COMPANY SUBSCRIBER GROUP****Limit 70****Course Leaders: Gloria and John****Course Clerk: (To be advised...)****Dates: Feb 9; Mar 15; May 3; Jun 14****Time: 1:45pm - 4:45pm approx.****Venue: Newcastle Theatre Company, 90 DeVitre Street, Lambton**

The U3A 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 is 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. Term 1 and 2 shows include:

Comedy of Tenors – 9th February

Daughters of Heaven – 15th March

Glorious! – 3rd May

Murder on the Nile 14th June

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

## 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.

<b>TERMS 1 AND 2, 2020 – 'THE FAQs'</b>
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### **Do I need to re-enrol in a continuing course I attended in 2019?**

At the end of the year all courses, including continuing courses, are "emptied" and everyone needs to re-apply for 2020 places. Those who had a place in 2019 are not given priority – our U3A is committed to equal opportunities for all members. We appreciate that some course groups become quite close and that this social contact is important to them. In this instance, if the group want to stay together and if this will mean no/limited places for other members, the group might like to consider operating independently of U3A. Before embarking on this, be aware that some tutors will not be happy working without the security of U3A's public liability insurance, and you will need to source and pay for your own venue.

### **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 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. There is always a big demand for language courses and if you do this, it will mean that other members will probably miss out on the vital first few weeks of their courses. There is a part of the course description that will help guide your choice, and some tutors ask to speak with prospective students before accepting them. Contact the Office to arrange this if needed. Alternatively, contact the Office to find out which course is right for you.

### **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 courses. Our software can only cope with one venue so the venue details in your enrolment confirmation letter won't be accurate and venue reports incorrect. 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.

### **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 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?**

No. Very few members now receive their programs by postal mail, as 95% of members have an email address, and these few are mailed a few days ahead of emailing to the bulk of members and posting the program on the website. 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 responsibility for the volunteer office staff who will already be working hard processing enrolments and answering enquiries. 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 a course that 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 do not receive your notification a few days before term starts, contact the Office 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 received an affirmative answer before attending.

**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 messages. 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 NU3A 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, withdraw 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, **contact the Course Clerk**. 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 and taking apologies when members are going to miss a session. They also open and lock up venues and are responsible for securing all U3A equipment at the end of the session and for distributing additional information (by email, blind copied to course members) on behalf of the tutor if needed. 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 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 NU3A 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 NU3A activities are not necessarily those of NU3A or its officers. NU3A accepts no responsibility for statements or opinions expressed. NU3A offers courses that provide general information for its members. NU3A 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 at all courses and presentations 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.

NU3A 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. NU3A 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 NU3A 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 TERMS 1 & 2 2020 CALENDAR



January 2020						
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		

February 2020						
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	

March 2020						
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					

April 2020						
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			

May 2020						
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

June 2020						
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					

**Term Dates: Term 1:** 10 February - 3 April / **AGM:** 30 April / **Term 2:** 4 May - 26 June

**Term Dates: Term 3:** 27 July - 18 September / **GM:** tba / **Term 4:** 19 October - 11 December

## NEWCASTLE U3A ANNUAL GENERAL MEETING

Thursday April 30, 2020 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.



**NEWCASTLE U3A Inc.**

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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"*