

Photo courtesy of Philip Barrington – Nobbys Head from the breakwater



# **NEWCASTLE U3A PROGRAM INFORMATION 2022**

**Term 3 July 25 – September 16**  
**Term 4 October 17 – December 9**

**Newcastle U3A established 1990 - 32 years of  
“Learning Opportunities for Seniors”**

**NEWCASTLE U3A Inc.**  
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## GUIDE TO USING THE PROGRAM INFORMATION BOOKLET

Important information on membership and enrolment is presented first, and should be read carefully before paying membership fees and choosing your courses. Please read detailed descriptions of courses that may interest you before making your selection, and be aware that a number of courses are offered at the same time on the same day.

This Program contains over 100 courses, including almost 30 excursions and history walks. Courses are presented in day of the week order. The 3-digit course numbers indicate day of the week (courses starting with 1 are on Mondays, starting with 2 on Tuesdays, etc.). In general, within each week day, courses that run all year have lower numbers, followed by shorter courses, mostly in order of occurrence. Excursions and walks have higher numbers, starting in the '70s. Course numbers are not always consecutive, as courses offered regularly may retain their number from year to year.

To assist members in finding courses of interest to them, they have been grouped below by subject type.

### LANGUAGES:

- FRENCH – Advanced (301); Intermediate (404)
- GERMAN – Not Quite Beginners (326)
- ITALIAN – Beginners (305); Intermediate (310)
- JAPANESE Intermediate (113); Beginners (413)
- LATIN Advanced (203); Intermediate (204); Beginners (420)
- SPANISH Intermediate (104)

### HISTORY:

- A GLIMPSE INTO TUDOR SOCIETY (115)
- FOLKTALES OF THE BRITISH ISLES – Britain and Scotland (422); Ireland (423)

### SPECIAL INTEREST:

- GUIDED WRITING ~~(105) for new enrolments~~; Guided Writing Carry On (106)
- PHOTOGRAPHY Introduction (124); Intermediate (125); Urban Photography Walks (223)
- BOOK READING (208); RANDOM READERS (209)
- CRAFTY CONVERSATIONS (210)
- BRAIN TICKLERS (211)
- OPTIMAL AGEING (216)
- CRITICAL THINKING BASED ON RHETORIC (222)
- FAMILY HISTORY DISCUSSION GROUP (314)
- ELEVATING ART (317)
- COLOURING FOR PLEASURE (318)
- CARD MAKING: Christmas Card Making (315) Creating Greeting Cards Using Photography (319)
- PHILOSOPHY The Ideas of Modern Times (129); The Big Questions (130); Applying Philosophy (410)
- BASICS OF RADIO-CONTROLLED MODEL SHIP BUILDING (412)
- HUNTER HEART SAFE CPR/AED (520)
- THEATRE – An Afternoon with Scott Bevan (522); NTC SUBSCRIBER GROUP (701)

### MUSIC

- UKULELE Intermediates (107); Musicianship (108); Novice (219)
- MUSIC APPRECIATION (407)

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**PHYSICAL ACTIVITIES & SKILLS:**

MEDITATION (110)

TAI CHI / QI GONG Beginners (205); Advanced (206)

FULL BODY STRETCH/LATINO DANCERCISE 1 (212); 2 (306)

TAP DANCING Continuing (213); Beginners (214)

YOGA Gita Yoga (215); Chair Yoga (313); Yoga for Seniors (505)

SAILING Introduction (270); Discover Sailing Experience (271-274)

BELLY DANCE – Beginner (307); Continuing (308)

CROQUET – IT'S FUN (327)

CIRCLE DANCE (507)

**INDIVIDUAL TALKS:**

NO WAVES IN PALESTINE (114)

~~MEN'S HEALTHY AGENING WORKSHOP~~ (120)

THE WAYZGOOSE PRESS (122)

AUBREY BEARDSLEY AND THE 1890s DECADENTS (123)

ENTREPRENEURS IN THE 1800s (220)

WOMEN IN THE 1800s (221)

PROMINENT BUILDINGS IN THE 1800s (224)

AUSTRALIAN AGRICULTURAL COMPANY (225)

THE PSYCHOLOGY OF EVERYDAY THINGS (131)

TWO FAMILIES AT THE GREAT COBAR COPPER MINE AT THE TIME OF FEDERATION (132)

**SOCIAL ACTIVITIES AND GAMES:**

PICNIC ON THE GREEN (226)

PLAYING MAHJONG (324)

COME AND PLAY CANASTA (411)

BAREFOOT BOWLS – Term 3 (469); Term 4 (481)

SCRABBLE (501)

CHESS (502)

SINGING GROUP (503)

MEN'S BREAKFAST – July (570); August (571); October (572); November (573)

WOMEN'S BREAKFAST – September (574); November (575)

FRIDAY COFFEE MORNINGS

LUNCH OF THE MONTH

SINGLES DINNER

**IMPORTANT INFORMATION FOR Newcastle U3A MEMBERS****FOR CURRENT 2022 MEMBERS:**

- You do NOT need to renew your membership if you were a member in Term 2 but you DO NEED to advise **any change to your contact details**. Please email any change to [newcastleu3a.au@gmail.com](mailto:newcastleu3a.au@gmail.com) .
- You do NOT need to re-enrol in a course that you are **continuing** in from Term 1 and 2.
- You DO need to enrol online for any **new courses** in Term 3 or 4.

**PLEASE READ THE TERM 3 AND 4 PROGRAM IN FULL BEFORE COMPLETING ENROLMENT APPLICATION FOR NEW OR ADDITIONAL COURSES**

**To apply** for new courses or additional courses continuing from Term 1 and 2 that remain open, you can either:

- Complete the online course enrolment form on our website. 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 it has been processed.

OR

- Email your selection to [nu3aenrolments@gmail.com](mailto:nu3aenrolments@gmail.com).

Our volunteers can help you with completing forms if needed. Please phone 0479 193 182 (9am to 5pm) Monday to Friday, and a volunteer will assist you either on the spot or by returning your call.

NOTE: Enrolments have reopened after balloting of courses that were oversubscribed and most courses still have some places available. Courses now closed to new enrolments or waitlisted are noted in the Program.

**FOR NEW MEMBERS JOINING MID-YEAR 2022:****PLEASE READ THE INSTRUCTIONS BELOW****BEFORE COMPLETING THE MEMBERSHIP AND ENROLMENT APPLICATIONS FOR TERM 3 AND 4 2021**

As a 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. 2022 annual membership was \$60 for those joining in Terms 1 and 2, with a reduced **membership fee of \$45** if joining for Term 3 and 4 only. The fee is due before you lodge your enrolment application.

**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 call 0479 193 182 (9am to 5pm) Monday to Friday, and a volunteer will assist you either on the spot or by returning your call.

**Payment Methods**

**Please note NU3A is unable to accept cash payments or cheques.**

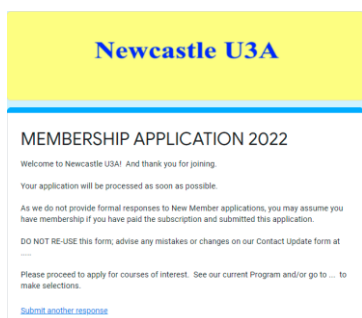
**Electronic Funds Transfer (EFT):** Please transfer **\$45** membership fee to the following account. Ensure you provide in the description field your **name** in enough detail to correctly identify you e.g. *your surname AND first name or, if too long, surname AND initial(s). e.g. ChurchillW*.

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

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

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

1. **Pay** using internet banking (EFT) or direct deposit, tagging it with your name. Please then email [nu3aenrolments@gmail.com](mailto:nu3aenrolments@gmail.com) the amount paid, date and method of payment.
2. **Complete the online membership application form** under the membership 'button' [here](#). Once you submit the form you will see the message below:



If you don't see the message, it means your form has not been submitted, and you will need to do it again. Your application will be processed once your payment is completed.

3. **Complete the online course enrolment form** [here](#). You will receive an acknowledgement from **Google Forms** that your application has been lodged – check your junk folder if not received within a few minutes. This is NOT confirmation of enrolment.

You will receive confirmation from Newcastle U3A of the courses in which your application has been successful after enrolments close on 18 July and have been processed.

Our volunteers can help you with completing forms. Please phone 0479 193 182 (9am to 5pm) Monday to Friday, and a volunteer will assist you either on the spot or by returning your call.

NOTE: Enrolments have reopened after balloting of courses that were oversubscribed and most courses still have some places available. Courses now closed to new enrolments or waitlisted are noted in the Program.

### Lanyard and Name Badges

Name badges for new members will be printed and distributed with a lanyard. You will receive these at your first course. **Please wear your name badge at all NU3A activities** – it helps members to get to know one another, and helps the Course Clerks to fulfil their roles.

### **FOR ALL MEMBERS;**

#### **CONFIRMATION OF ENROLMENTS AND COURSE ALLOCATIONS**

**Initial enrolment applications closed at 5pm on Monday 18 July 2022.** Enrolments have reopened after balloting of courses that were oversubscribed and most courses still have some places available. Courses now closed to new enrolments or waitlisted are noted in the Program.

Please **save or print your confirmation in a safe place** (and any updates) – it is a handy reminder of the dates, times and venues of courses you are enrolled in, and includes the **name and phone number of the Course Clerk**. Please remember to let your Course Clerk know if you are unable to attend a session.

### 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 a place become available, you will be immediately notified by email or phone.

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

### 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](mailto:nu3aenrolments@gmail.com) or call 0479 193 182 for assistance.

### **VARIATIONS TO COURSES – HOW NU3A COMMUNICATES CHANGES OR CANCELLATIONS**

Sometimes a course needs to be cancelled or amended. If this happens, 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, you will be notified by email (or phone for the small number of members who don't have email). Please **remember to regularly check emails from NU3A**, and check your junk or spam folders.
2. If all else fails, you will receive a phone call. Sometimes we have no option but to leave a message on an answering machine, so please 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**

**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.

Most courses are planned to be delivered face to face in Term 3 and 4. Note that:

- We will continue to comply with [government COVID rules](#) and give priority to the welfare of members.
- We will continue to provide hand sanitiser while NSW Health recommends it and strongly encourage members to wear masks indoors in smaller venues.
- We will update you as the situation changes, including our [COVID Safety Plan](#), which will be revised just before classes start.
- Please do NOT attend class 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).

**PLEASE CHECK YOUR EMAILS REGULARLY** for changes or Program announcements that affect you:

- The **name and contact number of your Course Clerk is included in your enrolment confirmation for each course**; please save this or add it to your phone contacts and let them know if you are unable to attend a class or need to withdraw.
- Once enrolled, you will be sent a reminder email for excursions and any course that starts during the term, a few days ahead. This email will also have the course clerk's name and contact details so please use that to register your apology for inability to attend. This is especially important for excursions, which usually have a waiting list.

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 2022

**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.

**Carrington Bowling Club and 'Cowper Street Diner', Cowper Street, Carrington ~\*^**  
**Carrington Community Centre, Corner Young and Hargrave Streets, Carrington \*\***  
**Christian Science Sunday School (rear of) 23 Gordon Avenue, Hamilton \*\***  
**Elmore Vale Community Centre, Hall and Meeting Room, 129 Croudace Road, Elmore Vale \*\***  
**Elmore Vale Community Hall, 122 Cardiff Road, Elmore Vale**  
**Georgetown Guides Hall, Lake Road, Georgetown (parking onsite) \*\***  
**Hamilton Community Hive (formerly Fellowship House), 150 Beaumont Street, Hamilton ~\***  
**Hamilton North Bowling Club, 31 Boreas Road, Newcastle (next to Smith Park) \*\* ^**  
**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, 24 Thomas Street, Hamilton South (parking onsite) ~\* \*\***  
**Hunter Region Botanic Gardens, 2100 Pacific Highway, Heatherbrae**  
**Hunter Wetlands Centre, 1 Wetlands Place, Shortland \*\***  
**KC Dance HQ, 5/468 Pacific Hwy, Belmont, access via Marks Street**  
**Lake Macquarie Art Gallery 1A First Street, Booragul**  
**Maitland Regional Art Gallery, High St, Maitland**  
**Mayfield Star Hall, 23 Valencia Street (corner Villiers Street), Mayfield \*\***  
**Memorial Hall, Adamstown Uniting Church, cnr Glebe & Brunner Rds, Adamstown**  
**Newcastle Cruising Yacht Club, 95 Hannell Street, Wickham ^**  
**Newcastle National Park Croquet Club, 25 National Park Street, Hamilton East**  
**Newcastle Theatre Company, 90 DeVitre Street, Lambton**  
**The Place, Social Hall, 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 GENERAL MEETING 2022

Thursday September 29, 2022, commencing 10.30am  
 Hamilton North Bowling Club, 31 Boreas Road, Newcastle  
 and the meeting will be followed by lunch (your expense) in the Bistro.

*The Term 3 and 4 2022 Newcastle U3A program booklet, membership and enrolment forms, and information about venues used by NU3A, including location maps, are available on the U3A website.*

[www.newcastle.u3anet.org.au](http://www.newcastle.u3anet.org.au) under the 'Join and Enrol' tab

**MONDAY****104 INTERMEDIATE SPANISH READING AND CONVERSATION (previously Spanish Continuing)****Course Leader: The Group****Dates: Jul 25; Aug 1, 8, 15, 22, 29; Sep 5, 12; Oct 17, 24, 31; Nov 7, 14, 21, 28; Dec 5****Time: 1.30pm – 3.00pm****Venue: Zoom**

This **course follows on from 2021** 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. Please email [newcastleu3a.au@gmail.com](mailto:newcastleu3a.au@gmail.com) or call 0479 193 182 before enrolling to be put in touch with the tutor.

**105 GUIDED WRITING****CANCELLED – To be rescheduled in Term 1 and 2 2023****Course Leader: Dee Lange****Dates: Aug 1, 8, 15, 22, 29; Sep 5, 12; Oct 24, 31; Nov 7, 14, 21, 28; Dec 5****Time: 1.30pm – 3.00pm****Venue: U3A Room, 21 Gordon Avenue, Hamilton**

This course has been designed to help develop and hone your writing skills – whether in friendly emails, writing short stories, and also touching on memoir writing – guided each week with a different prompt, to use and expand your imagination. You'll get to read a published short story most weeks, for review in our group, to help you to understand and develop different writing styles. You will also be encouraged to submit a short piece of writing each week.

**106 GUIDED WRITING CARRY ON****CLOSED TO NEW ENROLMENTS****Course Leader: Dee Lange****Dates: Aug 1; Sep 5; Nov 7; Dec 5****Time: 1:30m – 3:00pm****Venue: U3A Room, 21 Gordon Avenue, Hamilton**

This is a group for committed Guided Writing authors who want to carry on.

**107 UKULELE INTERMEDIATES****Course Leader: Susan Coggan****Dates: Jul 25; Aug 1, 8, 15, 22, 29; Sep 5, 12; Oct 17, 24, 31; Nov 7, 14, 21, 28; Dec 5****Time: 10:00am – 12 noon****Venue: Wallsend Pioneers Memorial Hall, 54 Cowper Street, Wallsend**

If you can play a dozen chords then join us at 10am to learn songs with more unusual chords, transposing; creating introductions; playing tablature and basic musicianship. A small booklet will be emailed for this session. Otherwise join us at 10.30 for morning tea (bring your own) followed by playing a range of songs. This year, we will use the Ukulele Songbook Volume **1** (published by Hal Leonard) written by Blue MUGS (approx. \$42). Phone Jacks Music at New Lambton or Musos Corner to check they have supplies in stock. **Please wait for your enrolment confirmation prior to purchasing the textbook** (approx. cost \$42).

**108 MUSICIANSHIP FOR UKULELE****Course Leader: Susan Coggan****Dates: Jul 25; Aug 1, 8, 15, 22, 29; Sep 5, 12; Oct 17, 24, 31; Nov 7, 14, 21, 28; Dec 5****Time: 12:30pm – 3:00pm****Venue: Wallsend Pioneers Memorial Hall, 54 Cowper Street, Wallsend**

Ever wondered how music works? Do you want to know how chords are made? Do you want to learn how to transpose a song; or read and play a basic melody? This course is designed to relate the ukulele to the language and formulas of music. It is for ukulele players who wish to extend their knowledge and understanding of their instrument.

**110 MEDITATION****WAITLISTED****Course Leaders: Vicki Everingham and Sherill Jones****Dates: Jul 25; Aug 1, 8, 15, 22, 29; Sep 5, 12; Oct 17, 24, 31; Nov 7, 14, 21, 28; Dec 5****Time: 1:30pm - 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 lie 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 JAPANESE LANGUAGE AND CULTURE - INTERMEDIATE****Course Leader: Jenny King****Dates: Jul 25; Aug 1, 8, 15, 22, 29; Sep 5, 12; Oct 17, 24, 31; Nov 7, 14, 21, 28; Dec 5****Time: 9:30am - 11:00am****Venue: U3A Room, 21 Gordon Avenue, Hamilton**

This course follows on from the Beginners Japanese course. 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. Please email [newcastleu3a.au@gmail.com](mailto:newcastleu3a.au@gmail.com) or call 0479 193 182 before enrolling to be put in touch with the tutor.

**MONDAY****114 NO WAVES IN PALESTINE – Book review presentation and discussion****Course Leader: Greg Blaze OAM****Dates: Sep 5****Time: 2:00pm – 4:00pm****Venue: Henry Park Guides Hall, 27 Thomas Street, Hamilton South**

Presentation by the author based on humanitarian experiences gained working for the World Food Program and United Nations in Israel/Palestine and East Africa/Mogadishu. Books available for sale at discount rate. Check the website [www.nowavesinpalestine.com](http://www.nowavesinpalestine.com)

**115 A GLIMPSE INTO THE RICHNESS OF TUDOR SOCIETY****Course Leader: Alan Barr****Date: Oct 31; Nov 14,28****Time: 10.30am – 12 noon****Venue: Elmore Vale Community Centre Hall, 129 Croudace Road, Elmore Vale**

Three richly illustrated and targeted presentations will promote an understanding of Tudor lifestyle centred on

- food, cooking and dining
- fashion and clothing
- entertainment, sport and recreation

**120 MENS HEALTHY AGEING WORKSHOP****CANCELLED****Course Leader: Greg Millan****Date: Jul 25****Time: 1:30pm – 4:30pm****Venue: U3A Room, 21 Gordon Avenue, Hamilton**

The stages of life for men known as midlife and later life covering from 50 years to 85+ can be a difficult time, often described in terms of a "midlife crisis". The Men's Healthy Ageing Guide presents the idea that men need to rearrange their lives to benefit most from the great experience of working less and enjoying life more. No crisis, just a different way of dealing with life with the right set of tools and the right outlook.

This workshop will provide:

- An overview of healthy ageing for men, taking a holistic approach
- Strategies for working with older men from a strengths-based perspective
- A model for working with older men around purpose and meaning in life
- Information on how COVID affects older men and on services for older men

**122 THE WAYZGOOSE PRESS****Course Leader: Ross Edmonds****Date: Aug 1****Time: 10:30am – 12 noon****Venue: Georgetown Guides Hall, Lake Road, Georgetown**

Between 1988 and 2010 the couple who called themselves 'the Wayzgoose Press' hand produced some of the most beautiful books, posters and artwork ever to come out of Australia. In this session you will hear a little about the couple and their work as well as enjoy a "pop-up" exhibition of items; some of them over ten metres long. You will be surprised!

**123 AUBREY BEARDSLEY AND THE 1890s DECADENTS****Course Leader: Ross Edmonds****Dates: Oct 24****Time: 10:00am – 11:30am****Venue: Georgetown Guides Hall, Lake Road, Georgetown**

W. B. Yeats referred to these people as "The Tragic Generation" and indeed most of them did live very tragic lives. You will hear a little about them plus see some first editions of their poetry and artwork. The notorious but talented publisher, Leonard Smithers, with some of his publications, will also make an appearance.

**124 INTRODUCTION TO PHOTOGRAPHY****ATTENDEES MUST WEAR A MASK****Course Leader: Mark McConnell****Dates: Jul 25; Aug 1, 8, 15, 22, 29; Sep 5, 12****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.



**MONDAY****125 INTERMEDIATE PHOTOGRAPHY****Course Leader: Mark McConnell****Dates: Oct 17, 24, 31; Nov 7, 14, 21, 28; Dec 5****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.

**ATTENDEES MUST WEAR A MASK****129 THE IDEAS: MEMES, MINDS AND MODERN TIMES****Course Leader: Dr John Carr****Date: Jul 25; Aug 1, 8, 15, 22, 29; Sep 5, 12, 19 – note: last class is in mid-semester break****Time: 10:00am – 12 noon****Venue: The Place, Social Hall, corner Frederick and Pearson Streets, Charlestown**

An examination of some of the major ideas that have shaped modern life, and which underlie and drive the controversies and conduct of our society. Knowingly or not, everyone has worldviews : they are inescapable, and shape our perception of and reaction to many of the core public debates in our society. How then can we understand the nature of ideas operating in society, and how they have developed? From an understanding of the nature and influence of worldviews and ideologies we explore predominant perspectives such as the Enlightenment Project, Religion, Psychoanalysis, Marxism, Existentialism, Evolution, Science, and even so-called postmodernism.

**130 THE BIG QUESTIONS****Course Leader: Dr John Carr****Date: Oct 17, 24, 31; Nov 7, 14, 21, 28; Dec 5****Time: 10:00am – 12 noon****Venue: The Place, Social Hall, corner Frederick and Pearson Streets, Charlestown**

A course about how we humans create meaning, purpose, and value in living. Pursuing an holistic approach informed by philosophy, psychology and literature, we will seek to identify the core conditions of being human, those essential aspects of life which arise for any person in any culture in any time period, exploring issues and dilemmas central to questions about relating to others, self-awareness, love, sex, being a body, choice and values, death, and the meaning(s) of life.

**131 THE PSYCHOLOGY OF EVERYDAY THINGS****Course Leader: Brian Duncan****Dates: Nov 21****Time: 1:30pm – 3:00pm****Venue: U3A Room, 21 Gordon Avenue, Hamilton**

If you are challenged by modern technology - for example your mobile phone or PC.

If you have bought appliances that don't work in the way that you expected them to.

If you are occasionally confused by the way in which some doors or elevators operate.

If you find yourself making silly errors like opening your freezer instead of the fridge.

If you feel that you are surrounded by ever increasing complexity.

Then this talk may provide some insight into why we sometimes come to believe that this is all due to our own shortcomings when in fact that may not necessarily be so.

**132 TWO FAMILIES AT THE GREAT COBAR COPPER MINE AT THE TIME OF FEDERATION****Course Leader: Roland Bannister and David Blyth****Dates: Oct 17****Time: 1:30pm – 3:00pm****Venue: U3A Room, 21 Gordon Avenue, Hamilton**

Both presenters are descendants of families that played important roles in the development of The Great Cobar Copper Mine and the town of Cobar. Roland's Longworth ancestors owned the Mine and Dave's grandpa E. G. Riley worked there, was a union official who played a leadership role in a wages and conditions claims, and was an alderman on the Council of the Cobar suburb Wrightville in the 1900s. Today the class will learn about these families, and their contributions to mining, to Cobar, and to Australia.

**TUESDAY****203 LATIN ADVANCED****Course Leader: Rosemary O'Neill****Dates: Jul 26; Aug 2, 9, 16, 23, 30; Sep 6, 13; Oct 18, 25; Nov 1, 8, 15, 22, 29; Dec 6****Time: 9:45am - 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.) Please email [newcastleu3a.au@gmail.com](mailto:newcastleu3a.au@gmail.com) or call 0479 193 182 before enrolling to be put in touch with the tutor.

**204 LATIN INTERMEDIATE****Course Leader: Rosemary O'Neill****Dates: Jul 26; Aug 2, 9, 16, 23, 30; Sep 6, 13; Oct 18, 25; Nov 1, 8, 15, 22, 29; Dec 6****Time: 11:30am - 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). Please email [newcastleu3a.au@gmail.com](mailto:newcastleu3a.au@gmail.com) or call 0479 193 182 before enrolling to be put in touch with the tutor.

**205 TAI CHI / QI GONG – BEGINNERS****CLOSED TO NEW ENROLMENTS****Course Leader: Grant Miller****Dates: Jul 26; Aug 2, 9, 16, 23, 30; Sep 6, 13; Oct 18, 25; Nov 1, 8, 15, 22, 29; Dec 6****Time: 9:30am - 10:30am****Venue: 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. Students are required to attend classes regularly and contact the Course Clerk if they are unable for some reason to attend. Please wear suitable clothing and shoes and bring bottled water.

**206 TAI CHI / QI GONG – ADVANCED****CLOSED TO NEW ENROLMENTS****Course Leader: Pauline Pirozzi****Dates: Jul 26; Aug 2, 9, 16, 23, 30; Sep 6, 13; Oct 18, 25; Nov 1, 8, 15, 22, 29; Dec 6****Time: 11:00am - 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.

**208 BOOK READING****Course Leader: Joy Nicholls****Dates: Aug 9; Sep 6; Nov 1, 29****Time: 1:30pm - 3:00pm****Venue: U3A Room, 21 Gordon Avenue, Hamilton**

All enthusiastic readers are welcome. The book for 9th August is *Talking to my Country* by Stan Grant. Subsequent titles will be decided at the August meeting.

**209 RANDOM READERS****Course Leader: The Group****Dates: Aug 16; Sep 13; Nov 8; Dec 6****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****Dates: Jul 26; Aug 23; Oct 18; Nov 15****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. THIS CLASS MEETS WITHOUT A TUTOR.

**TUESDAY****211 BRAIN TICKLERS****Course Leader: Carmel Toohey****Dates: Jul 26; Aug 2, 9, 16, 23, 30; Sep 6, 13; Oct 18, 25; Nov 1, 8, 15, 22, 29; Dec 6****Time: 1.30pm – 3.00pm****Venue: Georgetown Guides Hall, Lake Road, Georgetown**

This Brain Ticklers course encourages social interaction as you share ideas to solve and complete a variety of activities. Each week, a range of tasks follow a theme. The tasks may include codes, word puzzles, lateral problems, riddles, discussion, and spatial awareness. Group discussion is encouraged before cheating (sorry, researching) on your mobile phone. Bring a smile on your face, as you laugh and learn something each week. Encourage each other to be creative & have fun as you solve the different tasks. Bring pencil, eraser, and folder to hold the 25 pages per term (you will need to print these at home).

**212 FULL BODY STRETCH / LATINO DANCERCISE 1****Course Leader: Colleen Potts****Dates: Jul 26; Aug 2, 9, 16, 23, 30; Sep 6, 13; Oct 18, 25; Nov 1, 8, 15, 22, 29; Dec 6****Time: 11:00am – 12:30pm****Venue: KC Dance HQ, 5/468 Pacific Hwy, Belmont (access via Marks Street)**

- 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****Dates: Jul 26; Aug 2, 9, 16, 23, 30; Sep 6, 13; Oct 18, 25; Nov 1, 8, 15, 22, 29; Dec 6****Time: 2:00pm - 3:30pm****Venue: KC Dance HQ, 5/468 Pacific Hwy, Belmont (access via Marks Street)**

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 BEGINNER TAP FOR FUN AND FITNESS****Course Leader: Colleen Potts****Dates: Jul 26; Aug 2, 9, 16, 23, 30; Sep 6, 13; Oct 18, 25; Nov 1, 8, 15, 22, 29; Dec 6****Time: 1:00pm – 2:00pm****Venue: KC Dance HQ, 5/468 Pacific Hwy, Belmont (access via Marks Street)**

Improve your mind / body co-ordination, balance and flexibility trying a new activity. Designed for the new tapper - you will learn basic tap steps and combinations in a supportive environment. Please bring tap shoes and bottle of water.

**215 GITA YOGA****CLOSED TO NEW ENROLMENTS****Course Leader: Megan McQueenie****Date: Aug 9, 16, 23, 30; Sep 6, 13; Oct 18, 25; Nov 1, 8, 15, 22, 29; Dec 6 note no class first 2 wks Term 3****Time: 9:00am – 10:30am****Venue: ZOOM**

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.

**216 OPTIMAL AGEING – What the research tells us****WAITLISTED****Course Leaders: Karl Versteeg, Prof Tim Roberts, Dr John Ward****Dates: Aug 30; Oct 25; Nov 22****Time: 1:30pm - 3:00pm****Venue: Henry Park Guides Hall, 27 Thomas Street, Hamilton South note change of venue**

Three experts in ageing, Dr John Ward (Hunter's leading Geriatrician and Chair of Hunter Ageing Alliance), Emeritus Professor Tim Roberts and Karl Versteeg (specialising in strength training) will attend each of the 3 sessions, with Q&A following the main (rotating) speaker's talk. Topics include muscle metabolism and the loss of skeletal muscle mass as we age, the impact of chronic disease, the role of exercise, especially of strength training, and research into the potential benefits of supplements.

**TUESDAY****219 UKULELE NOVICE****Course Leader: Susan Coggan****Dates: Jul 26; Aug 2, 9, 16, 23, 30; Sep 6, 13; Oct 18, 25; Nov 1, 8, 15, 22, 29; Dec 6****Time: 11:00am – 12:30pm****Venue: Elmore Vale Community Hall, 122 Cardiff Road, Elmore Vale**

If you can play about 12 chords, join us to learn a range of songs with new chords. We will also be finger picking, completing basic transposing, playing riffs and attempting different strums.

**220 ENTREPRENEURS IN THE 1800s****Course Leader: Julie Keating****Date: Jul 26****Time: 9:30am – 11:00am****Venue: Henry Park Guides Hall, 27 Thomas Street, Hamilton South**

Once Newcastle became a free settlement, the availability of large tracts of land attracted entrepreneurs, who had a vision of the wealth that could be generated in Newcastle. An early grant of 300 acres to Alexander Scott in 1834 was adjacent to the Australian Agricultural Company's holding in central Newcastle. By 1840, James Mitchell had purchased more than 10,000 acres, including 900 acres which stretched from Hamilton to Glenrock Lagoon. Such people helped shape early Newcastle.

**221 WOMEN IN THE 1800s****Course Leader: Julie Keating****Date: Aug 2****Time: 9:30am – 11:00am****Venue: Henry Park Guides Hall, 27 Thomas Street, Hamilton South**

Being an English colony, Australia based its legal system on that of the homeland. Married women had few legal rights - assets were transferred to their husbands and women could not enter into legal agreements in their own right. Thus, they had little impact on the financial development of Newcastle. Unmarried women had more rights and one of the ways they could enter the commercial world was as a pub licensee.

**222 CRITICAL THINKING BASED ON RHETORIC****ATTENDEES MUST WEAR A MASK****Course Leader: Robert Colomb****Date: Aug 9, 16, 23, 30****Time: 9:30am – 11:00am****Venue: Henry Park Guides Hall, 27 Thomas Street, Hamilton South**

Rhetoric is the art of persuasion. The art of persuasion can be learned. If we understand rhetoric, when someone is attempting to persuade us, we can see the techniques being used. This gives us some critical distance. Aristotle's Rhetoric has been the basic text for nearly 2500 years, used by more than 120 generations of students up to the present day. We will use this text to study the techniques and strategies of a number of attempts to persuade, including several famous speeches by Churchill, Lincoln, John Howard, Robert Menzies, Pauline Hanson, and Shakespeare. The course will consist of four directed discussions covering the first two of the three books of Rhetoric. The full text of Rhetoric is available on-line from several different sources, in different translations.

**223 URBAN PHOTOGRAPHY WALKS****Course Leader: Mark McConnell****Dates: Jul 26; Aug 2, 9, 16, 23, 30; Sep 6, 13****Time: 9:30am - 11:00am****Venue: Various locations - excursions**

Join Photo Tutor Mark as he leads a series of 7 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 will be a debrief of your best images from the previous 7 weeks. Please note this **last session will be held at Carrington Community Centre, Corner Young and Hargrave Streets, Carrington 9:30am - 11:00am.**

**224 PROMINENT BUILDINGS IN THE 1800s****Course Leader: Julie Keating****Date: Oct 18****Time: 9:30am – 11:00am****Venue: Henry Park Guides Hall, 27 Thomas Street, Hamilton South**

Given its early status as a penal colony, the first prominent building in Newcastle was the goal which was built where Fort Scratchley is today. Other government buildings such as the first Court House and later the Post Office, Telegraph Office and Customs House were landmarks in the mid1800s. Banking institutions built large edifices in Hunter Street and wealthy businessmen built substantial homes, some of which still stand today.

**TUESDAY****225 AUSTRALIAN AGRICULTURAL COMPANY****Course Leader: Julie Keating****Date: Oct 25****Time: 9:30am – 11:00am****Venue: Henry Park Guides Hall, 27 Thomas Street, Hamilton South**

In 1827, the A A Co entered into an arrangement with the NSW government to lease the government coal mines for a period of 31 years. Two years later, the company took control of coal mining in Newcastle and was granted 2000 acres for this purpose. For many years, the A A Co was the largest exporter of coal from Newcastle. However, there were a number of challenges to this monopoly situation and the government lease was eventually cancelled in 1847.

**226 PICNIC ON THE GREEN****COMPLETED****Course Leader: The Group****Dates: Jul 19****Time: 11:00am – 3:00pm****Venue: Carrington Bowling Club and 'Cowper Street Diner,' Cowper Street, Carrington**

Picnic on the Green is an opportunity to meet other Newcastle U3A members, tutors, and committee members socially and informally. The venue is the Carrington Bowling Club with reserved outside seating and picnic tables. Stay for a few minutes or longer and enjoy a BYO lunch or BBQ. Tools and sauces are also provided. A range of appealing meals from the club kitchen at your own expense is also an option. Ukulele members have kindly volunteered to perform a selection of popular and engaging songs to entertain us.

**270 INTRODUCTION TO SAILING INFORMATION SESSION 1****Course Leader: Henk Zeeman****Date: Nov 1****Time: 12 noon – 1.30pm****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, and NCYC sailing instructor Andrew Omotosha 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. You will walk down onto the marina to look over the boats you will be sailing, and plenty of time 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 have previously completed a Sailing Experience Course in 2019 or 2020 or 2021.**

**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](mailto: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](http://www.networksteadfast.com.au/industries-and-associations/sailing/personal-injury-australian-sailing-members-insurance)

**271 DISCOVER SAILING EXPERIENCE – course 1****Date: Nov 8****Time: 12 noon – 3.00pm****\$25 each course****272 DISCOVER SAILING EXPERIENCE – course 2****Date: Nov 15****Time: 12 noon – 3.00pm****273 DISCOVER SAILING EXPERIENCE – course 3****Date: Nov 22****Time: 12 noon – 3.00pm****274 DISCOVER SAILING EXPERIENCE – course 4****Date: Nov 29****Time: 12 noon – 3.00pm**

**WEDNESDAY****301 ADVANCED FRENCH****Course Leader: Robyn Brinkley****Dates: Jul 27; Aug 3, 10, 17, 24, 31; Sep 7, 14; Oct 19, 26; Nov 2, 9, 16, 23, 30; Dec 7****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. Please email [newcastleu3a.au@gmail.com](mailto:newcastleu3a.au@gmail.com) or call 0479 193 182 before enrolling to be put in touch with the tutor.

**305 LET'S TALK ITALIAN - BEGINNERS****Course Leader: Michael Foley****Dates: Jul 27; Aug 3, 10, 17, 24, 31; Sep 7, 14; Oct 19, 26; Nov 2, 9, 16, 23, 30; Dec 7****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.

**306 FULL BODY STRETCH / LATINO DANCERCISE 2****Course Leader: Colleen Potts****Dates: Jul 27; Aug 3, 10, 17, 24, 31; Sep 7, 14; Oct 19, 26; Nov 2, 9, 16, 23, 30; Dec 7****Time: 10:30am – 12noon****Venue: KC Dance HQ, 5/468 Pacific Hwy, Belmont (access via Marks Street)**

- 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****Dates: Jul 27; Aug 3, 10, 17, 24, 31; Sep 7, 14; Oct 19, 26; Nov 2, 9, 16, 23, 30; Dec 7****Time: 12noon – 1:00pm****Venue: KC Dance HQ, 5/468 Pacific Hwy, Belmont (access via Marks Street)**

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****Dates: Jul 27; Aug 3, 10, 17, 24, 31; Sep 7, 14; Oct 19, 26; Nov 2, 9, 16, 23, 30; Dec 7****Time: 1:30pm – 3.00pm****Venue: KC Dance HQ, 5/468 Pacific Hwy, Belmont (access via Marks Street)**

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.

**310 LET'S TALK ITALIAN - INTERMEDIATE****CLOSED TO NEW ENROLMENTS****Course Leader: Michael Foley****Dates: Jul 27; Aug 3, 10, 17, 24, 31; Sep 7, 14; Oct 19, 26; Nov 2, 9, 16, 23, 30; Dec 7****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. Textbook: See course leader. Please email [newcastleu3a.au@gmail.com](mailto:newcastleu3a.au@gmail.com) or call 0479 193 182 before enrolling to be put in touch with the tutor.

**313 CHAIR YOGA****Course Leader: Megan McQueenie****Date: Aug 10, 17, 24, 31; Sep 7, 14; Oct 19, 26; Nov 2, 9, 16, 23, 30; Dec 7****Time: 9:00am – 10:30am****Venue: ZOOM**

A chair -based yoga session for those unable to do regular yoga.

**WEDNESDAY****314 FAMILY HISTORY DISCUSSION GROUP****Course Leader: The Group****Date: Jul 27; Aug 24; Oct 26; Nov 23****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.

**315 CHRISTMAS CARD MAKING****Course Leader: Gloria Jones****Dates: Aug 10****Time: 1:30pm – 3:00pm****Venue: U3A Room, 21 Gordon Avenue, Hamilton**

This course is suitable for both beginners and experienced card makers. Participants will create a minimum of two Christmas themed cards during this session. Beginners will also learn basic skills and how to acquire resources. Please bring a ruler, scissors, sharp pointed tweezers, craft glue, a pencil and cutting mat if available. The tutor will have some extras so there is no need to purchase them.

**317 ELEVATING ART****Course Leader: The Group****Dates: Jul 27; Aug 3, 10, 17, 24, 31; Sep 7, 14; Oct 19, 26; Nov 2, 9, 16, 23, 30; Dec 7****Time: 2:00pm – 4:00pm****Venue: Henry Park Scout Hall, 24 Thomas Street, Hamilton South**

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. This course runs without a tutor.

**318 COLOURING FOR PLEASURE****Course Leader: The Group****Dates: Aug 3, 17; Sep 7; Oct 19; Nov 2, 16; Dec 7****Time: 1:30pm – 3:00pm****Venue: U3A Room, 21 Gordon Avenue, Hamilton**

Discover the world of colour and improve your overall wellbeing. Experience the enjoyment of colouring in the company of others. A relaxing activity, focusing on the choosing and application of colours to create pleasing outcomes for participants.

**319 CREATING GREETING CARDS USING PHOTOGRAPHY****Course Leader: Philip Barrington, Mark McConnell, Gloria Jones****Dates: Aug 31; Sep 14; Nov 9****Time: 1:30pm – 3:00pm****Venue: U3A Room, 21 Gordon Avenue, Hamilton**

This course is about creating cards that feature your own photographs. Photography Tutor Mark McConnell will focus on taking and refining photos suitable for this purpose. There will be a "photo challenge", followed by a short feedback session. We will also be exploring basic card making skills and equipment, where to locate resources and other photos, embellishments, using mixed media (photo bits & other bits), using premade photo card blanks and standard cards, creating professional looking inserts, etc. Participants will have the opportunity to create a number of cards in sessions 2 and 3. Successful applicants will receive a list of simple equipment.

**324 PLAYING MAHJONG****Course Leader: The Group****Dates: Jul 27; Aug 3, 10, 17, 24, 31; Sep 7, 14; Oct 19, 26; Nov 2, 9, 16, 23, 30; Dec 7****Time: 1:00pm – 2:30pm****Venue: Elmore Vale Community Centre Meeting Room, 129 Croudace Road, Elmore Vale**

For those who have completed the initial course and want to continue playing or those who have some knowledge and experience of mahjong.

**326 GERMAN NOT QUITE BEGINNERS****Course The Group****Dates: Jul 27; Aug 3, 10, 17, 24, 31; Sep 7, 14; Oct 19, 26; Nov 2, 9, 16, 23, 30; Dec 7****Time: 3:15pm – 4:45pm****Venue: U3A Room, 21 Gordon Avenue, Hamilton**

A German language course run by the group. For those who have some knowledge of German. A textbook will be decided on by the group. All participants will help guide the class. Please email [newcastleu3a.au@gmail.com](mailto:newcastleu3a.au@gmail.com) or call 0479 193 182 before enrolling to be put in touch with the tutor.

**WEDNESDAY****327 CROQUET - IT'S FUN****Course Leader: Christine Pont****Dates: Jul 27; Aug 3, 10, 17, 24, 31****Time: 1:00pm – 2:30pm****Venue: Newcastle National Park Croquet Club, 25 National Park Street, Hamilton East**

Croquet is for old people - WRONG. It's a game of skill, tactics and thinking. It makes a walk enjoyable, it's where friendships are formed. Cost \$42, payable to NU3A. Note this is NOT REFUNDABLE if you miss a session.

**370 NOSTALGIC NEWCASTLE LOCAL HISTORY WALK #1****WAITLISTED****Course Leader: Suzanne Martin****Date: Aug 17****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 since January 2019, it has Light Rail!! Reminisce 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 are only 12 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****WAITLISTED****Course Leader: Suzanne Martin****Date: Sep 14****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 are only 12 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****Date: Nov 9****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 since January 2019, it has Light Rail!! Reminisce 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 are only 12 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****Date: Dec 7****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 are only 12 places. **This walk will be balloted - to attend you must have received confirmation** that you have been successful in applying for a space.



**WEDNESDAY****374 ON THE FERRY****Course Leader: The Group****Date: Nov 16****Time: 9:15am – 4:45pm**

Join us for a hop off trip around Lake Macquarie, starting at Speers Point Jetty and breaking the trip at Toronto for morning tea at Tinto Espresso Bar followed by a leisurely lunch at Wangi Wangi RSL. Return to Speers Point at 4:40pm. Cost is **\$30 for the round trip**, paid on the day, Morning tea and lunch are at own expense. A great chance to enjoy the lake and meet and socialise with other members.

**375 PORT STEPHENS FISHERIES INSTITUTE TOUR #1****Course Leader: Venue Tour Guide****Date: Aug 3****Time: 10.00am – 12 noon**

The Fisheries Institute undertakes research into breeding native endangered fish species and re-establishing them in estuaries and waterways. With a growing population and the depletion of ocean resources to meet demand, aquaculture is of growing importance and the institute has supported and contributed to commercial projects to establish growing facilities such as Tuna farms. The visit will include discussion and a tour of the departments work into Mollusc Research Algae production, Fish nutrition research, Fisheries Resource assessment, Aquatic Biosecurity, Aquatic Ecosystem field work teams and Fisheries Compliance operations.

**Meet at the Fisheries Institute, Research Drive, Taylors Beach** (off Taylors Beach Rd, Port Stephens). At the end of the tour you may like to join us for lunch before returning home.

**376 PORT STEPHENS FISHERIES INSTITUTE TOUR #2****Course Leader: Venue Tour Guide****Date: Nov 30****Time: 10.00am – 12 noon**

The Fisheries Institute undertakes research into breeding native endangered fish species and re-establishing them in estuaries and waterways. With a growing population and the depletion of ocean resources to meet demand, aquaculture is of growing importance and the institute has supported and contributed to commercial projects to establish growing facilities such as Tuna farms. The visit will include discussion and a tour of the departments work into Mollusc Research Algae production, Fish nutrition research, Fisheries Resource assessment, Aquatic Biosecurity, Aquatic Ecosystem field work teams and Fisheries Compliance operations.

**Meet at the Fisheries Institute, Research Drive, Taylors Beach** (off Taylors Beach Rd, Port Stephens). At the end of the tour you may like to join us for lunch before returning home.

**377 MAYFIELD WALK – THE TOORAK OF NEWCASTLE****WAITLISTED****Course Leader: Julie Keating****Date: Aug 24****Time: 10.00am – 11.30am**

Starting from St Andrew's Church of England, Church Street, Mayfield - the walk will showcase some of the mansions of notable families such as the Arnott's and Winn Brothers. Prominent families had large estates in a semi-rural area before the arrival of Heavy industry in the early 1900s.

**378 HERITAGE WALK OF LAMBTON****Course Leader: Julie Keating****Date: Sep 7****Time: 10.00am – 11.30am**

Lambton is an excellent location for an understanding of life in the late 1800s as it still retains a number of its historical buildings, including the Municipal Chambers, Post Office and Mechanics Institute. There are also a number of stone buildings, perhaps the oldest being a structure next to the Northumberland Hotel, which was used as an accommodation annex in the 1860s. **Meet in Lambton Park at the Rotunda** with the walk commencing up Dickson Street. This is the only hill on what is otherwise a comfortable walk on downward sloping and flat ground.

**379 CARRINGTON WALK****WAITLISTED****Course Leader: Julie Keating****Date: Oct 19****Time: 10.00am – 11.30am**

Originally, Carrington was a small island, which was used by early Europeans to fatten cattle. It was cut off from the rest of Newcastle at certain times due to the tidal flow of Throsby Creek. Huge changes occurred in the mid-1860s when it was decided to move coal loading facilities from Newcastle harbour to Carrington. Large scale reclamation was undertaken, and ships were instructed to dump their ballast to form The Dyke. This development shaped the future industrial use of the area.

Meeting place is at the corner of **Denison Street and Cowper Street South**, opposite Connolly Park.

**THURSDAY****404 INTERMEDIATE FRENCH READING AND CONVERSATION****Course Leader: Jack Caldwell****Dates: Jul 28; Aug 4, 11, 18, 25; Sep 1, 8, 15; Oct 20, 27; Nov 3, 10, 17, 24; Dec 1, 8****Time: 9:30am – 11:00am****Venue: Georgetown Guides Hall, Lake Road, Georgetown**

Anyone wishing to join the course at this stage should have sound knowledge of French tense forms, major aspects of pronunciation and syllabification (particularly vowel sounds, nasals, omitted terminal consonants), gender/plural forms for articles, adjectives and pronouns and a solid French vocabulary and demonstrate this knowledge through a phone or zoom conversation with the tutor or an email indication of previous French learning (any option chosen should include some input in French).

**407 MUSIC APPRECIATION****Course Leader: The Group****Dates: Jul 28; Aug 4, 11, 18, 25; Sep 1, 8, 15; Oct 20, 27; Nov 3, 10, 17, 24; Dec 1, 8****Time: 10:30am - 12:15pm****Venue: Christian Science Sunday School (rear of) 23 Gordon Avenue, Hamilton**

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

**410 APPLYING PHILOSOPHY****Course Leader: The Group****Dates: Jul 28; Aug 11, 25; Sep 8; Oct 20; Nov 3, 17; Dec 1****Time: 10:30am - 12 noon****Venue: Elermore Vale Community Centre Meeting Room, 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****CLOSED TO NEW ENROLMENTS****Course Leader: Mark McConnell****Dates: Jul 28; Aug 4, 11, 18, 25; Sep 1, 8, 15; Oct 20, 27; Nov 3, 10, 17, 24; Dec 1, 8****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.

**412 THE BASICS OF RADIO-CONTROLLED MODEL SHIP BUILDING****Course Leader: Bob Nelson****Dates: Jul 28; Aug 4, 11, 18****Time: 3:30pm – 5:00pm****Venue: U3A Room, 21 Gordon Avenue, Hamilton**

The objective of the course is to provide participants with an appreciation of the fundamentals involved in radio control scale model ship building. After completing the course participants will have full understanding of the commitment involved with the hobby. The course is not intended to develop hobby relevant skills instead it will provide an overview of all aspects of the hobby. Should a participant subsequently decide to pursue the hobby they will be aware of the skills they will need. Importantly participants will be aware of a range of resources to assist them in the hobby.

The major topic areas include:

- a. An introduction to marine modelling.
- b. Hull build options: there are a number of methodologies available to modellers.
- c. Running gear, the equipment needed to provide motive power and control the model.
- d. Detailing and finishing the model.
- e. Some basic ship design principles.

Participants will be expected to print out their own workbook and/or notes. The course will be conducted by members of the Newcastle Marine Modellers Association

**THURSDAY****413 JAPANESE LANGUAGE AND CULTURE – BEGINNERS****WAITLISTED****Course Leader: Jenny King****Dates: Jul 28; Aug 4, 11, 18, 25; Sep 1, 8, 15; Oct 20, 27; Nov 3, 10, 17, 24; Dec 1, 8****Time: 11:30am – 1:00pm****Venue: U3A Room, 21 Gordon Avenue, Hamilton**

This course aims to develop basic communication skills in using and understanding the spoken Japanese language and explores the fascinating cultural traditions of Japan. An introduction to the Hiragana script and Japanese calligraphy is also included. Please email [newcastleu3a.au@gmail.com](mailto:newcastleu3a.au@gmail.com) or call 0479 193 182 before enrolling to be put in touch with the tutor.

**420 BEGINNER'S LATIN****Course Leader: Jane Bellemore****Dates: Aug 4, 11, 18, 25; Sep 1, 8, 15; Oct 20, 27; Nov 3, 10, 17, 24; Dec 1, 8** **note no class first week Tm 3****Time: 9.30am – 11.00am****Venue: U3A Room, 21 Gordon Avenue Hamilton**

This is a course directed at those who have little or no knowledge of Latin. Participants will learn the Latin language through reading and examining the works of Rome's earliest surviving author Plautus, a comic playwright, ca 200 BC. **'Reading Latin'** comprises selections from authentic Latin texts (Volume One, Text and Vocabulary), which are combined with explanations of the grammar (Volume Two, Grammar and Exercises) required to read relevant passages. The Latin text has been graded to accommodate the developing skills of the participants, and the grammar lessons and vocabulary have been reinforced by exercises to enable participants to understand and even to memorise important features of the language. By the end of this course, participants will understand the structure of the Latin language and know much about its grammatical forms and vocabulary, as well as appreciate aspects of Roman culture during the Republican period. Although this Beginner's course will use only the first of the six sections of 'Reading Latin', the remaining sections are not only geared to 'independent' learning, but they will also be used for advanced Latin courses. **Required Text:** 'Reading Latin', second edition, 2016, 2 volumes (Grammar and Exercises; Text and Vocabulary) by Peter V. Jones and Keith Sidwell, ISBN: 9781107618701. Participants will be required to buy both volumes (cost of each in \$36-\$41 range), which are available online from Booktopia or at Abbey's Bookshop (131 York St, Sydney, opposite QVB). Both offer delivery (at a cost).

**422 FOLKTALES OF THE BRITISH ISLES- Course 1: Britain and Scotland****ATTENDEES MUST WEAR A MASK****Course Leader: Isabel Hodgins****WAITLISTED****Dates: Jul 28; Aug 4****Time: 10:30am – 12 noon****Venue: Carrington Community Centre, Corner Young and Hargrave Streets, Carrington**

Over the centuries, the rich and varied folklore of both English, Scotland and surrounding small islands has told of humans and their encounters with supernatural beings. The stories from many areas, tell of the land, the lakes, the mountains, the sea and their inhabitants. Stories- some pleasant and amusing and some quite horrific - recount of when humans meet beings from the supernatural realm. In these sessions, we will focus on these faëry realms and their inhabitants and look at several folk tales which recount the meetings between humans and some sprites.

**423 FOLKTALES OF THE BRITISH ISLES- Course 2: Ireland****ATTENDEES MUST WEAR A MASK****Course Leader: Isabel Hodgins****WAITLISTED****Dates: Oct 27; Nov 3****Time: 10:30am – 12 noon****Venue: Carrington Community Centre, Corner Young and Hargrave Streets, Carrington**

Some stories from the vast folklore of Ireland will feature in this course. Many ancient Irish tales are dominated by stories of warriors and heroes and their deeds. However, the gods, giants and other sprites affect and influence many of the actions not only of heroes but of other people who may encounter them. In these sessions, we will look at a few ancient tales which tell of heroism, tragedy and tears but we will look at some stories of good fortune. After all, leprechauns do place a pot of gold at the end of each rainbow for the good people of Ireland.

**470 GEOLOGY WALK NOBBY'S TO NEWCASTLE BEACH****Course Leader: Chris Cull****Dates: Sep 8****Time: 9:45am – 12:30pm**

Meet at Nobbys Beach on the break wall path north of the surf club. The walk will commence on the path towards Nobbys Island then on to the beach to examine the volcanic tuff, coal seams, Glossopteris fossils and dyke then back along the beach to the Cowrie Hole and Newcastle Beach along low tide firm sand. 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 2-1/2 hours in total** 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. Chris says he is not a professional geologist but has a good understanding of the coast at this location and can place the landforms in a wider geological context.

It's quite safe walking but could be a little tiring so please be prepared with **closed shoes, hats, water, sunscreen**, etc. You may wish to enjoy lunch or a coffee at the end of the walk.

**This activity requires a moderate level of fitness to complete the whole walk.**

**THURSDAY****471 HUNTER REGION BOTANIC GARDENS GUIDED TOUR - Science Week Exhibition and Guided Tour & lunch****Course Leader: Venue Tour Guide****Date: Aug 18****Time: 10:30am – 2:00pm****Venue: Hunter Region Botanic Gardens, 2100 Pacific Highway Heatherbrae (about 2kms on right after Tomago Road traffic lights)**

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 at a small charge. Priority will be given to those needing them. This is **Science Week** and the Gardens presents an interactive exhibition in the Gardens' Education Pavilion on the general theme of "How Plants Work". A series of displays and experiments are set up for visitors to explore. Explainers are on hand to encourage visitors to explore the expedition and assist with experiments.

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.

**Cost: \$5 per person on entry. Guided tour \$10, payable at venue.****472 LAKE MACQUARIE ART GALLERY AND SCULPTURE PARK TOUR #1****Course Leader: Venue Tour Guide****Date: Aug 25****Time: 10:30am – 12 noon****Venue: Lake Macquarie Art Gallery 1A First Street Booragul**

OCEANICA - Peter Gardiner takes on the elemental forces of water, in a series of epic paintings that unfolded like stories of the sea. To be within Oceanica, is to step into a vast ocean on an old globe. Join us for lunch at the Three Bears café (please book on 0447 332 148 and mention you are with the U3A group) or stay longer to see more.

There is also a Sculpture Park in the surrounding gardens comprising 16 sculptures of local and national artists.

**473 ORICA KOORAGANG TOUR #1****Presenter: Venue Tour Guide****Date: Sep 1****Time: 10:00am – 12:30pm****Venue: Orica, 15 Greenleaf Road, Kooragang**

Founded in 1874 as Jones, Scott and Co., a supplier of explosives to the Victorian gold fields, Orica has evolved into a multibillion-dollar global company with customers in more than 100 countries. After several transformations, the company is now publicly owned and listed on the Australian Stock Exchange. The Kooragang facility includes an ammonia plant, three nitric acid plants, two ammonium nitrate plants and a product dispatch facility.

The tour will consist of a presentation, followed by a site walk.

- The tour will start at the Orica Kooragang Island Security Gatehouse, 75 Greenleaf Road, Kooragang Island.
- There is ample parking available on the street with limited visitor parking available at the entrance sign-posted 'Orica Kooragang Island Gate 1' (the street number is not marked)
- You **must wear full length trousers, full length sleeves, closed shoes and comfortable socks.**
- Personal protective equipment will be provided for the walk including safety boots, hi-vis vests, hard hats, safety glasses and gloves.
- Electronic devices including phones and garage door openers are restricted from the ammonia plant. **Photography is not permitted.**
- Light refreshments will be provided.

The site has many uneven surfaces, heavy vehicle traffic and few footpaths. Therefore, **the tour is not recommended for anyone who has mobility issues.** Shoe sizes will be requested a week before the tour.

**474 NOTABLE PEOPLE OF CHURCH STREET- WALK #1****Course Leader: Lyndley Havyatt****Dates: Sep 8****Time: 10: 30am – 12 noon**

Meet at the corner of Church Street and Perkins Street, The Hill. Church Street, The Hill is notable in its own right with its role in Newcastle's early history and the imposing Christchurch Cathedral. Lyndley had identified six notable residents who made Church Street their home from 1860 to 1990. Included is Captain David Williams the first Newcastle Harbour Master and Margaret Olley, the well-known and accomplished still life and interior artist.

The walk will take about an hour and you then are invited to the Umbrian Café in Hunter Street for coffee, a short walk from Church Street.

**THURSDAY****475 HUNTER VALLEY WILDLIFE PARK****Course Leader: The Group****Dates: Oct 20****Time: 10:30am – 2:00pm****Venue: Hunter Valley Wildlife Park, 138 Lomas Lane, Nulkaba**

Come and spend a lovely, relaxed day at this wonderful Wildlife Park/Zoo in the Hunter Valley. You will if game be able to get up close to many of the animals - so be sure to bring a camera. There are facilities for a picnic lunch among the sights and sounds and in the company of new friends. The Park location is 138 Lomas Lane, Nulkaba, off Wine Country Drive, about 45-55 minutes from Newcastle, and just 10 minutes from Pokolbin. A short detour before returning home will get you to the Hunter Valley Gardens Village Centre where you will find many interesting shops.

Entry to the Wildlife Park is **\$35 concession, pay on the day.****476 HUNTER WETLANDS SHORTLAND WALK AND LUNCH****Course Leader: Bob Stewart****Date: Oct 27****Time: 10:30am – 12 noon****Venue: Hunter Wetlands Centre, 1 Wetlands Place, Shortland**

Come and stroll around the wetlands and enjoy the natural and serene atmosphere of the 43hectare site, see and hear the variety of birdlife at this breeding season time, and stay for lunch at the Café and meet and chat with other members. Hunter Wetlands Centre is the oldest community owned wetlands in Australia, a restored 43-hectare site conserving wildlife. There are comfortable walking paths and some places to rest and enjoy the sights and sounds. Walker and wheelchair accessible. Bring a good hat and wear covered clothing. Bring your camera to capture some of the amazing wildlife to be seen. Insect repellent, if needed, is available in the Centre or bring your own.

**477 MAITLAND REGIONAL ART GALLERY – TOUR #2****Course Leader: Self-Guided Tour****Date: Nov 3****Time: 10:30am – 12 noon****Venue: Maitland Regional Art Gallery 230 High Street Maitland**

MATERIAL SOUND draws together six artists and collaborative groups, each creating an experience of sound within installations constructed from everyday materials. Handmade instruments and electronics, recycled components, outmoded technologies, fake technologies, imagined sounds, and silences are brought together to challenge the way we think about the ecological consequences of the materials we so readily consume and discard. Material Sound features work by artists Vicky Browne, Pia van Gelder, Caitlin Franzmann, Peter Blamey, Vincent & Vaughan O'Connor and Ross Manning.

TALES FROM THE GREEK | MARCO LUCCIO: Five years in the making and an odyssey in its creation, Tales from The Greek is Marco Luccio's artistic response to author John Hughes' eight narrative adaptations of Greek myths and tragedies. Luccio's series of artworks are dramatic and gritty; using a variety of mediums, he has produced a collection of works that sing alongside the words of Cessnock born author John Hughes.

Join us for lunch at the Seraphine Café (please book on 49347264 and mention you are with U3A group) if you want to stay longer and see more.

**478 MEDOWIE MACADAMIA FARM****Course Leader: Venue Tour Guide****Date: Nov 10****Time: 10:30am – 1:00pm**

Meet at Medowie Macadamia Farm, 672 Medowie Road, Medowie, at 10:30am for a guided information tour about the harvesting and production processes. This talk will be followed by a well sign posted stroll around the macadamia farm. Produce can be bought at the farm shop. The farm's opening hours are 8:00am – 3:00pm, so morning tea is available for early birds. Lunch at the Macadamia Café at noon is optional - the menu is extensive and can be found online [Cafe | Restaurant | Takeaways | Port Stephens | Maitland | Newcastle \(medowiemacadamias.com.au\)](http://medowiemacadamias.com.au).

**479 ADAMSTOWN PUDDING KITCHEN****Course Leader: Venue Tour Guide****Date: Nov 17****Time: 10:00am – 12 noon****Venue: The Dungeon, Adamstown Uniting Church, cnr Glebe & Bruncker Rds, Adamstown**

Adamstown Pudding Kitchen is a volunteer service crafting a range of handmade traditional and gourmet Christmas Puddings, Chocolates, Jams, Pickles and Sauces. Come and enjoy a morning tea and taste some of the great variety that is on offer and take some home for Christmas. Should you make a purchase you will be supporting a number of volunteer community programs in Newcastle and beyond. Meet at the Adamstown Uniting Church, The Dungeon, Glebe Road, Adamstown. Cost of \$5 paid on the day.

<b>THURSDAY</b>
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**480 LAKE MACQUARIE ART GALLERY AND SCULPTURE PARK TOUR #2****Course Leader: Venue Tour Guide****Date: Nov 24****Time: 10:30am – 12 noon****Venue: Lake Macquarie Art Gallery 1A First Street Booragul**

LONGWATER: An exhibition focusing on contemporary fibre art practices across saltwater and freshwater Country bringing together artists and communities from Queensland and neighbouring regions. It will share understandings while celebrating cultural knowledge, diversity, and practices. An Institute of Modern Art, Brisbane, touring exhibition curated by Freja Carmichael. Join us for lunch at the Three Bears café (please book on 0447 332 148 and mention you are with the U3A group) or stay longer to see more.

There is also a Sculpture Park in the surrounding gardens comprising 16 sculptures of local and national artists.

**481 BAREFOOT BOWLS #1****Course Leader: The Group****Date: Sep 15****Time: 10.30am – 1:00pm****Venue: Carrington Bowling Club, Cowper Street, Carrington**

Join in a relaxed and social game of bowls in your bare or stockinged feet or suitable footwear. You don't need experience, sufficient guidance will be provided to allow you to make a confident start. All bowls and equipment will be provided. You may however choose not to bowl but rather watch the fun from the sidelines. Reserved seating and tables are available, and you are welcome to join fellow bowlers for a club lunch and drink. Or come and just watch the fun.

**482 BAREFOOT BOWLS #2****Course Leader: The Group****Date: Dec 1****Time: 10.30am – 1:00pm****Venue: Carrington Bowling Club, Cowper Street, Carrington**

See details for Course 481 above.

<b>FRIDAY</b>
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**501 SCRABBLE****Course Leader: The Group****Dates: Jul 29; Aug 5, 12, 19, 26; Sep 2, 9, 16; Oct 21, 28; Nov 4, 11, 18, 25; Dec 2, 9****Time: 10:30am - 12 noon****Venue: U3A Room, 21 Gordon Avenue, Hamilton**

A friendly, relaxed group of members who meet weekly to play scrabble.

**502 CHESS****Course Leader: The Group****Dates: Jul 29; Aug 5, 12, 19, 26; Sep 2, 9, 16; Oct 21, 28; Nov 4, 11, 18, 25; Dec 2, 9****Time: 1:30pm - 3:00pm****Venue: U3A Room, 21 Gordon Avenue, Hamilton**

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

**503 SINGING GROUP****Course Leader: The Group****Dates: Jul 29; Aug 5, 12, 19, 26; Sep 2, 9, 16; Oct 21, 28; Nov 4, 11, 18, 25; Dec 2, 9****Time: 1:30pm - 3:30pm****Venue: Hamilton Community Hive (formerly Fellowship House), 150 Beaumont Street, Hamilton**

The NU3A 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****Course Leader: Lindy Young****Dates: Jul 29; Aug 5, 12, 19, 26; Sep 2, 9, 16; Oct 21, 28; Nov 4, 11, 18, 25; Dec 2, 9****Time: 8:45am – 9:45am****Venue: Memorial Hall, Adamstown Uniting Church, cnr Glebe & Brunner Rds, Adamstown**

This class is only for members who have previously done any form of yoga.

**WAITLISTED****507 CIRCLE DANCE****Course Leader: Annie Rooke-Frizell****Dates: Aug 5; Sep 2; Nov 4; Dec 2****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.

<b>FRIDAY</b>
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**515 COURSE CLERK FORUM - For new, intending and experienced Course Clerks note: last Friday of break****Course Leader: Margaret Finnie****Date: Jul 22****Time: 10.00am – 11.00am****Venue: U3A room 21 Gordon Avenue, Hamilton and Zoom**

Please note that all course clerks are automatically enrolled in this forum which has been programmed deliberately on the Friday before the new term starts so we can deal with any issues you may have prior to the commencement of courses. This is your opportunity to give feedback, have your questions, technical and otherwise, answered and to be updated on any changes, in particular COVID-19 restrictions.

**520 HUNTER HEART SAFE CPR/AED****COMPLETED****Course Leader: Hunter Heart Safe****Date: Jul 15****Time: 1:00pm – 2:00pm****Venue: Henry Park Guides Hall, 27 Thomas Street, Hamilton South**

Hunter Heart Safe is an organisation run by over 200 volunteers consisting of local doctors, nurses, paramedics, and other health care workers with the purpose of teaching hands only Cardiopulmonary Resuscitation (CPR) and the use of Automated External Defibrillators (AED) to the community. They have identified that currently survival rates for community cardiac arrest is around 10 % and they would like to dramatically increase this number by engaging and teaching community members about the importance of first responder CPR.

**522 AN AFTERNOON WITH PLAYWRIGHT, JOURNALIST AND AUTHOR, SCOTT BEVAN****Course Leader: Venue Tour Guide****Date: Sep 23****Note: This event is in the mid-semester break****Time: 2:00pm – 3:00pm****Venue: Newcastle Theatre Company, 90 DeVitre Street, Lambton**

NTC is hosting the world premiere of Novocastrian Scott Bevan's new play, "The Rest is Silence". Directed by Claire Williams, this psychological drama is dressed as dark humour and it explores life and death, reality and preference, family....and Shakespeare. Scott has worked in TV, radio and newspapers as a journalist. He is the author of six books, including *The Hunter, Bill: The Life of William Dobell* and the best-selling *The Harbour*. He is also the director and presenter of a number of documentaries, including *Arthur Phillip: Governor, Sailor, Spy* and *Oll: The Life and Art of Margaret Olley* for the ABC, and is excited that, at last, one of his plays is to come to life on the stage in his hometown.

**570 MEN'S BREAKFAST – JULY****Course Leader: Roland Bannister****Date: Jul 29****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.****571 MEN'S BREAKFAST – AUGUST****Course Leader: Roland Bannister****Date: Aug 26****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.****572 MEN'S BREAKFAST – OCTOBER****Course Leader: Roland Bannister****Date: Oct 21****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.****573 MEN'S BREAKFAST – NOVEMBER****Course Leader: Roland Bannister****Date: Nov 18****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.**

<b>FRIDAY</b>
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**574 WOMEN'S BREAKFAST – SEPTEMBER****Course Leader: The Group****Date: Sep 2****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 (your expense) 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.**

**575 WOMEN'S BREAKFAST – NOVEMBER****Course Leader: The Group****Date: Nov 25****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 (your expense) 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.**

**576 ART TRAIL WALK #1****WAITLISTED****Course Leader: Lyndley Havyatt****Date: Aug 12****Time: 10.30am – 12 noon**

Meet at the corner of Church Street and Perkins Street, The Hill. How many artists, art collectors or philanthropists have chosen to reside in Church Street today or in the past? Lyndley has after much research found the answer and would like to share their names and their story with you while on a leisurely walk to their residences. Margaret Olley is perhaps one of the best known. You will also visit a working artist in her studio.

The walk will take a little more than an hour and you then are invited to the Umbrian Café in Hunter Street for coffee, a short walk from Church Street.

**577 ART TRAIL WALK #2****WAITLISTED****Course Leader: Lyndley Havyatt****Date: Oct 21****Time: 10.30am – 12 noon**

Meet at the corner of Church Street and Perkins Street, The Hill. How many artists, art collectors or philanthropists have chosen to reside in Church Street today or in the past? Lyndley has after much research found the answer and would like to share their names and their story with you while on a leisurely walk to their residences. Margaret Olley is perhaps one of the best known. You will also visit a working artist in her studio.

The walk will take a little more than an hour and you then are invited to the Umbrian Café in Hunter Street for coffee, a short walk from Church Street.

**578 MAITLAND REGIONAL ART GALLERY – # 1****Course Leader: Self-Guided Tour****Date: Sep 16****Time: 10:30am – 12 noon****Venue: Maitland Regional Art Gallery 230 High Street Maitland**

LUMINOSITY: INSCRIPTION OF TIME BY LIGHT | KRIS SMITH. Be absorbed by expansive ideas of time, light and the sublime in this beautiful display of image and video. Kris Smith is a Hunter based artist with a longstanding interest in the rhythm and visual poetry of natural light, the landscape, and our place within it.

THIRTY-SIX VIEWS OF THE BROKENBACK RANGE | JOHN ADAMS: John Adams has lived and worked in Maitland for decades. As an artist, Adams has long been fascinated by the distant shadow of mountain ranges which loom large in the background around Maitland. Inspired by the work of Japanese ukiyo-e artist Hokusai (1760–1849) Thirty-six views of Mount Fuji, Adams presents Thirty-six views of the Brokenback Range.

Join us for lunch at the Seraphine Café (please book on 49347264 and mention you are with U3A group) if you want to stay longer and see more.

**579 NOTABLE PEOPLE OF CHURCH STREET- WALK #2****Course Leader: Lyndley Havyatt****Dates: Oct 28****Time: 10: 30am – 12 noon**

Meet at the corner of Church Street and Perkins Street, The Hill. Church Street, The Hill is notable in its own right with its role in Newcastle's early history and the imposing Christchurch Cathedral. Lyndley had identified six notable residents who made Church Street their home from 1860 to 1990. Included is Captain David Williams the first Newcastle Harbour Master and Margaret Olley, the well-known and accomplished still life and interior artist.

The walk will take about an hour and you then are invited to the Umbrian Café in Hunter Street for coffee, a short walk from Church Street.



<b>FRIDAY</b>
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**580 ORICA KOORAGANG TOUR #2****Presenter: Venue Tour Guide****Date: Nov 4****Time: 10:00am – 12:30pm****Venue: Orica, 15 Greenleaf Road, Kooragang**

Founded in 1874 as Jones, Scott and Co., a supplier of explosives to the Victorian gold fields, Orica has evolved into a multibillion-dollar global company with customers in more than 100 countries. After several transformations, the company is now publicly owned and listed on the Australian Stock Exchange. The Kooragang facility includes an ammonia plant, three nitric acid plants, two ammonium nitrate plants and a product dispatch facility.

The tour will consist of a presentation, followed by a site walk.

- The tour will start at the Orica Kooragang Island Security Gatehouse, 75 Greenleaf Road, Kooragang Island.
- There is ample parking available on the street with limited visitor parking available at the entrance sign-posted 'Orica Kooragang Island Gate 1' (the street number is not marked)
- You **must wear full length trousers, full length sleeves, closed shoes and comfortable socks.**
- Personal protective equipment will be provided for the walk including safety boots, hi-vis vests, hard hats, safety glasses and gloves.
- Electronic devices including phones and garage door openers are restricted from the ammonia plant. **Photography is not permitted.**
- Light refreshments will be provided.

The site has many uneven surfaces, heavy vehicle traffic and few footpaths. Therefore, **the tour is not recommended for anyone who has mobility issues.** Shoe sizes will be requested a week before the tour.

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

You can see details of each venue by clicking on its name. Please remember to wear your name badge.

Jul 22	<a href="#">Mockingbird</a> , 131 Beaumont St, Hamilton (Opposite Greater Bank )
Aug 26	<a href="#">Ground Up Espresso</a> , 120 Young St., Carrington (Building has coloured tiles)
Sep 30	<a href="#">Euro Patisserie</a> , 68 Orchardtown Road, New Lambton
Oct 28	<a href="#">Red Parrot</a> , 26 Hubbard Street, Islington
Nov 25	<a href="#">Euro Patisserie</a> , 68 Orchardtown Road, New Lambton

<b>LUNCH OF THE MONTH</b>
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Venues have been chosen to offer a variety of cuisines and with consideration 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: Margaret 0407 160 733 or Leonie 4965 5121 or 0423 257 602.**

You can see details of each venue by clicking on its name. Please remember to wear your name badge.

Jul 29	<a href="#">The Gates Hotel</a> , 660 Glebe Road, Adamstown (parking behind hotel)
Aug 19	<a href="#">The Grand Hotel</a> , 32 Church Street, Newcastle (under new management)
Sep 29	<a href="#">Hamilton North Bowling Club</a> , 31 Boreas Road, Newcastle (following GM)
Oct 21	<a href="#">Lambton Park Hotel</a> , 19a Morehead Street, Lambton
Nov 18	<a href="#">Signal Box</a> , 155 Wharf Road, Newcastle

<b>SINGLES DINNER AND DISCUSSION</b>
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Dinner and Discussion on the **first Friday of the month** from 5pm (MEALS AVAILABLE FROM 5.30PM) for those without partners, or those whose partners are unwell or unable to accompany them to outings and activities. To clarify, this is not a couples event.

Please text or call **Maree on 0431730066 by the previous Monday** if you wish to attend and remember to **leave your name** with the message.

**SUNDAY****701 NEWCASTLE THEATRE COMPANY SUBSCRIBER GROUP****Course Leaders: Gloria and John****Dates: Aug 14; Oct 9; Nov 13****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 are seated together to encourage social interaction and facilitate discussion. Our group attend 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 or email [newrep@bigpond.net.au](mailto: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 2022 subscribers will be possibly partly covered by the unused portion of their 2021 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 2022 subscription season include:

<b>August 14</b>	"Tons of Money"	A madcap English farce by Alan Ayckbourn.
<b>October 9</b>	"The Rest is Silence" *	Psychological drama by local Scott Bevan.
<b>November 13</b>	"The Watsons"	Based on Jane Austen's unfinished 1803 novel.

\* "The Rest is Silence" is a world premiere.

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 and before performances 49524958

[www.newcastletheatrecompany.com.au](http://www.newcastletheatrecompany.com.au)

**TERMS 3 AND 4, 2022 – 'THE FAQs'****Do I need to re-enrol in a continuing course I attended in Term 2?**

**No!** You only need to apply to enrol in new courses you were not attending in Term 2.

**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. 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 participants before accepting them. Contact our Admin volunteers by email to [newcastleu3a.au@gmail.com](mailto:newcastleu3a.au@gmail.com) or phone 0479 193 182 to arrange this if needed. Alternatively, contact Admin 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.

**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**.

**TERMS 3 AND 4, 2022 – ‘THE FAQs’ continued****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 are 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. If you would like help with the online forms, you can call 0479 193 182 and a volunteer will assist you.

**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 the course starts, call the Admin phone 047 139 182 or email [nu3aenrolments@gmail.com](mailto:nu3aenrolments@gmail.com) as a matter of priority.

**Can I just turn up at courses without enrolling?**

**Never!** You must always make an application through the Enrolments Officer and have 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 NU3A newsletters.
- Where it is a course you are enrolled in, you will receive notification by email or phone.

There is a high degree of personal responsibility involved; members are expected to read emails and newsletters 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 happens if I cannot attend a course I enrolled in?**

If it is a one session course, please contact the Course Clerk (phone number on your enrolment confirmation) 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. Some of our tutors graciously upload their course notes and/or presentation onto box.com for members to access. If this happens you will be notified and given the password and instructions to access them.

**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 NU3A 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. They will also keep attendees updated on issues and monitor and apply COVIDSafe procedures. 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, this 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 3 & 4 2022 CALENDAR



July 2022						
M	T	W	T	F	S	S
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

August 2022						
M	T	W	T	F	S	S
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

September 2022						
M	T	W	T	F	S	S
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30		

October 2022						
M	T	W	T	F	S	S
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31						

November 2022						
M	T	W	T	F	S	S
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30				

December 2022						
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	

Members' picnic: 19 July

Term Dates: Term 3: 25 July – 16 September / GM: 29 September / Term 4: 17 October – 9 December



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

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