

# U3A Southern Highlands Inc.

## Course List for Term 2, 2018

Monday 1<sup>st</sup> May 2018 to Friday 6<sup>th</sup> July 2018

Enrolments close at 9pm on Wednesday 4<sup>th</sup> April 2018

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

### **ALL ABOUT OUR CANINE BEST FRIENDS**

Important information for dog owners and for those thinking about getting a dog!! Margaret Gray, a “person trainer” & dog behaviourist, will present a 2 part session. Part 1: The Changing World of Dog Breeding and Puppy Marketing. If you, your children or grandchildren are thinking of getting a new dog or puppy, there are pitfalls that can lead to costly mistakes and heartbreak if you don't know the tricks of the emerging canine marketing people. Part 2: Latest Best Practices in Nurturing, Caring for and Training your Dog or Puppy. Research into canine nature has been slow to start but now is progressing rapidly. Come along and find out which old ideas it supports and which it contradicts.

### **ALL YOU NEED IS EARS: LISTENING TO RATHER THAN HEARING MUSIC**

Welcome to a new session of understanding music, this time The World of Chamber Music. From Bach to Schoenberg - an overview of chamber music for small instrumental forces, beginning with the Trio Sonata by JS Bach and culminating in Schoenberg's ground-breaking Chamber Symphony No. 1. There will be a small charge for notes provided.

### **ANASAZI ADVENTURES**

Travelling through the ‘Four Corners’ of the United States offers a rich diversity of travel opportunities beyond the Grand Canyon and Las Vegas, including some unique prehistoric sites. The area was home to the Ancestral Puebloans and other early cultures long thought to have disappeared. They left behind evidence of complex cities and road systems, along with remains of sophisticated agricultural developments. Take a trip beyond the most commonly visited venues of this area which is rich in early history. Follow the progress of these pre-historic peoples along routes taking us along tributaries of the Rio Colorado, the green tableland of Mesa Verde, onto Route 66, into Monument Valley and beyond to the more remote areas of the Four Corners.

### **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 members have been painting for years; others have only recently begun. Help is available when required.

## **THE ASCENDANT DRAGON: CHINA'S RISE**

This course will examine the Chinese 'miracle'. China in the last 30 years has gone from one of the poorest countries to one with an economy (GDP) second only to the US. The manner of and extent of its development has deeply shaken western economic and political triumphalism and threatens US hegemony. In Session 1 we'll romp through 4000 years of China's ancient civilization examining the elements that made it the world's greatest continuous civilization, why it failed to industrialise thus leaving it open to Western predation resulting in its 'century of humiliation' (1839–1949). Session 2 looks briefly at China's bloody history under Mao and the Chinese Communist Party, its economic transformation under Deng Xiaoping from 1978 focusing on its continuing economic, social and political development and the opportunities and challenges it faces both nationally and internationally.

## **AUSTRALIAN ABORIGINES - THE WORLD'S OLDEST CONTINUOUS CULTURE**

For more than 60,000 years the aboriginal people have evolved a highly complex, profound tradition which enabled survival in a mostly forbidding environment. The purpose of these talks is to outline the complex nature of aboriginal traditions, their spiritual beliefs and traditions, their art, music and dance. In the late 1970's, Ken spent time in Papunya, the huge aboriginal reserve in the desert far west of Alice Springs. At the time of Ken's visit, the Pintubi, the last Aboriginal people who had never seen a white man, arrived in Papunya. As a book publisher, Ken Wilder worked closely with the late Goonbathaladon aka Dick Roughsea, Chairman of the Federal Aboriginal Arts Board, whose children's books were an international success.

## **BERRIMA - JEWEL IN THE CROWN**

Local residents, Clive West, Eric Savage & Chris Thompson will discuss the unique colonial history and stories about Berrima, the only settlement in Australia that remains "frozen in time" as it never grew beyond its original 1831 town plan as did other colonial towns like Windsor and Campbelltown in NSW and Longford in Tasmania. The course also includes discussion of strategies for protecting Berrima's heritage for everyone to enjoy in the future. Session 3 on 29th May will be a Walk and Talk through Berrima, seeing up close the colonial buildings and hearing the fascinating stories of the characters living there in the 1830s and 1840s. For their own safety and the safety of others, walkers MUST be physically able and fit to participate. You will be asked to sign a waiver prior to commencing the walk. If you have any doubts, please discuss with the course leader BEFORE THE WALK.

## **BIORHYTHMS - AN INTRODUCTION COURSE**

Have you ever made a bad decision, or began an argument you regret? It may be time to learn about biorhythms... three naturally occurring cycles within our body which affect us physically, emotionally and intellectually. You can use this knowledge to improve your life to reduce stress, accidents and illness, and plan for the ups and downs in your life. Biorhythms cannot predict, but they predispose. First recorded scientifically at the turn of the century, they remain controversial, though Prince Charles is a favourite adherent. They are a means of understanding ourselves, and others more fully, and can contribute to a more rewarding and balanced life.

### **BOOK LOVERS' CIRCLE**

We are a relatively new Book Group who enjoy reading a variety of books, which members take turns to choose, one each month. We meet at a member's house on the second Wednesday of the month, from 10.am to 12 noon, and we ask the one who chose the book, to lead our discussion. This can be quite wide ranging and cover all aspects of our chosen title. A small charge is made each term for morning tea. Because our group number is necessarily limited, and many members wish to continue, we can take 2 new members. As we now offer 2 Book Groups, please enrol in one only.

### **BOOKWORMS BOOK GROUP**

This is the original U3A book club that generally meets on the 4th Wednesday of each month. BUT in TERM 2 THERE WILL BE A CHANGE FROM OUR NORMAL DATES TO THE DATE AS LISTED PLUS WE ALSO PLAN TO MEET ON 25 JULY. Our Book Group reads all different genres including some non-fiction. All members have the opportunity to suggest books which are then selected by an informal vote. This seems to be working and this way we get to read both new and old books of various genres, authors and themes to discuss and provide our thoughts. The member generally provides an introduction to their suggested book followed by individual and group discussion. We have a maximum of 12, and many wish to continue, so we would welcome 2-3 new members. As we now offer 2 Book Groups, please enrol in one only.

### **BRITAIN SINCE THE CONQUEROR**

The course has now entered the 18th Century and will cover the reigns of the first four Georges. There will be a small charge for those who stay for morning tea after the session. There may also be a small charge for course notes.

### **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 on 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**

Experience an enjoyable afternoon at our Empire Cinema, viewing a movie followed by coffee or tea downstairs at Coffee Culture. Gerard continues to advise on current releases to help us choose an interesting and varied selection for you. TERM COST is \$34:50. (Combined Cinema and Coffee.) Money must be paid at time of application for enrolment. Members who apply but neglect to pay prior to close of enrolment will not be accepted. If you cannot attend a session, you may deputise another U3A member to attend in your place, BUT money cannot be refunded.

### **CINEMA ON WEDNESDAY**

Experience an enjoyable afternoon at our Empire Cinema, viewing a movie followed by coffee or tea downstairs at Coffee Culture. Gerard continues to advise on current releases to help us choose an interesting and varied selection for you. TERM COST is \$34:50. (Combined Cinema and Coffee.) Money must be paid at time of application for enrolment. Members who apply but neglect to pay prior to close of enrolment will not be accepted. If you cannot attend a session, you may deputise another U3A member to attend in your place, 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 \$10 for the term is payable at the first session.

### **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

### **COOKING UP A TREAT FOR LUNCH**

The Cook's Cook School (Initiative of Kazcare's Your Angel charity) is excited to offer U3A members a fun, delicious time in our beautiful kitchen followed by lunch together. Let's make the best vegetable lasagna together! We think you will be very excited to see how we take a traditional Italian recipe with its white sauce layer and share a 'twist' on this. Best of all this lasagna is absolutely perfect to make and freeze for those days you just don't want to think about cooking. Lunch is not complete without a little something sweet, so we will enjoy a delicious Chocolate Mousse with a 'surprise' ingredient. Cost \$40 includes recipe presentation, written recipe to take home, great cooking tips, a group cooking activity to be enjoyed afterwards as lunch with a glass of wine. Please PAY on APPLICATION and please note that the payment of \$40 is non refundable. If unable to attend, members are permitted to get another current sohiU3A member to go in their place and advise the Leader of the change.

### **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. PLEASE NOTE SLIGHTLY LATER START TIME from Term 2.

### **DOUBLE DUTCH**

The Course is at a basic easy level and ideal for members who wish to stimulate and exercise their brain cells in a friendly and gezellige group. It is meant for Non-Dutch speakers wishing to learn something new and for Dutch speakers who wish to expand on their childhood memories of what their parents spoke. A primary text book will be followed as well as readings from other sources. Cost for new members is \$25 for the text book, printing and tea break; \$7 for continuing members.

## **EMBROIDERY PLUS**

We are 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.

## **EMOTIONAL WELLBEING**

This repeat course will include an introduction to some of the dynamics of human consciousness (and unconsciousness) that contribute to our emotional states. This will be followed by a number of practical and creative examples of ways to effectively deal with emotional issues and the consequent enhancement of emotional wellbeing. This is intended to be an informational and not a therapeutic course. Bill can be contacted on 0498 182 204

## **FAMILY HISTORY**

This is an interesting group for those undertaking family history research. As we are 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.

## **FROM CONVICT TO SHEPHERD PRINCE**

In her new book "The Shepherd Prince, Samuel Sowden and the silent voices of the Castlereagh River", Michele Sowden discovers the secret life of her great, great grandfather. Delving into primary sources and private family archives she will take you into the world of a young boy heading for ruin in early industrial Leeds, his 11 years of servitude and ultimate success as a landowner on the Castlereagh River. Her talk puts colour and character into the landscape, and flesh on the skeletons of the ancestors. Michele has a Master's Degree in History, is a former history teacher and a resident of the Southern Highlands .

## **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 rewarding explorations offer gentle mindful movements for all. Classes develop healthy muscle tone, overall flexibility, physical & emotional balance, increased concentration and a calm alert mind. Meditation and breathing practices included for the cultivation of relaxation & focus. All props provided. \$13 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.

### **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, focussing on the end of Autumn into Winter, 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 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.

### **HUME COAL PROJECT UPDATE**

The Hume Coal Project has been under development since early 2011. There are significant concerns within the Southern Highlands community at the potential of this project to impact valuable groundwater aquifers through contamination and drawdown of the water table plus concerns over the noise, dust and social impacts of the mine. This 3rd presentation to U3A members will generally cover events that have occurred over the last 2 years since the Preliminary Environmental Assessment, will primarily focus on the information revealed in the Environmental Impact Statement put out by the Hume Project at the end of March 2017, and the criticisms of this work that have come from experts and members of the community. Next steps will also be discussed

### **IDEAS FOR THE FUTURE**

Improvements in science and (hopefully) international understanding will result in longer, happier, and healthier lives for many. What will we do with the extra years? Will robots do the work for us, and give us increased leisure time? What will we live on? How do we control robots who are smarter than we are? What do we do about inequality? Lots of questions, very few answers so far.

### **INCREDIBLE INDIA - A UNIQUE JOURNEY**

A story of one expat family's unique journey through India in the early 2000s. Ten years in preparation, three years living on an Indian Naval Base in Karwar- Karnataka, and a lifetime of return visits. An insight into truly local living in Southern India, solitary travelling on local buses, trains, 'planes, boats and my beloved Scooty – oh, and I almost forgot, the six drivers we had who drove the only six white Scorpios allowed in India at the time. Why? I may debunk some preconceptions of India while sharing photos of my adventures. Hopefully I'll whet appetites to visit this vast and fabulously ridiculous country of one hundred highs and one hundred lows experienced in one day!

### **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.

### **LEARNING & IMPROVING 500 CARDS SKILLS**

Learn and improve your 500 card playing skills. The existing 500 Club plays at the Bowral Uniting Church on Mondays and has offered to run a small course for U3A members to teach and improve their skills to play 500. Course members would play at the same time as the main Club and receive guidance and training in how to improve and play 500. At the completion of the training course, U3A members would be welcome to join the existing 500 Club and play each Monday. Prior knowledge of 500 or similar would be ideal. Cost is \$1.50 for the afternoon teas. Please arrive by 12.50pm.

### **LEARN TO PLAY BRIDGE IN 6 ENJOYABLE LESSONS**

'Train your brain and play this game' A series of 6 beginners lessons to introduce you to the world's most popular card game, played by millions at home, in clubs and online around the globe. Playing bridge is a great way to improve your mental fitness and meet new friends. It is not a game of luck but skill. The two skills to master are the various ways to communicate with your partner through bidding, and the skill of playing the cards to greatest advantage. The course introduces you to the modern 5 card major, strong no trump system of bridge. It is important that all participants attend every session as each week will build on skills learnt during the previous lessons. Please bring a notebook, pen and a plastic sleeved display book for lesson notes.

### **LUNCH OUT TOGETHER**

U3A is programming one lunch per term. This is an opportunity to meet socially and enjoy good company and food with other U3A members. Term 2 lunch will be held at BIOTA Dining, 18 Kangaloon Road, Bowral, 12.15 to 14.15. Shared lunch and individual dessert. Cost \$46 and BYO permitted. As usual please PAY on APPLICATION and please note that the payment of \$46 is non refundable. If unable to attend, members are permitted to get another current sohiU3A member to go in their place and advise the leader of the change.

### **MEDITATION**

Benefits of meditation to our physical, emotional, mental and spiritual wellbeing are now commonly recognised. This meditation series will incorporate mindfulness, breath exercises, guided meditations, energy body work and music. Chrystabel is a Psychologist and registered energy therapist. She weaves together the traditions from the east and the west, psychology and spirituality, to assist in bringing more peace, joy and love into our lives and relationships. This healing takes place in an environment of loving acceptance and fun. For more information, contact Chrystabel on 0412 611 361.

### **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.

### **MORE SPECIAL ART GALLERIES**

This course will focus on Art Galleries which have some special stories or characteristics. The Gallery, its history, the artists represented and the people behind each of the galleries will be discussed. The course will be based on a similar format to the 2017 course 'Why Some Art Galleries are Special' and will include discussion of some Australian Galleries, some smaller Galleries of Paris and two less well known galleries of Prague. Cost \$4 for notes and morning tea.

### **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. Petanque is the French game of boules, popular throughout the world. We play on Berrima Boules Court situated in front of the old tennis court shelter shed in the Market Place. This is a public court so we may join with others or them with us as we play. Play is from 2.00-3.30pm after which we adjourn for afternoon tea to one of Berrima's cafes. There are two fortnightly Petanque clubs on alternate Wednesdays so 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.

## **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.

## **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.

## **POLITICS BEYOND SPIN**

This lively and enlightening course will explore political ideas from Plato, to Machiavelli, to the enlightenment, to the 20/21st centuries. Furthermore, during the lecture/discussion sessions, various political notions will be considered and relevant questions addressed. For example, What is the difference (if any) between Liberalism and Conservatism? Does Left wing equal communism and Right wing equal capitalism? If not, what do they mean? What is Realpolitik, anarchism, nationalism, democracy, totalitarianism, etc.?

## **POWER GENERATION & STORAGE USING SOLAR ENERGY IN 2018**

The pros and cons of domestic and commercial solar and the use of storage to complement renewable energy generation will be discussed. The talk will cover technology, installation, monitoring, storage options, future scope for renewables and commercial applications for both energy generation and storage. Power production analysis data will be provided from solar power installations in local industries.

## **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.

## **SELECTING A FUND MANAGER**

One of the key decisions you need to make for your investment portfolio is who do you wish to partner with in managing your wealth. Managed funds in Australia exceeds \$1.6 trillion of funds under management. This means there are a lot of investment managers out there telling you they are good. Clearly not everyone is. The presentation by Darren Katz, the co-founder of wealth manager Tamim Asset Management, will equip you to actively review and understand the investment managers you may want to invest with. The presentation, built for the Australian Shareholders Association, will cover what professional money managers look for in the investment managers they entrust with their client portfolios

## **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. There will be 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.

## **SOLVING CRYPTIC CROSSWORDS**

Cryptic Crosswords for fun, entertainment and erudition. This is a beginners course for sentence sleuths and 'clever dicks' who would delight in the simple 8 forms of clues the Setters use to guide you to a solution! The course is based on Solving Cryptic Crosswords for Dummies ( not a compulsory textbook.) and paying respect to Dick Honor's previous mentorship. Cost for this course is \$7 for printing and refreshments.

## **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 a continuation of the Spanish Course that has been run over the past few years. It provides an overview of Castilian Spanish to give an understanding of the language as used in everyday situations, covering elements of reading, writing, speaking and translating plus some understanding of grammar. In addition Spanish culture, geography, history, literature and current affairs are touched on to provide a better understanding of Spain particularly for those intending to travel through the country. New students to the course are welcome but it is preferable that they have a fundamental knowledge of the Spanish language. 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".

### **TABLE TENNIS ON MONDAY**

Bat and ball-isthenics for fun and fitness, coordination and table tennis skills. Beginners are 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 discussions afterwards at the Kookabar Café.

### **TRAVELS IN SICILY**

The marvellous island of Sicily has a great deal to offer the traveller. Over the centuries, it has been invaded by Greeks, Romans, Byzantines, Arabs, Normans, Spanish and French; and each has left an imprint on its history and culture. This illustrated travelogue will look at ancient Greek temples, Italy's most spectacular cathedral, an elegant resort town, some wildly Baroque cities, a few quiet villages and Europe's most active volcano. And we hope to make the acquaintance of some locals on the way.

### **WINGECARRIBEE WALKS - A WALK AROUND OLD BOWRAL**

The walk will begin at the War Memorial opposite the Railway Station in Bowral. To cater for parking restrictions, this walk will be less than 2 hours duration so please ensure you park somewhere with the limit in mind. Deborah, our guide, will tell us about the history of how Bowral came to be, as well as some of its most significant buildings. We will walk down Railway Street past the Station Master's Cottage and the Milk Factory, up past Bong Bong Street and onto the Memorial Hall precinct, then down to our beautiful Corbett Gardens. For their own safety and the safety of others, walkers **MUST** be physically able and fit to participate. You will be asked to sign a waiver prior to commencing the walk. If you have any doubts, please discuss with the course leader **BEFORE YOU ENROL**.

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

Offered again because of being heavily oversubscribed previously. To unearth the early settlement of Moss Vale, put on your darkglasses 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 opposite the first council chambers at 10am. 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 next term. For their own safety and the safety of others, walkers

**MUST** be physically able and fit to participate. You will be asked to sign a waiver prior to commencing the walk. If you have any doubts, please discuss with the course leader **BEFORE YOU ENROL**.