

**U3A Southern Highlands Inc**  
**Course List for Term 4, 2017**  
**Monday 9 October 2017 to Friday 15 December 2017**

Enrolments close at 9 pm on Wednesday, 20 September 2017.

However, vacancies may exist in some courses after enrolments have been processed.

**ART IN THE AFTERNOON**

We are a group of men and women who enjoy painting and drawing, mostly we work in our lovely modern studio. We visit the ever-changing exhibition at Bowral Art Society in our break. We listen to soft music as we work, and bring and use the medium of our choice. Ideas and encouragement are exchanged. Some have been painting for years, others have only recently begun. Help is available when required.

**A 5 RING CIRCUS**

Bob Lawton was a member of NSW Olympic Council Executive for some 20 years and a former Vice-President. With the memory of Sydney 2000 fading there is talk of another Olympics for Australia with Brisbane/Gold Coast being touted as a possibility. This presentation seeks to put the case for and against another Olympic Games. Issues to be explored include costs, security, the legacy and other benefits for the host. It comes at a time when three cities (Budapest, Hamburg and Boston) have withdrawn from the bid for the Games of 2024 leaving only Paris and Los Angeles and no host for 2028. Why did this come about?

**ALL CREATURES GREAT AND SMALL THE WILDLIFE IN YOUR GARDEN**

Can you tell the difference between a Brushtail and a Ringtail Possum? How long do Magpies live? Everything you wanted/didn't want to know about Bats. What do you do when your cat brings you a 'present'? Should I feed my local birds? Wombats - are they a curse or a community? Sue Henshall joined WIRES in 1989 when a baby Magpie fell out of its nest in her garden. For the next 15 years Sue cared for countless birds, possums and flying foxes plus banding birds prior to their release into the wild. Questions will be welcomed after Sue's talk (with pictures).

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**BOOK CLUB**

Our book club meets on the 4th Wednesday of each month and we will read an eclectic group of books. At present, our method of choosing books involves members submitting their choices to a ballot. We aim to allow as many members as possible to choose a book, as once you have your choice, you are eliminated from the draw. This seems to be working and this way we get to read both new and old books and discuss our thoughts. We have a maximum of 14, and many wish to continue, so we would welcome 2-3 new members.

**BRITAIN SINCE THE CONQUEROR**

We are now into the 17th Century and using as a text "A Monarchy Transformed: Britain 1603-1714" written by Mark Kishlansky. A small charge will be made for those who stay for morning tea after the

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session.

### **BRITISH SPIES IN THE 20TH CENTURY**

An heroic spy to one is another's traitor. From the early days of the Nazi Party there developed opposition. Among them were the "Cambridge Five", a group of upper class students recruited by Sir Anthony Blunt for the NKVD which later became the KGB. He eventually became Keeper of the Queens Pictures. The most successful of the Cambridge Five was Kim Philby who rose to the highest ranks of MI5 while concurrently a Colonel in the KGB. There were others. Who were the spies? What were their motives? What happened to them? In his career as a book publisher Ken had dealings directly and indirectly with people involved in spying including a friendship with the ASIO counter espionage agent, Michael Thwaites, who debriefed the Soviet KGB operative, Petrov following his defection from the Soviet Embassy in Canberra in 1952.

### **CHESS CLUB**

How does Lewis Carroll's 'Through the Looking Glass' relate to chess? It is, in fact, the game which has been played for over 1,500 years, with its origins in India. It is beloved of the world's famous from Canute to Dickens, Shakespeare to HG Wells. Dr Johnson said: "chess is wonderful for concentration but so is the possibility of being hanged the next day" Now it is your chance to revisit and revitalise your game in a relaxed and friendly atmosphere. Beginners are welcome as tutors are willing to assist.

### **CINEMA ON THURSDAY**

If you are ready for a pleasant afternoon at our very own Empire Cinema viewing a movie followed by tea or coffee downstairs at Coffee Culture then this is the course for you. As usual Gerard and Richard will be sorting through their current releases to help us choose an interesting selection for you. Term Cost: \$21.00 (Combined Cinema Tickets and Coffee Afterwards). Money is to be paid at time of enrolment. Members who enrol but who neglect to pay prior to close of enrolments will be excluded prior to processing. If you cannot attend a movie you may deputise another U3A member to attend in your stead BUT money cannot be refunded.

### **CINEMA ON WEDNESDAY**

For notes, please see Cinema on Thursday above this entry - only the leader and dates change! Term Cost: \$21.00 (Combined Cinema Tickets and Coffee Afterwards). Money is to be paid at time of enrolment. Members who enrol but who neglect to pay prior to close of enrolments will be excluded prior to processing. If you cannot attend a movie you may deputise another U3A member to attend in your stead BUT money cannot be refunded.

### **CINEMATHEQUE**

Would you like to see a cult or classical film from the 20th Century? Here is your opportunity. All foreign films are from Europe, Scandinavia, Asia, Russia etc... and have English subtitles. Most of them have been awarded prizes and categorised as "Art Cinema" and some are in black and white. A charge of \$7 for the term is payable at the first session. For more information, please contact Bea 0425 268 120.

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**COMPUTERS COFFEE AND CHAT**

Want to be more productive with your PC or Mac? Worried about computer security and privacy? Like to know more about the latest developments in computer technology? If so, this course will be of interest to you. The course combines lecture style delivery of tips, explanations, news and suggestions with informal group discussion in a non-threatening environment. Comprehensive notes are provided for each session. The course is not suitable for total beginners wanting to learn how to use a computer for the first time nor is it intended for technical types who want to learn programming or delve into bits and bytes and other technical issues. Rather this course is aimed at existing PC and Mac users who simply want to be more productive on their computer and would also like to stay abreast of the fast developing world of computer technology. If that's you, then you will find much here that is interesting and rewarding. There is a charge of \$5 per term to cover afternoon teas/coffee and other incidentals

**CRIBBAGE CLUB**

Enjoy a game of Cribbage and a cup of coffee at the Bowral Bowling Club. We play weekly but members are welcome to join us when they can. There is no cost for the venue but cribbage players are expected to join the Bowling Club as social members @ \$15pa.

**DECOUPAGE AND CRAFT**

Enjoy a morning working on your favourite craft with a group of people who have wide experience with a number of craft activities. There is no tutor and you will need to supply all your own materials, however there will be plenty of encouragement and ideas to help you. Term 4 may be an ideal time to work on Christmas items.

**DRAMA FOR U3A THESPIANS**

This course offers you the opportunity to take part in short one act plays with script-in-hand style of presentations. The scripts have been written specifically for our group so that everyone can be involved. You will have some basic voice techniques explained to you that will help you enhance your expression and you will be able to take part in a variety of scenarios. If you've always had an interest in reading plays and being part of a drama group, then these sessions are for you. Come along and enjoy an afternoon of acting and be part of an enthusiastic and fun group. Hope to see you there!

**EMBROIDERY PLUS**

A friendly group of people who meet each Monday morning to work on a project of their choice whilst enjoying one another's company. As a group, we have many sewing skills and are available to help with several different styles of embroidery. Beginners are very welcome as regular members of the group are willing to share their skills. Please bring your own scissors, needles, pins, tape measure and any appropriate sewing items. Small cost for tea/coffee each term payable at the first session.

**ENGLISH LANGUAGE: HISTORY AND HIGHLIGHTS**

In this course we are exploring the major developments in the English language from the earliest times to the present day, illustrating each stage with examples drawn from literature in English. This course is substantially the same as the one presented several years ago, though with some minor differences. This will be the final term of a four-term course

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**THE EUTHANASIA DEBATE**

Brian Martin is an honorary professorial fellow at the University of Wollongong. He is the author of 17 books and hundreds of articles on scientific controversies, dissent, nonviolence and other topics. This course has been successfully presented at U3A Wollongong. In this session, Brian will outline key positions in the Australian euthanasia debate along with arguments presented by the proponents of those positions. Some of the methods used to censor information about euthanasia will be described.

**FAMILY HISTORY**

An interesting group for those undertaking family history research. This is now an advanced group and this term we can only welcome experienced searchers. There will be occasional guest speakers & excursions. This course meets on the second Thursday of the Month and continues through the school holidays but does not meet in January.

**FUN WITH WATERCOLOUR**

Open to all with a wish to expand their talents in this wonderfully challenging medium. Some experience preferred as THIS IS AN UNTUTORED COURSE. Enjoy meeting enthusiastic and helpful watercolour art members and pass on and learn new techniques. A payment of \$4 will be collected for morning tea for the Term.

**GENTLE YOGA FOR BODY AND SOUL**

These fun explorations offer gentle and mindful movements for men and women. Classes facilitate healthy muscle tone, overall flexibility, increased concentration and a calm alert mind. Relaxation techniques such as meditation and breathing practices, are also introduced. Please note the change to a Moss Vale venue. \$12 per class payable at venue.

**GERMAN (ADVANCED BEGINNERS TO INTERMEDIATE)**

This class is intended for those who may have studied or learned German at some stage in the past. It is considered an extension of "German for Beginners", which has been running for the past two years, and intends to extend the gentle progress made by students who have attended that course. As a rough guide to the standard required, class members should be able to formulate and answer simple questions in German. Grammatical mistakes are not important, but a willingness to try is important. The basic intent is to encourage conversation in German. During the course, we will touch on German culture, geography, history, current affairs, and colloquial language, with a bit of grammar thrown in when necessary. Access to a computer connected to the internet and an email address is necessary for dissemination of information associated with the course. There is also a great deal of information available online which can enhance the learning experience, and class members will be encouraged to explore those resources.

**GIVE GOLF A GO**

We are pleased to welcome you back after the winter break to join this group of happy golfers who are either beginners or coming back to renew their love affair with the great game of golf. Cost \$6 per session to cover Green fees and balls.

### **GLOBAL REFUGEES: A STUDY OF SOURCE COUNTRIES**

A continuation of the study of major countries from which displaced persons flee, commenced in Term 3. Countries to be covered include Rwanda, Nigeria, Yemen, Colombia, Ukraine, Pakistan, Myanmar, Afghanistan, Iraq and Syria. In addition to a focus upon the actual displacement of peoples and what provoked that movement, individual country studies will include their geography, economy, demography, political systems, government and current issues. Enrolment in this course is also open to those who did not participate in Term 3.

### **GROWING AUSTRALIAN WILDFLOWERS**

Jenny Simons and Jane Pye both love Australian native wildflowers and grow them in their gardens. (They grow exotic plants as well.) In this session Jenny and Jane will share with you why they grow them, how they grow them and what they choose to plant. This will be a hands-on course, literally, as sprays of flowers will be passed around as they are talked about. There will be tips on soil, suitability of plant groups and where to find good plants.

### **THE HIGHLAND BUSKERS**

The Buskers a group of enthusiastic but amateur instrumentalists who welcome any like-minded and equally (un) talented musicians who desire to regain the instrumental skills of their younger years and enjoy making music in a most distinctive way with a charming, good-looking group playing every conceivable style of music. Prospective new members should contact the course leader to let her know their instrument of choice, as parts are composed specifically for each player.

### **A HISTORY OF CHRISTIANITY**

This term we will discuss the new theological and philosophical developments that were part of the broader religious renewal in 12th-century France, which began in cathedral, monastic and independent schools and resulted in the foundation of the first European universities. We will consider the schools of Laon, Paris, and Chartres, figures such as Anselm of Canterbury, Peter Abelard, John of Salisbury, and Peter Lombard; debates around the nature of God, the human condition and the role of Christ, the sacraments, 'universals', and the systematisation of Christian doctrine; and the reception of Greek and Arabic knowledge. Hand-outs can be sent by e-mail, or printed copies purchased at cost. There will be a small charge for tea & coffee.

### **INTRODUCTION TO DIGITAL PHOTOGRAPHY**

This course will encourage members to explore the possibilities that their cameras (including phone cameras) offer rather than simply using the 'auto' setting. It will cover – Knowing your camera, How to shoot a better photo and What to do with a photo after it is has been taken. Margaret's interest in photography is quite wide and she especially likes travel photography and natural light and setting portraits. Please note change of day to a Thursday for this course.

### **INVESTMENT, ARE WE ON THE RIGHT TRACK?**

While for the most part we invest our retirement money for the medium-long term, there are challenges ahead. We need to find a path that gives us peace of mind. Whether it is changes brought about because of new legislation or due to new marketing concepts (such as Amazon) we need give our investments direction. We will look at some of the threats and opportunities in our market today and will also look at the potential disruption that may be caused if the rules around Family Trusts are

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changed. Why do we use these Trusts? Is it really for better taxation outcomes or is it to protect our assets for our family members.

#### **IK SPREEK NEDERLANDS**

This course is mainly for members who have some knowledge of the Dutch language, but, if a person who does not have that, he / she is still welcome to apply. We will concentrate on spoken Dutch with much emphasis being given to conversation. We will also look at grammar and reading in Dutch. Members will be encouraged to do some work between classes.

#### **INTERNATIONAL TERRORISM**

Terrorism, its nature, causes and consequences, is little understood and the topic is highly controversial. Gaining an understanding of what is happening world-wide is, therefore, of great importance to all of us. This course will provide an in-depth examination of the phenomenon of terrorism, exploring, among other things, the CE terror regimes of the 20th century (including totalitarianism and Middle East dictatorships) and the different forms of terrorism in terms of their geopolitical arenas and their ideological/religious motivations. The course will also address the options facing us in combatting terrorism.

#### **JAPANESE: SPOKEN AND WRITTEN**

This course offers an integrated and fun approach to learning Japanese language, script and culture and is for people who either commenced their study in 2016 or have an elementary knowledge of Japanese including a firm command of Hiragana, the basic script. Romanised Japanese (i.e. writing the language using the English alphabet) will not be used. In 2017 learners will extend their command of both the spoken language and script and will become familiar with Katakana and some basic Kanji (Chinese characters). No text book is required but \$20 will be collected on the first day to cover course material for the full term.

#### **LATIN (LEVEL 3)**

We shall use Oxford Latin Course Book 3 and photocopied texts from various authors. A basic knowledge of Latin grammar and vocabulary is needed for successful participation.

#### **LATIN (LEVEL 4)**

We shall use the Oxford Course Reader, an excellent collection of prose and poetry.

#### **LEARN THE ART OF LAWN BOWLS**

Learn the art of lawn bowls at Bowral Bowling Club. Our Club is situated in a beautiful setting below Mount Gibraltar. We have both men and ladies coaches eager to instruct you in the art of lawn bowls. Lawn bowls provides excellent exercise for all age groups without heavy demands on the body. Come and learn how to deliver the bowl and understand how the game is played. Just bring yourself and make sure the soles of your shoes are nice and flat. Bowls are supplied. Cost is \$5.00 per session to assist with green maintenance.

#### **LAWN BOWLS: TAKING THE NEXT STEP**

A bowls course for bowlers who have played before or attended the "learn the art of lawn bowls course". A quick refresher on the basics and then on to learn the finer points of the game of lawn

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bowls. We have both men and ladies coaches ready to instruct. Just bring yourself in flat soled shoes to our beautiful greens situated below Mount Gibraltar. We can supply bowls. Cost is \$5 per session to assist with green maintenance.

### **LUNCH OUT TOGETHER**

U3A is programming one lunch even per term. This is an opportunity to meet socially and enjoy good company and food with other U3A members. Term 4 will be held at ONESTA CUCINA, Boolwey Street Bowral. 4 ALTERNATE DROP DISHES FOR MAIN, VEGETABLE SIDES AND DESSERT Coffee or tea included. BYO IS NOT PERMITTED. Cost \$45P/P. As usual please PAY on APPLICATION and please note that the payment of \$45 is non refundable. If unable to attend, members are permitted to get another current sohiU3A member to go in their place and advise Sandra Boland of change.

### **MAPMAKING IN THE LAST THREE CENTURIES**

We start with a description of the first properly informative mapping of Scotland in 1750 and the formation of the Ordnance Survey of Great Britain. We then follow David's time in the Survey Service of the Royal Engineers with map drawing and printing in Cyprus in the 1950s, then to field survey in Iraq and Oman, and finally to mapping techniques applied to major projects in Australia. Along the way the basic principles of mapping survey and map production will be explained. And there will be stories of these out-of-the-way places, such as a bushfire in Northern Iraq and arrival at a Dubai that consisted of only a superb age-old fort.

### **MINDFULNESS MEDITATION: PRACTICAL AND EVIDENCE BASED SKILLS**

Mindfulness and Meditation skills help us to develop resilience and flexibility for everyday life in our responses to life's tribulations. Research indicates that through the practice of Mindfulness we can bring balance and compassion to our experiences of pain, stress and anxiety as well as a greater capacity for enjoyment of life in the present moment. Charlotte is a Therapist and Counsellor. She also holds an advanced certificate for the psychotherapeutic model of ACT Mindfully and is a practitioner of Mindfulness Based Stress Reduction. All are welcome to this class in Mindfulness Meditation.

### **MINDFULNESS MEDITATION**

Mindfulness is a deep practice, a way to peace. The more we use it in our daily lives the more we increase our capacity for peace and well-being. This course offers the opportunity to practise practical ways to introduce mindfulness into our daily lives to achieve peace, understanding and compassion for ourselves and others.

### **MIND/BODY CONNECTION**

"The mind has a very powerful effect on our body systems. Positive emotions aid wellbeing. Conversely, stress is a leading cause of illness in our society. Dr Candace Pert, Nobel Laureate, discovered the science behind the Mind/Body Connection. This field of medicine is now well recognised. In this course, Karen (a Naturopath, Medical Intuitive and Registered Nurse) will teach you to identify where in the body you may hold unprocessed emotions - such as grief, frustration, resentment etc. Self help techniques are then utilised to release these at the cellular level, creating better health and a greater sense of peace." There will be a small charge for course notes.

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### **MAYA MYSTERIES**

The Spanish Conquest brought about the demise of the Aztec Empire, however the Maya peoples continued to live in their changing city-states well into Spanish occupation. Undertake an illustrated tour into their country to investigate major sites, as well as, some of the more recent discoveries which are revealing a much more comprehensive overview of their history and cultural development.

### **NEWS IN REVIEW**

For two hours each fortnight we will engage in discussion of a piece drawn from the Opinion and Editorial pages of leading news media in the previous week. Members of the group will be expected, at least once over a year, to select an Op-Ed piece; analyse it and/or the issues raised in it; make a brief presentation on these; prepare questions to focus discussion of the piece; and facilitate an interactive discussion on these. Members of the group will be expected to contribute to discussions in a non-combative manner and it is hoped that members will hone their skills of critical analysis and public presentation in this way.

### **PAINTING WITH OILS**

If you like to paint with oil or acrylic paints, you are welcome to join this friendly group. Members must provide their own materials and decide on their own projects but we share our ideas and experience in a helpful and informal atmosphere. Odourless solvents must be used.

### **PANORAMA OF FRENCH**

This course is based on participants reading and discussing a work of a famous French author. Participants should be able to read easily from the work and take part in simple discussion about it. The course is meant to be enjoyable and a coffee break is rigorously observed. The entire class will be conducted in French. Any new members wishing to enrol should contact the Leader or Co-leader.

### **PETANQUE CLUB 1**

A fun afternoon in the fresh air, where the goal is to toss hollow metal balls underhand to stop as close as possible to a small wooden ball. It's just for fun, social contact and a wee bit of exercise, played on John Blair's backyard boules court. Petanque is the French game of boules, popular throughout the world. There are two fortnightly Petanque clubs on alternate Wednesdays. Please enrol in only one of the two.

### **PETANQUE CLUB 2**

Same as Petanque Club 1 but on the alternate Wednesday. Please enrol in only one of the two fortnightly Petanque Clubs.

### **PHILOSOPHY FOR NON-PHILOSOPHERS**

The city of Athens, fountainhead of so many things that have mattered to Western civilisation and its meaning. Why is it so? This course is an exploration of ancient Greek culture and its subsequent philosophical musings which still have relevance to modern times today. In addition, some effort will be devoted to the highlighting of requirements for the clear thinking needed for constructive philosophical reflection and discourse.

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### **PINOCHLE CLUB**

Enjoy a game of Pinochle and a cup of coffee at the Bowral Bowling Club. Pinochle is a popular American trick-taking card game similar to 500 and bridge. We play weekly but members are welcome to join us when they can. There is no cost for the venue but players are expected to join the Bowling Club as social members @ \$15pa.

### **POETRY LIVE**

This is a course for anybody who would like to be moved to happiness, laughter, love, faith, disappointment, grief – or as Emily Dickinson said; “if I feel physically as if the top of my head were taken off, I know that is poetry.” Each session members are invited to choose two poems on a specific theme. Class members will read the poems of their choice, and share the reasons for that choice. Poems may be from any source, and may include one poem of your own creation. Please bring your own tissues. Note there will be a Room Change to Kazcare 2 on 3 August.

### **POETRY ON TUESDAY**

You are invited to share in the delights of poetry. You do not need to be an expert, just come along and listen to some of the most beautiful expressions of the English language. For each meeting we choose a topic, and members are invited, if they wish, to suggest two poems that they love on that topic. Some of the braver members even bring along their own compositions! Members read their poems, and share their reasons for their choice. Come along, far from the madding crowd, and for two hours be transported to wonderland. As Richard Hastings will be away over the enrolment period, anybody with enquiries should contact the co-leader Jo Young.

### **SAFE DRIVING FOR SENIORS STAYING INDEPENDENT and SAFE.**

The session will be presented by Melanie Lausz, the Wingecarribee Council Road Safety Officer, and includes discussions about safe driving habits, detecting changes in your driving, your health and driving, information on driving tests, driver licence options at 75 and 85 and current road rules including roundabouts. NOTE: The session does not include any form of practical driving.

### **SCOTTISH COUNTRY DANCE FOR SENIORS**

Have you thought of joining the enthusiastic group of dancers who have enjoyed Scottish Country Dancing for over 10 years now? This 'Ballroom Dance of Scotland' provides mental stimulation and gentle exercise with social interaction which 'seniors' are encouraged to do to 'stay active'. It is enjoyed by both men and women. Come and experience the happy social spirit - no special dress is required, just soft soled flat shoes. A small charge will be collected at the beginning of the term for morning tea.

### **SCRABBLE FOR FUN**

There's something for everyone in playing SCRABBLE. If You Like Playing the Game of Scrabble with like-minded people and making new friends with lots of laughs and smiles along the way, then this is for you! Led by George Khamis of the NSW Scrabble Association Committee, this course is run in conjunction with the Mittagong Scrabble Club, (part of the Southern Highlands Scrabble League). Individual help and advice is given by experienced scrabble players to new social players whilst they are playing. There will be a charge of \$2 per session to cover Scrabble resource materials and access to professional boards. Tea/coffee is available for purchase at the RSL cafe.

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**SEW AND YARN IN BUNDANOON**

This is a class where you bring along current or unfinished stitching and enjoy the company of others who have the same interests. The class meets on the 1st and 3rd Friday each month. Perhaps you can share your skills with others. Morning tea, a natter and time to finish your special projects. A small charge will be made for morning tea at the beginning of term.

**SOCRATES' CAFE**

The focus of Socrates Cafe is to provide a venue for U3A members to learn, discuss, reflect and enquire about important life or current/problem issues of a philosophical nature. It is enlightening to get a range of views based on experience, interest or research and your views, experience and opinion will be most welcome. Each session will provide discussion on a topic suggested by members at previous sessions. All members of the group must be prepared to discuss/question and contribute to the selected topics. A variety of facilitation methods will be used to obtain Socratic objectives. Cost of morning tea and biscuits, or plunger coffee/tea, to be determined with payment \$5.00 at first session. As Bruce Cowan will be away in Term 4 until 30 October, please direct any enquiries to the co-leader Anthony Bailey.

**SOUTHERN HIGHLANDS U3A CHOIR**

The harmony choir welcomes people who love to sing and experience the real joy of making music together. Previous choral experience and the ability to read music, although preferable, are not essential. We will be singing a wide variety of music ranging in styles from traditional and folk to music from the shows and some just for fun. A \$10 charge (which covers music) will be collected at the first session.

**SPANISH**

This course is an extension of the Spanish Course that was run in 2016. It is expected that new members of the course will have a fundamental knowledge of Spanish and they will need to purchase the book "Living Spanish – A grammar based course". It is also recommended that a Spanish dictionary be purchased such as "Collins Spanish Dictionary & Grammar". The course will be run on a group tutorial basis led by Margaret Williams.

**TABLE TENNIS ON MONDAY**

Bat and ball-isthenics for fun and fitness, coordination and table tennis skills. Beginners welcome. Gym shoes or similar are required, and loose fitting comfortable clothing. Please bring your own bat; balls are provided. \$3 per term will be charged for a tea break.

**TABLE TENNIS ON THURSDAY**

Bat and ball-isthenics for fun and fitness, coordination and table tennis skills. Beginners welcome. Gym shoes or similar are required, and loose fitting comfortable clothing. Please bring your own bat; balls are provided. \$3 per term will be charged for a tea break.

**TALKING POINTS**

Lively discussions on current affairs. Topics cover issues in the news and matters of the times. No subject is barred and everyone is encouraged to participate. Many in the group continue informal

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discussions afterwards at the Kookabar Café. Co-Leaders are Allan Jones and Peter Collyer.

**TEN REASONS NOT TO BUY A DOG (AND WHAT TO DO IF YOU ABSOLUTELY MUST)**

A dog can be a great comfort and lots of fun; and dog ownership does truly benefit our physical and emotional health. However, it comes with some serious responsibility and a number of down sides. Margaret Gray, a “person trainer” & dog behaviourist, will present two sessions on this topic. These sessions will cover the main considerations of dog ownership- joys and pitfall, advice about how to choose the right dog for your lifestyle and then how to prepare your home & your life for the dog you are about to get. This information is also very relevant for those thinking of buying a dog as a gift for family members, possibly for Christmas.

**TRAVELS IN IRAN**

Iran has fascinated the traveler over many centuries, and this illustrated armchair journey will give us some idea why. We’ll visit the museums and palaces of the capital Tehran; the ancient glories of Persepolis and the tomb of Cyrus the great at Pasargardae; the magnificent medieval cities of Esfahan and Shiraz; the traditional ‘Red Village’ of Abyaneh and the small desert town of Meybod; the Zoroastrian community of Yazd and some wonderful traditional gardens. We also hope to make the acquaintance of some charming Iranian ‘locals’.

**TURN ON THE LIGHTS, I CAN'T HEAR YOU**

This phrase has a significant meaning for 1 in 6 Australians with hearing loss. Pat Fulton, our course leader, a local Hearing Coach and registered nurse has been described as “an illuminating and positive light in this often dark and silent story”. Pat herself is hearing impaired, she tirelessly promotes awareness of hearing loss and the effect this has on everyone. Referred to as the “invisible handicap” a hearing loss means you can be talking to someone who does not hear well or not at all and that is compounded by those who do have hearing aids but not using them. “Train the Brain” is a “Pat phrase” to help to understand the need for rehabilitation in this new hearing. Today’s program will raise issues about cause and effect of what to do about a hearing loss and what this means to individuals, relationships, the workplace and schools remembering our grandchildren. Bring those unused hearing aids for a complimentary check.

**WHICH CAME FIRST: BEER OR BREAD**

Gary Flanigan is a member of U3A Sunshine Coast in Qld and has generously offered to spend time with us when visiting family in Bowral. Gary has presented talks in the past on how he became an archaeologist and another on the chronology of terrorism. His most recent offering is "Which Came First, Beer or Bread?" Gary describes himself as: a retired school principal, a retired civil servant, a retired archaeologist and he gets tired in the afternoon. We know that both beer and bread are based on grain. My early archaeological studies contained a focus on the domestication of grains by mankind and this has informed much of my journey through history. It is likely that both bread and beer were discovered accidentally, but which came first? In this talk I examine how both are made in the modern world before looking backwards to the paleolithic and wondering at the possible first comer. Questions and observations are most welcome.

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**Monday 9 October 2017 to Friday 15 December 2017**

**WINGECARRIBEE WALKS - MT GIBALTAR**

Offered again because of popularity last term. Have you ever wondered why the Gib is called the Gib? Who was the first person to climb it? Did you know it has been used for thousands of years as a communication point? Do you know where the memorial is to Joshua Stokes, the Mayor who bought the land for the use of all people? Do you know where Streeton sat when he painted Vale of Mittagong? Well join us for a walk around the icon of the Southern Highlands. Some of the walk is off road on a track. Discover its best viewpoints! We meet first at Bowral Lookout. When we've finished, enjoy a well earned snack back at Bowral Lookout and make some new friends. The walk is circular, so we will return to Bowral Lookout by Oxley Drive. Walkers will be asked to sign an attendance sheet/waiver prior to commencing the walk.

**WINGECARRIBEE WALKS MAGNIFICENT MOSS VALE (SOUTH)**

Offered again because of its popularity in Term 3. To unearth the early settlement of Moss Vale, put on your dark glasses as we sleuth through a timeline walk looking for clues. Along with diverse architecture we meet some surprising characters from the past. Our guide, Judithe, will lead us South of the green railway bridge as we discover early settlement and a rapidly developing commercial Hub. We will gather outside the first council chambers at 10:00am proclaiming grandly N.H.Throsby Mayor at 1A Throsby Street. (Plenty of street parking.) We will stop part way through the walk for tea and coffee in the park. It will take approx 90 mins so please allow 2 hours in case of questions. We hope to offer another course of the Northern side of the Railway Bridge later. Walkers will be asked to sign an attendance sheet/waiver prior to commencing the walk.