

# U3A Southern Highlands Inc.

## Course List for Term 4, 2018

Monday 15<sup>th</sup> October 2018 to Friday 14<sup>th</sup> December 2018

Enrolments close at 9pm on Wednesday 19<sup>th</sup> September 2018

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

### **A 5 RING CIRCUS: THE LONDON TRIO**

Bob Lawton was a member of the New South Wales Olympic Council Executive for 20 years and was a former Vice President. He has an extensive knowledge of the Olympic Games and the Olympic movement. This talk will encompass the three London Olympic Games; 1908, 1948, 2012. An overview of their importance in the history of the Olympic Games and significant moments for Australian competitors will form part of the presentation.

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

Welcome to a new session of understanding music. This time we are concentrating each session on specific subjects. Session 1 – Shakespeare in Music – works including Tchaikovsky's Hamlet Overture, Romeo & Juliet Overture, Berlioz's Romeo and Juliet, Verdi's Macbeth, Verdi's Falstaff and Verdi's Otello. Session 2 – The Symphonic Poem, exploring works by Liszt, Dvorak, Tchaikovsky, Richard Strauss and Zemlinsky. Session 3 – An intensive look at Wagner's Der Ring Des Nibelungen. Session 4 – Almost certainly continuing with Der Ring Des Nibelungen. Session 5 – Solo Identities – Paganini Caprices, Bach for Solo Cello, Clarinet works, Britten's Six Metamorphoses After Ovid for Solo Oboe. There will be a \$10 one-off charge to cover morning tea and cost of production of handouts. This will be collected at the first session.

### **ANTARCTIC ADVENTURE**

In 2013 and again this year I visited Antarctica. Although the two trips were to the same destination they were very different. With photos, video and chat I will try and show you the how, where, and why of Antarctic travel.

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

### **ART CRIME: FRAUD, FORGERY, THEFT AND PERFIDY**

It is believed internationally that crimes involving art are amongst those at the fore of the most lucrative criminal enterprises; some have claimed that it is the third highest criminal activity behind arms trafficking and drug dealing. Crimes such as forgery, fraud, theft, money laundering and involvement in organized crime are amongst those activities which appear most commonly associated with art. The world of the art establishment itself cannot be isolated from these events. The focus of

this series of 4 lectures is art crime in all its facets: forgery, fraud, theft, money laundering, cultural heritage abuse and political manipulation. The short course centres around particular case studies to demonstrate the breadth of the ways in which this highly organized, sophisticated criminal enterprise has, and does, operate. So, briefly we examine the history of art and cultural heritage abuse to provide an historical context in which to place what follows: the ramification of the removal of the Elgin marbles from Greece, the court cases that have followed the theft of Jewish art during the Holocaust, the providing by one English forger and his master-mind partner of what is probably the definitive 'how-to' of art fraud and the ways in which Australia has been most severely affected – particularly in regard to Indigenous art.

### **BACK TO NATURE'S MEDICINE FOR YOUR HEALTH & WELLBEING**

Essential oils have been used for many years to support physical and emotional health. In this course you will learn about how these gifts from nature can be so valuable and how you can use them to help you with common health issues such as headaches, lack of sleep, stress and anxiety, digestive issues, and respiratory issues. We'll also cover some meditation and mindfulness. A fee of \$4 for the oils used in the course is payable at the first session.

### **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. 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. 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**

This 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. PLEASE NOTE there will not be a class on 7 December as the Hall is not available that day.

### **CHESS CLUB**

How does Lewis Carroll's "*Through the Looking Glass*" relate to chess? It is, in fact, a game that has been played for over 1,500 years, with its origins in India. It was 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**

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 \$23.00. (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 \$23.00. (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, Scandanavia, 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. After many years, this is the final term this popular course will be offered. A charge of \$10 for the term is payable at the first session.

### **CLEAR THINKING**

This course is a repeat of the "Clear Thinking" course run in Term 3, 2018. How to sharpen thinking and responding! This lively lecture/discussion course will focus on identifying key pointers to faulty reasoning and to the process of enhancing one's capacity to refine our cognitive abilities. During each session examples will be drawn from various sources including current affairs, politics, religion, science, etc. Such examples will be used to illustrate the practical application of the material presented.

### **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.

### **CRACKING CRYPTIC CROSSWORDS**

An entertaining beginners' course to enlighten those of you who have always thought cryptic clues are double dutch. You will find it fun and will be amazed at how easily your mind can adapt to thinking cryptically. The new presenter is looking forward to taking you through the various ways clues are worded and gradually building on your knowledge to make you a Super Solver! There will be a charge of \$7 for morning tea and biscuits and printing. This will be collected at the first session.

### **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 the Hall is not available on 21 November so alternative arrangements will be discussed with the group.

## **DEMYSTIFYING ELECTRICITY**

The cost of energy and the efficiency of how we use our energy are fast becoming major factors in the decisions that we make in our daily lives. The NSW Office of Environment and Heritage has developed a free seminar for seniors that presents an independent, myth-busting guide to energy. Course Leader, Lisa Miller, has significant experience in Sustainability and Energy Efficiency. Lisa will cover how to lower your overall energy use, improve your energy efficiency and reduce the cost of your energy bills. Solar and batteries as well getting the most from solar will be explained. We will have some energy efficiency merchandise to give away including light globes; showerheads; tap aerators; door seals etc.

## **DISCOVERING DEMOCRACY**

In this course we will journey to discover where and when the original concept of Democracy arose, how it has progressed over time and look at some of the people and circumstances that have caused it to flourish. In session two we will discuss the condition of Democracy in modern times and consider what might be its future trajectory.

## **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.

## **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.

## **FOR LOVERS OF READING BOOK EXCHANGE: GENRE GROUP A**

GENRE Group A: Thriller, Sci-Fi, Espionage, Suspense, Horror, Crime, Western, Military/War, Action. Reading offers each of us the delightful pleasure of escapism & awakening of our imagination. Broaden your horizon with the opportunity of being introduced to Authors or other Books in this genre you haven't read before. Please BRING A NOVEL IN THIS GENRE GROUP that you have read TO EXCHANGE. With it bring a brief paragraph that brings the synopsis to life to share with others in the group -something that will entice others to read your book. Without Giving The Story Away! Please note you will be able to get your book back later if you really love it!

## **FOR LOVERS OF READING BOOK EXCHANGE: GENRE GROUP B**

GENRE Group B: Relationships, Mystery, Love & Romance, Family Saga, Fantasy, Biography, Auto-Biography, Mythology. Reading offers each of us the delightful pleasure of escapism & awakening of our imagination. Broaden your horizon with the opportunity of being introduced to Authors or other Books in this genre you haven't read before. Please BRING A NOVEL IN THIS GENRE GROUP that you have read TO EXCHANGE. With it bring a brief paragraph that brings the synopsis to life to share with others in the group -something that will entice others to read your book. Without Giving The Story Away! Please note you will be able to get your book back later if you really love it!

## **FUN WITH WATERCOLOUR**

This course is 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.

### **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**

Give Golf a Go provides an introduction or return to this wonderful game where golfers of all levels can experience relaxed exercise in the company of lasting friendships. Players will be helped to understand the Golf Swing enabling them to experience the maximum satisfaction. Clinics will be conducted on the 16th and 23rd October - meet in the Craigieburn car park at 9.45 am. There will be a fee of \$6 per clinic to cover green fee and balls - payable at each clinic. It is anticipated that members after completing the clinics will organise practice rounds at Craigieburn either as a group or individually during the subsequent weeks of the term.

### **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 Kerith to let her know their instrument of choice, as parts are composed specifically for each player.

### **HISTORIC BONG BONG CHURCH**

This is a repeat of the heavily subscribed course in Term 3. A talk will be presented in Bong Bong Church by a Warden of the Church on the History of this iconic building and Cemetery and its connection with the Throsby and Zouch families and other early settlers in the Highlands. A light morning tea will follow and then participants will be shown around the Cemetery highlighting the historic graves of these pioneers. A fascinating history of the area. The Church is on the corner of Argyle St and Church Rd, Moss Vale. Parking is available in the Church grounds and also outside on Church Rd. There will be a charge of \$2 for Morning Tea.

### **A HISTORY OF CHRISTIANITY**

This continuing course will this term discuss medieval mysticism, including the 'school' of St Victor; Angelina of Foligno, Catherine of Sienna & Catherine of Genoa; the Rhineland Mystics, Meister Eckhart & the Dominican 'school'; the English mystics Walter Hilton, Richard Rolle, the anonymous Cloud of Unknowing, Julian of Norwich & Margery Kempe; and Teresa of Avila & John of the Cross. Handouts can be sent by email, or printed copies purchased at cost.

### **IMPERIAL RUSSIA - FACT AND FANTASY**

The Course Leader has a passion for imperial Russia. While completing her PhD in Russian history, she spent many months researching in the State Archives in Moscow and St Petersburg. In July 1998, she attended the internment of the remains of the last tsar (Nicholas II) and his family and this year attended the memorial celebrations in Russia marking the 100th anniversary of the execution of Nicholas and his family.

This course will cover: 1. The murder of the Romanovs (17 July 1918), the funeral of Nicholas II and his family in July 1998 and the 100th anniversary of the assassination in July 2018 2. Why historians

are re-evaluating history: The opening of GARF (Russian State Archives) and working in the archives – not for the faint-hearted! 3. Investigating the myths (Rasputin the Mad Monk, The Henpecked Husband, Blood is Thicker than Water) 4. The Australian connection- John Epps, the Forgotten Tutor.

### **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 2018 learners will further 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.

### **KIRIBATI & TUVALU - NATIONS FACING A THREATENING FUTURE**

Kiribati and Tuvalu are the smallest countries in the Commonwealth in population and land area and the first to be abandoned if oceans keep rising. This course will provide a personal perspective on life in these countries, their past and challenging future. The course will also consider the implications for us should the current predictions eventuate.

### **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.

### **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 4 lunch will be held at Toshi's Japanese Restaurant, Beaumont Gardens, 60 Bowral Road, Mittagong. Entree will be a cold bento box and the main will comprise two individual items eg. prawn tempura and a main hot dish with rice. 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 course leader of the change.

### **MARKETS IN DIFFICULT TIMES**

Investment markets are disrupted by many events; financial, political and economic constraints have a great affect. This does not mean we need to flee the market. These are troubled times, not only because of Global unrest, but our current domestic scene. The Royal Commission into banking, and the interim outcomes need to be considered as investors wonder how they can seek advice with a belief that that advice will be in their best interest. The leader will explore some of the current investment trends and the immediate findings of the Royal Commission. She will also discuss the questions any investor should ask when seeking financial advice.

### **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. The leader 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.

### **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. PLEASE NOTE VENUE and DAY OF WEEK

### **MINDFULNESS MEDITATION**

During term 4 Jenny Pittman is taking a break. However, the group will continue. The activities will be shared amongst group members from resources provided by Jenny. Therefore the course, for this term, will be limited to people who have previously attended Jenny's meditation classes and is not suitable for new members.

### **"MOUSEHOUSE" VISIT**

Perhaps you have heard of the "Mousehouse" at Moss Vale? This state-of-the-art facility is run by the Garvan Institute of Medical Research. Here, highly trained scientists and technicians conduct studies on the role of genes and molecular/cellular processes in health and disease as the basis for developing future cures and preventative treatments. Again this term we are pleased to offer the opportunity for members to see first-hand the studies conducted in Moss Vale. We will meet at Lackey Road, Moss Vale. (more directions given on enrolment). Please plan to arrive at 10am.

### **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.

## **PIETRO ARETINO**

Pietro ARETINO (1492 -1526) was one of the most remarkable figures in Italy towards the close of the Renaissance, hated and loved, admired and vilified, yet an intimate friend of the noble Venetian painter Titian. He endured and enjoyed personal conflict with three popes and was on friendly terms with the Emperor Charles V and Francis I, King of France. He was born poor but achieved influence and power through the use of his pen soon after the invention of printing by Gutenberg. He has often been described as the world's first journalist.

## **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. Any questions please contact Co-leader

## **POWER OF THE MIND**

We discuss the levels of our consciousness, the subconscious and the higher conscious, and the effects of sleep. These influence our understanding of who we are. As a surgeon I studied the way our self-image develops in the unconscious mind and creates influence. What we hold in our higher conscious is our companion through life and is who we are in past lives and now. This comes as 'feelings of the heart' creating our most valued experiences.

## **PRESIDENT TRUMP: THE MIDDLE EAST AND RUSSIA, ETC**

Now into his second year in office, U.S. President Donald Trump continues to confound all around him. His White House staff and advisors, Federal agencies, and observers and commentators at home and abroad, (including, perhaps, even himself) are constantly caught off balance as he globetrots on the world stage and twitters to his heart's content. His latest forays into international affairs include interactions not only with North Korea, but NATO, the United Kingdom, Russia, the Middle East (especially Iran) and China. What do his pronouncements mean for the United States and, in particular, for his erstwhile ally, Australia? And just what is “fake news”? This course will offer an opportunity to explore some of these issues in an effort to see if we can find some rhyme or reason in the plethora of details we are being fed on a daily basis. Come and join the discussion.

## **RAPA NUI - A VISIT TO EASTER ISLAND**

Situated in one of the most remote spots on Earth, this South Pacific island has posed many questions regarding its occupation and culture. Take a journey to some of the many ahu and moai ruins, quarry sites and other areas of geological, historic and archaeological mysteries on this enchanting island.

Gain an overview of life on the island, since its discovery on Easter day, 1722 along with some of its intriguing cultural history

### **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. PLEASE NOTE there will not be a class on 13 December due to unavailability of the Hall.

### **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). Experienced scrabble players are available to give individual help and advice to new social players whilst they are playing. There will be a charge of \$8 for the course to cover Scrabble resource materials and access to professional boards. Tea/coffee is available for purchase at the RSL cafe.

### **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 in Ilma's home 30 km from Bowral 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.

### **SIGNS OF THE TIMES**

Ken Wilder has been one of our frequent and popular presenters to U3A Southern Highlands in recent years, his courses covering a wide range of topics including Literature, History and Religion. In his newly published book, Signs of the Times, Ken has converted his course notes into prose from ten of these courses -Dante and the Divine Comedy,The Rubaiyat of Omar Khayyam, From Boccaccio to Berlusconi, The History of Book Publishing, From Marx to Mao, Europe in Turmoil, 20th century Spies and Traitors, Australian Aborigines-The World's Oldest Continuous Culture, Buddhism and Comparative Religion. Join Ken as he shares excerpts from a selection of these 10 courses followed by Morning Tea together.

### **SLOVENIA - EUROPE'S GEM**

Discover this amazing country- it's one of the smallest countries in Europe but 'Packs a Punch' with its scenery and sights. Slovenia has castles and churches in every town totalling approx. 300...from coastal resorts of Piran on the Adriatic to Postojana caves with a subterranean railway, then onto the green capital of Ljubljana. We also visit the stunning two glacial lakes of Bled and Bohinj. Over the Alps we go on the Vrsic Pass at 5285' or 1,611 metres to pretty skiing villages and the cerulean blue Soca River. Briefly we hear about Slovenia history from generations under empires to full independence in only 1991!! : Food, wines, architecture - and more of this friendly sporting nation.

### **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.

### **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 \$5 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 which is now at Intermediate level. It uses Castilian Spanish as applied to 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. New students with knowledge of the Spanish language are welcome to the course. 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". New members wishing to enrol should contact the Leader or Co-Leader.

### **STEPHEN HAWKING - HIS LIFE AND LEGACY**

The world has lost possibly the best known and most inspiring scientist ever. Despite a condition which would leave most in despair, he led a controversial private life, deeply affecting those around him. He illuminated the origins of the universe, and shone at communicating his understanding to the world. What events shaped his life, and what will be his legacy?

### **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 discussions afterwards at the Kookabar Café

### **THE SKEPTICS \$100,000 CHALLENGE AND THE LAWS OF PHYSICS**

Australian Skeptics is dedicated to investigating claims of pseudoscience and the paranormal since 1980. We also offer a large prize for real evidence. Some claims violate the laws of science, and some violate the laws of the land. Many articles have been published, and business plans have been ruined. Encounters include: Power Balance, Winecard, Lutec's Free Electricity, The Indian Spirit Guide, Rossi's Cold Fusion, Aquapol's Rising Damp Repeller, and the Mind Body Spirit festival. This talk will examine those with a scientific slant.

### **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.

## **WESTERN MAHJONG**

The game of Mahjong was invented by the Chinese hundreds of years ago and has been played by them through the centuries. It is only in recent years that it has spread to the Western world and it has become very popular. There has been several variations developed through the years, but we are concentrating on Western Mahjong. There are many groups who play Western in the Highlands so after our course, we hope you'll continue to enjoy the game with people you learn with or maybe join an existing group. Should you have played before and would like a refresher course, please feel free to apply.

## **WINGECARRIBEE OUR HOME - 2018 UPDATE**

In 2006 U3A-Southern Highlands published a small book on our local area, Wingecarribee Our Home – a Geographical Interpretation of the Southern Highlands of NSW. From time to time I've used material from this, often updated, for presentations to U3A classes. As the book can now be downloaded as an e-book from Wingecarribee Libraries' website:

(<http://www.library.wsc.nsw.gov.au/uploads/94/wingecarribee-our-home.pdf>)

I'm proposing this term to offer another update in three two-hour sessions which will focus on some of the more recent information that has become available since 2006, notably from the 2016 population census but including also various economic data. I anticipate that we'll look at some of the online sources now accessible and that we will find time to discuss implications for the place in which we live of what the various data show. \$2 will be collected at the first session to cover refreshments.

## **WINGECARRIBEE WALKS: MORTON NATIONAL PARK BUNDANOON**

This course will provide an overview of Morton National Park Bundanoon. We will meet at the History Shed in the Main Street of Bundanoon near the railway station and then drive to Morton Lookout to talk about the Tooth's cable tramway and Mark Morton's role in creating the reserve. Then onto Echo Point, from where we can walk an easy road loop to Bonnie View, Beauchamps Cliff (where there is a relic of the wire rope), Wishing Well (which was actually the water supply for the steam winch), and return to Echo Point. To complete this course you need to be able to walk for 60 minutes unaided and you will need to sign a waiver to say you are physically fit. Any questions contact the leader Chris Vandine.

## **WINGECARRIBEE WALKS- MAGNIFICENT MOSS VALE (NORTH)**

On The Moss Vale South Walk, we investigated beginnings of white settlement in Moss Vale. What happened next? Take the North Walk and find out what commercial PROGRESS meant to Magnificent Moss Vale. We meet outside, the original mayoral building, 1A Throsby St, Moss Vale. 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.