

Photo courtesy of Philip Barrington – World Pool at Newcastle Beach



# **NEWCASTLE U3A PROGRAM INFORMATION 2023**

**Term 3 July 24 –September 15**  
**Term 4 October 16 – December 8**

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

**NEWCASTLE U3A Inc.**  
**ABN: 87 967 033 912**  
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## GUIDE TO USING THE PROGRAM INFORMATION BOOKLET

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

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

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

### LANGUAGES:

FRENCH – Advanced (301); Intermediate (404) Beginners ( 405)  
GERMAN – Not Quite Beginners (325); Conversation (326)  
ITALIAN – Beginners (305); Intermediate (310)  
JAPANESE Intermediate (113); Beginners (413)  
SPANISH Intermediate (104)

### HISTORY:

FOLKTALES OF SCOTLAND (402)  
FOLKTALES AND FAIRY STORIES REVISITED (403)

### SPECIAL INTEREST:

GREETING CARDS (105); (406)  
GUIDED WRITING CARRY ON (106)  
PHOTOGRAPHY Introduction (124); Intermediate (125); Urban Photography Walks (223)  
PSYCHOLOGY More than Myth (129); The Good Life (130)  
CONVERSATION ABOUT HISTORY AND POLITICS (131)  
GOOGLE SLIDES AND DOCS (201)  
LOVE YOUR EYES (207)  
BOOK READING (208); RANDOM READERS (209)  
CRAFTY CONVERSATIONS (210)  
USING MOBILE PHONE MAPS AND TRANSPORT APPS (218)  
PHILATELIC DISPLAYS Caribbean Islands (227); Greek Islands (228)  
FAMILY HISTORY DISCUSSION GROUP (314)  
ART FOR ALL (317)  
COLOURING FOR PLEASURE (318)  
FULLY UTILISING YOUR MOBILE PHONE OVERSEAS (400)  
WHAT IS MENTAL HEALTH? (409)  
APPLYING PHILOSOPHY (410)  
THEATRE –NTC SUBSCRIBER GROUP (701)

### MUSIC

UKULELE Intermediates (107); BEGINNERS UKULELE (108)  
MUSIC APPRECIATION (407)  
~~OPERA AS DRAMA (408)~~

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**PHYSICAL ACTIVITIES & SKILLS:**

MEDITATION (110)  
 FELDENKRAIS (203)  
 TAI CHI / QI GONG Advanced (206)  
 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)  
 BELLY DANCE – Beginner (307); Continuing (308)  
 CROQUET – IT'S FUN (327)  
 CIRCLE DANCE (507)

**INDIVIDUAL TALKS:**

ON HER MAJESTY'S SECRET SERVICE (109)  
 SOME EARLY CHILDREN'S BOOKS AND GAMES (114)  
 DESALINATION FOR DRINKING WATER (202)  
 PORT WARATAH COAL (204)  
 TRAVELLING AUSTRALIA IN SEARCH OF AMAZING BIRDS (205)  
 THE OZ HARVEST STORY (211)  
 THE FINAL GIFT OF LOVE ON THE DEATH OF A LOVED ONE (217)  
 STORMS (219)  
 NEWCASTLE IN THE 1800s- Hunter Street (220)  
 NEWCASTLE IN THE 1800s – Harbour (221)  
 MELANOMA – Detection and Prevention (222)  
 NEWCASTLE IN THE 1800s – Infrastructure and Industry (224)  
 NEWCASTLE IN THE 1800's – Misfortunes and Accidents (225)  
 TRAVEL TALK- POLAND (226)  
 BIRDS OF THE HUNTER REGION (302)  
 FULLY UTILISING YOUR MOBILE PHONE OVERSEAS (400)  
 WHAT IS MENTAL HEALTH (409)

**EXCURSIONS:**

NOSTALGIC NEWCASTLE LOCAL HISTORY WALK #1 (370); #2 (372)  
 NEWCASTLE EAST END- CHURCH STREET – Guided History Tour #1 (371); #2 (373)  
 GEOLOGY WALK – NOBBYS TO NEWCASTLE BEACH (374)  
 PORT STEPHENS FISHERIES INSTITUTE TOUR (375)  
 HAMILTON HERITAGE WALK #1 (376); #2 (378)  
 WARATAH HERITAGE WALK #2 (377); #2 (379)  
 STOCKTON HERITAGE WALK (380)  
 MISS PORTER'S HOUSE TOUR (471)  
 LUNCH ON THE LAKE CRUISE (472)  
 NOTABLE PEOPLE OF CHURCH STREET WALK #1 (473); #2 (578)  
 GROSSMANN HOUSE & BROUGH HOUSE (474)  
 HUNTER WETLANDS SHORTLAND WALK AND LUNCH (476)  
 HUNTER REGION BOTANIC GARDENS (477)  
 MAITLAND GAOL – 150 YEARS UNDER LOCK AND KEY (479)

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## EXCURSIONS (cont.)

BROWN STREET THE HILL – History Walk #1 (480); #2 (481)

ORICA KOORAGANG TOUR #1 (579); #2 (580)

BHP MUSTER POINT, MEMORIAL SCULPTURE & DELPRAT COTTAGE (581)

PORT WARATAH COAL SERVICES EXCURSION #1 (583); #2 (584); #3 (585); #4 (586)

LAKE MACQUARIE ART GALLERY AND SCULPTURE PARK (588)

MAITLAND REGIONAL ART GALLERY TOUR #1 (589); #2 (475)

## SOCIAL ACTIVITIES AND GAMES:

PICNIC ON THE GREEN (470) - July

PLAYING MAHJONG (324)

COME AND PLAY CANASTA (411)

BAREFOOT BOWLS – Term 3 (478); Term 4 (582)

SCRABBLE (501)

CHESS (502)

SINGING GROUP (503)

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

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

FRIDAY COFFEE MORNINGS

LUNCH OF THE MONTH

SINGLES DINNER AND DISCUSSION

**IMPORTANT INFORMATION FOR Newcastle U3A MEMBERS****FOR CURRENT 2023 MEMBERS:**

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

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

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

- Complete the online course enrolment form on our website. You will receive an acknowledgement that your application has been lodged. This is NOT confirmation of enrolment. You will receive confirmation of the courses in which your application has been successful after it has been processed.
- OR
- Email your selection to [nu3aenrolments@gmail.com](mailto:nu3aenrolments@gmail.com).

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

NOTE: Enrolment deadline was 5pm Monday 17 July, 2023. Enrolments have been reopened after ballots were run, and waitlists generated for courses that are oversubscribed. Some courses are now closed to new enrolments.

SEE [ENROLMENT CONFIRMATIONS](#) on page 3.

**FOR NEW MEMBERS JOINING MID-YEAR 2023:****PLEASE READ THE INSTRUCTIONS BELOW****BEFORE COMPLETING THE MEMBERSHIP AND ENROLMENT APPLICATIONS FOR TERM 3 AND 4 2021**

As a financial member of Newcastle U3A you are entitled to attend as many courses, talks and events as you wish during the year, subject to the availability of places. Our Membership Year is from January to December. 2023 annual membership was \$60 for those joining in Terms 1 and 2, with a reduced **membership fee of \$45** if joining for Term 3 and 4 only. The fee is due before you lodge your enrolment application.

**NU3A Membership Payment**

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

**Before filling in forms, please read the detailed course descriptions** in the NU3A Program document, then select your courses and complete the online enrolment form, or call 0479 193 182 (9am to 5pm) Monday to Friday, and a volunteer will assist you either on the spot or by returning your call.

**Payment Methods**

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

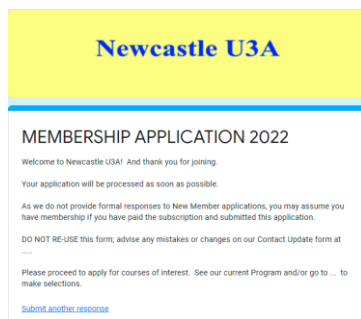
**Electronic Funds Transfer (EFT):** Please transfer **\$45** membership fee to the following account. Ensure you provide in the description field your **name** in enough detail to correctly identify you e.g. *your surname AND first name or, if too long, surname AND initial(s). e.g. ChurchillW*).

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

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

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

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



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

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

You will receive confirmation from Newcastle U3A of the courses in which your application has been successful.

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

NOTE: Enrolment deadline was 5pm Monday 17 July, 2023. Enrolments have been reopened after ballots were run, and waitlists generated for courses that are oversubscribed. Some courses are now closed to new enrolments.

### Lanyard and Name Badges

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

### **FOR ALL MEMBERS;** **CONFIRMATION OF ENROLMENTS AND COURSE ALLOCATIONS**

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

### Wait List System

All Newcastle U3A enrolment applications are processed in such a way that all members have equal opportunity. Some courses fill quickly and sometimes not all applications are successful. If there are more enrolments than places available in a course, a ballot will apply. If you are not allocated a place in the ballot, you will be placed on a wait list. Should a place become available, you will be immediately notified by email or phone.

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

### SELECTING THE RIGHT LANGUAGE COURSE FOR YOU

Language courses have been broadly graded and many require purchase of a textbook. Some tutors ask to discuss student expectations before enrolling or continuing in a course. Please read the course description carefully, and if unsure email [nu3aenrolments@gmail.com](mailto:nu3aenrolments@gmail.com) or call 0479 193 182 for assistance.

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

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

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

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

### **IMPACT OF COVID19 RESTRICTIONS ON NEWCASTLE U3A CLASSES**

**N.B.** By enrolling in any face-to-face class you are indicating that you have assessed the potential health risks that apply to you\* and understand the COVID19 Safety requirements and you are undertaking to abide by the regulations current at that point in time as advised by news updates.

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

- We will continue to comply with [government COVID rules](#) and give priority to the welfare of members.
- We will continue to provide hand sanitiser while NSW Health recommends it and strongly encourage members to wear masks indoors in smaller venues.
- We will update you if 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

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

**Carrington Bowling Club and 'Cowper Street Diner', Cowper Street, Carrington ~\*^**  
**Carrington Community Centre, Corner Young and Hargrave Streets, Carrington \*\***  
**Christian Science Sunday School (rear of) 23 Gordon Avenue, Hamilton \*\***  
**Elmore Vale Community Centre, Hall and Meeting Room, 129 Croudace Road, Elmore Vale \*\***  
**Elmore Vale Community Hall, 122 Cardiff Road, Elmore Vale**  
**Georgetown Guides Hall, Lake Road, Georgetown (parking onsite) \*\***  
**Hamilton Community Hive (formerly Fellowship House), 150 Beaumont Street, Hamilton ~\***  
**Hamilton North Bowling Club, 31 Boreas Road, Newcastle (next to Smith Park) \*\* ^**  
**Henderson Park Hall, corner Lockyer and James Streets, Adamstown**  
**Henry Park Guides Hall, 27 Thomas Street, Hamilton South (parking onsite; flight of stairs, **no wheelchair access**)**  
**Henry Park Scout Hall, 24 Thomas Street, Hamilton South (parking onsite) ~\* \*\***  
**Hunter Region Botanic Gardens, 2100 Pacific Highway, Heatherbrae**  
**Hunter Wetlands Centre, 1 Wetlands Place, Shortland \*\***  
**KC Dance HQ, 5/468 Pacific Hwy, Belmont, access via Marks Street**  
**Lake Macquarie Art Gallery 1A First Street, Booragul**  
**Maitland Regional Art Gallery, High St, Maitland**  
**Mayfield Star Hall, 23 Valencia Street (corner Villiers Street), Mayfield \*\***  
**Merewether Uniting Church Hall, 178 Glebe Road, Merewether**  
**Newcastle Cruising Yacht Club, 95 Hannell Street, Wickham ^**  
**Newcastle National Park Croquet Club, 25 National Park Street, Hamilton East**  
**Newcastle Theatre Company, 90 DeVitre Street, Lambton**  
**U3A Room, 21 Gordon Avenue (Pachamama House, between Parry and Tudor), Hamilton ~\***  
**Wallsend Pioneers Memorial Hall, 54 Cowper Street, Wallsend \*\***

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

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

### NOTICE of NEWCASTLE U3A GENERAL MEETING 2023

Thursday September 28, 2023, commencing 10.30am  
 Hamilton North Bowling Club, 31 Boreas Road, Newcastle  
 and the meeting will be followed by lunch (your expense) in the Bistro.

*The Term 3 and 4 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) under the 'Join and Enrol' tab*

**MONDAY****104 INTERMEDIATE SPANISH READING AND CONVERSATION (previously Spanish Continuing)****Course Leader: The Group****Dates: Jul 24, 31; Aug 7, 14, 21, 28; Sep 4, 11; Oct 16, 23, 30; Nov 6, 13, 20, 27; Dec 4****Time: 1.30pm – 3.00pm****Venue: Henry Park Scout Hall, 24 Thomas Street, Hamilton South**

This course follows on from 2022 in the form of revision and expanding on fluency. Note that this is a self-led course. Anyone wishing to join this course must have a reasonably good knowledge of Spanish as it is not for beginners. Please email [newcastleu3a.au@gmail.com](mailto:newcastleu3a.au@gmail.com) or call 0479 193 182 before enrolling to be put in touch with the tutor.

**105 GREETING CARDS - MAKING AND SHARING****Course Leader: Gloria Jones , Philip Barrington****Dates: Aug 7; Oct 30****Time: 2.00pm – 3.30pm****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 may choose to lead the group in making one card of their choice. All participants will need basic equipment and also to bring some card stock and papers to every session – a list will be distributed in advance. Those who find the venue difficult to access should contact the course clerk. **Please also enrol in 406 for Thursday dates**

**106 GUIDED WRITING CARRY ON****Course Leader: Dee Lange****Dates: Aug 7; Sep 4; Nov 6; Dec 4****Time: 1:30m – 3:00pm****Venue: U3A Room, 21 Gordon Avenue, Hamilton**

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

**CLOSED TO NEW ENROLMENTS****107 UKULELE INTERMEDIATES****Course Leader: Susan Coggan****Dates: Jul 24, 31; Aug 7, 14, 21, 28; Sep 4, 11; Oct 16, 23, 30; Nov 6, 13, 20, 27; Dec 4****Time: 10.30 am – 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: Jul 24, 31; Aug 7, 14, 21, 28; Sep 4, 11; Oct 16, 23, 30; Nov 6, 13, 20, 27; Dec 4****Time: 12:30pm – 2:00pm****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 ON HER MAJESTY'S SECRET SERVICE****Course Leader: Alan Barr****Dates: Jul 24****Time: 10.30am – 12 noon****Venue: Elermore Vale Community Centre Hall, 129 Croudace Road, Elermore Vale**

During Queen Elizabeth I's reign there were many plots from home and abroad to assassinate her. All the attempts were thwarted. Much of the success was due to the intelligence gathering activities of Elizabeth's newly established spy network. At its head was the dominant Sir Francis Walsingham, 'spymaster extraordinaire' and mastermind of modern-day espionage founded in MI5 and MI6. We will discover the extent and beginning of the network; meet some of the spies; and examine their methods.



**MONDAY****110 MEDITATION****WAITLISTED****Course Leaders: Vicki Everingham and Sherill Jones****Dates: Jul 24, 31; Aug 7, 14, 21, 28; Sep 4, 11; Oct 16, 23, 30; Nov 6, 13, 20, 27; Dec 4****Time: 1:30pm - 3:00pm****Venue: Mayfield Star Hall, 23 Valencia Street, Mayfield (cnr Villiers St)**

Scientific research has proven that a regular practice of meditation has many health benefits, including reducing stress levels, lowering high blood pressure as well as retaining more grey matter which could help against age related tissue decline. We will be including meditations on mindfulness, breathing, relaxation, visualisation, and chakras. For our meditation practice we will be sitting on a chair but if you prefer to lie down please bring along a yoga mat or towel, cushion, or pillow and maybe a blanket. The course does not promote any specific philosophy or religious background.

**113 JAPANESE LANGUAGE AND CULTURE - INTERMEDIATE****Course Leader: Jenny King****Dates: Jul 24, 31; Aug 7, 14, 21, 28; Sep 4, 11; Oct 16, 23, 30; Nov 6, 13, 20, 27; Dec 4****Time: 9:30am - 11:00am****Venue: 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 CHILDREN'S BOOKS AND GAMES****Course Leader: Ross Edmonds****Dates: Oct 16****Time: 10.30am – 12 noon****Venue: Georgetown Guides Hall, Lake Road, Georgetown.**

Ross Edmonds will give a talk about some children's books and games that may have been enjoyed by our parents and grandparents. People are invited to bring a book or two that they, or their parents enjoyed when they were young. As usual, Ross will have a few rare books on display.

He is also happy to give a free valuation on any old books that people wish to bring to the class.

**124 INTRODUCTION TO PHOTOGRAPHY****Course Leader: Mark McConnell****Dates: Jul 24, 31; Aug 7, 14, 21, 28; Sep 4, 11****Time: 11:30am – 1:00pm****Venue: U3A Room, 21 Gordon Avenue, Hamilton**

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

**125 INTERMEDIATE PHOTOGRAPHY****Course Leader: Mark McConnell****Dates: Oct 16, 23, 30; Nov 6, 13, 20, 27; Dec 4****Time: 11:30am – 1:00pm****Venue: U3A Room, 21 Gordon Avenue, Hamilton South**

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 MORE THAN MYTH- The story of Story****Course Leader: Dr John Carr****Date: Jul 24, 31; Aug 7, 14, 21, 28; Sep 4, 11****Time: 10:00am – 12 noon****Venue: Henry Park Guides Hall, 27 Thomas Street, Hamilton**

A quixotic odyssey through the role of stories in human life, a journey from the gods and heroic legends of the past into the sagas of modern times and movies, from the stone-age to screen-age, with tales of life and love and loss, through crime and comedy, cartoons and classics, with special focus on enduring themes and characters and why we humans are so moved by stories.

**MONDAY****130 THE GOOD LIFE: WELLBEING AND FULFILLMENT****Course Leader: Dr John Carr****Date: Oct 16, 23, 30; Nov 6, 13, 20, 27; Dec 4****Time: 10:00am – 12 noon****Venue: Henry Park Guides Hall, 27 Thomas Street, Hamilton**

This is a time when we are coming to understand how and why some individuals, workgroups and societies can flourish and achieve wellbeing and fulfilment. From a model of the core requirements for experiencing 'the good life', we will explore an evidence-based approach to identifying fundamental human needs, finding what undermines human wellbeing, and what are the essential life-nutrients that may enhance us all in pursuit of 'the good life'. Rather than being a prescriptive self-help guide the course is designed to raise awareness of issues as to what constitutes a 'good life' and an enhanced feeling of wellbeing, whether within oneself, in family, in the workplace, or society.

**131 CONVERSATION ABOUT HISTORY AND POLITICS****Course Leader: Dr Bob James****Date: Jul 24, 31; Aug 7, 14, 21, 28; Sep 4, 11****Time: 10:30am – 12 noon****Venue: Georgetown Guides Hall, Lake Road, Georgetown**

As Conversations do this 'course' will range far and wide. Themes expected to be discussed include: Truth in Australian History; Truth in Australian Politics; Fake Australian News; Does Truth in Advertising Matter, Current and recent events, Current and recent celebrities, Magazines and Social Media. For those who enjoy a coherent and respectful debate – an ability to listen to others' views is essential.

**TUESDAY****201 GOOGLE SLIDES AND DOCS****Course Leader: Philip Barrington****Dates: Aug 1,15****Time: 1:30pm - 3:00pm****Venue: Henry Park Guides Hall, 27 Thomas Street, Hamilton**

Google's suite of office software is convenient, powerful enough and most importantly for many of us free. The course will be over two weeks, the first focusing on using Google Slides to create Presentations. Week Two will build on that to use Google Slides for Desktop Publishing. We will round it out by talking about using Google Docs for Desktop Publishing.

**202 DESALINATION FOR DRINKING WATER****Course Leader: Keith Craig****Date: Aug 8****Time: 1:30pm - 3:00pm****Venue: Henry Park Guides Hall, 27 Thomas Street, Hamilton**

This presentation will provide a brief overview of the history of desalination for drinking water, and provide a brief overview of reverse osmosis technology and a presentation on the Sydney Desalination plant and treatment process, plus environmental issues around intakes for seawater and brine outlet back to the ocean.

**203 FELDENKRAIS****Course Leader: Helen Lane****Dates: Aug 8, 15, 22, 29; Sep 5****Time: 9.00 am – 10.30 am****Venue: Georgetown Guides Hall, Lake Road, Georgetown.****CLOSED**

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.

**TUESDAY****204 PORT WARATAH COAL****Course Leader: Trevor Simmons****Dates: Sep 12****Time: 1:30pm - 3:00pm****Venue: Henry Park Guides Hall, 27 Thomas Street, Hamilton**

Explore an overview of our operations and our sustainability performance with a focus on environmental management, community investment and stakeholder engagement. Further, as a guide our presentation covers:

- An overview of our operations and who we are, what we do and how we do it
- Sustainability across the business
- Environmental management and approach
- Local Voices – connecting with community and meaningful two-way dialogue
- Community Investment and Partnership
- Q&A

**205 TRAVELLING AUSTRALIA IN SEARCH OF AMAZING BIRDS****Course Leader: Keith Eastwood****Dates: Sep 5****Time: 1:30pm - 3:00pm****Venue: Henry Park Guides Hall, 27 Thomas Street, Hamilton South**

What could be better than exploring our fantastic country and searching for exotic birds at the same time? Australia provides some of the gaudiest and rarest birds live. In this session we'll ramble across the country to hidden destinations in the quest for birds that are bound to intrigue you. Perhaps next time you go travelling you'll aim for a regent parrot at Euston, or a palm cockatoo at Bamaga, or maybe a Gouldian finch on the Gibb River Road. Birds tend to hang out in the most scenic places so you can double your travelling adventures looking for Australia's amazing birds.

**206 TAI CHI / QI GONG – ADVANCED****CLOSED TO NEW ENROLMENTS****Course Leader: Pauline Pirozzi****Dates: Jul 25; Aug 1, 8, 15, 22, 29; Sep 5, 12; Oct 17, 24, 31; Nov 7, 14, 21, 28; Dec 5****Time: 11:00am - 12 noon****Venue: Wallsend Pioneers Memorial Hall, 54 Cowper Street, Wallsend**

Advanced students will be learning various Tai Chi/qigong forms with concentration on Traditional Tai Chi Sword. This is a closed group.

**207 LOVE YOUR EYES****WAITLISTED****Course Leader: Julie Jarman****Dates: Oct 17, 24, 31; Nov 7, 14, 21****Time: 11:30am – 1:00pm****Venue: Henry Park Guides Hall, 27 Thomas Street, Hamilton South**

Love Your Eyes is a 6-week natural vision education program that is easy on your eyes and easy on you! For each session I will describe a range of slow, gentle, natural vision improvement sequences that participants will perform (with deep awareness) for an hour while lying on a mat on the floor or sitting in a firm chair. This program is designed to utilize the brain's ability to learn and form new patterns that improve how we see, alleviate pain and increase visual pleasure. Bring a yoga mat and blanket - or sit if you prefer. Wear something comfortable.

**208 BOOK READING****WAITLISTED****Course Leader: Pat Wenger****Dates: Aug 8; Sep 5; Oct 24; Nov 21****Time: 1:30pm - 3:00pm****Venue: U3A Room, 21 Gordon Avenue, Hamilton**

All enthusiastic readers are welcome. Books for 2nd semester: 8/8 - The Bookbinder of Jericho - Pip Williams; 5/9 - The Outside Boy - Jeanine Cummins; 24/10 - Let me sing you Gentle Songs - Linda Olsson; 21/11 - Babel - R. F. Kuang

**209 RANDOM READERS****WAITLISTED****Course Leader: Ray Seldon****Dates: Aug 15; Sep 12; Oct 31; Nov 28****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.

<b>TUESDAY</b>
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### **210 CRAFTY CONVERSATIONS**

**Course Leader: Jan Chandler**

**Dates: Jul 25; Aug 22; Oct 17; Nov 14**

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

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

Bring along something you are working on:-

- share skills, ideas and patterns
- help others
- learn something new and embrace Craft Work.

A casual, self-managing group designed to support members. THIS CLASS MEETS WITHOUT A TUTOR.

### **211 THE OZ HARVEST STORY**

**Course Leader: Dale Bray**

**Dates: Nov 28**

**Time: 1:30pm – 3:00pm**

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

Feed the hungry, Save the planet.

### **212 FULL BODY STRETCH / LATINO DANCERCISE 1**

**Course Leader: Colleen Potts**

**Dates: Jul 25; Aug 1, 8, 15, 22, 29; Sep 5, 12; Oct 17, 24, 31; Nov 7, 14, 21, 28; Dec 5**

**Time: 11:00am – 12:30pm**

**Venue: KC Dance HQ, 5/468 Pacific Hwy, Belmont (access via Marks Street)**

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

### **213 TAP DANCING FOR FUN AND FITNESS**

**Course Leader: Colleen Potts**

**Dates: Jul 25; Aug 1, 8, 15, 22, 29; Sep 5, 12; Oct 17, 24, 31; Nov 7, 14, 21, 28; Dec 5**

**Time: 2:00pm - 3:30pm**

**Venue: KC Dance HQ, 5/468 Pacific Hwy, Belmont (access via Marks Street)**

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

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

### **214 BEGINNER TAP FOR FUN AND FITNESS**

**Course Leader: Colleen Potts**

**Dates: Jul 25; Aug 1, 8, 15, 22, 29; Sep 5, 12; Oct 17, 24, 31; Nov 7, 14, 21, 28; Dec 5**

**Time: 1:00pm – 2:00pm**

**Venue: KC Dance HQ, 5/468 Pacific Hwy, Belmont (access via Marks Street)**

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

### **215 GITA YOGA**

**Course Leader: Megan McQueenie**

**Date: Jul 25; Aug 1, 8, 15, 22, 29; Sep 5, 12; Oct 17, 24, 31; Nov 7, 14, 21, 28; Dec 5**

**Time: 9:30am – 10:45am**

**Venue: ZOOM**

**Note: change of venue from Term 2**

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.

**TUESDAY****216 CHAIR YOGA****Course Leader: Megan McQueenie****Date: Jul 25; Aug 1, 8, 15, 22, 29; Sep 5, 12; Oct 17, 24, 31; Nov 7, 14, 21, 28; Dec 5****Time: 11:15.m – 12:30pm****Venue: ZOOM****Note: change of venue from Term 2**

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

**217 THE FINAL GIFT OF LOVE ON THE DEATH OF A LOVED ONE****Course Leader: Veinita Wodrow****Date: Nov 21****Time: 1:30pm – 3:00pm****Venue: Henry Park Guides Hall, 27 Thomas Street, Hamilton South**

When a loved one passes we are faced with responsibilities, legal and social, often with little or no experience to draw on. During our lifetime we each are charged with the responsibility of our being, on our death it is those we love, and who love us, that are required to undertake those responsibilities that we leave behind. Accepting this challenge, this honour of humanity, is our final gift of love to the one we grieve. Come along and learn just what is asked of us and who is there for support. What is the role of the Doctors, the hospital, possibly the Police and Coroner, the Funeral Director, the Priest, the Funeral Service with Clergy or Funeral Celebrant and the Cemetery or Crematorium?

**218 USING MOBILE PHONE MAPS AND TRANSPORT APPS****Course Leader: Peter O'Neill****Dates: Oct 17, 24, 31****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 WiFi. This course relates to the Google maps app and not the web page version of google maps.

**219 STORMS****Course Leader: Howard Bridgman****Dates: Oct 17****Time: 1:30pm – 3:00pm****Venue: Henry Park Guides Hall, 27 Thomas Street, Hamilton South**

A logical extension from Clouds is describing Storms, which normally provide bad weather. This talk will describe thunderstorm development and effects; east coast lows; and storms from frontal systems. Examples from specific events will be used to illustrate the talk. The geographical area of focus will be Eastern Australia.

**220 NEWCASTLE IN THE 1800s – Hunter Street****Course Leader: Julie Keating****Date: Jul 25****Time: 9:30am – 11:00am****Venue: Henry Park Guides Hall, 27 Thomas Street, Hamilton South**

When Newcastle was a penal settlement, the main street was Watt Street. This developed because convicts mined coal at the top of Watt Street and transported it to the jetty at the bottom of the street. There was a limit to how far Watt Street could expand and a track developed westwards. This was to become Hunter Street, and it developed into Newcastle's major business, retail and social precinct for the next hundred years.

**221 NEWCASTLE IN THE 1800s – Harbour Foreshore****Course Leader: Julie Keating****Date: Aug 1****Time: 9:30am – 11:00am****Venue: Henry Park Guides Hall, 27 Thomas Street, Hamilton South**

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

**TUESDAY****222 MELANOMA – Detection and Prevention****Course Leader: Claudia Tolhurst****Date: Nov 14****Time: 1:30pm – 3:00pm****Venue: : Henry Park Guides Hall, 27 Thomas Street, Hamilton South**

A look into the statistics that make melanoma Australia's national cancer, along with a detailed look into how to prevent it, how to detect it and why early detection is vital in successful treatment.

**223 URBAN PHOTOGRAPHY WALKS****Course Leader: Mark McConnell****Dates: Jul 25; Aug 1, 8, 15, 22, 29; Sep 5, 12****Time: 9:30am - 11:00am****Venue: Various locations - excursions**

Join Photo Tutor Mark as he leads a series of 7 WALKS designed to provide photographic opportunities. The walks will generally be on flat terrain and the pace appropriate for photo opportunities. This course is open to both Walkers and Photographers. Details of walk locations will be sent to successful applicants prior to the course. Bring water and wear comfortable shoes and a hat. The 8th lesson will be a debrief of your best images from the previous 7 weeks. Please note this **last session will be held at Carrington Community Centre, Corner Young and Hargrave Streets, Carrington 9:30am - 11:00am.**

**224 NEWCASTLE IN THE 1800'S – Infrastructure & Industrial Development****Course Leader: Julie Keating****Date: Oct 17****Time: 9:30am – 11:00am****Venue: Henry Park Guides Hall, 27 Thomas Street, Hamilton South**

The first major infrastructure project was the construction of the breakwater connecting Nobbys to the mainland in 1818. Harbour facilities were continually updated and the construction of The Dyke at Carrington was a major boost to harbour capacity. Larger numbers of settlers coming to the area also necessitated the construction of transport, water, electricity and health services for the community. The construction of the Great Northern Railway, and later the Sydney line, spurred growth in the Hunter Valley. With infrastructure projects came the need for industry to provide the necessary expertise and required materials.

**225 NEWCASTLE IN THE 1800'S – Misfortunes and Accidents****Course Leader: Julie Keating****Date: Oct 24****Time: 9:30am – 11:00am****Venue: Henry Park Guides Hall, 27 Thomas Street, Hamilton South**

The largest loss of life in the early days of settlement resulted from shipping disasters. Newcastle did not have safe entry to the harbour and many shipwrecks occurred on our foreshore. Other major causes of loss of life included coal mining accidents and disease. Due to the nature of inner city living - homes built close to each other, the main building material being timber, and the use of open fires for heating – fire starting and rapidly progressing was a huge issue for authorities.

**226 TRAVEL TALK – POLAND****Course Leader: Margaret Finnie****Date: Oct 24****Time: 1:30pm – 3:00pm****Venue: Henry Park Guides Hall, 27 Thomas Street, Hamilton South****227 ISLANDS IN THE CARIBBEAN SEA - A PHILATELIC DISPLAY****Course Leader: Ron Davis****Dates: Aug 22****Time: 1.30pm – 3:00pm****Venue: Elermore Vale Community Centre Hall, 129 Croudace Road, Elermore Vale**

Stamp collectors mainly collect postage stamps from North America or Central or South America, but rarely do they collect all the islands in between. This display shows scenic postcards, postage stamps, first day covers - and a letter from Vice-Admiral Horatio Nelson - together with maps showing each of the islands, some of which you may not have heard of. Their West Indies Cricket Team is quite well known in Australia. Philately is an excellent way of studying geography. The display is on stamp pages, so **BRING YOUR READING GLASSES !**

**TUESDAY****228 GREEK ISLANDS IN THE AEGEAN SEA - A PHILATELIC DISPLAY****Course Leader: Ron Davis****Dates: Nov 7****Time: 1.30pm – 3:00pm****Venue: Elermore Vale Community Centre Hall, 129 Croudace Road, Elermore Vale**

The Aegean Sea, between Greece and Turkey, is dotted with islands occupied mainly by fishermen. They also issue scenic postcards, postage stamps and first day covers, and, accompanied by maps, these are shown in this display. Some of the islands were occupied by Italy during World War II. Philately is an excellent way to study geography. The display is on stamp pages, so BRING YOUR READING GLASSES !!

**WEDNESDAY****301 ADVANCED FRENCH****CLOSED TO NEW ENROLMENTS****Course Leader: Robyn Brinkley****Dates: Jul 26; Aug 2, 9, 16, 23, 30; Sep 6, 13; Oct 18, 25; Nov 1, 8, 15, 22, 29; Dec 6****Time: 10:30am – 12noon****Venue: Henry Park Guides Hall, 27 Thomas Street, Hamilton South**

This is a class intended for people who are already able to speak French to a good standard. Emphasis is placed on speaking French, indeed the class is conducted totally through the medium of French. Speaking and listening activities are the focus in class and participants are encouraged to complete homework which involves reading, writing and listening. Participants are already familiar with the rudiments of grammar, but elements of grammar are revisited regularly. This is not the right class for anyone who does not wish to participate orally. Please email [newcastleu3a.au@gmail.com](mailto:newcastleu3a.au@gmail.com) or call 0479 193 182 before enrolling to be put in touch with the tutor.

**302 BIRDS OF THE HUNTER REGION****Course Leader: Robert Stewart****Date: Nov 15****Time: 1:30pm – 3:00pm****Venue: Henry Park Guides Hall, 27 Thomas Street, Hamilton South**

The Hunter valley is very special when it comes to its bird life. Find out what is so special about it as we take an imaginary trip from off the coast to the estuary and right up to the top of the valley. You might even want to share your experiences.

**305 LET'S TALK ITALIAN - BEGINNERS****CLOSED****Course Leader: Michael Foley****Dates: Jul 26; Aug 2, 9, 16, 23, 30; Sep 6, 13; Oct 18, 25; Nov 1, 8, 15, 22, 29; Dec 6****Time: 9:30am - 11:00am****Venue: U3A Room, 21 Gordon Avenue, Hamilton**

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

**306 FULL BODY STRETCH / LATINO DANCERCISE 2****Course Leader: Colleen Potts****Dates: Jul 26; Aug 2, 9, 16, 23, 30; Sep 6, 13; Oct 18, 25; Nov 1, 8, 15, 22, 29; Dec 6****Time: 10:30am – 12noon****Venue: KC Dance HQ, 5/468 Pacific Hwy, Belmont (access via Marks Street)**

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

**307 BEGINNER BELLY DANCE CLASS FOR FUN AND FITNESS****Course Leader: Colleen Potts****Dates Jul 26; Aug 2, 9, 16, 23, 30; Sep 6, 13; Oct 18, 25; Nov 1, 8, 15, 22, 29; Dec 6****Time: 12noon – 1:00pm****Venue: KC Dance HQ, 5/468 Pacific Hwy, Belmont (access via Marks Street)**

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

**WEDNESDAY****308 MIDDLE EASTERN CHOREOGRAPHIES****CLOSED TO NEW ENROLMENTS****Course Leader: Colleen Potts****Dates: Jul 26; Aug 2, 9, 16, 23, 30; Sep 6, 13; Oct 18, 25; Nov 1, 8, 15, 22, 29; Dec 6****Time: 1:30pm – 3.00pm****Venue: KC Dance HQ, 5/468 Pacific Hwy, Belmont (access via Marks Street)**

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

**310 LET'S TALK ITALIAN - INTERMEDIATE****Course Leader: Michael Foley****Dates: Jul 26; Aug 2, 9, 16, 23, 30; Sep 6, 13; Oct 18, 25; Nov 1, 8, 15, 22, 29; Dec 6****Time: 11.30am – 1:00pm****Venue: U3A Room, 21 Gordon Avenue, Hamilton**

Full year course. Entry level: must demonstrate competency at beginner/intermediate levels.

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: Jul 26; Aug 23; Oct 25; Nov 22****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: Jul 26; Aug 2, 9, 16, 23, 30; Sep 6, 13; Oct 18, 25; Nov 1, 8, 15, 22, 29; Dec 6****Time: 1:30pm – 3:00pm****Venue: 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: Aug 2, 16, 30; Sep 13; Oct 18; Nov 1, 15, 29****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.

**324 PLAYING MAHJONG****Course Leader: The Group****Dates: Jul 26; Aug 2, 9, 16, 23, 30; Sep 6, 13; Oct 18, 25; Nov 1, 8, 15, 22, 29; Dec 6****Time: 1:00pm – 2:30pm****Venue: Elermore Vale Community Centre Meeting Room, 129 Croudace Road, Elermore 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: Jul 26; Aug 2, 9, 16, 23, 30; Sep 6, 13; Oct 18, 25; Nov 1, 8, 15, 22, 29; Dec 6****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.



**WEDNESDAY****326 GERMAN CONVERSATION****Course Leader: Geoffrey See****Dates: Jul 26; Aug 2, 9, 16, 23, 30; Sep 6, 13; Oct 18, 25; Nov 1, 8, 15, 22, 29; Dec 6****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****WAITLISTED****Course Leader: Christine Pont****Dates: Oct 18, 25; Nov 1, 8, 15, 22****Time: 1:00pm – 2:30pm****Venue: Newcastle National Park Croquet Club, 25 National Park Street, Hamilton East**

Learn to play croquet with former Australian champion and longtime 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 NNPCC (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: Aug 16****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. Wear a hat and comfortable footwear and bring water and sunscreen.

Enjoy lunch/refreshments option (at your own expense) in a nearby hotel at end of the walk.

**NOTE:** There are only 12 places. **To attend you must have received confirmation** that you have been successful in applying for a space.

**371 NEWCASTLE EAST END - CHURCH STREET - Guided History Tour #1****Course Leader: Suzanne Martin****Date: Sep 13****Time: 9:30am - 12:30pm**

Meet in the square in front of Customs House. 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. Wear a hat and comfortable footwear and bring water and sunscreen. The **walk will include a city hill!**

Enjoy lunch/refreshments option (at your own expense) in a nearby hotel at end of the walk.

**NOTE:** There are only 12 places. **To attend you must have received confirmation** that you have been successful in applying for a space.

**372 NOSTALGIC NEWCASTLE LOCAL HISTORY WALK #2****WAITLISTED****Course Leader: Suzanne Martin****Date: Nov 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. Wear a hat and comfortable footwear and bring water and sunscreen.

Enjoy lunch/refreshments option (at your own expense) in a nearby hotel at end of the walk.

**NOTE:** There are only 12 places. **To attend you must have received confirmation** that you have been successful in applying for a space.

**WEDNESDAY****373 NEWCASTLE EAST END - CHURCH STREET - Guided History Tour #2****Course Leader: Suzanne Martin****Date: Dec 6****Time: 9:30am - 12:30pm**

Meet in the square in front of Customs House. 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. Wear a hat and comfortable footwear and bring water and sunscreen. The **walk will include a city hill!**

Enjoy lunch/refreshments option (at your own expense) in a nearby hotel at end of the walk.

**NOTE:** There are only 12 places. **To attend you must have received confirmation** that you have been successful in applying for a space.

**374 GEOLOGY WALK – NOBBYS TO NEWCASTLE BEACH****WAITLISTED****Course Leader: Chris Cull****Date: Nov 8****Time: 9:15am – 12 noon**

Meet at Nobbys Beach on the break wall path north of the surf club. The walk will commence on the path towards Nobbys Island then on to the beach to examine the volcanic tuff, coal seams, Glossopteris fossils and dyke then back along the beach to the Cowrie Hole and Newcastle Beach along low tide firm sand. Discussion will cover the late Permian geological period and mass extinction, laying down of coal beds, the river estuary, effects of continental drift etc. Depending on access we may explore the southern end of Newcastle Beach. The **walk will take 2-1/2 hours in total** and involve some walking on sand and the flat rock shelf near Newcastle Baths. Participants will be given a copy of the 'Newcastle Coastal Geotrail' brochure and map.

**Note:** 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.

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.

**375 PORT STEPHENS FISHERIES INSTITUTE TOUR****Course Leader: Venue Tour Guide****Date: Aug 30****Time: 10:00am – 12 noon**

The Fisheries Institute undertakes research into breeding native endangered fish species and re-establishing them in estuaries and waterways. With a growing population and the depletion of ocean resources to meet demand, aquaculture is of growing importance and the institute has supported and contributed to commercial projects to establish growing facilities such as Tuna farms. The visit will include discussion and a tour of the 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.

**Meet at the Fisheries Institute, Research Drive, Taylors Beach** (off Taylors Beach Rd, Port Stephens).

**376 HAMILTON HERITAGE WALK #1****WAITLISTED****Course Leader: Julie Keating****Date: Sep 6****Time: 10:00am – 11:30am**

In 1848, the Australian Agricultural Company started mining the Borehole Seam at Hamilton. The following year a cottage was built for the mine manager, James Lindsay, and today it is one of Newcastle's oldest buildings. The area developed because of the mine and the track to and from the mine developed into the main street. Initially named Winship Street today it is known as Denison Street. Several historic buildings still stand, including the Mechanics Institute, Scots Kirk Church and the Northern Star Hotel, the oldest Hamilton hotel still in existence on the same site and with the same name.

Meeting Point: At the intersection of Milton and Denison Streets.

**377 WARATAH HERITAGE WALK #1****WAITLISTED****Course Leader: Julie Keating****Date: Sep 13****Time: 10:00am – 11:30am**

Waratah was the name given to the whole of the suburbs now known as Waratah and Mayfield. Huge changes came about in 1859 when the railway between Honeysuckle and East Maitland opened. The only stop on the line was at Waratah and so developed a transport and storage hub. The area was also important for its brick and pottery works – at one time there were six brickworks in the suburb. As with Mayfield, several of the financial elite chose to live in Waratah on large estates, mainly centred around High and Bridge streets.

Meeting Point: At the intersection of Georgetown Road and Tighe Street

**WEDNESDAY****378 HAMILTON HERITAGE WALK #2****WAITLISTED****Course Leader: Julie Keating****Date: Oct 18****Time: 10:00am – 11:30am**

In 1848, the Australian Agricultural Company started mining the Borehole Seam at Hamilton. The following year a cottage was built for the mine manager, James Lindsay, and today it is one of Newcastle's oldest buildings. The area developed because of the mine and the track to and from the mine developed into the main street. Initially named Winship Street today it is known as Denison Street. Several historic buildings still stand, including the Mechanics Institute, Scots Kirk Church and the Northern Star Hotel, the oldest Hamilton hotel still in existence on the same site and with the same name.

Meeting Point: At the intersection of Milton and Denison Streets.

**379 WARATAH HERITAGE WALK#2****Course Leader: Julie Keating****Date: Oct 25****Time: 10:00am – 11:30am**

Waratah was the name given to the whole of the suburbs now known as Waratah and Mayfield. Huge changes came about in 1859 when the railway between Honeysuckle and East Maitland opened. The only stop on the line was at Waratah and so developed a transport and storage hub. The area was also important for its brick and pottery works – at one time there were six brickworks in the suburb. As with Mayfield, several of the financial elite chose to live in Waratah on large estates, mainly centred around High and Bridge streets.

Meeting Point: At the intersection of Georgetown Road and Tighe Street

**380 STOCKTON HERITAGE WALK****WAITLISTED****Course Leader: Julie Keating****Date: Aug 23****Time: 10:00am – 11:30am**

In 1797, Lt John Shortland came north from the Sydney penal colony to search for convicts, who had commandeered a government vessel. One of his landing places was the Stockton peninsula. He was the first recorded European to land in the area and Stockton is regarded as the oldest suburb in Newcastle. Stockton developed as an industrial area: salt works were established in 1838 and were then followed by a plant making sulphuric acid, a textile factory, a tin smelting business and coal mining commenced in 1886.

Meet at the ferry wharf at 10:00am. At the end of the walk, you are invited to join us for lunch and chat at the General Washington Hotel.

**THURSDAY****400 FULLY UTILISING YOUR MOBILE PHONE OVERSEAS****Course Leader: Peter O'Neill****Date: Oct 19, 26; Nov 2****Time: 9:30am – 11:00am****Venue: U3A Room, 21 Gordon Avenue, Hamilton**

Gain knowledge about your mobile phone, websites and apps that you can use prior and during your overseas trip.

**402 THE FOLKTALES OF SCOTLAND****WAITLISTED****Course Leader: Isabel Hodgins****Date: Aug 3, 10, 17, 24****Time: 10:30am – 12 noon****Venue: Carrington Community Centre, Corner Young and Hargrave Streets, Carrington.**

Rich and diverse, like the Scottish Highlands, lowlands and the islands, the folktales of Scotland reflect both the history and geography, as well as the people, their homes, whether they are castles or farms, and their way of life. Feudal clan battles, noble princes, fierce warriors, beautiful princesses, and of course, monsters, witches and other supernatural beings are backbones of many tales which have been told and retold throughout the ages. We will explore some of the old tales from the Highlands, the Isles and the Lowlands which tell of ancient heroes and warriors and discover where there is a ghost - or three - haunting a castle or a misty loch.

**THURSDAY****403 FOLKTALES AND FAIRY STORIES REVISITED****Course Leader: Isabel Hodgins****Date: Nov 2, 9, 16, 23****Time: 10:30am – 12 noon****Venue: Carrington Community Centre, Corner Young and Hargrave Streets, Carrington.**

Many well-known folktales, such as Little Red Riding Hood, The Three Bears, Snow White and many others, have altered characters, storylines and outcomes throughout the years to accommodate changing social and cultural values. In the course, we will examine some of these tales, the variations, the historical backgrounds and modern interpretations. As well, in fairy and folktales, there are some aspects which are common throughout, including witches, forests, animals, ghosts, the sea and lakes and rivers. We will explore some of these features and how they are portrayed in tales from different countries.

**404 INTERMEDIATE FRENCH READING AND CONVERSATION****CLOSED TO NEW ENROLMENTS****Course Leader: Jack Caldwell****Dates: Jul 27; Aug 3, 10, 17, 24, 31; Sep 7, 14; Oct 19, 26; Nov 2, 9, 16, 23, 30; Dec 7****Time: 9:30am – 11:00am****Venue: 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: Jul 27; Aug 3, 10, 17, 24, 31; Sep 7, 14; Oct 19, 26; Nov 2, 9, 16, 23, 30; Dec 7****Time: 1:30pm – 3:00pm****Venue: : 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.

**406 GREETING CARDS - MAKING AND SHARING****Course Leader: Gloria Jones & Philip Barrington****Dates: Aug 24; Nov 16****Time: 2:00pm – 3:30pm****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 may choose to lead the group in making one card of their choice. All participants will need basic equipment and also to bring some card stock and papers to every session – a list will be distributed in advance. Those who find the venue difficult to access should contact the course clerk.

**See also course 105 for Monday dates.****407 MUSIC APPRECIATION****Course Leader: The Group****Dates: Jul 27; Aug 3, 10, 17, 24, 31; Sep 7, 14; Oct 19, 26; Nov 2, 9, 16, 23, 30; Dec 7****Time: 10:30am - 12:15pm****Venue: Christian Science Sunday School (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 OPERA AS DRAMA****CANCELLED****Course Leader: Michael Ewans****Dates: Jul 27; Aug 3, 10, 17, 24, 31****Time: 1:30pm – 3:30pm****Venue: Christian Science Sunday School (rear of) 23 Gordon Avenue, Hamilton**

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

**THURSDAY****409 WHAT IS MENTAL HEALTH?****Course Leader: Teresa Stone****Dates: Aug 10, 17, 24****Time: 9:30am – 11:am****Venue: U3A Room, 21 Gordon Avenue, Hamilton**

We hear a lot about mental illness but have you ever thought about what it takes to be mentally healthy? Can you be mentally healthy if you are in chronic pain; living with addiction; earning your living as a criminal; or living in an ongoing stressful situation? These interactive sessions will allow you to challenge your views on mental health and introduce you to new concepts from speakers with long experience working in mental health and criminology. Session 1: What is mental health? Session 2: What can I do to stay mentally healthy? Session 3: What is psychopathy?

**410 APPLYING PHILOSOPHY****Course Leader: The Group****Dates: Jul 27; Aug 10, 24; Sep 7; Oct 19; Nov 2, 16, 30****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. No prior knowledge of philosophy will be assumed, as an overview will be presented in the first few weeks and as relevant. Discussion topics will be selected by the group. Preparation by clearly recognising a personal stance and/or researching others' views will make the discussion more meaningful both personally and for the group's exposure to a wide variety of justifiable perspectives. Participants will be able to question their personal stance – which may be confirmed or possibly changed by evidence gained through discussion. In this sense, we will be applying a "love of wisdom", the literal meaning of "philosophy".

**411 COME AND PLAY CANASTA****Course Leader: Mark McConnell****Dates: Jul 27; Aug 3, 10, 17, 24, 31; Sep 7, 14; Oct 19, 26; Nov 2, 9, 16, 23, 30; Dec 7****Time: 1:00pm – 2:30pm****Venue: 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.

**413 JAPANESE LANGUAGE AND CULTURE – BEGINNERS****Course Leader: Jenny King****Dates: Jul 27; Aug 3, 10, 17, 24, 31; Sep 7, 14; Oct 19, 26; Nov 2, 9, 16, 23, 30; Dec 7****Time: 11:30am – 1:00pm****Venue: U3A Room, 21 Gordon Avenue, Hamilton**

This 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.

**471 MISS PORTER'S HOUSE TOUR****Course Leader: Venue Tour Guide****Date: Aug 3****Time: 10:30am - 12 noon****Venue: Porters 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 (cash on the day) for the house tour and a sumptuous morning tea that includes sandwiches, scones, cake and fruit.

**THURSDAY****472 LUNCH ON THE LAKE CRUISE****Course Leader: Venue Tour Guide****Date: Nov 2****Time: 11:30am – 2:00pm****Venue: Nova Cruises**

Be captivated by the beautiful scenery surrounding the foreshore of Lake Macquarie as you meander around the bays extending as far South as the pristine waters of Swansea. Indulge in a freshly prepared BBQ lunch served onboard the vessel consisting of fresh local prawns, scotch fillet minute steak, gourmet beef sausages with a selection of salads to complement. Enjoy a selection of light sweets for dessert with complementary tea & coffee or select from a full range of drinks available from our fully licensed bar. Boarding at Booragul Public Wharf, Behind Awaba House, First St Booragul. Parking is available close by.

To secure your place, please **contact NOVA Cruises directly on 4088 8800 and pay directly**, then complete your NU3A online enrolment. The cost is \$65 per person, concession. The cruise will be opened to the public after 31 July should we not fill all places. Please mention you are a U3A member.

**473 NOTABLE PEOPLE OF CHURCH STREET #WALK 1****Course Leader: Lyndley Havyatt****Date: Sept 7****Time: 10:30am – 12 noon**

Church Street, The Hill is notable 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.

Meet at the corner of Church & Perkins St, The Hill

**474 GROSSMANN HOUSE & BROUGH HOUSE****Course Leader: Venue Tour Guide****Date: Oct 26****Time: 11:00am – 1:30pm****Venue: 71 Church Street, Maitland**

Built in the 1860s, these houses have served many purposes over their 160 years – private home, school accommodation for girls, art gallery and now one a museum and the other an exhibition and function centre. These are National Trust listed buildings and provide you a glimpse of what living in those times was like. Cost including a substantial lunch **\$30 paid on the day** to the venue.

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

**Sleep My Horse** - 5 August 1956 - Join us for this wonderfully autobiographical exhibition as Noel McKenna takes us on a journey that speculates on his life: "this is a contemplation of things that have come about or have not come about or what may come about or what may never come about" – Noel McKenna.

**Operation Art** - Every year schools across New South Wales are invited to participate in Operation Art, an initiative of The Children's Hospital at Westmead in association with the New South Wales Department of Education. The Operation Art program provides a forum for schools and students to demonstrate their visual arts achievements through exhibitions at the Armory Gallery, Sydney Olympic Park and the Art Gallery of New South Wales.

**Touching and Turning**, Cherine Fahd - Burning with the changing realities of the past few years, artist Cherine Fahd explores the nature of touch and intimacy through her participatory performance. "The camera and a picture, whether moving or still, have the potential to generate intimacy and attachment. I am interested in how making images can motivate us to come together during a crisis."

**The Between**, Deidre But-Husaim - In a state of in between is the experience of our recent times. Pre covid, post covid and that place between. In this exhibition Deidre documents life in her home and studio during various stages of lockdown. From her home looking out at the heavy fragranced Angel trumpets in various stages of bloom or looking inwards at images from past travels visiting other artists' studios and remembering brushes for painting, ceramics or calligraphy all standing to attention waiting to be called to duty.

Lunch at the gallery's Seraphine café is an option. If you wish to join us, please contact your Course Clerk prior to the day.

**THURSDAY****476 HUNTER WETLANDS SHORTLAND WALK AND LUNCH****Course Leaders: Bob and Margaret Stewart****Date: Nov 9****Time: 10:30am – 12 noon****Venue: Hunter Wetlands Centre, 1 Wetlands Place, Shortland**

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

**477 HUNTER REGION BOTANIC GARDENS****Course Leader: Venue Tour Guide****Date: Nov 23****Time: 10:30am – 12 noon****Venue: Hunter Region Botanic Gardens, 2100 Pacific Highway Heatherbrae (about 2kms on right after Tomago Road traffic lights)**

Managed and maintained by volunteers, the Hunter Region Botanic Gardens were established in 1986 to grow, study, conserve and promote plants, particularly plants of the Hunter Region. The Gardens display primarily Australian native plants with 38 hectares of themed gardens, wheelchair friendly paths and over 3,000 living specimens. There will be a guided walking tour, with a people mover available if needed.

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

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

**478 BAREFOOT BOWLS #1****Course Leader: The Group****Date: Sep 7****Time: 10:30am – 12 noon****Venue: Carrington Bowling Club, Cowper Street, Carrington**

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

**479 MAITLAND GAOL – 150 YEARS UNDER LOCK AND KEY****Course Leader: Venue Tour Guide****Date: Nov 16****Time: 10:30am – 12 noon****Venue: 6/18 John Street, East Maitland**

Immerse yourself in the history of Maitland Gaol on this 90-minute tour, discovering stories about all sorts of heroes and villains. The expert guides are regularly undertaking and updating research to give you the most informed tour. Delve into all parts of the site and learn of the changes that have occurred in prisoner treatment throughout the Gaol's history. From the English Pentonville Model of the original cell blocks to the modern maximum security 5-Wing and the many ancillary buildings scattered throughout the site.

**This tour will be balloted – you will receive confirmation soon after enrolment if you have been successful in applying for a position and payment requested of \$21, to Newcastle U3A."**

**THURSDAY****480 BROWN STREET THE HILL- History walk #1****Course Leader: Lyndley Havyatt****Date: Sep 14****Time: 10:30am – 12 noon**

This walk visits four historical and significant sites in Brown Street between Church and Tyrrell Streets.

- "Bishopscourt" is a 1929 residence built for the Anglican Bishops and their families, designed by Canadian architect John Horbury-Hunt.
- The Leading Light Tower (Beacon), the one remaining tower of two built in 1865 as navigation aids to shipping after more than 118 ships were lost along the Newcastle coast in the early 1800's, many on the notorious Oyster Bank.
- Reservoir No 1 (known as The Res) was proposed by the NSW Government in 1877 to supply Newcastle's water needs with construction commencing in 1880. The reservoir was opened in 1885, with the first water pumped 31 December that year from the Hunter River at Bolwarra.
- Newcastle East Public School is the oldest continuously running school in Australia, established in 1816 by Henry Wrenford a convict on conditional pardon. The Bicentenary celebration in 2016 was attended by ex-Prime Minister Julia Gillard.

Meet at the Corner Church & Brown Streets. Note that **the walk from Church Street up Brown Street is steep in parts** and may prove difficult for some. Following the walk, you are invited for coffee to the Umbrian Café in Hunter Street, a short walk from Church Street.

**481 BROWN STREET THE HILL History walk #2****Course Leader: Lyndley Havyatt****Date: Oct 19****Time: 10:30am – 12 noon**

See Course 480 for details.

**FRIDAY****501 SCRABBLE****Course Leader: The Group****Dates: Jul 28; Aug 4, 11, 18, 25; Sep 1, 8, 15; Oct 20, 27; Nov 3, 10, 17, 24; Dec 1, 8****Time: 10:30am - 12 noon****Venue: U3A Room, 21 Gordon Avenue, Hamilton**

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

**502 CHESS****Course Leader: The Group****Dates: Jul 28; Aug 4, 11, 18, 25; Sep 1, 8, 15; Oct 20, 27; Nov 3, 10, 17, 24; Dec 1, 8****Time: 1:30pm - 3:00pm****Venue: U3A Room, 21 Gordon Avenue, Hamilton**

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

**503 SINGING GROUP****Course Leader: The Group****Dates: Jul 28; Aug 4, 11, 18, 25; Sep 1, 8, 15; Oct 20, 27; Nov 3, 10, 17, 24; Dec 1, 8****Time: 1:30pm - 3:00pm****Venue: Hamilton Community Hive (formerly Fellowship House), 150 Beaumont Street, Hamilton**

The NU3A Singers are not a choir - just a group of NU3A members who love to sing! They also enjoy a post-session coffee and chat. New members - singers, musicians and accompanists will be made to feel very welcome.

**505 YOGA FOR SENIORS****Course Leader: Lindy Young****Dates: Jul 28; Aug 4, 11, 18, 25; Sep 1, 8, 15; Oct 20, 27; Nov 3, 10, 17, 24; Dec 1, 8****Time: 8:45am – 9:45am****Venue: Merewether Uniting Church Hall, 178 Glebe Road, Merewether**

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

**CLOSED TO NEW ENROLMENTS**



<b>FRIDAY</b>
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**507 CIRCLE DANCE****Course Leader: Annie Rooke-Frizell****Dates: Aug 4; Sep 1; Nov 3; Dec 1****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.

**571 MEN'S BREAKFAST – AUGUST****Course Leader: Roland Bannister****Date: Aug 25****Time: 8:30am - 10:00am****Venue: Cowper Street Diner, Carrington Bowling Club, Cowper St, Carrington**

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

**NOTE: Please provide at least one full day's notice of inability to attend so that caterer can be informed.****572 MEN'S BREAKFAST – OCTOBER****Course Leader: Roland Bannister****Date: Oct 20****Time: 8:30am - 10:00am****Venue: Cowper Street Diner, Carrington Bowling Club, Cowper St, Carrington**

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

**NOTE: Please provide at least one full day's notice of inability to attend so that caterer can be informed.****573 MEN'S BREAKFAST – NOVEMBER****Course Leader: Roland Bannister****Date: Nov 17****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.****574 WOMEN'S BREAKFAST – SEPTEMBER****Course Leader: The Group****Date: Sep 1****Time: 8:30am - 10:00am****Venue: Cowper Street Diner, Carrington Bowling Club, Cowper St, Carrington**

This is an informal morning where women can come together, enjoy a leisurely breakfast (your expense) in the company of other women and talk about anything and everything in a safe and supportive atmosphere.

**NOTE: Please provide at least one full day's notice of inability to attend so that caterer can be informed.****575 WOMEN'S BREAKFAST – NOVEMBER****Course Leader: The Group****Date: Nov 24****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.**

**FRIDAY****578 NOTABLE PEOPLE OF CHURCH STREET- WALK #2****Course Leader: Lyndley Havyatt****Dates: Oct 27****Time: 10: 30am – 12 noon**

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

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

Meet at the corner of Church Street and Perkins Street, The Hill.

**579 ORICA KOORAGANG TOUR #1****Course Leader: Venue Tour Guide****Date: Sep 15****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 tour is not recommended for anyone who has mobility issues.**

Shoe sizes will be requested a week before the tour.

**580 ORICA KOORAGANG TOUR #2****Presenter: Venue Tour Guide****Date: Dec 8****Time: 10:00am – 12:30pm****Venue: Orica, 15 Greenleaf Road, Kooragang**

See Course 579 for details.

**581 BHP MUSTER POINT, MEMORIAL SCULPTURE & DELPRAT COTTAGE****Course Leader: Venue Tour Guide****Date: Nov 3****Time: 10:00am – 12 noon****Venue: Selwyn Street, Mayfield**

The Muster Point is a 70-tonne steel sculpture incorporating bronze cast figures, objects, & components from the Steelworks and 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 & women and their families who gave a lifetime of service to this industry and created a special bond of mateship. This house-sized industrial artwork was designed and constructed by Newcastle sculptor Julie Squires & BHP steelworkers and opened 2 weeks before the plant's closure in 1999.

The Steelworkers Memorial Sculpture located nearby was designed and constructed by artist/blacksmith Will Maguire and commemorates the lives lost in 84 years of operation, dedicated on the 100-year anniversary of the plant's opening in 2015. 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 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.

Meet at the carpark in Selwyn Street, Mayfield (details will be provided), then with NIHA guides walk to the Memorial and Muster Point, returning to the carpark and driving a short distance to Delprat Cottage. Following an introduction on the man and the house, you will be free to explore the many rooms, each filled with historic exhibits, photos, videos, and lots of information. NIHA members will be on-hand to answer your questions.

At the end of our session, you are invited to stay on for a BYO picnic lunch and chat with our hosts on the expansive and welcoming covered veranda, and to enjoy the ambience of this grand old house. We thank NIHA for this special and generous offer.

Tea and coffee will be provided. The Cottage is wheelchair accessible.

Directions will be supplied separately.

## FRIDAY

### **582 BAREFOOT BOWLING #2**

**Course Leader: The Group**

**Date: Dec 1**

**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. 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 welcomed to join fellow-bowlers for a club lunch and a drink.

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

**WAITLISTED**

**Course Leader: Venue Tour Guide**

**Date: Aug 18**

**Time: 10:30am – 12 noon**

**Venue: PWCS Curlew Street, Kooragang**

Travel to Kooragang Island where a PWCS vehicle and guide will explain in detail how PWCS manages billions of tons 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 while on the tour (some in office). If running late contact the Site Tour Co-ordinator on 4907 2345 and every endeavour will be made to accommodate your later arrival. Map and directions will be supplied.

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

**WAITLISTED**

**Course Leader: Venue Tour Guide**

**Date: Aug 18**

**Time: 1:00pm – 2:30pm**

**Venue: PWCS Curlew Street, Kooragang**

See Course 583 for details.

### **585 PORT WARATAH COAL SERVICES EXCURSION #3**

**WAITLISTED**

**Course Leader: Venue Tour Guide**

**Date: Nov 10**

**Time: 10:30am – 12 noon**

**Venue: PWCS Curlew Street, Kooragang**

See Course 583 for details.

### **586 PORT WARATAH COAL SERVICES EXCURSION #4**

**WAITLISTED**

**Course Leader: Venue Tour Guide**

**Date: Nov 10**

**Time: 1:00pm – 2:30pm**

**Venue: PWCS Curlew Street, Kooragang**

See Course 583 for details.

**FRIDAY****588 LAKE MACQUARIE ART GALLERY AND SCULPTURE PARK****Course Leader: Venue Tour Guide****Date: Aug 18****Time: 10:30am – 12 noon****Venue: Lake Macquarie Art Gallery 1A First Street Booragul**

**Maritkit Santiago - We Eat This Bread.** The title of the exhibition, *We Eat This Bread*, takes its name from the well-known Eucharistic Prayer which occurs at the heart of every mass: when we eat this bread and drink this cup, we proclaim your death, O Lord, until you come again. Within this exhibition Santiago presents a series of works that showcase the Last Supper extending the story to consider the rituals, traditions and structures that shape their cultural and social identity.

Through painting, portraiture and installation, Santiago embraces and layers imagery from the cannon of Western art history with rich cultural symbolism that calls upon Philippine heritage, Catholicism, folklore, myth, and personal memories.

**Yapang Emerging Art Prize.** The second iteration of the biennial national acquisitive Yapang Emerging Art Prize at the Museum of Art and Culture, Yapang.

This prize has been developed to celebrate, promote and support emerging First Nations artists from across the country.

Also available for viewing is the Sculpture Park in the surrounding gardens, comprising 16 permanent sculptures by local and national artists is available.

Lunch at the gallery's Three Bears café is an option. If you wish to join us, please contact your Course Clerk prior to the day.

**589 MAITLAND REGIONAL ART GALLERY – # 1****Course: Venue Tour Guide****Date: Sep 8****Time: 10:30am – 12 noon****Venue: Maitland Regional Art Gallery 230 High Street Maitland**

**Crownland** - Humour and discomfort are not unusual companions. These disarming bedfellows create a healthy tension that ignites our senses, raises our antenna and messes with our expectations. This exhibition embraces this space of unease, bringing together artists as friends, curators and collaborators. In 2023, we invite you to Maitland to pat the royal dingo, look closely at the ugly and in a spirit of hope move towards each other with big hearted kindness. Artists – Karla Dickens, Vincent Namatjira, Ben and Andrew Quilty, Megan Cope & Jake Chapman.

**Collecting in Colour: Stories of fashion and art** - What happens when two collections meet for a chat? An explosion of colour, threads of stories revealed, and connections stitched together. A collaboration between Maitland Regional Art Gallery and the Australian Museum of Clothing and Textiles where art meets design and colour connects.

**Suspended Moment, The Katthy Cavaliere Fellowship** - Suspended Moment brings together current and past work by the three recipients of The Katthy Cavaliere Fellowship alongside formative work by Katthy Cavaliere loaned from her estate. This exhibition, curated by Daniel Mudie Cunningham will comprise work by Giselle Stanborough, Frances Barrett and Sally Rees, the three recipients of this prestigious fellowship.

Lunch at the gallery's Seraphine café is an option. If you wish to join us, please contact your Course Clerk prior to the day.

### FRIDAY COFFEE MORNINGS

For new, current and potential members (or simply the curious) to chat, socialise and get to know others. If you have a friend interested in learning more about U3A they are more than welcome to come along.

Time is 10.30am. **Please let Elizabeth know** if you plan to join the group for coffee on **0451272729**.

We don't need to book a table for coffee at the Yacht Club. The Club has a new cafe , providing a variety of small cakes including gluten free options.

July 28	Newcastle Cruising Yacht Club, 95 Hannell Street, Wickham
August 25	NCYC Wickham
September 29	NCYC Wickham
October 27	NCYC Wickham
November 24	NCYC Wickham
December 22	NCYC Wickham

### LUNCH OF THE MONTH

Meet up with other NU3A members for a pleasant lunch at Carrington Bowling Club – the **second Friday of each month** (including the breaks). To attend **you must message Maree on 0431 730 066 by the Tuesday before** so the bistro can cater and remember to **leave your name** with the message.

### 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: 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 through U3A
2. Subscribe and pay directly through the theatre (phone the Box Office 4952 4958 Mondays to Fridays or email newrep@bigpond.net.au). If you do not follow this step, you will not have a ticket! Make sure you specify that you are part of the Newcastle U3A group and would like to attend the first Sunday matinee of each show.
3. Put the performance dates in your diary.
4. If you can't make a particular matinee, contact the theatre to change to an alternative performance.
5. Be aware that many of the group meet up in the lobby prior to the start of the show for a chat.

Plays in the 2023 subscription season include:

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 very 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 - 4952 4958

www.newcastletheatrecompany.com.au // email: newrep@bigpond.net.au

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

**TERMS 3 AND 4, 2023– ‘THE FAQs’****Do I need to re-enrol in a continuing course I attended in Term 2?**

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

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

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

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

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

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

Absolutely not. There is always a big demand for language courses and if you do this, it will mean that other members will probably miss out on the vital first few weeks of their courses. There is a part of the course description that will help guide your choice, and some tutors ask to speak with prospective participants before accepting them. Contact our Admin volunteers by email to [newcastleu3a.au@gmail.com](mailto:newcastleu3a.au@gmail.com) or phone 0479 193 182 to arrange this if needed. Alternatively, contact Admin to find out which course is right for you.

**Why are some courses repeated?**

Some courses are always popular and oversubscribed. Where possible, second sessions or courses have been scheduled.

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

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

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

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

**Can I just phone to enrol?**

No, that is too big a responsibility for the volunteer staff who will already be working hard processing enrolments and answering enquiries. Use the correct forms (preferably online) and fill out all the details on those forms. If using a paper form, don't forget to include your name. If you would like help with the online forms, you can call 0479 193 182 and a volunteer will assist you.

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

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

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

You will receive an email (or letter, if you have not registered an email address) telling you which courses you have been accepted into and which courses you have been wait-listed for. Just because the course is listed on that letter does not mean you have a place! You need to read your letter carefully and if the words “**wait list**” appear under the course number, that means you are wait-listed. If you do not receive your notification a few days before the course starts, call the Admin phone 047 139 182 or email [nu3aenrolments@gmail.com](mailto:nu3aenrolments@gmail.com) as a matter of priority.

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

**Never!** You must always make an application through the Enrolments Officer and have received an affirmative answer before attending.

**Will I be notified if there is a change in the program?**

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

- By a general email to all members or notices in NU3A newsletters.
- Where it is a course you are enrolled in, you will receive notification by email or phone.

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

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

If it is a one session course, please contact the Course Clerk (phone number on your enrolment confirmation) and let them know you are withdrawing your application. Do this in a timely manner and it will free up a vacancy for another

**TERMS 3 AND 4, 2023 – ‘THE FAQs’ continued**

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 unless the Course Leader gives specific consent to do so. 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 any issues. Course Clerks have signed a strict privacy and confidentiality agreement and will always “blind copy” members into group emails. **They will never distribute personal information** – so please do not ask them for another member’s contact details.

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

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

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

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

Information is provided in good faith; every reasonable effort is made to ensure that it is accurate and up to date. It is provided "as is" without express or implied warranty. Any person relying on any of the information or participating in any U3A activity does so at their own risk. In no event shall NU3A be liable for any damage arising, directly or indirectly including damages or losses or injuries arising from inaccuracies, omissions or errors. Enrolment is ONLY available to current financial members of Newcastle U3A.

Opinions expressed here or in NU3A activities are not necessarily those of NU3A or its officers. NU3A accepts no responsibility for statements or opinions expressed. NU3A offers courses that provide general information for its members. NU3A does not warrant that such information is true and correct or that tutors or presenters are accredited or certified to offer such information.

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

NU3A reserves the right to alter, amend or delete any program, fee, course, admission requirement, mode of delivery or other arrangement without prior notice.

Third party information is provided as a service to our members and should not be taken as implying any link between U3A and those organisations or individuals. NU3A values your privacy and follows current Australian best practice guidelines and the spirit and intent of the Privacy Act to ensure your privacy is protected.

Some courses may utilise a public wireless network ('Wi-Fi'), which is not as secure as most private ISP. People accessing online services from their personal computers should ensure that they have up-to-date virus protection installed. No responsibility will be taken by NU3A for any virus or malware inadvertently downloaded. Participants in computer courses or other courses accessing the internet should also warrant that they will only access the areas included in the lesson.

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

# NEWCASTLE U3A TERMS 3 & 4 2022 CALENDAR



July 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						

August 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			

September 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	25
25	26	27	28	29	30	

October 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					

November 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			

December 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

Members' picnic: 20 July

Term Dates: Term 3: 24 July – 15 September / GM: 28 September / Term 4: 16 October – 8 December



**NEWCASTLE U3A Inc.**  
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**IT IS HIGHLY RECOMMENDED THAT YOU KEEP A COPY OF YOUR ENROLMENTS**

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