

Photo courtesy of Adam Charter – NewSpace from Hunter Street



# **NEWCASTLE U3A**

## **PROGRAM**

### **INFORMATION**

### **BOOKLET**

## **2023**

**Term 1 February 6 – March 31**

**Term 2 May 1 – June 23**

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

**NEWCASTLE U3A Inc.**  
**ABN: 87 967 033 912**  
**WEB: [www.newcastle.u3anet.org.au](http://www.newcastle.u3anet.org.au)**  
**EMAIL: [newcastleu3a.au@gmail.com](mailto:newcastleu3a.au@gmail.com)**

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

## 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); Beginners Language and Culture (405)

GERMAN – Not Quite Beginners (325); German Conversation (326)

ITALIAN – Beginners (305); Intermediate (310)

JAPANESE Intermediate (113); Beginners (413)

SPANISH Intermediate (104)

### SPECIAL INTEREST:

GUIDED WRITING (105) for new enrolments; Guided Writing Carry On (211)

A STITCH IN TIME (111)

OPTIMAL AGEING (112)

PHOTOGRAPHY Introduction (124); Intermediate (125); Urban Photography Walks (223)

CARD MAKING (205) for Beginners; Community Card Making (304)

BOOK READING (208); RANDOM READERS (209)

CRAFTY CONVERSATIONS (210)

USING MOBILE PHONE MAPS AND TRANSPORT APPS (217)

GREEK DRAMA – AN INTRODUCTION (219)

ARTS AND CRAFT MOVEMENT IN ARCHITECTURE (234)

FAMILY HISTORY DISCUSSION GROUP (314)

ART FOR ALL (317)

COLOURING FOR PLEASURE (318)

PHILOSOPHY – The God Makers (129); Transfiguration (130); Posthumanism Philosophy (222); Applying Philosophy (410)

BASICS OF RADIO-CONTROLLED MODEL SHIP BUILDING (408)

EARLY IRISH MYTHS, LEGENDS AND FOLKLORE (422)

HUNTER HEART SAFE CPR/AED (423; 424)

THEATRE – NTC SUBSCRIBER GROUP (701)

### MUSIC:

UKULELE Intermediates (107); Beginners (108)

MUSIC APPRECIATION (407)

### PHYSICAL ACTIVITIES & SKILLS:

MEDITATION (110)

TAI CHI / QI GONG Advanced (206)

Continued on next page...

FELDENKRAIS (203)  
 FULL BODY STRETCH/LATINO DANCERCISE 1 (212); 2 (306)  
 TAP DANCING – Continuing (213); Beginners (214)  
 YOGA – Gita Yoga (215); Chair Yoga (216); 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:

~~16th CENTURY HEALTH AND WELLBEING (106)~~  
 HISTORY OF TREASON (109)  
 SOME EARLY PRINTERS AND THEIR BOOKS (114)  
 BIRDING – HOW TO GET STARTED (201)  
 WHAT IS MY DIGITAL LEGACY? #1 (202); #2 (204); #3 (237)  
 TRAVEL TALK – ALBANY TO EXMOUTH (207)  
 DESIGN AND THE PSYCHOLOGY OF EVERYDAY THINGS (218)  
 NEWCASTLE IN THE 1800s: WARATAH AND MAYFIELD (220)  
 NEWCASTLE IN THE 1800s: LAMBTON AND NEW LAMBTON (221)  
 NEWCASTLE IN THE 1800s: WICKHAM, ISLINGTON AND TIGHES HILL (224)  
 NEWCASTLE IN THE 1800s: ADAMSTOWN AND BROADMEADOW (225)  
 FROM THE OLD TO THE NEW (226)  
 TRAVEL TALK – SRI LANKA (227)  
 CLOUDS (228)  
 SENIORS RIGHTS #1 (235); #2 (238)  
 THE WORK OF ANGEL FLIGHT (236)  
 THE MUSIC OF VANGELIS (302)  
 BIRDS OF THE HUNTER WETLAND CENTRE (409)

#### SOCIAL ACTIVITIES AND GAMES:

PLAYING MAHJONG (324)  
 COME AND PLAY CANASTA (411)  
 PICNIC ON THE GREEN (470)  
 BAREFOOT BOWLS – Term 1 (582); Term 2 (478)  
 SCRABBLE (501)  
 CHESS (502)  
 SINGING GROUP (503)

#### SOCIAL ACTIVITIES AND GAMES:

MEN'S BREAKFAST – February (570); March (571); May (572); June (573)  
 WOMEN'S BREAKFAST – March (574); June (575)  
 WEDNESDAY SOCIAL AT CARRINGTON BOWLING CLUB  
 FRIDAY COFFEE MORNINGS  
 SINGLES DINNER

Continued on next page...

## EXCURSIONS:

NEWCASTLE EAST END - CHURCH STREET - Guided History Tour 1 (371); Tour 2 (373)

NOSTALGIC NEWCASTLE LOCAL HISTORY WALK 1 (370); 2 (372)

GEOLOGY WALK NOBBYS TO NEWCASTLE BEACH (374)

PORT STEPHENS FISHERIES INSTITUTE TOUR (375)

MAYFIELD WALK – THE TOORAK OF NEWCASTLE #1 (376); #2 (381)

HERITAGE WALK OF LAMBTON (377)

CARRINGTON WALK #1 (378); #2 (382)

DOBELL HOUSE – The heritage home of Sir William Dobell (379)

ORICA KOORAGANG TOUR #1 (380); TOUR #2 (580)

MISS PORTER'S HOUSE TOUR #1 (471); TOUR #2 (479)

LAKE MACQUARIE ART GALLERY AND SCULPTURE PARK (472)

NOTABLE PEOPLE OF CHURCH STREET - WALK 1 (473); WALK 2 (578)

MAITLAND REGIONAL ART GALLERY Tour #1: 4 Exhibitions (474); Tour #2: Up River-Down River (475)

HUNTER WETLANDS CENTRE (476)

HUNTER REGION BOTANIC GARDENS - Guided tour (477)

ART TRAIL WALK #1 (576); #2 (577)

DELPRAT COTTAGE AND BHP MUSTER POINT -Memorial sculpture (581)

PORT WARATAH COAL SERVICES EXCURSION #1 (583); EXCURSION #2 (584); #3 (586); #4 (587);

#5 (588)

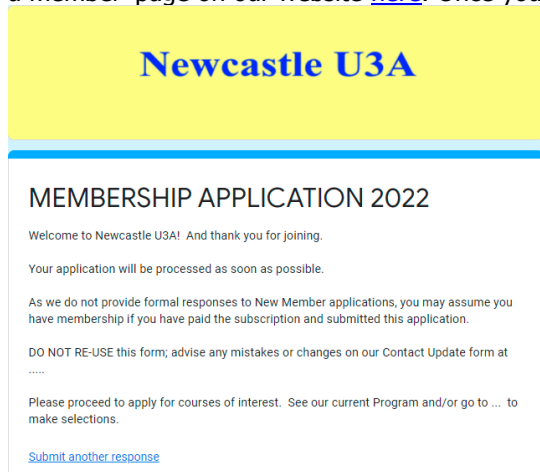
CRUISE TO MORPETH including morning and afternoon teas (585)

**IMPORTANT INFORMATION FOR Newcastle U3A MEMBERS**

**NOTE: All members, including returning members, must complete a new membership application before enrolling.**

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' on the 'How to become a member' page on our website [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** under the Enrolment 'button' on the 'How to enrol' page [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 20 January and have been processed.

Our volunteers can help you with completing forms. Please call **0479 193 182** and a volunteer will assist you.

**PLEASE READ THE INSTRUCTIONS BELOW  
BEFORE COMPLETING THE MEMBERSHIP AND ENROLMENT APPLICATIONS FOR 2023**

**Membership and Enrolment for 2023**

As a 2023 financial member of Newcastle U3A you are entitled to attend as many courses, talks and events as you wish during the year, subject to the availability of places. Our Membership Year is from January to December. The full annual membership fee is \$60 per person. This is due from 1 January 2023, or before you lodge your membership and enrolment applications, whichever comes first.

**NU3A Membership Payment**

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

**Before filling in forms, please FIRST read the detailed course descriptions** in the NU3A Program document, then select your courses and complete the online enrolment form or come into 21 Gordon Avenue for assistance (see times and days above).

**Payment Methods**

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

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

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

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

**MEMBERSHIP AND ENROLMENT**

- Please use our **online** membership and enrolment forms if possible. These are user-friendly – you don't need to sign-up or enter a password. They can be securely and safely completed on any computer or device and can be used at

any time during the year. The online forms will allow you to: **Join as a member for 2023** – you must include an **email address, preferably not a bigpond email address** – and apply to **Enrol**.

- If you don't have internet access at home, or would otherwise like some assistance to complete your membership and enrolment applications online, please call **0479 193 182** and a volunteer will assist you.
- Or, you can complete and mail in a printed form (see instructions under 'Paper' below).

### Paper

While less convenient, timely, or reliable, if needed you can print, complete and mail the membership and course application forms together with payment details OR you can call into the classroom at 21 Gordon Avenue Hamilton as above.

### Lanyard and Name Badges

In 2020, our 30<sup>th</sup> Anniversary year, Newcastle U3A provided all members with an attractive lanyard and membership badge holder, along with a **permanent** name badge, which includes fields on the back for you to record your emergency and GP contact details, which we recommend you do. Name badges for new members will be printed and distributed with a lanyard. You will receive these at your first course, or call into 21 Gordon Avenue classroom on the enrolment days above.

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

Enrolments remain open for classes that still have spaces available (please ensure you have completed a membership application first). You will receive an enrolment confirmation showing the courses you have been accepted into once your membership AND enrolment applications have been processed.

### 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, the course is balloted. 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 any COVID19 Safety requirements** and you are undertaking to abide by the regulations current at that point in time as advised by news updates.

At the time of publication, most courses are planned to be delivered face to face in Term 1 and 2. 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 encourage members to **wear masks indoors** in smaller venues.
- We will update you as the situation changes.
- 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 2023**

**Venues have been selected 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 Church Hall (rear of) 23 Gordon Avenue, Hamilton \*\***

**Delprat Cottage, 133 Ingall Street, Mayfield**

**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, Broadmeadow (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**

**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 \*\***

**Miss Porter's House, 434 King Street, Newcastle West**

**National Park Croquet Club, National Park Street, Newcastle West**

**Newcastle Cruising Yacht Club, 95 Hannell Street, Wickham ^**

**Newcastle Theatre Company, 90 DeVitre Street, Lambton**

**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

<p><b>NOTICE of NEWCASTLE U3A ANNUAL GENERAL MEETING 2023</b></p>
---

Thursday April 6, 2023, commencing 10.30am

Hamilton North Bowling Club, 31 Boreas Road, Broadmeadow

and the meeting will be followed by lunch (your expense) in the Bistro.

*The Term 1 and 2 2023 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)



**MONDAY****104 INTERMEDIATE SPANISH READING AND CONVERSATION****Course Leader: The Group****Dates: Feb 6, 13, 20, 27; Mar 6, 13, 20, 27; May 1, 8, 15, 22, 29; Jun 5, 19****Time: 1.30pm – 3.00pm****Venue: Henry Park Scout Hall, 24 Thomas Street, Hamilton South**

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.

**105 GUIDED WRITING****CLOSED****Course Leader: Dee Lange****Dates: Feb 6, 13, 20, 27; Mar 6, 13, 20, 27; May 1, 8, 15, 22, 29; Jun 5, 19****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 styles. You will also be encouraged to submit a short piece of writing each week.

**106 16th CENTURY HEALTH AND WELLBEING****CANCELLED****Course Leader: Alan Barr****Dates: Feb 20****Time: 10:30am – 12 noon****Venue: Elmore Vale Community Centre**

In the 16th century, when life expectancy was half what it is today, the cure was nearly always worse than the disease or illness. Preventative health measures were not understood, so simple matters of hygiene which we take for granted went begging. Daily life was plagued by health-related issues, no more so than in childbirth and infant mortality. Fortunately change was afoot and again the lead was being taken by the monarchy, starting with King Henry VIII. In this talk we explore the situation at the time, seek to understand the changes that were underway and discover that there were enlightened people who made discoveries that have provided a health legacy for us today.

**107 UKULELE INTERMEDIATES****Course Leader: Susan Coggan****Dates: Feb 6, 13, 20, 27; Mar 6, 13, 20, 27; May 1, 8, 15, 22, 29; Jun 5, 19****Time: 10:30am – 12 noon****Venue: Wallsend Pioneers Memorial Hall, 54 Cowper Street, Wallsend**

If you can play and read about 10 chords and are prepared to learn more difficult chords (some even up the neck) then please join us. We will be learning a range of songs which will include introductions, finger picking and tablature. 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.**

**108 BEGINNERS UKULELE****Course Leader: Susan Coggan****Dates: Feb 6, 13, 20, 27; Mar 6, 13, 20, 27; May 1, 8, 15, 22, 29; Jun 5, 19****Time: 12:45pm – 2:15pm****Venue: Wallsend Pioneers Memorial Hall, 54 Cowper Street, Wallsend**

Learn to play this friendly instrument. We start with a one chord song and progress to play Eight Days a Week with 6 chords. You will learn the ukulele skills of reading chord diagrams, simple strumming and tuning a ukulele. Please have a ukulele, music stand, tuner with battery, pencil and eraser. A booklet will be emailed to you before the course starts or printed for a small fee. If you can't sing, humming is ok.

**109 HISTORY OF TREASON****Course Leader: Alan Barr****Date: May 15****Time: 10:30am – 12 noon****Venue: Elmore Vale Community Centre**

Starting in medieval England, treason was the most serious crime that could be committed. The Treason Act of 1352 is one of the oldest statutes still in force today. Through the past 650 years it has been used often by the Crown or State to extract bloody retribution through sham trials and horrendous executions. In this talk we will see that treason was judged to embrace just about any crime against the monarch through to Anne Boleyn's alleged adultery and beyond. This is not a pretty tale, but it certainly is a fascinating one.

**MONDAY****110 MEDITATION****WAITLISTED****Course Leader: Sherill Jones****Dates: Feb 6, 13, 20, 27; Mar 6, 13, 20, 27; May 1, 8, 15, 22, 29; Jun 5, 19****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.

**111 A STITCH IN TIME****Course Leaders: Lynn Flanagan, Jenny Williams****Dates: Feb 6, 13, 20, 27; Mar 6, 13, 20, 27****Time: 1:30pm – 3:00pm****Venue: Henry Park Guides Hall, 27 Thomas Street, Hamilton South**

At any stage of our lives, we need to plan for the years ahead, this is particularly true for our later years. This series of talks will focus on providing guidance to the participants about being proactive in their planning for the future. It will cover areas such as: planning for where we will live; how we will manage our property and our money; how we might develop our social networks and how we might focus on our health and physical wellbeing. The course is presented by Lynn Flanagan and Jenny Williams with the assistance of expert guest speakers.

**112 OPTIMAL AGEING****Course Leader: John Ward****Dates: May 8, 22; Jun 5****Time: 1:30pm – 3:00pm****Venue: Henry Park Guides Hall, 27 Thomas Street, Hamilton South**

The course will examine ageing as a life-course process and concentrate on optimal physical and psychological health as well as planning for older age, creative ageing, nutrition and maintaining independence. We will also look at world-wide movements to create age-friendly communities.

Dr. John Ward, who is the Hunter's leading Geriatrician and Chair of Hunter Ageing Alliance will present this 3-part course with colleagues specialising in the field of healthy ageing.

**113 JAPANESE LANGUAGE AND CULTURE - INTERMEDIATE****Course Leader: Jenny King****Dates: Feb 6, 13, 20, 27; Mar 6, 13, 20, 27; May 1, 8, 15, 22, 29; Jun 5, 19****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.

**114 SOME EARLY PRINTERS AND THEIR BOOKS****Course Leader: Ross Edmonds****Date: Feb 13****Venue: Georgetown Guides Hall, Lake Road, Georgetown****Venue: 10:30am – 12 noon**

Beginning with Johann Gutenberg and his assistant, Peter Schoefer, we will briefly trace the spread of printing to the rest of mainland Europe and then to England where William Caxton set up his printing press in 1476. He was followed by Wynken De Worde (what a good name for a printer!) a decade or so later. A few of their books will be on display.

**124 INTRODUCTION TO PHOTOGRAPHY****Course Leader: Mark McConnell****Dates: Feb 6, 13, 20, 27; Mar 6, 13, 20, 27****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: May 1, 8, 15, 22, 29; Jun 5, 19****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.

**129 THE GOD MAKERS: An Evolutionary Theology****Course Leader: Dr John Carr****Dates: Feb 6, 13, 20, 27; Mar 6, 13, 20, 27****Time: 10:00am – 12 noon****Venue: Henry Park Guides Hall, 27 Thomas Street, Hamilton South**

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

**130 TRANSFIGURATION: MAKING OF THE JESUS STORY****Course Leader: Dr John Carr****Dates: May 1, 8, 15, 22, 29; Jun 5, 19, 26 (note first week of term break)****Time: 10:00am – 12 noon****Venue: Henry Park Guides Hall, 27 Thomas Street, Hamilton South**

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

**TUESDAY****201 BIRDING – How to Get Started****Course Leader: Keith Eastwood****Date: Feb 21****Time: 1:30pm – 3:00pm****Venue: Henry Park Guides Hall, 27 Thomas Street, Hamilton South**

Over 400 different bird species can be found in our locality and the Hunter Wetlands National Park is considered a global hot spot for migratory shorebirds that annually traverse the planet. So, we're in a great location to get into birding, a popular and fulfilling pastime. This session will provide the basic information required to get you started, the best places to go birding, where to find more resources and plenty of photos to whet your appetite.

The presenter has been birding throughout Australia and overseas.

**202 WHAT IS MY DIGITAL LEGACY? #1****CLOSED****Course Leader: David Morrison****Date: Feb 21****Time: 9:30am – 11:00am****Venue: U3A Room, 21 Gordon Avenue, Hamilton**

Our Digital Legacy is all the possessions we have and involvements that take place in the digital world, i.e., on computers, phones or the Internet. But what happens when we drop off the perch or become incapable? There are personal items that might become inaccessible, but there are also matters that are likely to be important for a surviving partner or in winding up an estate.

**TUESDAY****203 FELDENKRAIS****WAITLISTED****Course Leader: Helen Lane****Dates: Feb 7, 14, 21, 28; Mar 7; May 2, 9, 16, 23, 30****Times: 9:00am – 10:30am****Venue: Georgetown Guides Hall, Lake Road, Georgetown**

The Feldenkrais Method is known for its benefits in promoting your ability to develop greater ease and efficiency in movement, while at the same time also improving other components of action – thinking, sensing and feeling. Lessons involve doing gentle movements, with one's attention on the sensations that accompany each movement. Emphasis is placed on taking your experience of doing a movement easily back into the everyday tasks of your life.

To bring: • Two towels

- A mat a bit longer and wider than a yoga mat is advisable

A sheet to go over a yoga mat might be sufficient for you, but as comfort is the name of the game here, you might want to bring a blanket or doona (single size) for extra padding under you. A yoga mat will do, but you will be rolling off it at times. Optional: Firmer support for under your head – such as a rubber kneeling pad. A cushion is not so suitable as it restricts free movement of your head.

Some people also want to have something for extra support under their shoulders, and/or under their waist.

**204 WHAT IS MY DIGITAL LEGACY? #2****WAITLISTED****Course Leader: David Morrison****Date: Mar 14****Time: 9:30am – 11:00am****Venue: U3A Room, 21 Gordon Avenue, Hamilton**

Our Digital Legacy is all the possessions we have and involvements that take place in the digital world, i.e., on computers, phones or the Internet. But what happens when we drop off the perch or become incapable? There are personal items that might become inaccessible, but there are also matters that are likely to be important for a surviving partner or in winding up an estate.

**205 CARD MAKING FOR BEGINNERS****Course Leaders: Gloria Jones, Philip Barrington****Date: Feb 7****Time: 9:30am – 11:00am****Venue: U3A Room, 21 Gordon Avenue, Hamilton**

Learn the basics of card making. Participants will make up to 3 cards during the session. This is a beginner's course and sufficient experience for members to then enrol in the "Community Card Making" course. Please bring a ruler, scissors, sharp pointed tweezers, a pencil and a cutting mat if available. The tutors will have some extras so there is no need to purchase them.

**206 TAI CHI / QI GONG – ADVANCED****CLOSED TO NEW MEMBERS****Course Leader: Pauline Pirozzi****Dates: Feb 7, 14, 21, 28; Mar 7, 14, 21, 28; May 2, 9, 16, 23, 30; Jun 6, 13, 20****Time: 11:00am - 12 noon****Venue: Wallsend Pioneers Memorial Hall, 54 Cowper Street, Wallsend**

2023 Advanced students will be learning the Traditional Tai Chi Sword and continuing with their tuition of 40/42/8 forms and selected Qi Gong exercises.

**207 TRAVEL TALK – ALBANY TO EXMOUTH****Course Leader: Ron Robinson****Date: Mar 14****Time: 1:30pm - 3:00pm****Note new date and time****Venue: Henry Park Guides Hall, 27 Thomas Street, Hamilton South**

It was 50 years ago since Ron last went to Western Australia and on his recent trip he noticed a few changes! This time he was delighted to see the wildflowers in full bloom. To either hear about Western Australia or to recall your own memories, come and enjoy this travel talk presentation.

**208 BOOK READING****Course Leader: Pat Wenger****Dates: Feb 21; Mar 21; May 16; Jun 13****Time: 1:30pm - 3:00pm****Venue: U3A Room, 21 Gordon Avenue, Hamilton**

All enthusiastic readers are welcome. Our first book for the year is "The Lincoln Highway" by Amor Towles.

**TUESDAY****209 RANDOM READERS****WAITLISTED****Course Leader: Ray Seldon****Dates: Feb 28; Mar 28; May 23; Jun 20****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: Feb 7; Mar 7; May 2, 30****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. Men and Women are welcome. THIS CLASS MEETS WITHOUT A TUTOR.

**211 GUIDED WRITING CARRY ON****CLOSED****Course Leader: Dee Lange****Dates: Feb 14; Mar 14; May 9; Jun 6****Times: 1:30pm – 3:00pm****Venue: U3A Room, 21 Gordon Avenue, Hamilton**

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

**212 FULL BODY STRETCH / LATINO DANCERCISE 1****Course Leader: Colleen Potts****Dates: Feb 7, 14, 21, 28; Mar 7, 14, 21, 28; May 2, 9, 16, 23, 30; Jun 6, 13, 20****Time: 11:00am – 12:30pm****Venue: KC Dance HQ, 5/468 Pacific Hwy, Belmont**

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

**213 TAP DANCING FOR FUN AND FITNESS****Course Leader: Colleen Potts****Dates: Feb 7, 14, 21, 28; Mar 7, 14, 21, 28; May 2, 9, 16, 23, 30; Jun 6, 13, 20****Time: 2:00pm - 3:30pm****Venue: KC Dance HQ, 5/468 Pacific Hwy, Belmont**

A fun way to keep fit and learn a new skill.

- Bring tap shoes and a bottle of water.
- This is a beginner tap dancing course - everyone is welcome.
- You will learn the basic tap dance steps and perform simple routines.

**214 BEGINNER TAP FOR FUN AND FITNESS****Course Leader: Colleen Potts****Dates: Feb 7, 14, 21, 28; Mar 7, 14, 21, 28; May 2, 9, 16, 23, 30; Jun 6, 13, 20****Time: 1:00pm – 2:00pm****Venue: KC Dance HQ, 5/468 Pacific Hwy, Belmont**

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.

**TUESDAY****215 GITA YOGA****Course Leader: Megan McQueenie****Date: Feb 7, 14, 21, 28; Mar 7, 14, 21, 28; May 2, 9, 16, 23, 30; Jun 6, 13, 20****Time: 9:30am – 10:45am****Venue: Henderson Park Hall, corner Lockyer and James Streets, Adamstown**

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

**216 CHAIR YOGA****Course Leader: Megan McQueenie****Dates: Feb 7, 14, 21, 28; Mar 7, 14, 21, 28; May 2, 9, 16, 23, 30; Jun 6, 13, 20****Time: 11:15am – 12:30pm****Venue: Henderson Park Hall, corner Lockyer and James Streets, Adamstown**

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

**217 USING MOBILE PHONE MAPS AND TRANSPORT APPS****Course Leader: Peter O'Neill****Dates: May 16, 23, 30****Time: 9:30am – 11:00am****Venue: U3A Room, 21 Gordon Avenue, Hamilton**

Gain confidence in using the following navigational map and transport apps on your mobile phone. Google maps, Waze, NSW live traffic, transport NSW Opal, Uber/Didi Apps.

You will need a Smart phone with mobile data to use these apps at the Course and out and about.

Please download all of the apps (with the exception of Uber/Didi) prior to attending the course. Recommended to do at home with Wi-Fi. This course relates to the Google Maps app and not the Web page version of Google maps.

**218 DESIGN AND THE PSYCHOLOGY OF EVERYDAY THINGS****Course Leader: Brian Duncan****Date: Mar 28****Time: 9:30am – 11:00am****Venue: U3A Room, 21 Gordon Avenue, Hamilton**

Design is an integral part of modern technology and design engineers don't always get it right

- SO:
- If you are challenged by modern technology or
  - have bought appliances that don't work in the way that you expected them to
  - are confused by the way in which some doors or elevators operate
  - feel that you are surrounded by ever increasing complexity.

It may not be you, but the person who designed it.....

**219 GREEK DRAMA – AN INTRODUCTION****Course Leader: Prof Michael Ewans****Dates: Feb 7, 14, 21, 28; Mar 7****Time: 11:30am – 1:00pm****Venue: U3A Room, 21 Gordon Avenue, Hamilton**

This course provides an introduction to ancient Greek drama. The Athenians invented tragedy and comedy, and their plays are still frequently performed today worldwide. After a one-week introduction, we will study Aeschylus' tragedy Agamemnon and Antigone, Euripides' Medea and Aristophanes' comedy Lysistrata. Translations will be provided and there will be illustrations from the Course Leader's own production of all the plays. A list of texts will be provided after enrolment.

**220 NEWCASTLE IN THE 1800s: WARATAH AND MAYFIELD****Course Leader: Julie Keating****Date: Feb 21****Time: 9:30am – 11:00am****Venue: Henry Park Guides Hall, 27 Thomas Street, Hamilton South**

John Lauio Platt received the first land grant in the Waratah area in the early 1830s. It fronted the Hunter River and the suburb extended to include what we now know as Waratah & Mayfield. Changes were made when the railway line cut through this area and the suburbs were then named Waratah and North Waratah. A further name change occurred in the 1880s when John Scholey subdivided a parcel of land, which he named Mayfield after his daughter May.

**TUESDAY****221 NEWCASTLE IN THE 1800s: LAMBTON AND NEW LAMBTON****Course Leader: Julie Keating****Date: Feb 28****Time: 9:30am – 11:00am****Venue: Henry Park Guides Hall, 27 Thomas Street, Hamilton South**

Originally the Scottish Australian Mining Company had coal mining leases for the area now known as Lambton and New Lambton. It developed the Lambton Colliery but fell behind in lease payments for the undeveloped land at New Lambton. James and Alexander Brown, owners of the Minmi Colliery, became aware of this fact, paid the outstanding amount and established a mine. Thus started a "feud" between some of the most powerful figures in the coal mining industry at the time.

**222 POSTHUMANISM PHILOSOPHY****Course Leader: Robert Colomb****Date: Mar 14, 21****Time: 10:30am – 12 noon****Venue: Henry Park Guides Hall, 27 Thomas Street, Hamilton South**

The Enlightenment, the intellectual movement begun in the 17th Century which has given rise to our contemporary civilisation, was based on revival of the ancient idea "Man is the measure of all things." That revival was called Humanism. Humanists argued that people could think for themselves, with knowledge derived from their own experience rather than ancient texts, and act according to their own lights.

The intellectual edifice of humanism is built around the idea that man is a rational animal. But the enormous flowering of knowledge arising from the Enlightenment has called into question "man," "rational," and the relationship of "man" to the other "animals." Posthumanism is a philosophical movement with deep roots but emerging in the 1990s, that re-thinks the foundations of the modern intellectual edifice and therefore challenges many ideas that are central to our civilization.

The first of two seminars focuses on what it means to be human. The second examines our present understanding of language, of moral action, and finally the responsibility that humans have towards life generally on the planet.

The seminars will be conducted as directed discussions.

**223 URBAN PHOTOGRAPHY WALKS****Course Leader: Mark McConnell****Dates: May 2, 9, 16, 23, 30; Jun 6, 13, 20****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.**

**224 NEWCASTLE IN THE 1800s: WICKHAM, ISLINGTON AND TIGHES HILL****Course Leader: Julie Keating****Date: May 9****Time: 9:30am – 11:00am****Venue: Henry Park Guides Hall, 27 Thomas Street, Hamilton South**

This area had a somewhat different history to that of adjacent coal-mining towns. Taking advantage of a supply of clean water from Throsby Creek, industries developed near the watercourse. Many of these industries centred around slaughterhouses, which sprang up to satisfy demand for beef from the domestic market and shipping companies wanting to supplement the diets of sailors on their long voyages. Associated industries included the processing of leather from animal skins. Toxic substances were dumped in the creek and eventually it became so contaminated that industries were forced to close.

**225 NEWCASTLE IN THE 1800s: ADAMSTOWN AND BROADMEADOW****Course Leader: Julie Keating****Date: May 16****Time: 9:30am – 11:00am****Venue: Henry Park Guides Hall, 27 Thomas Street, Hamilton South**

Adamstown was named after Thomas Adam, who purchased the land in 1869. The subdivision was named Adam's Town. It was ideally situated between coal mines in Hamilton and New Lambton and provided a cheaper location for miners to build their homes. The adjoining land was flat and swampy and was known as Broad Meadow. Much work was done regarding drainage and reclamation and eventually the area provided much of the recreational space for Newcastle. District Park was formed, the showground and racecourse built and an aerodrome established.

**TUESDAY****226 FROM THE OLD TO THE NEW****Course Leader: Isabel Hodgins****WAITLISTED****Dates: Mar 28****Time: 11.30am – 1:00pm****Venue: U3A Room, 21 Gordon Avenue, Hamilton**

Précis: Many fascinating and memorable features of traditional folktales and fairy stories have influenced authors of literature and script writers over the years. How ancient images and characters have been used both in fiction and film will be addressed in this course. You don't have to have read all the books or seen the films which will be mentioned but simply have a general interest in how writers present certain folklore images to populate and enhance their imaginary world.

Some of the works mentioned – among others – will include Rebecca ( Daphne Du Maurier), The Lord of the Rings (J.R.R. Tolkien), Wuthering Heights (Emily Bronte ), Jane Eyre (Charlotte Bronte) and The Big Sleep (Raymond Chandler).

**227 TRAVEL TALK – SRI LANKA****Course Leader: Ron Robinson****Dates: May 9****Time: 1:30pm – 3:00pm****Venue: Henry Park Guides Hall, 27 Thomas Street, Hamilton South**

Ron is going on a three-week tour to Sri Lanka in early 2023. He is also catching up with some Sri Lankan friends who recently studied at the University of Newcastle. With reflections on his trip and photos and insights from the locals, Ron is hopeful this will be an interesting travel talk presentation.

**228 CLOUDS****Course Leader: Associate Professor Howard Bridgman****Date: Mar 28****Note new date****Time: 1:30pm – 3:00pm****Venue: Henry Park Guides Hall, 27 Thomas Street, Hamilton South**

Clouds are one of nature's finest creations. They are critical to global survival, bringing precipitation for plant growth and to nourish the oceans. They can also bring disaster in storms and floods. This talk describes the history of defining different types of clouds, and how they are formed. Pictures of each of the 10 major cloud types provide illustration. At the end of the session there will be some practical work!

**234 ARTS AND CRAFT MOVEMENT IN ARCHITECTURE****Course Leader: Ray Seldon****WAITLISTED****Dates: May 2, 9****Time: 9:30am – 11:00am****Venue: U3A Room, 21 Gordon Avenue, Hamilton**

This Series is about the Arts and Craft Movement and its influence on World Architecture.

The Arts and Crafts movement originated in England in the mid-19th century as an antidote to the dehumanizing effects of the industrial revolution.

It looked back to a time before craftspeople were replaced by machines.

Its roots were philosophical and encompassed many art forms.

The ideas of English art critic John Ruskin and English designer William Morris were given expression not only in designs for houses, but also in fabrics, furniture, handmade books and other decorative arts.

British Arts and Crafts also featured references to medieval and Gothic styles, which were seen as England's design heritage.

From its beginnings in Britain, the Arts and Craft Movement spread to other parts of the world.

**235 SENIORS RIGHTS #1****Course Leader: Phillip Atkins****WAITLISTED****Date: Feb 14****Time: 9:30am – 11:00am****Venue: U3A Room, 21 Gordon Avenue, Hamilton**

Seniors Rights Service is a community organisation dedicated to protecting and advancing the rights of older people, particularly vulnerable and disadvantaged groups.

We provide free and confidential legal, information and aged care advocacy support and advice to seniors across New South Wales. We support seniors using or seeking to access to in-home and residential aged care services as well as access to free legal information.

Advocate and Educator – Phillip Atkins will be presenting a Seminar about navigating the Aged Care Sector especially where to start, what to do first, My Aged Care, levels of in-home support and how Seniors Rights Service can support and assist.

Your rights. Your voice. Free, independent, and confidential.



**TUESDAY****236 THE WORK OF ANGEL FLIGHT****Course Leader: Peter O'Neill****Date: Jun 6****Time: 1:30pm – 3:00pm****Venue: Henry Park Guides Hall, 27 Thomas Street, Hamilton South**

The work of Angel Flight in Australia and my role as an Angel Flight volunteer in ground support to assist geographically or financially disadvantaged people in regional areas across Australia.

**237 WHAT IS MY DIGITAL LEGACY? #3****Course Leader: David Morrison****Date: Jun 6****Time: 11:30am – 1:00pm****Venue: U3A Room, 21 Gordon Avenue, Hamilton**

Our Digital Legacy is all the possessions we have and involvements that take place in the digital world, i.e., on computers, phones or the Internet. But what happens when we drop off the perch or become incapable? There are personal items that might become inaccessible, but there are also matters that are likely to be important for a surviving partner or in winding up an estate.

**238 SENIORS RIGHTS #2****Course Leader: Phillip Atkins****Date: Jun 13****Time: 11:30am – 1:00pm****Venue: U3A Room, 21 Gordon Avenue, Hamilton**

Seniors Rights Service is a community organisation dedicated to protecting and advancing the rights of older people, particularly vulnerable and disadvantaged groups.

We provide free and confidential legal, information and aged care advocacy support and advice to seniors across New South Wales. We support seniors using or seeking to access to in-home and residential aged care services as well as access to free legal information.

Advocate and Educator – Phillip Atkins will be presenting a Seminar about navigating the Aged Care Sector especially where to start, what to do first, My Aged Care, levels of in-home support and how Seniors Rights Service can support and assist.

Your rights. Your voice. Free, independent, and confidential.

**270 INTRODUCTION TO SAILING INFORMATION****Course Leader: NCYC Sailing Academy****Date: Feb 7****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 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.

The information session will also provide information on how to register with Australian Sailing.

All participants will need to be registered with **Australian Sailing** 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)

**DISCOVER SAILING EXPERIENCE (271-274)****Course Leader: NCYC Sailing Academy****Dates/times. Tuesdays at 1:00pm -3:00pm****Venue: NCYC**

**Cost: \$35 per person per session payable directly to NCYC** before, or on, the day of the session.

The Discover Sailing Experience involves 2 hours on a Force 24 inshore keelboat owned by Newcastle Cruising Yacht Club (NCYC), which will supply the lifejackets, boats, sails and all safety equipment.

To take part in the Discover Sailing Experience sessions it is **compulsory to be registered with Australian Sailing. If you don't already have this, it is compulsory to attend #270.** You can enrol in as many sessions as you like. **Payment to be made to NCYC directly (Jacqueline Ellis).** Details will be provided to those who enrol prior to the sailing sessions starting.

### **271 DISCOVER SAILING EXPERIENCE – course 1**

**Date: Feb 14**

### **272 DISCOVER SAILING EXPERIENCE – course 2**

**Date: Feb 21**

### **273 DISCOVER SAILING EXPERIENCE – course 3**

**Date: Feb 28**

### **274 DISCOVER SAILING EXPERIENCE - course 4**

**Date: March 7**

## WEDNESDAY

### **301 ADVANCED FRENCH**

**CLOSED**

**Course Leader: Robyn Brinkley**

**Dates: Feb 8, 15, 22; Mar 1, 8, 15, 22, 29; May 3, 10, 17, 24, 31; Jun 7, 14, 21**

**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.

### **302 THE MUSIC OF VANGELIS**

**Course Leader: Dr John Carr**

**Date: Feb 22**

**Time: 1:00pm – 2:30pm**

**Note: changed time and venue**

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

Although Vangelis died in May 2022 yet his music lives on through the soundtracks of movies such as Chariots of Fire (for which he won an Oscar), Blade Runner, 1492, Alexander, etc. He masterfully combined the classical styles with modern synthesizers, and during this homage to his music, as one of the most impressive and productive of modern composers, we will listen to some of his creations and experience their use in movies and other cultural events.

### **304 COMMUNITY CARD MAKING**

**Course Leaders: Gloria Jones, Philip Barrington**

**Dates: Feb 15; Mar 15; May 10; Jun 7**

**Time: 1:30pm – 3:00pm**

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

This is a series for those with some very basic experience in card making. There will be an opportunity to show off your creations so we can all learn from the creativity of others. Participants will all have the opportunity to lead the group in making one card of their choice. The first session will include demonstrations of die-cutting making machines and envelope-making tools. Participants will need basic equipment and to bring some card stock and papers to every session – a list will be distributed in advance.

### **305 LET'S TALK ITALIAN - BEGINNERS**

**CLOSED**

**Course Leader: Michael Foley**

**Dates: Feb 8, 15, 22; Mar 1, 8, 15, 22, 29; May 3, 10, 17, 24, 31; Jun 7, 14, 21**

**Time: 9:30am - 11:00am**

**Venue: U3A Room, 21 Gordon Avenue, Hamilton**

6 month course. Entry level: beginner/elementary.

Focus: grammar/pronunciation/vocabulary in preparation for the spoken language as soon as possible.

Google Classroom & homework are essential. Course materials supplied.

Enrolments are accepted at the beginning of terms 1 & 3 only.

**WEDNESDAY****306 FULL BODY STRETCH / LATINO DANCERCISE 2****Course Leader: Colleen Potts****Dates: Feb 8, 15, 22; Mar 1, 8, 15, 22, 29; May 3, 10, 17, 24, 31; Jun 7, 14, 21****Time: 10:30am – 12noon****Venue: KC Dance HQ, 5/468 Pacific Hwy, Belmont**

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

**307 BEGINNER BELLY DANCE CLASS FOR FUN AND FITNESS****Course Leader: Colleen Potts****Dates: Feb 8, 15, 22; Mar 1, 8, 15, 22, 29; May 3, 10, 17, 24, 31; Jun 7, 14, 21****Time: 12noon – 1:00pm****Venue: KC Dance HQ, 5/468 Pacific Hwy, Belmont**

You will learn gentle feminine belly dance moves with upper and lower body and build them into simple routines. We try different styles using veils, canes, zills and wings. Wear comfortable clothes and bring a shimmy belt and bottle of water.

**308 MIDDLE EASTERN CHOREOGRAPHIES****Course Leader: Colleen Potts****Dates: Feb 8, 15, 22; Mar 1, 8, 15, 22, 29; May 3, 10, 17, 24, 31; Jun 7, 14, 21****Time: 1:30pm – 3.00pm****Venue: KC Dance HQ, 5/468 Pacific Hwy, Belmont**

This course **for continuing girls only, no new members**. 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 – BEGINNERS + (PLUS)****Course Leader: Michael Foley****Dates: Feb 8, 15, 22; Mar 1, 8, 15, 22, 29; May 3, 10, 17, 24, 31; Jun 7, 14, 21****Time: 11.30am – 1:00pm****Venue: U3A Room, 21 Gordon Avenue, Hamilton**

Similar to Course 305 but for those who already have a little exposure to the Italian language.

Focus: grammar/pronunciation/vocabulary in preparation for the spoken language as soon as possible.

Google Classroom & homework are essential. Course materials supplied.

**314 FAMILY HISTORY DISCUSSION GROUP****WAITLISTED****Course Leader: The Group****Date: Feb 8; Mar 8; May 10; Jun 14****Time: 1:30pm - 3:00pm****Venue: U3A Room, 21 Gordon Avenue, Hamilton**

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

**317 ART FOR ALL****Course Leader: The Group****Dates: Feb 8, 15, 22; Mar 1, 8, 15, 22, 29; May 3, 10, 17, 24, 31; Jun 7, 14, 21****Time: 1:30pm -3:30pm****Venue: Henry Park Scout Hall, 24 Thomas Street, Hamilton South**

Art for All 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: Feb 15; Mar 1,15; May 3, 17; Jun 7, 21****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.

**WEDNESDAY****324 PLAYING MAHJONG****Course Leader: The Group****Dates: Feb 8, 15, 22; Mar 1, 8, 15, 22, 29; May 3, 10, 17, 24, 31; Jun 7, 14, 21****Time: 1:00pm – 2:30pm****Venue: Elernmore Vale Community Centre Meeting Room, 129 Croudace Road, Elernmore Vale**

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

**325 GERMAN NOT QUITE BEGINNERS****Course Leader: The Group****Dates: Feb 8, 15, 22; Mar 1, 8, 15, 22, 29; May 3, 10, 17, 24, 31; Jun 7, 14, 21****Time: 3:00pm – 4:00pm****Venue: Henry Park Guides Hall, 27 Thomas Street, Hamilton South**

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.

**326 GERMAN CONVERSATION****Course Leader: Geoffrey See****Dates: Feb 8, 15, 22; Mar 1, 8, 15, 22, 29; May 3, 10, 17, 24, 31; Jun 7, 14, 21****Time: 4:00pm – 5:00pm****Venue: Henry Park Guides Hall, 27 Thomas Street, Hamilton South**

This is a class for participants who already have a good knowledge of German and who wish to practise their speaking skills. The class will be conducted in German. Aspects of German grammar will be discussed if necessary, but the main emphasis will be on conversation in German in an informal setting.

**327 LEARN TO PLAY CROQUET – IT'S FUN!****CLOSED****Course Leader: Christine Pont****Dates: Feb 8, 15, 22; Mar 1, 8, 15****Time: 1:00pm – 2:30pm****Venue: National Park Croquet Club National Park Street, Newcastle West**

Learn to play croquet with former Australian champion and long-time coach. No prior skill necessary (but beware, it's addictive!), equipment provided. Wear flat soled shoes, bring a hat, water (or thermos of tea/coffee) and sunscreen. If weather is wet the session will be tutorial/talk in the clubhouse. **Cost of the course - \$42 is to be paid by internet banking by the start of the course to NNPC (Croquet Club) BSB 650000, Acc 952962418 with your name in the reference line.** If you don't have access to internet banking, please speak to the course leader on the first day to make other payment arrangements. Note: money is not refundable if you miss a session.

**370 NOSTALGIC NEWCASTLE LOCAL HISTORY WALK 1****WAITLISTED****Course Leader: Suzanne Martin****Date: Mar 1****Time: 9:30am - 12:30pm**

Meet inside "The Station" off Watt Street.

Remember the George Hotel and Jerry's Cafe? Where was Winn's Store and what was on the corner of Hunter and Darby Streets before the Telstra Building? So much has changed. Since February 2019 we have the Light Rail.

Reminisce on an easy walk of Hunter and Scott Streets to the Civic area. Perhaps call into the 2016 Courthouse and view the 'Declaration of Newcastle' in the City Hall. This walk is all flat walking.

**371 NEWCASTLE EAST END - CHURCH STREET - Guided History Tour 1****WAITLISTED****Course Leader: Suzanne Martin****Date: Mar 29****Time: 9:30am - 12:30pm**

Meet in the square in front of Customs House, 1 Bond Street Newcastle East.

The walk will take in Newcastle East, The Esplanade above Newcastle Beach and up the hill of Church Street.

Discover the early heritage, history and architecture of Newcastle and the many changes that have taken place as it has developed from a convict settlement into Australia's 7th largest City.

**WEDNESDAY****372 NOSTALGIC NEWCASTLE LOCAL HISTORY WALK 2****WAITLISTED****Course Leader: Suzanne Martin****Date: May 17****Time: 9:30am - 12:30pm**

Meet inside "The Station" off Watt Street.

Remember the George Hotel and Jerry's Cafe? Where was Winn's Store and what was on the corner of Hunter and Darby Streets before the Telstra Building? So much has changed. Since February 2019 we have the Light Rail.

Reminisce on an easy walk of Hunter and Scott Streets to the Civic area.

Perhaps call into the 2016 Courthouse and view the 'Declaration of Newcastle' in the City Hall. This walk is all flat walking.

**373 NEWCASTLE EAST END - CHURCH STREET - Guided History Tour 2****WAITLISTED****Course Leader: Suzanne Martin****Date: Jun 21****Time: 9:30am - 12:30pm**

Meet in the square in front of Customs House, 1 Bond Street Newcastle East.

The walk will take in Newcastle East, The Esplanade above Newcastle Beach and up the hill of Church Street.

Discover the early heritage, history and architecture of Newcastle and the many changes that have taken place as it has developed from a convict settlement into Australia's 7th largest City.

**374 GEOLOGY WALK NOBBYS TO NEWCASTLE BEACH****Course Leader: Chris Cull****Date: May 3****Time: 10:15am – 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 approx. 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.**375 PORT STEPHENS FISHERIES INSTITUTE TOUR****WAITLISTED****Course Leader: Venue Guide****Date: Mar 15****Time: 10:00am – 12 noon****Venue: Port Stephens Fisheries Institute, Research Drive, Taylors Beach**

The Fisheries Institute undertakes research into breeding native endangered fish species and re-establishing them in estuaries and waterways. With our 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 such as Tuna farms. The visit will include discussion and a tour of the department's work into mollusc research, algae production, fish nutrition research, fisheries resource assessment, aquatic biosecurity, aquatic ecosystem field work teams and fisheries compliance operations. Please advise any special access requirements. Closed footwear is preferred.

Once inside the boom gates of the Institute, meet at the conference room.

**376 MAYFIELD WALK – THE TOORAK OF NEWCASTLE #1****WAITLISTED****Course Leader: Julie Keating****Date: Mar 8****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.

**WEDNESDAY****377 HERITAGE WALK OF LAMBTON****WAITLISTED****Course Leader: Julie Keating****Date: Mar 22****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.

**378 CARRINGTON WALK #1****WAITLISTED****Course Leader: Julie Keating****Date: May 3****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

**379 DOBELL HOUSE – The heritage home of Sir William Dobell****WAITLISTED****Course Leader: Venue Tour Guide****Date: May 31****Time: 10:30am – 12 noon****Venue: 47 Dobell Drive Wangi Wangi**

Dobell House is a heritage-listed former residence of artist Sir William Dobell. It was known as Allawah and is now a house museum. It was built between 1925 and 1970 by his father Robert Dobell. William bought the house from his father's estate and lived and painted many local scenes in his studio here from 1942 until his death in 1970. Come and see the art, canvas, prints and exhibitions in the house and studio. There will be a morning tea.

**Cost \$10 concession and \$5 for morning tea**

Those who wish, can join us for lunch at Wangi Wangi RSL

**380 ORICA KOORAGANG TOUR # 1****WAITLISTED****Course Leader: Venue Tour Guide****Date: Mar 29****Time: 10:00am – 12:30pm****Venue: Orica Kooragang Island 75 Greenleaf Road, Kooragang Island**

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-around.

- 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 tours are not recommended for anyone who has mobility issues. Shoe sizes will be requested a week before the tour.

**381 MAYFIELD WALK – THE TOORAK OF NEWCASTLE #2****Course Leader: Julie Keating****Date: Mar 29****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.

**WEDNESDAY****382 CARRINGTON WALK #2****Course Leader: Julie Keating****Date: May 24****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****CLOSED****Course Leader: Jack Caldwell****Dates: Feb 9, 16, 23; Mar 2, 9, 16, 23, 30; May 4, 11, 18, 25; Jun 1, 8, 15, 22****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).

**405 FRENCH BEGINNERS LANGUAGE AND CULTURE****WAITLISTED****Course Leader: Liza Fitzmaurice****Dates: Feb 9, 16, 23; Mar 2, 9, 16, 23, 30; May 4, 11, 18, 25; Jun 1, 8, 15, 22****Time: 1:30pm – 3:00pm****Venue: U3A Room, 21 Gordon Avenue, Hamilton**

This course is for Absolute Beginners and those who would like to brush up on the fundamentals. Develop confidence in pronunciation, everyday social interaction and travel situations as directed by the needs of group members. Adventures in France and other French-speaking countries will also be explored. Study Materials - Provided by the teacher. Access to a computer and internet for home revision is beneficial.

**407 MUSIC APPRECIATION****Course Leaders: The Group****Dates: Feb 9, 16, 23; Mar 2, 9, 16, 23, 30; May 4, 11, 18, 25; Jun 1, 8, 15, 22****Time: 10:30am - 12:15pm****Venue: Christian Science Church Hall (rear of) 23 Gordon Avenue, Hamilton**

Music which nourishes the soul leaves a major impact on each one of us. In our Music Appreciation course, the speakers talk about music that excites them. Topics cover a wide range of forms, styles, genres and traditions, with historical, philosophical, and cultural perspectives. Speakers share their enthusiasm and knowledge as they explore musical sound and its importance in people's lives. Our talks are illustrated by video clips, sound recordings, or live performances.

**408 THE BASICS OF RADIO-CONTROLLED MODEL SHIP BUILDING****Course Leader: Bob Nelson****Dates: Mar 9, 16, 23, 30****Time: 3:30pm – 5:00pm****Venue: U3A Room, 21 Gordon Avenue, Hamilton**

The objective of the course is to provide students with an appreciation of the fundamentals involved in radio controlled scale model ship building. After completing the course students 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 student subsequently decide to pursue the hobby they will be aware of the skills they will need. Importantly students 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.

Students 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****409 BIRDS OF THE HUNTER WETLAND CENTRE****WAITLISTED****Course Leader: Robert Stewart****Date: Jun 8****Time: 9:30am – 11:00am****Venue: U3A Room, 21 Gordon Avenue, Hamilton**

Hunter Wetlands Centre is the oldest community owned wetlands in Australia. On a visit there you can see up to 60 birds in half a day. These include water birds such as the introduced Magpie Geese and the breeding colonies of egret and ibis. We will learn a bit about the history of the Wetlands Centre and the birds that are found there. Robert Stewart is a member of Hunter Bird Observers Club and has been surveying the birdlife at the wetlands centre for 20 years.

**410 APPLYING PHILOSOPHY****Course Leader: The Group****Dates: Feb 9, 23; Mar 9, 23; May 4, 18; Jun 1, 15****Time: 10:30am - 12 noon****Venue: Elmore Vale Community Centre Meeting Room, 129 Croudace Road, Elmore 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. Discussion topics will be selected by the group. Preparation by clearly recognising a personal stance and/or researching others' views will make the discussion more meaningful both personally and for the group's exposure to a wide variety of justifiable perspectives. Participants will be able to question their personal stance – which may be confirmed or possibly changed by evidence gained through discussion. In this sense, we will be applying a "love of wisdom", the literal meaning of "philosophy".

**411 COME AND PLAY CANASTA****Course Leader: Mark McConnell****Dates: Feb 9, 16, 23; Mar 2, 9, 16, 23, 30; May 4, 11, 18, 25; Jun 1, 8, 15, 22****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. MASKS MUST BE WORN BY THOSE ATTENDING THIS COURSE.

**413 BEGINNERS JAPANESE LANGUAGE AND CULTURE****Course Leader: Jenny King****Dates: Feb 9, 16, 23; Mar 2, 9, 16, 23, 30; May 4, 11, 18, 25; Jun 1, 8, 15, 22****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.

**422 EARLY IRISH MYTHS, LEGENDS AND FOLKLORE****WAITLISTED****Course Leader: Isabel Hodgins****Dates: Feb 9, 16, 23; Mar 2****Time: 10:30am – 12 noon****Venue: Carrington Community Centre, Corner Young and Hargrave Streets, Carrington**

Irish mythology opens many doorways to the riches of Celtic history and literature. The sagas tell of the deeds, loves and beliefs of ancient rulers, kings and queens and their warriors, including the mighty Fionn MacCumhaill and his brave fighters, the Fiannas, as well as the legendary CuChulainn, who was supposedly the son of the powerful Celtic god, Lugh. CuChulainn remains a heroic figure in Ireland to this day. In these presentations we will look at some of the sagas relating to the origins of the early Irish peoples, their gods, their religions and customs and their interaction with the natural – and the supernatural – world.

**423 HUNTER HEART SAFE CPR/AED #1****Course Leader: Heart Safe Volunteers****Date: Mar 23****Time: 1:00pm – 2:00pm****Venue: Hamilton North Bowling Club, 31 Boreas Road, Broadmeadow**

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.



**THURSDAY****424 HUNTER HEART SAFE CPR/AED #2****Course Leader: Heart Safe Volunteers****Date: Jun 15****Time: 1:00pm – 2:00pm****Venue: Hamilton North Bowling Club, 31 Boreas Road, Broadmeadow**

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.

**470 PICNIC ON THE GREEN****Course Leader: The Group****Dates: Feb 2– note this is the Thursday of the week before classes start****Time: 11:00am – 3:00pm****Venue: Carrington Bowling Club, Cowper Street, Carrington**

The 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 with free BBQ, tools and sauces. A range of appealing meals from the club bistro is also an option, at your own expense. Ukulele members have kindly volunteered to perform a selection of popular and engaging songs to entertain us.

**471 MISS PORTER'S HOUSE TOUR #1****WAITLISTED****Course Leader: Venue Tour Guide****Dates: Feb 16****Time: 10:30am – 12 noon****Venue: Miss Porter's House, 434 King Street, Newcastle West**

Miss Porter's House is a living home, offering you a rare and privileged visit into other lives and times. Built in 1909 by Herbert Porter, the terrace was home to the Porter family until 1997. The property was left to the National Trust by Miss Hazel Porter with its contents intact, providing today's visitors with a vivid experience of early to mid-twentieth century inner-city life in Newcastle. Miss Porter's House is filled with 1909-1940 furnishings and personal items which tell the story of the family over more than a century.

**Cost \$30 for the house tour and a sumptuous morning tea that includes sandwiches, scones, cake and fruit.****Payable on the day.****472 LAKE MACQUARIE ART GALLERY AND SCULPTURE PARK****Course Leader: Venue Tour Guide****Date: Feb 23****Time: 10:30am – 12 noon****Venue: Lake Macquarie Art Gallery 1A First Street Booragul**

First Class 2022 – Celebrate outstanding artworks produced by HSC Visual Arts students. This exhibition is a curated selection of the high calibre artworks produced by a wide range of schools from the Hunter, Upper Hunter and Central Coast regions. Following the viewing join us for lunch at the Three Bears café (please notify course clerk if you would like to stay for lunch and a table will be booked). Also available for viewing is the Sculpture Park in the surrounding gardens comprising 16 permanent sculptures by local and national artists.

**473 NOTABLE PEOPLE OF CHURCH STREET - WALK 1****Course Leader: Lyndley Havyatt****Date: Mar 23****Time: 10:30am – 12 noon**

Church Street, The Hill is notable in its own right for its role in Newcastle's early history and for the imposing Christchurch Cathedral. Lyndley has identified six notable residents who have made Church Street their home from 1860 to 1990. Included among these are 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, a short walk from Church Street for coffee or lunch.

**THURSDAY****474 MAITLAND REGIONAL ART GALLERY Tour #1: 4 Exhibitions****Course Leader: Venue Tour Guide****Date: Mar 30****Time: 10:30am – 12 noon****Venue: Maitland Regional Art Gallery 230 High Street Maitland**

**Kungka Kunpu** (Strong Women) Various artists. Presented as part of AGSA's Tarnanthi program, this touring exhibition Kungka Kunpu showcases major contemporary works by celebrated women artists from the Anangu Pitjantjatjara Yankunytjatjara (APY) Lands – cultural custodians of an oral tradition that epitomises the art of storytelling. Kungka Kunpu tells the inspiring tale of women supporting each other across generations, expressed through exemplary paintings, large-scale woven sculptural installations and moving image. This includes the Kungkarangkalpa (Seven Sisters) story about women who travel together and look after each other.

**Toby Cedar** - Stories from the Eastern Islands. Toby Cedar is a proud Torres Strait Island man born in Dampier Western Australia in 1978. Toby's successful art journey started with two works selected as finalist in the 2011 Gosford Art Prize. He now has sold works into private collectors, galleries, universities, the Australian Navy, National Gallery of Victoria and has had three of his pieces acquired for the National collection in the National Gallery.

**Portraits from the MRAG Collection.** A painted portrait is more than just the likeness that the artist is trying to capture, rather, it is an insight into the person they are depicting, a sense of who this person really is. There is a long history of portraits in the MRAG Collection and this exhibition presents some of the Gallery's most loved portraits alongside the most recent and special acquisitions.

**Laura Baker:** Watch Your Step. Against a backdrop of drought, bushfire and pandemic, conversations through the community quickly became fixated on the summer mouse infestation. Someone had to clean dead mice out of the bird cage every morning. Someone put cot legs in buckets of water to stop the mice from biting the baby. Food was placed in plastic containers and steel wool was pushed into the gaps along the skirting boards. Fields were burnt. Thousands of dollars were spent on baits. By autumn, tiny rodent bodies lay among the fallen autumn leaves. Through a reflective and laborious practice, fragile paper leaves and delicate lace-like representations explore the harsh qualities of the Australian landscape and result in a disconcerting strain between paper, negative space and shadow. Paved footpaths and installation spaces appear to feature the annual fallen leaves, but upon deeper enquiry reveal the loss, fear and cost of the mouse plague on regional and rural communities, along with our greater ongoing tension with the environment.

Lunch is available at the café (please notify course clerk if you would like to stay for lunch and a table will be booked) or stay longer to see more.

**475 MAITLAND REGIONAL ART GALLERY Tour #2: Up River-Down River****Course Leader: Venue Tour Guide****Date: Jun 22****Time: 10:30am – 12 noon****Venue: Maitland Regional Art Gallery 230 High Street Maitland**

The Hunter River has shaped one of the most important regions in Australia and along its mighty length we have a community of artists connected geographically and creatively. Maitland Regional Art Gallery will embark on a major exhibition energising all Gallery spaces to celebrate the expansive range of art and ideas resonating throughout our region. Join MRAG on a journey through the eyes of artists and wind your way from the Upper Hunter to Maitland, and across many tributaries then into the Port of Newcastle. All art mediums will be represented including painting, drawing, video, sculpture and photography. Artworks will also be drawn from the gallery's onsite collection.

Lunch is available at the gallery's Seraphine café (please notify Course Clerk if you would like to stay for lunch and a table will be booked).

**476 HUNTER WETLANDS CENTRE****Course Leaders: Bob and Margaret Stewart****Date: May 11****Time: 10:30am – 12 noon****Venue: Hunter Wetland Centre 1 Wetlands Drive, Shortland**

Come and stroll around the Wetlands and enjoy the natural and serene atmosphere, see and hear the variety of birdlife followed by lunch at the Spoonbill Café to meet and chat with other members.

The Hunter Wetlands Centre is the oldest community owned wetlands in Australia, a restored 43 hectare site dedicated to the conservation of 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.

**THURSDAY****477 HUNTER REGION BOTANIC GARDENS - Guided tour****Course Leader: Venue Tour Guide****Date: Jun 1****Time: 10:30am – 12 noon****Venue: Hunter Regional Botanic Gardens, 2100 Pacific Highway Heatherbrae**

Managed and maintained by volunteers, the Hunter Region Botanic Gardens was 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, with a people mover available if needed.

Following the tour join us for coffee or lunch at the café.

**Cost: \$5 per person on entry. Guided tour \$10, payable on arrival.**

**478 BAREFOOT BOWLING # 2****Course Leader: The Group****Date: Jun 15****Time: 10.30am – 12 noon****Venue: Carrington Bowling Club, Cowper Street, Carrington**

Join in a relaxed, social fun game of bowls in bare or stockinged feet or suitable footwear (no hard soles). You don't need experience; sufficient guidance will be provided to allow you to make a confident start. All bowls and equipment are 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 a drink.

**479 MISS PORTER'S HOUSE TOUR #2****Course Leader: Venue Tour Guide****Dates: Feb 16****Time: 2:00pm – 3:30pm****Venue: Miss Porter's House, 434 King Street, Newcastle West**

Miss Porter's House is a living home, offering you a rare and privileged visit into other lives and times. Built in 1909 by Herbert Porter, the terrace was home to the Porter family until 1997. The property was left to the National Trust by Miss Hazel Porter with its contents intact, providing today's visitors with a vivid experience of early to mid-twentieth century inner-city life in Newcastle. Miss Porter's House is filled with 1909-1940 furnishings and personal items which tell the story of the family over more than a century.

**Cost \$30 for the house tour and a sumptuous morning tea that includes sandwiches, scones, cake and fruit. Payable on the day.**

**FRIDAY****501 SCRABBLE****Course Leader: The Group****Dates: Feb 10, 17, 24; Mar 3, 10, 17, 24, 31; May 5, 12, 19, 26; Jun 2, 9, 16, 23****Time: 10:30am - 12 noon****Venue: U3A Room, 21 Gordon Avenue, Hamilton**

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

**502 CHESS****Course Leader: The Group****Dates: Feb 10, 17, 24; Mar 3, 10, 17, 24, 31; May 5, 12, 19, 26; Jun 2, 9, 16, 23****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: Feb 10, 17, 24; Mar 3, 10, 17, 24, 31; May 5, 12, 19, 26; Jun 2, 9, 16, 23****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.

<b>FRIDAY</b>
---------------

**505 YOGA FOR SENIORS****CLOSED****Course Leader: Lindy Young****Dates: Feb 10, 17, 24; Mar 3, 10, 17, 24, 31; May 5, 12, 19, 26; Jun 2, 9, 16, 23****Time: 8:45am – 9:45am****Venue: Memorial Hall, Adamstown Uniting Church, Bruncker Road, Adamstown**

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

**507 CIRCLE DANCE****WAITLISTED****Course Leader: Annie Rooke-Frizell****Dates: Mar 3; May 5; Jun 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.**515 COURSE CLERK FORUM - For new, intending and experienced Course Clerks****Course Leader: Margaret Finnie****Date: Feb 3****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.

**570 MEN'S BREAKFAST - FEBRUARY****Course Leader: Roland Bannister****Date: Feb 10****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 - MARCH****Course Leader: Roland Bannister****Date: Mar 10****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 – MAY****Course Leader: Roland Bannister****Date: May 5****Time: 8:30am - 10:00am****Venue: Cowper Street Diner, Carrington Bowling Club, Cowper St, Carrington**

We believe men love to chat and there is no better time than when sharing breakfast. You will be able to order the breakfast of your choice (your expense).

**NOTE: Please provide at least one full day's notice of inability to attend so that caterer can be informed.****573 MEN'S BREAKFAST - JUNE****Course Leader: Roland Bannister****Date: Jun 2****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>
---------------

**574 WOMEN'S BREAKFAST – MARCH****Course Leader: The Group****Date: Mar 17****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 – JUNE****Course Leader: The Group****Date: Jun 9****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****Course Leader: Lyndley Havyatt****Date: Feb 24****Time: 10:30am – 12 noon**

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.

**WAITLISTED****577 ART TRAIL WALK # 2****Course Leader: Lyndley Havyatt****Date: May 5****Time: 10:30am – 12 noon**

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.

**CANCELLED****578 NOTABLE PEOPLE OF CHURCH STREET - WALK 2****Course Leader: Lyndley Havyatt****Date: May 12****Time: 10:30am – 12 noon**

Church Street, The Hill is notable in its own right for its role in Newcastle's early history and for the imposing Christchurch Cathedral. Lyndley has identified six notable residents who have made Church Street their home from 1860 to 1990. Included among these are 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, a short walk from Church Street for coffee or lunch.

**580 ORICA KOORAGANG TOUR # 2****Course Leader: Venue Tour Guide****Date: Jun 23****Time: 10:00am – 12:30pm****Venue: Orica Kooragang Island 75 Greenleaf Road, Kooragang Island**

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-around.

- 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 tours are not recommended for anyone who has mobility issues. Shoe sizes will be requested a week before the tour.

### **581 DELPRAT COTTAGE AND BHP MUSTER POINT - Memorial sculpture**

**Course Leader: Venue Tour Guide**

**Date: May 19**

**Time: 10:00am – 12 noon**

**Venue: Delprat Cottage, 133 Ingall Street, Mayfield**

Delprat's Cottage and BHP Muster Point Monument. Delprat's Cottage was built in the early 1900s for BHP's General Manager, Guillaume Daniel Delprat CBE. Delprat undertook the supervision of the construction of the steelworks, and the position of the cottage afforded him a perfect location, at that time, to fulfill this role.

Delprat was a Dutch metallurgist, engineer and businessman who had significant experience prior to joining BHP. He was invited by BHP's Chairman in 1898 to fill the Assistant General Manager position, which he accepted, arriving with his wife and 7 children. Soon after, on 1 April 1899 he was appointed General Manager, a position he held until 1921. He is credited with establishing the basis for BHP's future success.

The state-heritage listed cottage has been restored by the Newcastle Industrial Heritage Association (NIHA) and now houses extensive displays of the many large industries of this region, both past and present.

Following the visit to the cottage that will include morning tea, we will make our own way the relatively short distance to the BHP Muster Point. This is a 70 tonne steel sculpture incorporating bronze cast figures, objects, & components from the Steelworks was created in 1999 as part of the 'Ribbons of Steel' arts project, to celebrate 84 years of steel making at Newcastle and the men and women and their families who gave a lifetime of service to this industry and created a special bond of mateship.

This house-size industrial artwork was designed and constructed by Newcastle sculptor Julie Squires and BHP steelworkers and opened 2 weeks before the plant's closure.

**Note: There are NO TOILETS or Water available at the monument. Wheelchair /walker friendly.**

**\* Directions/maps will be supplied to those enrolled.**

### **582 BAREFOOT BOWLING # 1**

**Course Leader: The Group**

**Date: Mar 31**

**Time: 10.30am – 12 noon**

**Venue: Carrington Bowling Club, Cowper Street, Carrington**

Join in a relaxed, social fun game of bowls in bare or stockinged feet or suitable footwear (no hard soles). You don't need experience; sufficient guidance will be provided to allow you to make a confident start. All bowls and equipment are 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 a drink.

### **583 PORT WARATAH COAL SERVICES EXCURSION #1**

**CLOSED**

**Course Leader: Venue Tour Guide**

**Date: Mar 3**

**Time: 10:30am – 12 noon**

**Venue: Port Waratah Coal Service, Curlew Street, Kooragang**

Travel to Kooragang Island where a PWCS vehicle and guide will explain in detail how PWCS manages millions of tonnes of coal each year while travelling the site. On arrival you will be greeted by security personnel who will require a photo ID to comply with the site's security obligations. For operational and safety reasons everyone must remain in the vehicle while on the site tour. No toilet facilities are available. If running late contact the Site Tour Co-ordinator on 4907 2345 and every endeavour will be made to accommodate your later arrival.

### **584 PORT WARATAH COAL SERVICES EXCURSION #2**

**CLOSED**

**Course Leader: Venue Tour Guide**

**Date: May 26**

**Time: 10:30am – 12 noon**

**Venue: Port Waratah Coal Service, Curlew Street, Kooragang**

Travel to Kooragang Island where a PWCS vehicle and guide will explain in detail how PWCS manages millions of tonnes of coal each year while travelling the site. On arrival you will be greeted by security personnel who will require a photo ID to comply with the site's security obligations. For operational and safety reasons everyone must remain in the vehicle while on the site tour. No toilet facilities are available. If running late contact the Site Tour Co-ordinator on 4907 2345 and every endeavour will be made to accommodate your later arrival.

<b>FRIDAY</b>
---------------

**585 CRUISE TO MORPETH including morning and afternoon teas****Course Leaders: Venue Tour Guide****Date: Mar 24****Time: 9:30am – 5:00pm**

RETURN MORPETH CRUISE. Morpeth, situated on the banks of the Hunter River, was once the gateway to inland Australia and one of the busiest trade ports in NSW. Today you can re-live the historic voyage from Newcastle to Morpeth in modern day style and comfort.

**Before enrolling contact NOVA Cruises directly to book your place.** The cost is **\$95 per person, concession.** The cruise is open to the public and may fill quickly. NOVA's contact telephone number is 4088 8800. Please mention you are with the U3A group.

Witness the opening of the historic Hexham lift span bridge, enjoy informative captain's commentary, savour Devonshire Tea on the way to Morpeth and local produce tasting on the return journey - Inner City Winemakers wines, Miss Lily's Lollies fudge and Arnott's Bakehouse sourdough. There will be 1.5 hours in Morpeth before the return voyage to explore, shop and lunch (at your own expense). Visit the Morpeth Museum (when open).

Boarding is at **Harbour Square Boat Dock, No 3 Honeysuckle Drive, Newcastle** (Eastern side of former maritime museum).

There is a 200m inclining walk from Morpeth wharf to main street

\$95

**CLOSED****586 PORT WARATAH COAL SERVICES EXCURSION #3****Course Leader: Venue Tour Guide****Date: Mar 3****Time: 1:00pm – 2:30pm****Venue: Port Waratah Coal Service, Curlew Street, Kooragang**

Travel to Kooragang Island where a PWCS vehicle and guide will explain in detail how PWCS manages millions of tonnes of coal each year while travelling the site. On arrival you will be greeted by security personnel who will require a photo ID to comply with the site's security obligations. For operational and safety reasons everyone must remain in the vehicle while on the site tour. No toilet facilities are available. If running late contact the Site Tour Co-ordinator on 4907 2345 and every endeavour will be made to accommodate your later arrival.

**CLOSED****587 PORT WARATAH COAL SERVICES EXCURSION #4****Course Leader: Venue Tour Guide****Date: Mar 10****Time: 10:30am – 12 noon****Venue: Port Waratah Coal Service, Curlew Street, Kooragang**

Travel to Kooragang Island where a PWCS vehicle and guide will explain in detail how PWCS manages millions of tonnes of coal each year while travelling the site. On arrival you will be greeted by security personnel who will require a photo ID to comply with the site's security obligations. For operational and safety reasons everyone must remain in the vehicle while on the site tour. No toilet facilities are available. If running late contact the Site Tour Co-ordinator on 4907 2345 and every endeavour will be made to accommodate your later arrival.

**CLOSED****588 PORT WARATAH COAL SERVICES EXCURSION #5****Course Leader: Venue Tour Guide****Date: May 26****Time: 1:00pm – 2:30pm****Venue: Port Waratah Coal Service, Curlew Street, Kooragang**

Travel to Kooragang Island where a PWCS vehicle and guide will explain in detail how PWCS manages millions of tonnes of coal each year while travelling the site. On arrival you will be greeted by security personnel who will require a photo ID to comply with the site's security obligations. For operational and safety reasons everyone must remain in the vehicle while on the site tour. No toilet facilities are available. If running late contact the Site Tour Co-ordinator on 4907 2345 and every endeavour will be made to accommodate your later arrival.

<b>FRIDAY COFFEE MORNINGS</b>
-------------------------------

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.

Jan 27	<a href="#">Newcastle Cruising Yacht Club</a> , 95 Hannell St, Wickham
Feb 24	<a href="#">The Wickham Boatshed</a> , 91 Hannell St, Wickham
Mar 31	<a href="#">Ground Up Espresso</a> , 120 Young St, Carrington
Apr 28	<a href="#">Newcastle Cruising Yacht Club</a> , 95 Hannell St, Wickham

May 26	<a href="#">The Wickham Boatshed</a> , 91 Hannell St, Wickham
Jun 30	<a href="#">Ground Up Espresso</a> , 120 Young St., Carrington (Building has coloured tiles)
Jul 28	Elmas Cafe, 54 Clyde St, Hamilton North

### SINGLES DINNER AND DISCUSSION

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: Feb 5; Mar 19; May 14; Jul 16; Aug 20; Oct 15; Nov 19**

**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. 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 2023 Subscription Season include:

Sunday 5 Feb	"Merrily We Roll Along" – Stephen Sondheim's magical musical.
Sunday 19 March	"Dial M for Murder" – the classic crime thriller which inspired Hitchcock's film.
Sunday 14 May	"The Government Inspector" – the classic silly satire about graft by Gogol.
Sunday 16 July	"Mother of The Maid" – the riveting story of Joan of Arc's mother.
Sunday 20 August	"One Man, Two Guvners" – Goldoni's hilarious farce.
Sunday 15 October	"Don't Mention Casablanca" – the story of the film's Jewish director.
Sunday 19 November	"The Appleton Ladies Potato Race" – a new comedy with a cast of 5 women.

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 1 AND 2, 2023 – ‘THE FAQs’****Do I need to re-enrol in a continuing course I attended in 2022?**

**Yes!** At the end of the year all courses, including continuing courses, are “emptied” and everyone needs to re-apply for 2023 places. Those who had a place in 2022 are not given priority – our U3A is committed to equal opportunities for all members. We appreciate that some course groups become quite close and that this social contact is important to them. In this instance, if the group want to stay together and if this will mean no/limited places for other members, the group might like to consider operating independently of NU3A. Before embarking on this, be aware that some tutors will not be happy working without the security of NU3A’s public liability insurance, and you will need to source and pay for your own venue.

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

Some courses will fill up quickly. Any course that is oversubscribed at the close of enrolment will then go to a ballot. All of those who enrolled prior to the deadline will go into the ballot. If you miss the deadline and the course is popular, you will definitely miss out!

**Is there a system for numbering courses?**

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

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

Absolutely not. There is always a big demand for language courses and if you do this, it will mean that other members will probably miss out on the vital first few weeks of their courses. There is a part of the course description that will help guide your choice, and some tutors ask to speak with prospective students before accepting them. Contact 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. In other instances, there are two venues scheduled for some courses. Our software can only cope with one venue so the venue details in your enrolment confirmation letter won’t be accurate and venue reports incorrect. Those courses are therefore included in the program twice, with each “course” containing separate dates and venues. You will need to apply for both course numbers.

**How are places in paid courses and excursions allocated?**

Initially places are allocated by ballot in the normal way IF a paid excursion or course is oversubscribed. Members who have a place are asked for payment close to the time of the course or excursion; any places not paid for by the deadline are then offered to those on the waitlist. To not operate this way would create an administrative nightmare for our Treasurer, as processing refunds is always difficult.

**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 payment**, whether online or over the counter at Newcastle Permanent Building Society.

**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; we are constantly surprised by the number of members who forget to put their name in the space at the top of the form! If you would like help with the online forms, you can call into the classroom at 21 Gordon Avenue between **10am-2pm Monday 9 January and Wednesday 11 January, or 10am-2pm Tuesday 17 January and Thursday 19 January 2023**, 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 electronic 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 provided 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 will I do if I find out I can't attend an excursion or course I paid for?**

Contact NU3A as a matter of urgency. Wait lists are kept for all excursions and if your place can be filled a refund will be processed. However, **no refund will be possible if your place cannot be filled.**

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

If it is a one session course, please contact the Enrolments Officer 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 Inc**

# NEWCASTLE U3A TERMS 1 & 2 2023 CALENDAR



February 2023						
M	T	W	T	F	S	S
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28					

March 2023						
M	T	W	T	F	S	S
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		

April 2023						
M	T	W	T	F	S	S
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30

May 2023						
M	T	W	T	F	S	S
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

June 2023						
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		

**Members' picnic:** 2 February

**Term Dates:** Term 1: 6 February – 31 March / **AGM:** 6 April / Term 2: 1 May – 23 June



**NEWCASTLE U3A Inc.**  
**ABN: 87 967 033 912**  
**PO Box 316 Hamilton 2303**  
**PHONE: 0479 193 182**  
**EMAIL: [newcastleu3a.au@gmail.com](mailto:newcastleu3a.au@gmail.com)**  
**WEB: [www.newcastle.u3anet.org.au/](http://www.newcastle.u3anet.org.au/)**

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

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