



NEWCASTLE U3A PROGRAM INFORMATION BOOKLET 2021

Term 1 February 1 – March 26

Term 2 April 26 – June 18

**Newcastle U3A established 1990 - 31 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
EMAIL: newcastleu3a.au@gmail.com**

**Postal Address: NEWCASTLE U3A Inc.
PO Box 316
Hamilton 2303
PHONE: 0479 193 182**

IMPORTANT INFORMATION FOR Newcastle U3A MEMBERS

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

1. **Pay** using internet banking (EFT), direct deposit, or cheque. Please then email nu3aenrolments@gmail.com the amount paid, date and method of payment.
2. **Complete the online membership application form** [here](#). It will be processed once your payment is completed.
3. **Complete the online course enrolment form** [here](#). You will receive an acknowledgement that your application has been lodged. This is NOT confirmation of enrolment. You will receive confirmation of the courses in which your application has been successful after enrolments close and are processed.

Our volunteers can help you with completing forms. Please come into the classroom at 21 Gordon Avenue Hamilton between **10am-12noon** any day **Monday 4 January to Friday 8 January, 2021**, and a volunteer will assist you.

NOTE: **ENROLMENT DEADLINE 12NOON WEDNESDAY 13 JANUARY, 2021**. Enrolments will be reopened once ballots have been run and waitlists generated for courses that are oversubscribed.

**PLEASE READ THE INSTRUCTIONS BELOW
BEFORE COMPLETING THE MEMBERSHIP AND ENROLMENT APPLICATIONS FOR 2021**

Membership and Enrolment for 2021

As a 2021 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. Our Membership Year is from January to December. The full annual membership fee is \$60 per person. This is due from 1 January 2021, 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.

Before filling in forms, please read the detailed course descriptions in the NU3A Program document, then select your courses and complete the online enrolment form, or come into 21 Gordon Avenue for assistance (10am-12noon, 4-8 January 2021).

Payment Methods

Please note NU3A is unable to accept cash payments.

1. **Electronic Funds Transfer (EFT):** Please transfer **\$60** membership fee to the following account. Ensure you provide in the description field your **name** in enough detail to correctly identify you e.g. *your surname AND first name or, if too long, surname AND initial(s). e.g. ChurchillW*.

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

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

2. **Cheque:** Write a cheque for **\$60** 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 classroom 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 2021** – you must include an **email address** 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 classroom at 21 Gordon Avenue Hamilton on the following days from 10am-12noon each day from Monday 4 January through Friday 8 January, 2021. 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 classroom at 21 Gordon Avenue Hamilton as above.

Lanyard and Name Badges

In 2020, our 30th Anniversary year, Newcastle U3A provided 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. Name badges for new members will be printed and distributed with a lanyard. You will receive these at your first course.

IMPORTANT INFORMATION FOR NU3A MEMBERS

CONFIRMATION OF ENROLMENTS AND COURSE ALLOCATIONS

Initial enrolment applications close at noon on Wednesday 13th January 2021. 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.

It is very important that you **withdraw promptly from a course if you are not able to attend regularly** to give others an opportunity.

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 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 email nu3aenrolments@gmail.com or call 0479 193 182 for assistance.

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**. This means you need to at least skim all communications.
2. If Option 1 isn't possible you will be notified by email (or phone for the small number of members who don't have email). Please remember to regularly check NU3A emails, and check your junk or spam folders.
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.

IMPACT OF COVID19 RESTRICTIONS ON NEWCASTLE U3A CLASSES

- Face to face classes will only be offered where current Government restrictions and venue requirements can be adhered to. At the time of publication this included:
 - A designated person in the class (usually the Course Clerk) will disinfect (using wipes provided) all door handles, light switches, and other common use touch points at the **START of EACH class** in all venues.
 - **ALL members** will be required to use hand sanitiser provided on entry to every class, and cleanse their own chair and other touch points (e.g. table area) thoroughly with disinfectant wipes provided at the **START** of their class each time (AND at the **END** of each session at Adamstown Uniting Church).
 - Observe sneeze/cough hygiene (cough/sneeze into elbow; cover nose and mouth).
 - NOT attend if you feel unwell or are experiencing ANY cold or flu-like symptoms (and expect to be politely asked to leave if exhibiting same in the class) or if you have been to a designated 'hot spot' in the last 14 days (a list of current 'hot spots' designated by NSW Health will be updated on the website as they change).
 - Arrive and leave promptly before and after class – no congregating outside.
 - You are encouraged to wear a mask to class, particularly for the larger classes at The Place, which has requested that all NU3A members wear a mask when attending courses there.
- NU3A's COVID19 Safety Plan will be posted on the website and can be accessed [here](#). It will be updated via email and on the website as it changes to meet changing Government regulations and venue owner requirements, and Course Clerks will be asking the COVID 'check' questions at the start of each class.

N.B. By enrolling in any face to face class **you are indicating that you have assessed the potential health risks that apply to you* and understand the COVID19 Safety requirements** and you are undertaking to abide by the regulations current at that point in time as advised by news updates. The NSW and Australian Governments recommend you download the COVIDSafe app.

PLEASE CHECK YOUR EMAILS REGULARLY for changes or Program announcements that affect you: The weekly update with repeat course information has been superseded:

- Course Clerk name and contact number is included in your enrolment confirmation; please save this

- The enrolment management system has been enhanced to enable individual reminder emails to those enrolled in an excursion, or a course that starts during the term, a few days ahead.

Major changes that affect all members will be sent as a whole membership bulletin – these will be irregular.

*See NSW Government COVID-19 advice for seniors at
<https://www.nsw.gov.au/covid-19/how-to-protect-yourself-and-others/advice-for-seniors>

NEWCASTLE U3A COURSE VENUES 2021

A number of new venues have been found to meet the requirements of COVID Safety and the IT and equipment needs of courses. They have been chosen to be close to public transport and easy parking, wherever possible, and accessible.

Adamstown Uniting Church, Memorial Hall, 228 Bruncker Road, Adamstown **

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

Carrington Community Centre, Corner Young and Hargrave Streets, Carrington **

Christian Science Church Hall (rear of) 23 Gordon Avenue, Hamilton **

Elermore Vale Community Centre, Hall and Meeting Room, 129 Croudace Road, Elermore Vale **

Georgetown Guides Hall, Lake Road, Georgetown (parking onsite) **

Hamilton Community Hive (formerly Fellowship House), 150 Beaumont Street, Hamilton ~*

Henderson Park Hall, corner Lockyer and James Streets, Adamstown

Henry Park Guides Hall, 27 Thomas Street, Hamilton South (parking onsite; flight of stairs)

Henry Park Scout Hall, 27 Thomas Street, Hamilton South (parking onsite) ~*

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

KC Dance HQ, 5/468 Pacific Hwy, Belmont

Maitland Regional Art Gallery, High St, Maitland

Mayfield Star Hall, 23 Valencia Street (corner Villiers Street), Mayfield **

Newcastle Cruising Yacht Club, 95 Hannell Street, Wickham ^

The Place, Social Hall and The Glen Room, corner Frederick and Pearson Streets, Charlestown (southern end of Charlestown Square) **

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

Wallsend Pioneers Memorial Hall, 54 Cowper Street, Wallsend **

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

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

NOTICE of NEWCASTLE U3A ANNUAL GENERAL MEETING 2020/2021

The 2020 AGM was deferred due to COVID restrictions and will be held in conjunction with the 2021 AGM as early in Term 1 as restrictions and venue availability allow.

Details will be advised to all members by newsletter and on the website as soon as practicable.

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 enrolled in the activity.

Whenever possible changes will be detailed in a **newsletter**.

- 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.

The Term 1 and 2 2021 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

MONDAY**104 SPANISH FOR BEGINNERS CONTINUING****Course Leader: The Group****Dates: Feb 1, 8, 15, 22; Mar 1, 8, 15, 22; Apr 26; May 3, 10, 17, 24, 31; Jun 7****Time: 1.30pm – 3.00pm****Venue: Zoom**

This **course follows on from 2020** in the form of revision and expanding on fluency. Note that this is a self-led course. Anyone wishing to join this course must have a reasonably good knowledge of Spanish as it is not for beginners.

107 UKULELE INTERMEDIATES**Course Leader: Susan Coggan****Course Clerk: (To be advised ...)****Dates: Feb 1, 8, 15, 22; Mar 1, 8, 15, 22; Apr 26; May 3, 10, 17, 24, 31; Jun 7****Time: 10:30am – 12 noon****Venue: Wallsend Pioneers Memorial Hall, 54 Cowper Street, Wallsend**

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).

108 UKULELE FOR BEGINNERS**COST \$5.00****Course Leader: Susan Coggan****Course Clerk: (To be advised ...)****Dates: Feb 1, 8, 15, 22; Mar 1, 8, 15, 22; Apr 26; May 3, 10, 17, 24, 31; Jun 7****Time: 1:30pm – 2:45pm****Venue: Wallsend Pioneers Memorial Hall, 54 Cowper Street, Wallsend**

Learn to play this friendly instrument. We will start with a simple 1 chord song *Frere Jacques* and progress over the semester 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 cannot sing, humming is OK. Participants will need to purchase the beginner's workbook from NU3A **AFTER** enrolment is confirmed; please **DO NOT ADD** this amount to your membership payment. In the second term you 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 (approx. cost \$42).

110 MEDITATION**Course Leaders: Vicki Everingham and Sherill Jones****Course Clerk: (To be advised ...)****Dates: Feb 1, 8, 15, 22; Mar 1, 8, 15, 22; Apr 26; May 3, 10, 17, 24, 31; Jun 7****Time: 1:30pm - 3:00pm****Venue: Mayfield Star Hall, 23 Valencia Street, Mayfield (cnr Villiers St)**

This course 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. Bring a bottle of water if desired. If you would prefer to lay down to meditate, you will need to bring along a yoga mat or towel, cushion or pillow and maybe a blanket or light covering.

113 BEGINNERS JAPANESE LANGUAGE AND CULTURE**Course Leader: Jenny King****Course Clerk: (To be advised ...)****Dates: Feb 1, 8, 15, 22; Mar 1, 8, 15, 22; Apr 26; May 3, 10, 17, 24, 31; Jun 7****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.

120 EROTICA AND CENSORSHIP**PART 1. IN EUROPE 1700-1970; PART 2. IN AUSTRALIA 1850-1970****Course Leader: Ross Edmonds****Course Clerk: (To be advised ...)****Dates: Feb 8, 15****Time: 10:30am - 12:00pm****Venue: Georgetown Guides Hall, Lake Road, Georgetown**

This fascinating course is a history of erotica in literature and art and the attempts to suppress it on two continents. Part 1 on the 8th February deals with the subject in Europe during the period of 1700 -1970 and Part 2 on the 15th February deals with erotica and its suppression in Australia during the period 1850-1970.

MONDAY**121 MEMORIES: GROWING UP WITHOUT SMART PHONES, THE INTERNET, AND SLICED BREAD****Course Leaders: Patricia Fitzpatrick, Norman Birt, John O'Brien and Alan West****Course Clerk: (To be advised ...)****Date: Feb 22****Time: 1:30pm - 3:00pm****Venue: U3A Room, 21 Gordon Avenue, Hamilton**

Growing up in the last century presented many challenges and it had its share of sadness with war and economic depression, but it was also a time of opportunity and many happy moments and experiences that remain vividly in our memories and that we now wish to share with others, hopefully for their enjoyment. Some anecdotes and stories may be well polished with many years of retelling, while others may be heard for the first time. It is hoped that in reflecting on our early years, we will find common ground for class discussion and all will learn something new from our past, from our history.

122 ELIZABETH'S SEA DOGS**Course Leader: Alan Barr****Course Clerk: (To be advised ...)****Date: Feb 8, 15, 22; Mar 8, 15****Time: 10:30am - 12:00 noon****Venue: Elmore Vale Community Centre, 129 Croudace Road, Elmore Vale**

For two hundred years from the mid-16th Century, England became the leading European maritime power. The geopolitical situation behind the rise is examined as well as the lives of some of the great English seafarers involved - Sir Francis Drake, Sir Walter Raleigh, Sir John Hawkins and Sir Martin Frobisher. In early 16th Century Europe, Spain was the dominant European maritime power. In England King Henry VIII was building up his Navy directed at keeping the French at bay rather than projecting English sea power beyond continental Europe. Elizabeth I inherited from her half-sister a country that was economically and financially troubled. No longer would she accept growing Spanish power and might, with its attendant Papal support. English pirates were relentlessly plundering Spanish galleons laden with gold and silver returning from the Americas. Elizabeth determined that she should be in on a cut of this newfound wealth. So, she sanctioned (and financed) raids on Spanish ships, on condition a percentage of the profits returned to the Crown. The new 'legal' English maritime raiders were dubbed 'privateers', but colloquially were known as her 'Sea Dogs'. In the search for riches there were unpleasant consequences as England became the world's largest slave trader. In 1588, King Phillip II of Spain (ironically Elizabeth's brother-in-law) launched the Armada as a prelude to an invasion of England. He was sent scurrying and England then ruled the waves.

123 MOSES' MEANDERINGS**Course Leader: Eric Aitchison****Course Clerk: (To be advised ...)****Dates: Mar 1****Time: 1:30pm – 3:00pm****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 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.

124 INTRODUCTION TO PHOTOGRAPHY**Course Leader: Mark McConnell****Course Clerk: (To be advised ...)****Dates: Feb 1, 8, 15, 22; Mar 1, 8, 15, 22****Time: 11:30am – 1:00pm****Venue: U3A Room, 21 Gordon Avenue, Hamilton**

Bringing your camera to each session is an advantage but not essential. **Field trips in session 3 and 7**, the group decides on a location for each field trip. Your efforts will be displayed and discussed after each field trip. Topics covered will be: Histograms, Cameras and their workings; different formats, how they function, shutter/aperture/ISO. Lighting and flash photography, Point of View, Framing (Landscape or Portrait); Field Excursion discussion and feedback on images taken; different types of photography, common mistakes, Rule of Thumbs; Composition, cropping in camera.

125 INTERMEDIATE PHOTOGRAPHY**Course Leader: Mark McConnell****Course Clerk: (To be advised ...)****Dates: Apr 26; May 3, 10, 17, 24, 31; Jun 7****Time: 11:30am – 1:00pm****Venue: U3A Room, 21 Gordon Avenue, Hamilton**

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. **Field Trips in session 3, 5 and 7**, group decides on a location for each field trip.

MONDAY**126 FAITH IN NUMBERS AFFECTING ANCIENT EGYPTIAN HISTORY****Course Leader: Eric Aitchison****Course Clerk: (To be advised ...)****Date: Mar 22****Time: 1:30pm – 3:00pm****Venue: U3A Room, 21 Gordon Avenue, Hamilton**

Whilst it is conceded that Egyptian History appears correct, it appears to be in contravention of many given data designed to be its support. Ancient Scribes, especially Africanus, wrote on this subject giving periods, but not dates, that do not fit the accepted chronologies. We will be looking at those ancient periods against the modern template. Attendees need an interest in the integration of data as it is affected by the beauty of numbers.

TUESDAY**203 LATIN ADVANCED****Course Leader: Rosemary O'Neill****Course Clerk: (To be advised...)****Dates: Feb 2, 9, 16, 23; Mar 2, 9, 16, 23; Apr 27; May 4, 11, 18, 25; Jun 1, 8, 15****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**. Revision of prior grammar items will be via class and home revision. The class will be completing and analysing authentic texts such as Cicero, Caesar, Catullus, Vergil. The course text is "*The Oxford Latin Reader*" by Maurice Balme and James Morwood (ISBN 9780195212099.)

204 LATIN INTERMEDIATE**Course Leader: Rosemary O'Neill****Course Clerk: (To be advised...)****Dates: Feb 2, 9, 16, 23; Mar 2, 9, 16, 23; Apr 27; May 4, 11, 18, 25; Jun 1, 8, 15****Time: 11:30am - 1:00pm****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**. Revision of previously studied grammar items will occur in the first few sessions. The course text is "*The Oxford Latin Course Book 3*" (2nd edition) by Maurice Balme and James Morwood (ISBN 9780199122288).

205 TAI CHI / QI GONG – BEGINNERS**Course Leader: Pauline Pirozzi****Course Clerk: (To be advised...)****Dates: Feb 2, 9, 16, 23; Mar 2, 9, 16, 23; Apr 27; May 4, 11, 18, 25; Jun 1, 8, 15****Time: 9:30am - 10:30am****Venue: Wallsend Pioneers Memorial Hall, 54 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.

206 TAI CHI / QI GONG – ADVANCED**Course Leader: Pauline Pirozzi****Course Clerk: (To be advised...)****Dates: Feb 2, 9, 16, 23; Mar 2, 9, 16, 23; Apr 27; May 4, 11, 18, 25; Jun 1, 8, 15****Time: 11:00am - 12 noon****Venue: Wallsend Pioneers Memorial Hall, 54 Cowper Street, Wallsend**

Suitable for students with knowledge of 40 Yang Form. This year students will also be experiencing the 42 YANG STYLE FORM.

TUESDAY**216 TAI CHI / QI GONG - INTRODUCTORY BRIDGING COURSE****Course Leader: Pauline Pirozzi****Dates: Feb 2, 9, 16, 23; Mar 2, 9, 16, 23; Apr 27; May 4, 11, 18, 25; Jun 1, 8, 15****Time: 12:30pm - 1:30pm****Venue: Wallsend Pioneers Memorial Hall, 54 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 2020 class – the aim being to complete the 40 Form in its entirety.

207 POETRY: Bards and Ballads**Course Leader: Daphne Roper****Course Clerk: (To be advised...)****Dates: Feb 9; Mar 9; May 11; Jun 8****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**Course Leader: Joy Nicholls****Course Clerk: (To be advised ...)****Dates: Feb 16; Mar 16; May 18; Jun 15****Time: 1:30pm - 3:00pm****Venue: U3A Room, 21 Gordon Avenue, Hamilton**

All enthusiastic readers are welcome. The reading list includes Feb 16 - *The Currency Lass* by Tia Cooper; Mar 16 - *A House Made of Leaves* by Kate Grenville ; May 18 - *Dear Mrs Bird* by A J Pearce; Jun 16 - *Dictionary of Lost Words* by Kip Williams.

209 RANDOM READERS**Course Leader: Daphne Roper****Course Clerk: (To be advised ...)****Dates: Feb 23; Mar 23; Apr 27; May 25****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**Course Leaders: Jan Chandler****Course Clerk: (To be advised ...)****Dates: Feb 2; Mar 2; May 4; Jun 1****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 MUSIC THEORY FOR UKULELE**Course Leader: Susan Coggan****Course Clerk: (To be advised ...)****Dates: Feb 2, 9, 16, 23; Mar 2, 9, 16, 23; Apr 27; May 4, 11, 18, 25; Jun 1, 8, 15****Time: 10:30am - 12noon****Venue: Henry Park Scout Hall, 24 Thomas Street, Hamilton South**

NOTE: There is a \$15 cost for the tutor's 100-page booklet written for this course, payable ONLY after receiving enrolment confirmation. Please DO NOT add this amount to your membership payment.

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

Cost \$15 for booklet

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

TUESDAY

212 FULL BODY STRETCH / LATINO DANCERCISE 1

Course Leader: Colleen Potts

Course Clerk: (To be advised...)

Dates: Feb 2, 9, 16, 23; Mar 2, 9, 16, 23; Apr 27; May 4, 11, 18, 25; Jun 1, 8, 15

Time: 11:30am - 1:00pm

Venue: KC Dance HQ, 5/468 Pacific Hwy, Belmont

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

213 TAP DANCING FOR FUN AND FITNESS

Course Leader: Colleen Potts

Course Clerk: (To be advised...)

Dates: Feb 2, 9, 16, 23; Mar 2, 9, 16, 23; Apr 27; May 4, 11, 18, 25; Jun 1, 8, 15

Time: 1:30pm - 3:00pm

Venue: KC Dance HQ, 5/468 Pacific Hwy, Belmont

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

214 GITA YOGA

Course Leader: Megan McQueenie

Course Clerk: (To be advised ...)

Date: Feb 9, 16, 23; Mar 2, 9, 16, 23; Apr 27; May 4, 11, 18, 25; Jun 1, 8, 15

Time: 9:00am – 10:30am

Venue: Henderson Park Hall, corner Lockyer and James Streets, Adamstown

Integrating the ten classic hatha yoga postures, the Gita sequence works on the brain and the body's five major systems: respiratory system, digestive system, central nervous system, autonomic nervous system and the endocrine system. Whilst every posture benefits the body in multiple ways, Gita yoga specifically focusses on the seven hormone producing endocrine glands which program the body and make us what we are. Introduced to Australia in 1954, Gita yoga also incorporates pranayama (yogic breathing exercises), relaxation and meditation in an holistic approach to physical, mental, emotional and spiritual wellbeing. Gita yoga well suits the modern mind, blending time honoured ancient wisdom with contemporary research and understanding.

223 URBAN PHOTOGRAPHY WALKS

Course Leader: Mark McConnell

Course Clerk: (To be advised ...)

Dates: Apr 27; May 4, 11, 18, 25; Jun 1, 8

Time: 9:30am - 11:00am

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 8th Lesson (course 323) will be a debrief of your best images from the previous 7 weeks. Please note this last session will be held in the classroom at 21 Gordon Avenue on **Wednesday** June 16th from 1:30pm to 3:00pm. - **photographers should enrol in both courses.**

TUESDAY**224 THE TOORAK OF NEWCASTLE****Course Leader: Julie Keating****Course Clerk: (To be advised...)****Dates: Mar 2****Time: 9:30am – 11:00am****Venue: Henry Park Guides Hall, 27 Thomas Street, Hamilton South**

Inner city Newcastle in the 1800's was not a desirable residential location. Coal trains ran through the city taking coal to the harbour, and there were public health issues regarding the shortage of clean water and lack of sewerage services. One of Newcastle's outer suburbs was described as the "Toorak of Newcastle" and Newcastle's wealthy elite choose to live there on large estates with extensive views over the river and to the harbour.

225 NEWCASTLE'S EARLY MINING TOWNS**Course Leader: Julie Keating****Course Clerk: (To be advised...)****Dates: Mar 9****Time: 9:30am – 11:00am****Venue: Henry Park Guides Hall, 27 Thomas Street, Hamilton South**

There are a number of similarities regarding the development of our early mining towns. Coal mining was usually the first industry to open in the area around the inner-city, but depending on the topography and location, other industries developed. In the latter part of the nineteenth century, there was heavy demand for bricks, especially for public buildings and reservoirs, and brick making became an important industry in towns such as Merewether and Waratah.

226 NEWCASTLE'S HARBOUR FORESHORE**Course Leader: Julie Keating****Course Clerk: (To be advised...)**371**Dates: May 4****Time: 9:30am – 11:00am****Venue: Henry Park Guides Hall, 27 Thomas Street, Hamilton South**

By 1900, Newcastle was the fifth largest port in the world, but it did not have a safe harbour. There were ongoing projects to improve harbour safety and to increase the loading capacity of coal. Developments around the harbour precinct, commencing from Nobby's and continuing around the foreshore, including Honeysuckle, Wickham, Carrington and Stockton, show the increased diversification which took place.

227 WOMEN IN THE 1800s**Course Leader: Julie Keating****Course Clerk: (To be advised...)****Dates: May 11****Time: 9:30am – 11:00am****Venue: Henry Park Guides Hall, 27 Thomas Street, Hamilton South**

In our early development, Australia based the legal system on that of England. This system was based on maintaining the male lineage so that estates remained within the family unit and were not subdivided. Married females had few legal rights – on marriage her assets were taken over by her husband and she could not enter into legal agreements in her own right. Unmarried women had more rights and one of the ways they could enter the commercial world was as a pub licensee.

268 HUMANISTS OF THE RENAISSANCE**Course Leader: Jetse Kalma****Course Clerk: (To be advised...)****Dates: Apr 27; May 4, 11, 18****Time: 9:30am – 11:00am****Venue: Elermore Vale Community Centre Hall, 129 Croudace Road, Elermore Vale**

Renaissance Humanism began in Italy in the last decades of the 14th century, rose to prominence in the 15th century, and spread throughout Europe in the 16th century. In Week 1 we will discuss the background, origins and meaning of Renaissance Humanism. In Weeks 2-4 we will illustrate its impact on a wide range of human activities. These include the development of innovative art styles as exemplified by Leonardo da Vinci and Michelangelo (Week 2), new scientific methods with Copernicus and Galileo as influential participants (Week 3) and new thinking in the area of ethics and religion as reflected in the life and work of Erasmus and Luther (Week 4).

270 INTRODUCTION TO SAILING INFORMATION SESSION**Course Leader: Henk Zeeman****Course Clerk: (To be advised ...)****Date: Feb 23****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 271 to 274 will be open only to members who attend Course 270 or previously completed a Sailing Experience Course in 2019 or 2020.

DISCOVER SAILING EXPERIENCE – 271 to 274

The Discover Sailing Experience involves 3 hours on a Force 24 inshore keelboat owned by Newcastle Cruising Yacht Club (NCYC). Up to four courses on consecutive Tuesdays after Course 270 Introduction will be offered dependent on the number of enrolments (a minimum of three participants is required per boat). 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 NU3A members), payable **only after** attending Course 270 or emailing nu3aenrolments@gmail.com to confirm prior experience. Payments are **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 three or **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

TUESDAY TALK SERIES

PREVIOUSLY CALLED TUESDAY AFTERNOONS WITH U3A, this always interesting series of individual presentations has moved to a new time and a new venue, to allow a return to face to face presentations with COVID restrictions. Please enrol separately for those sessions that you wish to attend.

Course Leaders: Ron Davis and Carol Davis

Course Clerk: Carol 4951 7878

Time: 11:30am - 1:00pm

Venue: Elmore Vale Community Centre Hall, 129 Croudace Road, Elmore Vale

251 CROSS-COUNTRY SKIING INTO THE KOSCIUSZKO BACK COUNTRY

Presenter: Garry Smith, President of Speleological Society

Date: Feb 2

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

252 THE STORY OF AUSTRALIAN MONEY

Presenter: Ed Tonks, Historian

Date: Feb 9

253 THE LAST MILLION YEARS OF NATURAL CLIMATE VARIABILITY, and how the age of humans (Anthropocene) changed the pace of change

Presenter: Dr. SILVIA FRISIA, Department of Paleoclimatology

Date: Feb 16

254 EYE HEALTH IN THE COMMUNITY with GPs, Optometrists, Ophthalmologists

Presenter: Rene Cheung, OPSM Optometry (Kotara)

Date: Feb 23

255 ALL ABOUT CARTOONING AND THE MEDIA

Presenter: Peter Lewis, Cartoonist

Date: Mar 2

256 WALK ON WHEELS – A DEMONSTRATION OF OUR STOCK FOR THE ELDERLY

Presenter: Shawn Riley

Date: Mar 9

257 MIND THE G.A.P. (Geology, Astronomy, Philosophy) – The Lost Art of Wondering

Presenter: Chris Cull

Date: Mar 16

258 AN OVERVIEW OF WEATHER FROM USING PHILATELY – Measurement, Clouds, Storms, and Climate Change

Presenters: Assoc. Professor Howard Bridgman

Date: Mar 23

259 EARTHQUAKES, VOLCANOES AND TSUNAMIS

Presenter: Ron Evans

Date: Apr 27

TUESDAY TALK SERIES

PREVIOUSLY CALLED TUESDAY AFTERNOONS WITH U3A, this always interesting series of individual presentations has moved to a new time and a new venue, to allow a return to face to face presentations with COVID restrictions. Please enrol separately for those sessions that you wish to attend.

Course Leaders: Ron Davis and Carol Davis

Course Clerk: Carol 4951 7878

Time: 11:30am - 1:00pm

Venue: Elmore Vale Community Centre Hall, 129 Croudace Road, Elmore Vale

260 CRIMINOLOGY - Some cases from the past

Presenter: Dr. Xanthe Mallett, Senior Lecturer in Criminology

Date: May 4

261 STOCKTON BEACH - WHY THERE IS A PROBLEM, and the sand replenishment plan

Presenter: Simone Meakin, Department of Planning and Environment

Date: May 11

262 HISTORIC PHOTOS OF NEWCASTLE AND THE LOWER HUNTER

Presenter: Sylvia and Greg Ray

Date: May 18

263 RESTORATION OF CREEKS AND RIVERS IN THE HUNTER

Presenter: Guy Lampert, Soil Conservation Service

Date: May 25

264 WOODLAND BIRDS – HOW TO RECOGNISE AND RECORD THEM with a focus on the local area

Presenter: Mick Roderick, Birdlife Australia – Regional Woodland Birds Project Co-ordinator

Date: Jun 1

265 KEEPING HEALTHY – YOU ARE WHAT YOU EAT!

Presenter: Prof. Clare Collins, Priority Research Centre for Physical Activity and Nutrition

Date: Jun 8

266 THE LINK BETWEEN FISH HABITAT AND FISHERIES - Evidence for targeting repair of ecosystems

Presenter: A/Prof. Troy Gaston and Dr. Vincent Raoult, School of Environmental and Life Sciences, Ourimbah

Date: Jun 15

WEDNESDAY

301 ADVANCED FRENCH (formerly French Conversation)

Course Leader: Karen Gilmartin

Course Clerk: (To be advised...)

Dates: Feb 3, 10, 17, 24; Mar 3, 10, 17, 24; Apr 28; May 5, 12, 19, 26; Jun 2, 9, 16

Time: 10:30am – 12noon

Venue: Henry Park Guides Hall, 27 Thomas Street, Hamilton South

This is a class intended for people who are already able to speak French to a good standard. Emphasis is placed on speaking French, indeed the class is conducted totally through the medium of French. Speaking and listening activities are the focus in class and participants are encouraged to complete homework which involves reading, writing and listening. Participants are already familiar with the rudiments of grammar, but elements of grammar are revisited regularly. This is not the right class for anyone who does not wish to participate orally. It is to be noted that the class tutor is not a native speaker, however she has 35 years' experience of teaching French to university level.

305 LET'S TALK ITALIAN - BEGINNERS

Course Leader: Michael Foley

Course Clerk: (To be advised...)

Dates: Feb 3, 10, 17, 24; Mar 3, 10, 17, 24; Apr 28; May 5, 12, 19, 26; Jun 2, 9, 16

Time: 9:30am - 11:00am

Venue: U3A Room, 21 Gordon Avenue, Hamilton

This is a full year's course: Entry level: beginner. FOCUS: grammar/pronunciation/vocabulary in preparation for the spoken language as soon as possible. Homework essential, Google account required. Textbook: Please **see course leader for textbook details**.

310 LET'S TALK ITALIAN - INTERMEDIATE

Course Leader: Michael Foley

Course Clerk: (To be advised...)

Dates: Feb 3, 10, 17, 24; Mar 3, 10, 17, 24; Apr 28; May 5, 12, 19, 26; Jun 2, 9, 16

Time: 11.30am – 1:00pm

Venue: U3A Room, 21 Gordon Avenue, Hamilton

This is a full year's course. Entry Level: 12 months previous study. Focus: grammar/pronunciation/vocabulary in preparation for the spoken language as soon as possible. Homework essential. Google account required. **See course leader for textbook details**.

WEDNESDAY**306 FULL BODY STRETCH / LATINO DANCERCISE 2****Course Leader: Colleen Potts****Course Clerk: (To be advised...)****Dates: Feb 3, 10, 17, 24; Mar 3, 10, 17, 24; Apr 28; May 5, 12, 19, 26; Jun 2, 9, 16****Time: 10:30am – 12noon****Venue: KC Dance HQ, 5/468 Pacific Hwy, Belmont**

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

307 BEGINNER BELLY DANCE CLASS FOR FUN AND FITNESS**Course Leader: Colleen Potts****Course Clerk:****Dates: Feb 3, 10, 17, 24; Mar 3, 10, 17, 24; Apr 28; May 5, 12, 19, 26; Jun 2, 9, 16****Time: 12noon – 1:00pm****Venue: KC Dance HQ, 5/468 Pacific Hwy, Belmont**

You will learn gentle feminine belly dance moves with upper and lower body and build them into simple routines. We try different styles using veils, canes, zills and wings. Wear comfortable clothes and bring a shimmy belt and bottle of water. If you do not have a belt you can purchase a shimmy belt and veil kit from the teacher for \$25 at your first class.

308 MIDDLE EASTERN CHOREOGRAPHIES**Course Leader: Colleen Potts****Course Clerk: (To be advised...)****Dates: Feb 3, 10, 17, 24; Mar 3, 10, 17, 24; Apr 28; May 5, 12, 19, 26; Jun 2, 9, 16****Time: 1:30pm – 3:00pm****Venue: KC Dance HQ, 5/468 Pacific Hwy, Belmont**

This course **for continuing girls only**. All present choreographies will be refined, and exciting new choreographies will be taught. Girls who enjoy performing will have the opportunity to do so but there is no obligation.

314 FAMILY HISTORY DISCUSSION GROUP**Course Leader: Roland Bannister****Course Clerk: (To be advised ...)****Date: Feb 3; Mar 3; May 5; Jun 2****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.

317 ELEVATING ART**Course Leader: The Group****Dates: Feb 3, 10, 17, 24; Mar 3, 10, 17, 24; Apr 28; May 5, 12, 19, 26; Jun 2, 9, 16****Time: 2:00pm – 4:00pm****Venue: TBA**

Elevating Art is a forum for all who love to draw or paint. We will learn from each other as we explore different styles, mediums and techniques. Bring along your ideas, your favourite art materials and your passion. This is a non-judgemental forum, suitable for all levels, and is a fun way to discover and develop your own unique style in the company of supportive, like-minded people.

320 DISTANCE NURSING IN THE 1950'S**Course Leader: Daphne Roper****Course Clerk: (To be advised ...)****Date: Feb 10****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.

321 TRANSFIGURATION: The making of the Jesus-Story**Course Leader: Dr John Carr****Course Clerk: (To be advised ...)****Dates: Feb 3, 10, 17, 24; Mar 3, 10, 17, 24****Time: 10:00am - 12 noon****Venue: The Place, Social Hall, corner Frederick and Pearson Streets, Charlestown**

This course reveals the extensive story-making processes by which the character called 'Jesus' came to be re-shaped into the lead-role in that great drama known as the Jesus-Story. Whereas others have suggested a crucial distinction between the person called Jesus, and the Jesus-Story, yet we can now identify the array of narrative strategies that have been woven together to concoct the Jesus-Story from identifiable story-elements. Many of these narrative templates actually pre-

existed the real Jesus, so that in essence we will be tracing the means by which a 'Jesus-before-Jesus' and later the real Jesus were both transformed into the modern 'Jesus Christ'.

WEDNESDAY

322 THE GODMAKERS - An Evolutionary Theology

Course Leader: Dr John Carr

Course Clerk: (To be advised ...)

Dates: Apr 28; May 5, 12, 19, 26; Jun 2, 9, 16

Time: 10:00am - 12 noon

Venue: The Place, Social Hall, corner Frederick and Pearson Streets, Charlestown

A multiple-perspective enquiry into the god-idea and its transformation over time and place, along with the cluster of characters central to western religious consciousness, with special focus on the sources in our evolution and psychology that give rise to gods and religions. From the examination of the human construction of the nature of God/godness we then delve into the broader realms of religiosity, with godmen, goddesses devils, churches bibles heaven hell and earthly paradise, and mappings of the spiritual journey.

323 URBAN WALKS FEEDBACK SESSION

Course Leader: Mark McConnell

Course Clerk: (To be advised ...)

Date: Jun 16

Time: 1:30pm – 3:00pm

Venue: U3A Room, 21 Gordon Avenue, Hamilton

This is the Feedback session from **course 223**, Urban Photography Walks and will be a debrief of your best images from the previous 7 weeks.

324 PHILOSOPHERS AND PHILOSOPHIES

Course Leader: Jeanne Boote

Course Clerk: (To be advised ...)

Dates: Feb 3, 10, 17, 24; Mar 3, 10, 17, 24

Time: 10:30am - 12 noon

Venue: Elmore Vale Community Centre Meeting Room, 129 Croudace Road, Elmore Vale

Remember the Monty Python *Philosopher's Song*? Ever wondered who the philosophers were, and what they were on about? Here's your chance to find out! A light-hearted look at the development of Western Philosophy over the duration covered in the song - from around 400BCE to around the end of the last century. We'll focus mainly on the philosophers mentioned, however their drinking status won't be covered in this course, but some of their thoughts will be.

325 WHICH WINE?

Course Leader: Jeanne Boote

Course Clerk: (To be advised ...)

Dates: Apr 28; May 5, 12, 19, 26; Jun 2, 9, 16

Time: 10:30am – 12 noon

Venue: Elmore Vale Community Centre, 129 Croudace Road, Elmore Vale

The aim of the course is for you to

- Discern which wine is your favourite from a selection of each variety
- Find out what some experts say about the variety
- Discover what cheeses or foods might pair well with the variety
- Have fun and an opportunity to chat.

Sort of like a bus trip to the vineyards with your first taste at this time of day. So, come along to determine what you like and don't like in specific wines; and 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. Participants will take turns to take home any leftovers, as only a sampling taste will be served.

Note:

- There's a **one-off fee of \$60 per person** for course materials. Payment will be requested at the end of 1st term and after enrolment confirmation. **DO NOT PAY NOW**
- You'll need to bring along 4 wine glasses plus a water glass/bottle each week.
- Plus you'll be advised by email of what food pairs with the week's selection, so you can bring along some nibbles or your lunch to go with it.

326 THE HISTORY of the FORMATION OF BRITAIN and its RULERS

Course Leader: Dr John Page

Course Clerk: (To be advised ...)

Dates: Feb 3, 10, 17, 24; Mar 3, 10, 17

Time: 10:30am – 12noon

Venue: Hunter Unions Building (Hunter Room), 406-408 King Street (enter from Devonshire Street), Newcastle

This follows the chequered history of the early days of Britain before the English Channel filled up, and then the multiple tribes sprang up. The Romans came and waves of others after.

WEDNESDAY**370 NOSTALGIC NEWCASTLE LOCAL HISTORY WALK 1****Course Leader: Suzanne Martin****Course Clerk: (To be advised ...)****Date: Feb 24****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.

371 NEWCASTLE EAST END - CHURCH STREET - Guided History Tour 1**Course Leader: Suzanne Martin****Course Clerk: (To be advised ...)****Date: Mar 24****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.

372 NOSTALGIC NEWCASTLE LOCAL HISTORY WALK 2**Course Leader: Suzanne Martin****Course Clerk: (To be advised ...)****Date: May 12****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.

373 NEWCASTLE EAST END - CHURCH STREET - Guided History Tour 2**Course Leader: Suzanne Martin****Course Clerk: (To be advised ...)****Date: Jun 16****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.

THURSDAY**404 BEGINNING FRENCH WITH SHORTCUTS - Continued****Course Leader: Jack Caldwell****Course Clerk: (To be advised ...)****Dates: Feb 4, 11, 18, 25; Mar 4, 11, 18, 25; Apr 29; May 6, 13, 20, 27; Jun 3, 10, 17****Time: 9:30am – 11:00am****Venue: Zoom**

Having engaged with the contents of a quality structured textbook, the learning progress will continue to 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 their spoken forms, enhanced facility in syllabification and similar pronunciation skills, understanding the purpose and impact of nasal vowels, and communication flowing through prepared presentation of own ideas and supported comprehension of others' personal input.

405 LET'S TALK ITALIAN - ADVANCED**Course Leader: Michael Foley****Course Clerk: (To be advised ...)****Dates: Feb 4, 11, 18, 25; Mar 4, 11, 18, 25; Apr 29; May 6, 13, 20, 27; Jun 3, 10, 17****Time: 1:30pm – 3:00pm****Venue: U3A Room, 21 Gordon Avenue, Hamilton**

Full year course. Entry Level: Intermediate/advanced. Focus: grammar/pronunciation/vocabulary in preparation for the spoken language as soon as possible. Homework essential. Google account required. Textbook: See Course Leader.

406 MANDARIN – NOT QUITE BEGINNERS**Course Leader: Ron Giggins****Course Clerk: (To be advised ...)****Dates: Feb 4, 11, 18, 25; Mar 4, 11, 18, 25; Apr 29; May 6, 13, 20, 27; Jun 3, 10, 17****Time: 3:15pm - 4:45pm****Venue: U3A Room, 21 Gordon Avenue, Hamilton**

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

407 MUSIC APPRECIATION**Course Leaders: Sandy Sanson-Fisher****Course Clerk: (To be advised ...)****Dates: Feb 4, 11, 18, 25; Mar 4, 11, 18, 25; Apr 29; May 6, 13, 20, 27; Jun 3, 10, 17****Time: 10:30am - 12:15pm****Venue: TBA**

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. Further details of the program will be available in the New Year.

410 APPLYING PHILOSOPHY**Course Leader: Jeanne Boote****Course Clerk: (To be advised ...)****Dates: Feb 4, 11, 18, 25; Mar 4, 11, 18, 25; Apr 29; May 6, 13, 20, 27; Jun 3, 10, 17****Time: 10:30am - 12 noon****Venue: Elermore Vale Community Centre, 129 Croudace Road, Elermore Vale**

In this course, rather than just giving our opinions on a topic, we'll use philosophical methods to critically analyse and evaluate various approaches to everyday, practical issues and views to discuss. No prior knowledge of philosophy will be assumed, as an overview will be presented in the first few weeks and as relevant. Discussion topics will be selected by the group. Preparation by clearly recognising a personal stance and/or researching others' views will make the discussion more meaningful both personally and for the group's exposure to a wide variety of justifiable perspectives. Participants will be able to question their personal stance – which may be confirmed or possibly changed by evidence gained through discussion. In this sense, we will be applying a "love of wisdom", the literal meaning of "philosophy".

411 COME AND PLAY CANASTA**Course Leader: Mark McConnell****Course Clerk: (To be advised ...)****Dates: Feb 4, 11, 18, 25; Mar 4, 11, 18, 25; Apr 29; May 6, 13, 20, 27; Jun 3, 10, 17****Time: 1:00pm – 2:30pm****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 haven't played in years, just come along and have a relaxed afternoon among friends.

THURSDAY**413 JAPANESE LANGUAGE AND CULTURE – INTERMEDIATE****Course Leader: Jenny King****Course Clerk: (To be advised ...)****Dates: Feb 4, 11, 18, 25; Mar 4, 11, 18, 25; Apr 29; May 6, 13, 20, 27; Jun 3, 10, 17****Time: 11:30am – 1:00pm****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.

421 LIFE, OXYGEN, CARBON DIOXIDE AND THE UNIVERSE**Course Leader: Emeritus Professor Saxon White****Course Clerk: (To be advised ...)****Dates: Feb 4, 11, 18, 25****Time: 1:30pm – 3:00pm****Venue: The Place, Social Hall, corner Frederick and Pearson Streets, Charlestown**

A major theme is the dependence of life on oxygen, and the evolution of the atmosphere on earth made up of mainly 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.

422 MORE GREEK DRAMA**Course Leader: Michael Ewans****Course Clerk: (To be advised ...)****Dates: Feb 4, 11, 18, 25; Mar 4****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 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. Participants are urged to see Professor Ewans' production of *Medea* at the Newcastle Theatre Company Theatre, Lambton, between May 12 and 15.

423 THE NORTHERN CRUSADES AND THE TEUTONIC KNIGHTS**Course Leader: Bob Colomb****Course Clerk: (To be advised ...)****Dates: Mar 18, 25****Time: 1:30pm – 3:00pm****Venue: The Place, Social Hall, corner Frederick and Pearson Streets, Charlestown**

Anyone who has seen the 1943 Eisenstein film Alexander Nevsky will remember the fearsome Teutonic Knights. The Knights were a military religious order originating in the Holy Land Crusades. Unlike the Templars or Hospitallers, the Knights made their reputation in a Crusade (called the Northern Crusade) for the conquest and forcible conversion to Christianity of the people living on the southern coast of the Baltic Sea from about 1100 to 1400 CE. The Knights were the major driving force from about 1200. The crusade ended early in the 15th Century, but the Knights maintained a state for another century. Their state ultimately contributed to what from the 17th Century became the Prussian Empire and then modern Germany. This two-part series tells the story of the Northern Crusade with a focus on the Knights and on the peoples they fought with.

424 J.R.R.TOLKIEN - HIS LIFE AND WORKS**Course Leader: Isabel Hodgins****Course Clerk: (To be advised ...)****Dates: Mar 4, 11, 18, 25****Time: 10:30am - 12 noon****Venue: Georgetown Guides Hall, Lake Road, Georgetown**

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 also 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 father and a most dedicated letter writer. His academic and personal experiences influenced much of Tolkien's writings over the years. In the late 20th Century and continuing 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 the recent film

based on his early life, "*Tolkien*". This course will concentrate on the writings of Tolkien; although, there will be references made to the films where relevant.

THURSDAY

425 FAIRY STORIES AND FOLK TALES

Course Leader: Isabel Hodgins

Course Clerk: (To be advised ...)

Dates: May 6, 13, 20, 27; Jun 3, 10

Time: 10:30am - 12 noon

Venue: Georgetown Guides Hall, Lake Road, Georgetown

Time to return to some old stories and, at the same time, to shake off the modern images of sugary, small fairies and quaint, talking beasts, and enter a dangerous and difficult "faery" realm. This course will look at a selection of fairy stories, folk tales, myths and legends from the past. As well, we will examine concepts such as "magic" within the stories, and the moral messages in the stories whether their messages are relevant for contemporary society.

470 GEOLOGY WALK NOBBY'S TO NEWCASTLE BEACH

Course Leader: Chris Cull

Course Clerk: (To be advised ...)

Dates: May 6

Time: 10:45am – 1:00pm

Meet at Nobbys Beach on the break wall path north of the surf club. We will walk out to Nobbys lighthouse, then on to the beach to examine the volcanic tuff, coal seams, *Glossopteris* fossils and dyke. Then back along the beach (low tide sand will be firm) to the Cowrie Hole and Newcastle Beach. Discussion will cover the late Permian geological period and mass extinction, laying down of coal beds, the river estuary, effects of continental drift etc. Depending on access we may explore the southern end of Newcastle beach. The walk will take approximately 2 hours and involve some walking on sand and the flat rock shelf near Newcastle Baths. Participants will be given a copy of the 'Newcastle Coastal Geotrail' brochure and map.

There is 4-hour and All Day parking on the road to Horseshoe Bay and at Nobbys. Toilets and refreshments are at several locations along the way. The guide, Chris Cull, is not a professional geologist but he has a good understanding of the coast at this location and can place the landforms in a wider geological context.

471 HUNTER REGION BOTANIC GARDENS

Course Leader: Venue Guides

Course Clerk: (To be advised ...)

Dates: May 27

Time: 10:30am – 2:00pm

Cost: \$3 per person on entry. Guided tour \$5

Managed and maintained by volunteers, the Hunter Region Botanic Gardens were established in 1986 to grow, study, conserve and promote plants, particularly plants of the Hunter Region. The Gardens display primarily Australian native plants with 38 hectares of themed gardens, wheelchair friendly paths and over 3,000 living specimens. There will be a guided walking tour, and for those who request it, a seven-seater and 5-seater people mover are available. Priority will be given to those needing them.

Following the tour, you will be able to buy a meal and drink at the café or you may prefer to bring your own picnic. A BBQ is available.

FRIDAY

501 SCRABBLE

Course Leader: The Group

Course Clerk: (To be advised...)

Dates: Feb 5, 12, 19, 26; Mar 5, 12, 19, 26; Apr 30; May 7, 14, 21, 28; Jun 4, 11, 18

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

Course Leader: The Group

Course Clerks: (To be advised...)

Dates: Feb 5, 12, 19, 26; Mar 5, 12, 19, 26; Apr 30; May 7, 14, 21, 28; Jun 4, 11, 18

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.

FRIDAY

503 SINGING GROUP**Course Leader: To Be Confirmed****Course Clerks: (To be advised...)****Dates: Feb 5, 12, 19, 26; Mar 5, 12, 19, 26; Apr 30; May 7, 14, 21, 28; Jun 4, 11, 18****Time: 1:30pm - 3:30pm****Venue: Hamilton Community Hive (formerly 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.

505 YOGA FOR SENIORS CLASS 1**Course Leader: Lindy Young****Course Clerk: (To be advised...)****Dates: Feb 5, 12, 19, 26; Mar 5, 12, 19, 26; Apr 30; May 7, 14, 21, 28; Jun 4, 11, 18****Time: 8:00am – 9:00am****Venue: Memorial Hall, Adamstown Uniting Church, corner Glebe & Brunner Roads, Adamstown**

This class is only for members who were enrolled in Yoga for Seniors in 2020. It will have the same structure as 506 Class 2.

506 YOGA FOR SENIORS CLASS 2**Course Leader: Lindy Young****Course Clerk: (To be advised...)****Dates: Feb 5, 12, 19, 26; Mar 5, 12, 19, 26; Apr 30; May 7, 14, 21, 28; Jun 4, 11, 18****Time: 9.30am – 10.30am****Venue: Memorial Hall, Adamstown Uniting Church, corner Glebe & Brunner Roads, Adamstown**

This class is only for members who were enrolled in Yoga for Seniors in 2020. It will have the same structure as 505 Class 1.

507 CIRCLE DANCE**Course Leader: Annie Rooke-Frizell****Course Clerk: (To be advised...)****Dates: Feb 5; Mar 5; May 7; Jun 4****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**Course Leader: The Group****Course Clerk: (To be advised...)****Date: Mar 5****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).

NOTE: Please provide at least one full day's notice of inability to attend so that caterer can be informed.**509 MEN'S BREAKFAST - MAY****Course Leader: The Group****Course Clerk: (To be advised...)****Date: May 28****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).

NOTE: Please provide at least one full day's notice of inability to attend so that caterer can be informed.**510 WOMEN'S BREAKFAST – MARCH****Course Leader: The Group****Course Clerk: (To be advised...)****Date: Mar 12****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.

FRIDAY

511 WOMEN'S BREAKFAST – JUNE**Course Leader: The Group****Course Clerk: (To be advised...)****Date: Jun 4****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.

515 COURSE CLERK FORUM - JANUARY For new, intending and experienced course clerks**Course Leader: Margaret Finnie****Course Clerk: (To be advised...)****Date: Jan 29****Time: 10.00am – 11.30am****Venue: Zoom**

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.

570 NEWCASTLE ART GALLERY TOUR - VOID (MGNSW Touring exhibition)**Course Leaders: Volunteer Guides of the Newcastle Art Gallery****Course Clerk: (To be advised...)****Date: Feb 19****Time: 1:30pm - 2:30pm****Venue: Newcastle Art Gallery, Laman St, Newcastle**

Void explores the multiple ways in which artists visually articulate the unknown as space, time and landscape. The work of the included artists does not simply define the void as presence and comparative absence, but rather they utilise form to represent the formless. The exhibition will feature existing works across the mediums of drawing, painting, sculpture, ceramics, textiles and photography by eminent artists such as Pepai Jangala Carroll, Rusty Peters, Jonathan Jones, Mabel Juli, Mick Namarari Tjapaltjarri, Dr. Thancoupie Gloria Fletcher AO, James Tylor, Andy Snelgar, Hayley Millar-Baker, Freddie Timms, Doreen Reid Nakamarra, John Mawurndjul AM, Jennifer Wurrkidj and Josephine Wurrkidj.

571 NEWCASTLE ART GALLERY TOUR – The Light Fades but The Gods Remain: Bill Henson (MGA Touring exhibition)**Course Leaders: Volunteer Guides of the Newcastle Art Gallery****Course Clerk: (To be advised...)****Date: Mar 19****Time: 1:30pm - 2:30pm****Venue: Newcastle Art Gallery, Laman St, Newcastle**

The light fades but the gods remain is a major exhibition showcasing two key series by Bill Henson, one of Australia's most eminent artists, exploring the suburb of Glen Waverley where he grew up. In celebration of MGA's 25th anniversary, Henson was commissioned to revisit the suburb of his childhood and to produce a new body of work that reflects upon his earlier series *Untitled 1985–86*, known by many as 'the suburban series'. This ground-breaking commission offers an unparalleled insight into one of Australia's most revered artists, as he explores the notion of home, intensifying the everyday to a point of dramatic revelation and romantic beauty.

572 NEWCASTLE ART GALLERY TOUR – Rachel Milne**Course Clerk: (To be advised...)****Date: May 21****Time: 1:30pm - 2:30pm****Venue: Newcastle Art Gallery, Laman St, Newcastle**

Milne's art practice stems from painterly tradition but is wrapped in the daily minutia of modern life. Her works of art range from kitchen still lifes to vignettes of suburbia, ranging from the messy laundry room to the public and backyard pool. But without becoming nostalgic or parochial, Milne's outsider's eye captures the scene playing before the viewer. Her paintings comment on matters beyond the domestic, extending to career forces, life passages and broader issues in gender politics.

FRIDAY

573 NEWCASTLE ART GALLERY TOUR – WARWAR: The Art of Torres Strait**Course Leaders: Volunteer Guides of the Newcastle Art Gallery****Course Clerk: (To be advised...)****Date: June 11****Time: 1:30pm - 2:30pm****Venue: Newcastle Art Gallery, Laman St, Newcastle**

This exhibition will showcase contemporary arts practices that have developed within the Torres Strait and in cities scattered across the Australian continent exploring issues of cultural maintenance, Christianity, language, the physical environment and globalisation. Torres Strait Islanders have retained unique and very distinct traditions that have adapted to external influences and changes since early global exploration. Works of art for this exhibition are sourced from various national, state and regional galleries and museums as well as Torres Strait Islander Art centres and artists' collections.

574 MAITLAND REGIONAL ART GALLERY - Maitland International Salon of Photography**Course Leaders: Volunteer Guides****Course Clerk: (To be advised...)****Date: Apr 30****Time: 10:30am – 12 noon****Venue: Maitland Regional Art Gallery, High St, Maitland**

Travel by train or travel by car to the Maitland Regional Art Gallery and take a guided tour of some of the photographs from the Maitland International Salon of Photography. For over 60 years the Maitland International Salon of Photography has attracted entries from photographers around the world. Over 5,000 entries were received this year in salon categories Colour, Monochrome, Nature as well as Open, Nature and Travel projected images. From the accepted prints which are displayed at the Maitland Showground, this exhibition acknowledges 50 prints further selected to be exhibited at MRAG along with projected images. Lunch in the cafe is an option for those who are interested.

FRIDAY COFFEE MORNINGS

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

Elizabeth 0451 272729

Jan 29	Ground Up Espresso , 87 Young Street, Carrington
Feb 26	Newcastle Cruising Yacht Club , 95 Hannell Street, Wickham
March 26	Chaddies on Regent , Shop 5/89 Regent Street, New Lambton
April 30	Red Parrot , 23 Hubbard Street, Islington
May 28	Ground Up Espresso , 87 Young Street, Carrington
June 25	Newcastle Cruising Yacht Club , 95 Hannell Street, Wickham

LUNCH OF THE MONTH

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

RSVP, please the week before each lunch: Leonie 4965 5121 or 0423 257 602

Feb 19	Blackbutt Hotel , cnr Carnley Ave & Orchardtown Rd, Kotara
Mar 19	The Signal Box, Scott Street, Newcastle
May 21	Maryville Tavern , 71 Lewis Street, Maryville
Jun 18	Duke of Wellington , 69 Regent Street, New Lambton

SUNDAY**701 NEWCASTLE THEATRE COMPANY SUBSCRIBER GROUP****Course Leaders: Gloria and John****Course Clerk: (To be advised...)****Dates: Jan 31; Apr 11; Jun 6****Time: 1:45pm - 4:45pm approx.****Venue: Newcastle Theatre Company, 90 DeVitre Street, Lambton**

The U3A Theatre Group (course 701) is designed to provide an opportunity for members to attend Sunday matinees at Newcastle Theatre Company in Lambton. Most of the group sign up as annual subscribers; some attend the occasional performance. The group is seated together to encourage social interaction and facilitate discussion. The current COVID social distancing protocols are built into our seating allocations and apply to each individual member of our group (or couples) – NTC do COVID safe very well! Our group attends the first Sunday matinee of each show.

To join us:

1. Enrol in course 701
2. Subscribe and pay directly through the theatre (phone the Box Office 4952 4958 Mondays to Fridays 3pm to 6pm or email newrep@bigpond.net.au). Make sure you specify that you are part of the Newcastle U3A group and would like to attend the first Sunday matinee of each season. The cost for most 2020 subscribers will be covered by or almost covered by the unused portion of their 2020 subscription. Please contact the Box Office to confirm your credit.
3. Put the performance dates in your diary.
4. Be aware that many of the group meet up in the lobby prior to the start of the show for a chat.
5. If you can't make a particular matinee, contact the theatre to change to an alternative performance.

Plays in the 2021 subscription season are:

Sunday 31 Jan	"Murder on the Nile"	based on the Agatha Christie story
Sunday 11 April	"Glorious"	by Peter Quilter
Sunday 6 June	"The House of Bernarda Alba"	by Rona Munro
Sunday 25 July	"Steel Magnolias"	by Robert Harling
Sunday 10 Oct	"Barefoot in the Park"	by Neil Simon
Sunday 21 Nov	"A Hit and Miss Christmas"	by Emma Wood

Newcastle Theatre Company is a repertory theatre, as is reflected in the moderate cost. A range of talented local theatre enthusiasts make up the creative team. The box office is open Monday to Friday from 3.00pm to 6.00pm, - 4952 4958 www.newcastletheatrecompany.com.au email: newrep@bigpond.net.au and before performances.

The theatre is located at 90 DeVitre Street, Lambton. There is a car park across the road. 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**.

- 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.

TERMS 1 AND 2, 2021 – ‘THE FAQs’**Do I need to re-enrol in a continuing course I attended in 2020?**

At the end of the year all courses, including continuing courses, are “emptied” and everyone needs to re-apply for 2021 places. Those who had a place in 2020 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 post disadvantaged because those sent to online members get there much faster?

No. Neither group is disadvantaged as any oversubscribed course goes to a ballot. Over 95% of members now have an email address, and the few who do not sent their Program by ordinary post as soon as the Program is finalised.

Can I just phone to enrol?

No, that is too big a responsibility for the volunteer 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 2021 CALENDAR



January 2021						
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 2021						
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

March 2021						
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 2021						
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 2021						
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 2021						
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: 1 February – 26 March / **AGM:** TBA / **Term 2:** 26 May – 18 June

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



NEWCASTLE U3A Inc.
ABN: 87 967 033 912
PO Box 316 Hamilton 2303
PHONE: 0479 193 182

EMAIL: newcastleu3a.au@gmail.com
WEB: www.newcastle.u3anet.org.au/

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

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