

U3A Southern Highlands Inc
Course List for Term 4, 2019
Monday 14th October 2019 to Friday 13th December 2019

Enrolments close at 9 pm on Wednesday 18th September 2019

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

THE AEGEAN WORLD – THE LAST THOUSAND YEARS

This is the second half of the course begun in Term 3 on the history of the Aegean region. In the past thousand years this region has been the centre of the Byzantine and Ottoman empires and now includes the modern nation of Greece and the western part of Turkey. In our account of the region we hope to learn something of how humans have lived there in times of peace and war. The course continues from Term 3 but new members are welcome.

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.

BOOK LOVERS CIRCLE

We are a 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 10am 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 the chosen title. A small charge is made each term for morning tea. As U3A offers two Book Groups, please enrol in one only.

BOOKWORMS BOOK GROUP

This group meets monthly on the 4th Wednesday. We read works by a variety of authors and all different genres. Members suggest books which are selected by informal vote. Discussions are then led by the member who suggests the book. Members source their own copy of the book, although we sometimes obtain a Library Book Club Kit. We have a maximum of 12, and many wish to continue, so we welcome 2-3 new members. A contribution towards morning tea is required in session 1. As U3A offers two Book Groups, please enrol in one only.

BRITAIN SINCE THE CONQUEROR

The course will continue to cover the Victorian era. Please note that there will be no meeting on 15th November, 22nd November and 13th December. There will be a small charge for those who stay for morning tea after the session. Course attendees are expected to purchase "Victorious Century 1800-1906" by David Cannadine.

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 1500 years, with origins in India. The world's famous from Canute to Dickens, Shakespeare to H.G. Wells loved it. Dr Johnson said "Chess is wonderful for concentration but so is the possibility of being hanged the next day." Now is your chance to revisit and revitalise your game in a relaxed and friendly atmosphere. To join the course, some basic chess skills are required and sufficient progress needs to be displayed by the end of term in order to continue to the next term. There is a \$2 charge per term for tea/coffee.

CHRISTMAS WITH DICKENS

"I have endeavoured in this ghostly little book to raise the ghost of an idea, which shall not put my reader out of humour with themselves, with each other, with the season, or with me" So said Charles Dickens about his great Christmas story. As the BBC prepares to release a new mini series of A Christmas Carol, it seems a good time to re-examine the book he was so passionate about and consider the many, varied and often radical ideas within it's pages. I shall also discuss some of the customs and traditions that grew up around the Victorian Christmas and also Dickens lesser known Christmas stories. Trigger warning: A Christmas Carol has themes of mortality!

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.

CINEMA ON MONDAY

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.

COMPUTERS COFFEE AND CHAT

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

CONTEMPORARY CONTROVERSIES

'Contemporary Controversies' recognises that there are informational asymmetries in the selected topics. The public and academic domains are frequently dominated by one side of the debate and this side has shaped contemporary public perceptions. The program addresses the asymmetries, with the caveat that we can only fully comprehend an issue when all facts are encountered. Sessions provide scholarship which supports the alternative positions. What is required of you is to suspend judgment until all the arguments are heard. The intention is not to proselytize, but provide the tools for formulating conclusions. Race and IQ - Looks at the connection between race and intelligence. Where there are differences in intelligence test scores is this a consequence of genetics or environment or both. Migration - Few issues excite controversy like immigration, in part because it touches on many other questions – economics, demographics, politics, national security, culture, language and religion. Identity politics – when people adopt political positions based on their ethnicity, race, sexuality or religion rather than on broader policies. Are they a force for good or bad in western democracies? Human violence - Are humans inherently violent? Are our current societies more or less violent compared to our long recorded histories?

CRACKING CRYPTIC CROSSWORDS

This popular beginners' course will enlighten those of you who have always thought cryptic clues are double dutch. You will be amazed how easily your mind can adapt to thinking cryptically and what fun you will have learning how. The presenter will take you through the various ways clues are worded and how to find the solutions. The five sessions are designed to gradually build your knowledge and so a commitment to all sessions is desirable. You will receive a number of handouts - a fee of \$10 will cover printing costs and there is the usual charge of \$2.50 for morning tea. This is payable at the first session.

CRIBBAGE CLUB

Enjoy a friendly 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 players are expected to join the Bowling Club as social members @ \$15 per annum. Beginners are most welcome and will receive personalised training.

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 that the course starts on the second Wednesday of the term - 23rd October. The second week of the course is the 30th October and then it is fortnightly.

DEMOCRACY UNDER STRESS

Has liberal democracy already reached its peak? This lively lecture/discussion course will begin with a brief history of democracy and then will consider a number of issues of consequence: (1) The role of neo-liberalism (2) Ideology in general (3) Economic rationalism and globalisation (4) Social tensions (5) Leadership concerns (6) The rise of political agitators (7) Challenges to democratic institutions (8) Social media and the 24 hour news cycle (9) Ideas for strengthening the democratic processes. This is a repeat of the heavily subscribed course run in Term 2.

EARS AND EYES OPEN

The course will cover individual composers from many centuries including the current, musical forms, study of instruments and will include a session where participants can choose their favourite pieces. While the "Rose Room" will be the main venue, there may be visits to other centres nearby to examine particular instruments or hear special performers. A \$10 one-off charge for morning tea and cost of production of handouts will be collected at the first session.

ELIZABETH I: A LIFE THROUGH PORTRAITS

As the title suggests this is the story of Elizabeth I as revealed through the many portraits of her. Despite many challenges Elizabeth became revered as Gloriana, the Virgin Queen ruling over a 'Golden Age'. It was her portraits that played a vital role in creating this legend and in reassuring her subjects of her love for and protection of them. Please note the second session will be held on Wednesday 4th Dec.

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.

ETHICAL INVESTING

Responsible investing, also known as ethical investing or socially responsible investing (SRI), is 'a process that considers environmental, social, governance (ESG) and ethical issues in the investment process.' In this course we will explore Responsible Investing along with: *Broad responsible investment - investment managers systematically include ESG factors in traditional financial analysis and investment decision-making; *Core responsible investment - investment managers employ one or more responsible investment strategies, including screening, sustainability-themed investing, and impact investing and community finance; *Negative screens – filtering out specific industries, sectors, or companies, such as those involved in gambling, alcohol, tobacco, weapons, pornography or animal

testing; *Positive screens – selecting sectors, companies or projects that demonstrate ESG focus that is superior to industry peers; *Does responsible investment mean sacrifice of investment performance; *Sustainable Investing and the tectonic shifts currently transforming the global economy; *Responsible Exchange Traded Funds (ETFs) and Separately Managed Accounts (SMAs) in Australia - This category of investing is growing strongly (188% increase last year to \$186.7 billion.

EXPLORING MEANING IN DAILY LIFE

Many of us come to a time in our lives when we sense an increasing curiosity about what gives our lives meaning. During this course you will explore what gives you meaning in everyday life, and then, optionally, create a personal project to move towards increased meaning. The ideas of key thinkers will be introduced. The course does involve talking with others about what is genuinely important for you. Most people find exploring this topic inspiring and worthwhile, and something you might pass on to other people. The Course Leader is a teacher, counsellor and psychotherapist, and has explored meaning for many years.

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 and excursions. This course meets on the second Thursday of the month, including Thursday 10 October, and continues through the school holidays but does not meet in January.

FREUD - WHAT DID HE REALLY SAY?

This course will comprise a fortnightly thought and discussion group on the foundations of Freud's work. These foundations are frequently misinterpreted. There are conflicting beliefs on how we interpret his work and apply it to our everyday lives. At your own discretion for group discussion, members should bring a short extract of Freud's work. As a guideline, the length could range from about two sentences up to one paragraph.

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. No session on the first Friday of each month. 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 have learned German at some stage. As a rough guide to the standard, class members should be able to form and answer simple questions, have some familiarity with the "four case system", and have some knowledge of German sentence structure. Grammatical mistakes are not important, but a willingness to try and correct them is. The basic intent is to encourage conversation in German. Prospective class members should be at least at the intersection of the A1/A2 European language level, and may test themselves with the test (Einstufungstest) found at <https://lerngerman.dw.com/de/overview>. We will touch on German culture, geography, history, current affairs, and colloquial language, and discuss grammar as necessary. Access to a computer, the internet and email is necessary for course information and online material which enhance learning.

A GOLD MEDAL LIFE

Janine Shepherd, a one time resident of the Southern Highlands, is an Australian author, aerobatics pilot and former cross country skier. Shepherd's career as an athlete ended when she suffered life-threatening injuries when hit by a truck during a training bike ride before the 1988 Winter Olympics. Though she was told she would never walk again or have children, and doctors had significant doubts as to whether she would survive at all, she defied all of these, and her story later became the focus of national attention, as well as a popular telemovie. Bob Lawton will outline the compelling story of this amazing woman bringing personal touches and introducing some of the remarkable people who were part of her life. A PowerPoint presentation will form part of the talk The session will conclude with a TED presentation by Janine summarising her journey through life with its highs and lows.

GREAT THOUGHTS

Inspired by the success of the two poetry groups, we are again offering a course in which a small group meets to discuss an individually selected paragraph quotation from literature, history or philosophy. The subject is chosen by class members in advance who read in turn at the meeting and share their reasons for the choice. The established pattern followed by the poetry groups encourages some brief discussion on each quotation. The subject for the initial meeting will be a favourite from each member. Subjects will then be chosen by the group for subsequent meetings. As with the Poetry Groups, one person will take the chair to assist in guidance.

THE HIGHLAND BUSKERS

The Buskers is 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 that was held in Term 2, 2019 and also Terms 3 and 4, 2018. 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. This provides 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.

HOW TO MAKE BETTER COFFEE AT HOME

We all know the pleasure of a particularly delicious coffee and this course will show you how you can make coffee like this at home. Whether you currently make coffee in a plunger, filter machine, Moka pot, espresso machine or whatever this course will teach you how to lift your skills and make coffee that will bring a smile to the faces of you and your friends. This is 'practical stuff' everyone can apply at home and get immediate results. There is a once-off charge of \$5 for this course to cover the cost of coffee and refreshments. Please note that the third session will be held on a Friday.

INS AND OUTS OF THE DIGESTIVE SYSTEM

Over five 2 hour sessions we will look at how the digestive system is constructed, how its functions are performed and coordinated and its role in immune defence. We will learn about the processing and absorption of our major nutrients and this will involve learning some simple biochemistry, what digestive enzymes are and do, the nature of stomach acid, bile and pancreatic juice. What does the mysterious liver do? We will touch on the role of gut organisms in health. The course is not about nutrition or illness though we will touch on some aspects of both. The sessions will be informal and interactive.

JAPANESE: SPOKEN AND WRITTEN

This course offers an integrated and fun approach to learning Japanese language, script and culture. It is for people who 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) is not used. Learners will extend their command of the spoken language and script to include Katakana and some basic Kanji (Chinese characters). Japanese for Beginners Book 2 will form the core component of the course, supplemented with teacher produced materials. There is a \$20 fee per term to cover supplementary course material.

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.

LATIN: AN INTRODUCTION

This is the continuation of the course run in Terms 1 - 3. We will continue to work through the textbook, "The Complete Latin Course" (2nd ed.) by G.D.A. Sharpley. New members wishing to enrol will need to be confident they can pick up where the continuing class members have reached in the textbook, and they should contact the leader before enrolling. The price of the textbook is \$60-\$80. Latin was the language of ancient Rome, a pillar of Western Civilisation, and united Europe culturally for over a thousand years. Learning Latin will, inter alia, train your memory and hone your analytical skills, enrich your English vocabulary and grammar, teach you about languages generally, and give you direct access to great works of literature. This course is for those who have no prior knowledge of Latin, or want to recover what they have forgotten, and should lead to successful participation in Latin 3 and 4.

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 \$30 for the 6 lessons. Note no session Tuesday 5th November as this is Melbourne Cup Day.

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 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 \$30 for the 6 lessons.

LEARN TO PLAY BRIDGE IN 8 ENJOYABLE LESSONS

'Train your brain and play this game' A series of 8 beginners or inexperienced players lessons to introduce you to the world's most popular card game, played by millions at home, in clubs and online around the globe. This game requires a lot of skill and unlike other card games only a little luck. Playing bridge is a great way to improve or maintain your mental fitness and make new friends. You learn two skills: 1. How to bid to communicate with your partner and the other players at the table. 2. 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. It is essential to bring an A4 plastic sleeved display book for lesson notes, a pen and notepaper. There will be a cost of \$5 per person to cover the printing of course 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 4 lunch will be held at the Royal Hotel Bistro, 255 Bong Bong Street, Bowral at 12.15 for 12.30 start. Maximum seating of 40. The menu is as follows: Entree: Share boards 1 x seafood and 1 x charcuterie per table of ten Mains: Chicken parmigiana – with Napoli sauce, leg ham, 3 cheeses, chips and salad Beer battered market fish and chips with homemade tartar sauce Cost is \$24pp As it is a hotel BYO is not permitted. However, you can purchase your own drinks on the day. I look forward to seeing everyone then. As usual please PAY on APPLICATION and please note that the payment of \$24 is non-refundable. If unable to attend, members are permitted to get another current sohiU3A member to go in their place.

MIGRATION AND MULTICULTURALISM

The world is in the midst of a migration crisis, with ca. 70 million refugees and asylum seekers in centres dotted around the globe, some of them multi-generational (e.g. Palestinians). Millions more are attempting to reach developed countries, and there is the impending challenge of climate refugees, who are yet to come but who are still not recognised as refugees. This course aims to consider the history of migration – an entirely and regular human phenomenon since Africa around 2 million years ago - the reasons why people often unwillingly leave their homelands, human rights and the role of the UNHCR, the challenges of multiculturalism and racism, the different responses to this crisis in Europe, Canada and New Zealand, compared with the US and Australia, how this is affecting and affected by our own politics, economic difficulties, and cultural attitudes ... and the possibility that this is not going to end happily for anybody. Copies of handouts can be sent via email prior to each session, or printed copies can be purchased on the day.

MINDFULNESS AND MINDFUL MEDITATION

Mindful Meditation is the practice of untangling ourselves from the constant avalanche of our thoughts, developing a compassionate understanding of how we deal with emotional turmoil in our lives. Mindfulness is putting this understanding into practical use in our everyday lives, helping us develop new relationships with the joys, sorrow and tribulations that are part of living. In this class we will learn, share and practise skills which we can use to help us develop resilience and openness, and also extend kindness, compassion and gentleness towards ourselves and others. The leader trained as a psychotherapist and counsellor. She is a practitioner of ACTMindfully and her foundation practice is in Insight Meditation. Please note that there will be no lessons on 22nd October and 19th November.

MINDFULNESS MEDITATION

‘Mindfulness’ is an overused word today. However, when we begin a regular mindfulness practice, we discover that it is more than taking notice. It’s a deep practice, a way to understand ourselves and to enjoy our lives. It can lead to peace and healing. This course offers the opportunity to learn practical skills that, if practised often, can become a basis for living peacefully, ethically and in harmony with family, friends and our community.

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.

THE NINETEEN SIXTIES: A DECADE OF TRANSFORMATION

Join us for a discussion of one of the defining decades of the twentieth century. The 1960s was truly a transformative decade. In the United States, it began with the election of John F. Kennedy and ended with the astonishing feat of a manned flight to the moon. The decade saw the assassinations of John F. Kennedy, Dr Martin Luther King and Robert Kennedy. It was the decade of the Cuban missile crisis, Civil Rights, womens’ liberation, and nationwide protests against the brutal war in Vietnam. We read Truman Capote and James Baldwin, and listened to Bob Dylan, Joan Baez and Simon and Garfunkel. In Australia, the decade began with Robert Menzies as prime minister and ended with the death of artist Norman Lindsay. Following the death by drowning of Harold Holt, John Grey Gorton became Australia’s PM. Gough Whitlam became leader of the Labour party, Joh Bjelke-Petersen ruled Queensland, Indigenous Australians were to be counted in the census. We saw the first of the city festivals—the Adelaide festival of 1960—and were shocked by the musical, "Hair". Conscription was introduced for service in the Vietnam war. In 1966 we witnessed the first visit by a sitting U.S. president with the arrival in Australia of Lyndon. B Johnson. Australians dominated world tennis and Richmond kept winning the flag in Melbourne. The decade experienced all this and much more—but it would not last.

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.

THE PETERLOO MASSACRE - 1819

On a recent research trip to Manchester the leader, an historian and author, was stunned to discover several of her own family died during this violent massacre on 19th August 1819. Now regarded as one of the most important steps towards democracy, and a vote for the common people, the massacre occurred when a strong force of yeomanry and regular cavalry charged into a crowd of nearly 100,000 workers who had gathered peaceably on St Peter's Field in Manchester for a meeting about Parliamentary reform. As well as detailing the tragedy, the talk will discuss the events and technological change leading up to the march and the aftermath and repercussions that reformed the very nature of British society for the next two hundred years.

PGA GOLF LESSONS - CLINIC 1

Learn the basics of golf with a PGA accredited golf professional. This clinic comprises 3 one hour lessons each focussing on a different facet of the game (short game, irons, woods) and culminating in playing two holes of the Bowral golf course in the fourth session. Equipment is provided. The cost is \$10 per member per lesson and is payable on the day. Members will meet at the Bowral Golf Club Pro Shop at 10:15. Members can enrol in either clinic 1, clinic 2 or both clinics.

PGA GOLF LESSONS - CLINIC 2

Learn the basics of golf with a PGA accredited golf professional. This clinic comprises 3 one hour lessons each focussing on a different facet of the game (short game, irons, woods) and culminating in playing two holes of the Bowral golf course in the fourth session. Equipment is provided. The cost is \$10 per member per lesson and is payable on the day. Members will meet at the Bowral Golf Club Pro Shop at 10:15. Members can enrol in either clinic 1, clinic 2 or both clinics.

THE PHILOSOPHY OF HEALING

We look at healing of body, mind, and spirit over six 2 hour talks. As a reconstructive surgeon turned artist I looked at healing through its many levels and dimensions. We see the ways the body will heal itself naturally and the way surgery and medicine intervene. Spiritual healing is a reality with ways the power of spirit and the unconscious mind manifest in healing and life. Our cells are multiplying until birth, growing and forming the body, later repairing and replacing it. The Spirit relates into this growth of body and mind together. As we follow this through we see that life itself is a constant

healing. Healing with medicines and drugs, surgical healing and reconstruction, will add to the life we lead in body and spirit; and the ways that subconscious thoughts are influencing life and healing.

PHOTOGRAPHY USING A SMARTPHONE

This is a short course to help you get the best from your smartphone camera. Smartphone cameras have their limitations but they are capable of a great deal more than most of us realise. This is a repeat of the course run in Term 2, 2019.

PINOCHLE CLUB

Enjoy a friendly 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 @ \$15 per annum. Beginners are most welcome and will receive personalised training.

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.

THE QUANTUM WORLD MADE VISIBLE

Quantum mechanics is a foundation of our universe, but to study it is to threaten one's grounding in reality. This practical demonstration makes many aspects readily apparent. We view a range of light sources through diffraction gratings, which reveals the details of the spectra. The accompanying slide show explains the quantum effects in everyday terms. The talk will include an attempt to measure the elusive Planck's Constant.

THE ROMANOVS - PART 3

Session 1 An Imperial Year. Explores the day-to-day life of Nicholas II and his family, including at Livadia, Petergoff, Spala and on their yacht, the Standart. Session 2 “We are abandoned and alone.” The various attempts to save Nicholas II and his family after the abdication and why none of them succeeded. Session 3 The Romanovs after 1918. The lives of other senior members of the Romanov family after the revolution. Session 4 Saving the Tsar's palaces. What happened to the Alexander Palace, Livadia and Petergoff after 2017 and the struggle to save and restore these palaces.

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. There will not be a class on 5th December.

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 playing. There will be a charge of \$10 (\$2 per session) 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 of each month in Ilma's home, 30 km from Bowral. Perhaps you can share your skills with others and enjoy 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.

SICILY - AN INSPIRING AND BLOODY HISTORY

Ken will bring his considerable insight into the history of Sicily from the settlements there by Ancient Greeks, including Plato, Archimedes and his famous bath, through occupations by Romans, Saracens, Normans, and the Bourbons and finally, the current day. The birth of the Mafia and their early positive influence, through to their atrocities to this day will also be considered. Ken will share his personal experience of the complex way of life in Sicily.

THE SKIN: MORE THAN MEETS THE EYE

With the advent of genetic testing and chemical analysis much is now known about the immune and inflammatory pathways in the human body. In this course we will look at psoriasis as an example of an inflammatory disease with effects on the skin and body in general.

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 attain 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. In Heather's absence, the choir will be conducted this term by Julie Blanchard. In her lifetime of music teaching, Julie has conducted numerous choirs and vocal ensembles, facilitated singing workshops, taught piano, djembe drumming, ukulele and guitar to children and adult students. She has a great passion for teaching and singing, and loves bringing out the best in her choir members and students. A fee of \$5 is to be paid 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 Castillian 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

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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.

TABLE TENNIS ON MONDAY

Bat and ball-isthenics for fun and fitness, coordination and table tennis skills. 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. 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.

TENNIS: A SOCIAL GAME

We are being constantly advised to stay active as long as we can and tennis is one game that ticks all the boxes. It exercises our body and brain in a fun social way. This U3A tennis group will offer you an opportunity to participate in a gentle, social game of doubles. We will have the use of two courts at the Bowral Tennis Centre. Some experience in playing tennis is essential but you don't have to be a champion. You will need to bring your own racquet, sport shoes and wear sun safe, comfortable clothing. For your own safety, players must be physically able and fit enough to fully participate. You will be asked to sign a waiver prior to playing tennis. There will be a one-off charge of \$6.00 to cover the cost of morning tea and tennis balls. This money will be collected at the first session.

THE TRAILBLAZERS: AUSTRALIAN WOMEN ARTISTS AND MODERNISM

This course encompasses two weeks. Week 1 comprises a lecture on Australian art between the wars, a period that was astounding for several reasons – not the least because it was women artists leading the charge for this new modernist art, an art that was highly problematic for a conservative Sydney art world still focused on works of the London Royal Academy as a way of demonstrating allegiance to ‘Britishness’. The focus of the course is on the reception of modernism in Sydney, using artists such as Margaret Preston, Grace Crowley, Thea Proctor, Hila Rix Nicholas and Grace Cossington Smith. Week 2 is a guided visit to the Gallery to examine these works. This visit will be held on Thursday 12th December.

WESTERN MAHJONG

We are a U3A group who love playing this game - we do not consider ourselves experts but we have a great time. If you haven't played before, it 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. If you are interested in learning, we will teach you the game. Looking forward to catching up with the existing group and hoping to meet some new starters. The Aegean region today encompasses the modern nation of Greece and the western part of Turkey. In the past it has been the location of several civilisations – Greek, Roman, Byzantine, Ottoman – whose legacies we can still enjoy today. In this course we will explore the history of the region from the earliest times to the present day. The course is a repeat of the heavily subscribed course presented in Term 1, 2019. There will be a \$5 charge for afternoon tea and notes.