



**Saturday 18 October: Member special offer
'Some Enchanted Evening' at Glen Street Theatre
SOLD OUT!**

***This proved a popular event and although extra tickets were purchased
they have all been allocated***

Course News/Information

Expressions of Interest - Nordic Walking

Calling for expressions of interest in a proposed **Nordic Walking** course to be held at North Curl Curl Community Centre next semester on a Thursday morning for four weeks, which would enable you to become competent.

Nordic Walking has many health benefits by improving posture, mobility, stability and strength through full body engagement and can aid recovery after surgery and stroke recovery and benefit sufferers of arthritis and Parkinson's. It uses 90% of our muscles while, at the same time, reducing joint strain. It also provides opportunities for social interaction and is considered to be a safe activity for seniors. At the end of the course, there could be opportunities to organise group walks.

To express your interest and for further information please contact Debbie Czarn on peekingkat@gmail.com

Expressions of Interest - Bridge Lessons at Newport Community Centre

If you would like to learn Bridge in 2026, please contact Terry Herfort terry@herfort.com.au. Terry is interested in teaching a class at the north end of the peninsula, maximum 8-12 people. At this stage the day and time has not been determined.

A new Bridge Course is about to start (page 44 of the printed course book)

Don't forget

.... the new course '**Bridge Improver Lessons**' that Terry Herfort will be teaching at the North Curl Curl Community Centre, commencing **Monday 13 October from 1.00pm to 4.00pm and running every Monday for six weeks.**

These are lessons for players who would like to add on to the Beginners course that Terry conducted in July and for other Bridge players who would like to improve or update their Bridge knowledge.

Check out the full details and book [**via our website, SUMMIT**](#)

Leader: Leigh Hudson leighandrighard@gmail.com

Issues for Discussion (page 44 of the printed course book)

We are a small group that meets every fortnight on Tuesday from 2.00pm to 4.00pm to discuss the news of the world, both local and international topics. All are welcome to contribute their thoughts and insights on a variety of issues in a friendly environment. We welcome all new members and opinions.

Our next meeting will be on 14 October at North Curl Curl Community Centre.

[Full details via SUMMIT](#)

Enquiries to: Carmen Exner carmen.exner@gmail.com

Community Safety consultation

The Northern Beaches Council's current Community Safety Plan (2021-2026) is coming to an end in mid-2026. A new plan is being developed to support everyone who lives, works and visits the Northern Beaches to feel safe. Two online surveys are now open:

- ◇ Community Safety Survey - similar to the one used in 2019, to track changes over time.
- ◇ Safety Mapping Survey - where people can identify specific locations or situations that impact their sense of safety.

Have your say on the Community Safety Plan by selecting the online survey using [**this link**](#).

Comments close on Sunday 26 October.

October presentations

North Curl Curl Community Centre

Thursdays at North Curl Curl - Every Thursday 10.00-12.00pm (Pages 42/43)

All welcome, no need to book

- 2 Oct** **Soundtrack: Let's put on a show** with Tom Sweeney
Past President of the Willoughby Theatre Company for 12 years and actor for many decades, and still performing, Tom will present a 'behind the scenes' of how musicals get organised.
- 9 Oct** **Pioneering aviation in the Pacific** with Andrew Drysdale
Traces Pacific Island aviation history from Kingsford Smith's 1928 historic landing in Suva through the pioneering era. Qantas' sometimes troubled involvement and how Fiji Airways became a profitable, award winning, international airline in the aftermath of the coups.
- 16 Oct** **A romp through the theatre (4 of 5 sessions, third Thursday of each month)** with Diana Pheils
This series of talks feature landmark plays of the 1970s with a look at playwrights like Peter Shaffer, Tom Stoppard and Alan Ayckbourn.
- 23 Oct and 30 Oct** **The Big History (2 sessions)** with Peter Nixon
The concise history of humanity, from the Big Bang to the Modern World.

Movie Series: Presenter's Pick - Alternate Tuesdays 1.00-4.00pm (Page 42)

All welcome, no need to book

- 7 Oct** **The final episode of Charles Dickens' Oliver Twist and Jane Austen's Mansfield Park**
21 Oct **'Rebecca' by Daphne du Maurier - a 1940's classic**

Curly Questions in Science - Alternate Tuesdays 10.00-12.00pm (Page 44)

All welcome, no need to book

- 14 Oct** **Who invented what, when?** with Ian Thompson
We investigate the history and science behind some everyday objects of contemporary life, items that we take for granted and commonplace in our daily lives.
- 28 Oct** **A brief look at the life of Bill Gates** with Peter Nixon
A teenage programmer, Harvard drop-out and founder of Microsoft - and that is just the beginning.

Newport Community Centre

Topics of interest - First Wednesday every month 1.30-3.30pm (Page 41)

All welcome, no need to book

- 1 Oct** **No presentation this month due to school holidays**

Lionel Watts Community Centre, Frenchs Forest

Fridays in the Forest - Last Friday every month 10.00-12.00pm (Page 38)

All welcome, no need to book

- 31 Oct** **'A Pub with no Beer' PLUS 'Of Men and Mice'** with Diana Noyce
Two talks today, both super interesting.
'A Pub with no Beer', expect a surprise! and
'Of Men & Mice', a truly uplifting and inspirational story.

Have you mislaid something?

An item was left behind at the 'bar' in the hall at North Curl Curl Community Centre recently. It was reported to Council on 10 July asking that they contact all the hirers of the hall to find its owner but - so far - no success. It's a black SAMSUNG tablet, measurements 26cm x 16cm. The battery is flat - it can't be started without recharging first.

Please contact Runa at runasm@ihug.com.au if you think this might be yours.

Social News / Out and About

What's been happening?

'A Celtic Celebration' - Celtic Connections Concert 27 August

Last month's **Celtic Connections concert** held at Narrabeen Baptist Church was a great success.

The group of eight musicians, led by Graham Spindler, played plenty of old favourites as well as new material they have been working on this year, including an original composition by fiddle player, Peter Purches. As usual with Celtic Connections concerts, the enthusiastic audience was encouraged to join in and they did, with some robust singing.

Some comments received afterwards were: 'loved the show', 'wonderful concert', 'the choice of music hit the spot', 'amazed at the variety of songs', 'so enjoyable', 'totally uplifting', 'a much needed celebration in these troubled times'.



Thank you to Michael Feder for sharing these images.

Spring Festival and High Tea - 23 September

It was pleasing to see so many members at North Curl Curl Community Centre to share the delicious high tea. The musicians added to the afternoon's enjoyment and we send a big thank you to Graham Spindler, Peter Purches and Rob Williams for entertaining us. Thanks must also be extended to Kerrie Sanders for organising the event and to the volunteers who helped set up and put away.

Some members 'frocked up' and prizes were given to two ladies wearing very elegant and colourful outfits (sorry, the photographer missed the photo opportunity!).



Current President Lynda Cronshaw (left) and previous President Kerrie Sanders

....More photos on page 4

Social News / Out and About What's been happening?

Spring Festival and High Tea - 23 September ... cont'd to include a photo of each table



This image kindly shared by Bala Dattani

Are you looking for something to do over the long weekend?

The Northern Beaches Art Society 79th Annual Awards Art Exhibition is just around the corner!

June Rodden and some of her Art Class members will be exhibiting and would love to see you, particularly on Opening Night, Friday 3 October from 6.00pm to 8.00pm, for the Awards Presentation and to share in the celebrations!

The exhibition is on from Thursday 2nd to Tuesday 7th October, from 9.00am-5.00pm each day, at The Tramshed Hall, 1395a Pittwater Road, Narrabeen. Entry is free and all art works will be for sale.

Further details can be found on the NB Art Society website by selecting [this link](#).



Friendly Reminders!

Please

- ◇ Contact our Welfare Officer, Gaye Pringle, either by email to gayepringle@gmail.com or by phone on 0407 248 331 if you become aware of a member who is sick or in hospital.
- ◇ If you have aches and pains, a runny nose, sneezes or gastro - or any similar bugs - please stay home so that you don't risk passing it to other members.
- ◇ Please advise your course leader or booking secretary if you decide to opt out or are unable to attend at any time.
- ◇ Remember to take your membership card to your course and ensure you book in.
- ◇ Take your own cup or mug to all your sessions and, if requested, assist with setting up and stacking chairs.

Finally!

Links to our website, SUMMIT:

Sydney u3a home page: www.sydneyu3a.org

Sydney u3a, Northern Beaches region: www.sydneyu3a.org/regions/northern-beaches

NB u3a Facebook group: <https://www.facebook.com/groups/u3anorthernbeaches>

The deadline for contributions to the November newsletter is Friday 24 October

Please be sure to get your contributions in on time or advise me that you are working on something you'd like included so that space can be allocated.

Sydney u3a is a volunteer based organisation. Members share their knowledge, learn from others, socialise and have a passion for education

Newsletter Editor and Producer : Brenda Fuller - bfuller@iinet.net.au