

Enrolments close at 9 pm on Wednesday 11<sup>th</sup> December 2019

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

### **THE A + B = C OF CLIMATE CHANGE**

The aim of this presentation is to help us all understand how the climate has changed during the lifetimes of the baby boomers (and of those of us a little older). How the access to cheap energy from fossil fuels that has boosted our standard of living beyond anything previously experienced has, at the same time, created a potential climate catastrophe. How while the science of global warming is complex, the explanation given by scientists is all too easy to understand. How the climatic trends are all going the wrong way and how we have everything we need to reverse those trends. And above all, how in recognising the present reality and full of hope for the future, we must all work together to give our children and grandchildren the chance to live the lives that we have all enjoyed.

### **ADVANTAGES OF THINKING SOCIOLOGICALLY**

We tend to think about social issues according to our upbringing and its tradition/s. This can make it difficult to understand people and situations that are different. Sociology offers perspectives that allow us to step out of our accustomed "common sense" and to consider alternative views. The last century in the West has seen major shifts in taking seriously the experience of women, gay and transgender people, and people of colour, including indigenous peoples. Combining illustrated talks and discussion, this course applies several sociological perspectives for the light they shed on these issues, as well as the particular effect of social class on educational outcomes.

### **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.

### **AUSTRALIA'S ENERGY AND CLIMATE FUTURE**

Professor Ken Baldwin is Director, ANU Energy Change Institute and ANU Public Policy Fellow. This presentation on Australia's Energy and Climate Future will outline Australia's energy resources and capabilities in the international context. It will examine current energy trends, focusing particularly on the electricity sector and on our future electricity generation mix, including the prospects for nuclear energy. The imperatives for our eventual transition to a sustainable energy future in order to address climate change will be examined, and the implications for our future energy systems will be discussed.

### **A BARNARDOS BOY**

Barnardos and many other organisations came into being ostensibly for the protection, care and education of children. The underlying cause of British Child Migration to many [now] Commonwealth Countries was the abolition of slavery in the early 1800s and the eventual emancipation of slaves in the 1830s. Over 150,000 children were sent to fill the need for labourers in the then British Empire countries such as Canada, New Zealand, Australia, Rhodesia, Uganda, Tanganyika etc from the 1860s. Over 10,000 came here to Australia. There was a surplus of children needing "care" because of destitution, prostitution, and interminable wars. Children born out of wedlock were taken from their mothers and institutionalised; their birth certificates marked either "bastard" or even worse "illegitimate" ie should not have been born, was common practice. Yet much good was done by Barnardos and other organisations even though paedophiles in many of these institutions were quite common. There were 4 paedophiles in Mowbray Park where I was incarcerated that I was made aware of later in life.

**U3A Southern Highlands Inc**  
**Course List for Term 1, 2020**  
**27<sup>th</sup> January to 9<sup>th</sup> April**

**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 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 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 of the month. We read works by a variety of authors and from many genres. Members suggest books which are selected by informal vote. Discussions are then led by the member who suggested 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 from the previous term, 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. 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" (Penguin Books) by David Cannadine. (Available from Book Depository for approx. \$19.)

**BRITISH SPIES IN THE 20TH CENTURY**

This is a repeat of the heavily oversubscribed Term 4, 2017 course. An heroic spy to one is another's traitor. From the early days of the Nazi Party there developed opposition. Among them were the "Cambridge Five", a group of upper class students recruited by Sir Anthony Blunt for the NKVD (later the KGB). He eventually became Keeper of the Queen's Pictures. The most successful of the Cambridge Five was Kim Philby who rose to the highest ranks of MI6 while concurrently a Colonel in the KGB. There were others. Who were the spies? What were their motives? What happened to them? In his career as a book publisher, Ken had dealings directly and indirectly with people involved in spying including a friendship with the ASIO counter espionage agent, Michael Thwaites, who debriefed the Soviet KGB operative, Petrov following his defection from the Soviet Embassy in Canberra in 1952.

**CHESS CLUB**

How does Lewis Carroll's 'Through the Looking Glass' relate to chess? It is, in fact, a 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.

**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.

### **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 \$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.

### **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.

### **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 one-off 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.

### **CREATIVE WRITING: LIFE WRITING AND FICTION**

In this course you will: learn techniques to help you write creatively; explore the elements of successful writing; have the opportunity to share your work with others; receive constructive criticism on your writing; and learn to critique your own writing. To benefit from this course, you will need to complete set homework and submit it for critique. Generally, homework will be writing a vignette on a topic of your choice, or editing a vignette you have already written. You may choose to incorporate your homework into a larger project of memoir or fiction.

### **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.

### **DINOSAURS: THEIR LIVES AND TIMES**

Dinosaurs were strange and fascinating creatures which dominated the Earth for over 100 million years. Most of us know little about them but palaeontologists are learning more all the time. We will talk about dinosaur evolution, their lives, reproduction, the food they ate and how most of them disappeared. This is a revisit of a course presented about 10 years ago. There will be a cost of \$4 to cover tea and minor printing costs. This will be collected at the first session.

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### **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.

### **EXPLORING MEANING IN DAILY LIFE**

Many of us come to a time in our lives when we sense an increasing interest about what gives our lives meaning. In this Course you will explore areas where many people find meaning, for example with nature and music, and also what gives meaning for you in particular. The ideas of key thinkers such as Frankl and Seligman will be introduced. This course does involve talking with other people about what is genuinely important for you. Most people find exploring this topic very worthwhile, and something you might pass on to other people. The Leader, a teacher and psychotherapist, has been exploring meaning for 42 years.

### **FAMILY HISTORY**

We are an experienced group of people undertaking family history research. However, anyone who has made some progress on their journey to document their own ancestry will be welcome. Stories and discoveries, methods and "brick walls" are shared and discussed. The group meets on the second Thursday of the month, and continues through the school holidays but does not meet in January.

### **FOOD - THE FACTS BEHIND THE MYTHS**

Everyone is an expert on food - we consume it every day, but where do we get our information from, why is it always changing and how do we separate fact from spin? The leader, a former research scientist, was formerly Head of food R & D for Unilever throughout Asia will present this course. Unilever is one of the largest food companies in the world, with a substantial presence in Australia. Its brands include Streets Ice-cream, Flora margarine, Hellmans, Knorr, Rosella, Continental, Lipton, Bushells and John West. He will attempt to debunk the myths that we are bombarded with by providing the facts based on scientific research. During this course of 4 sessions areas such as Nutrition, Preservation and Safety, Food Additives, Biotechnology and Food Composition will be covered.

### **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.

### **GARDEN TOOLS PURCHASE & MAINTENANCE WORKSHOP**

This popular small two-hour workshop was first run for U3A members in 2012. The workshop will cover the purchase and maintenance of all garden tools - hand tools and power tools including ride-on and motor mowers and chain saws. It will touch on battery operated tools. It will hopefully answer many questions both men and women have about how to look after garden tools. It will be both enjoyable and cost saving. As I live some 17km out of Bowral, please allow some travel time. There will be a charge of \$2 to cover tea and notes. The workshop will be held at the home of Dennis McManus, Glenary, 1750 Kangaloon Road, Kangaloon.

### **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://learngerman.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.

### **GIOTTO'S REVOLUTIONARY CHAPEL ART**

In 1305 the great Italian master frescoed the Scrovegni Chapel in Padua and changed the face of European art forever. The humble son of a shepherd rose to become the greatest of artists, and his introduction of humanity, realism and movement into painting continues to influence the way we see the world. This illustrated talk will focus on his masterpiece in its social and artistic context, and attempt to explain why it's still regarded as both important and very beautiful.

### **GLOBAL ECONOMY - AN EXPERT VIEW**

For the fifth year in a row, we are delighted to again welcome our course leader who is the Executive Director of Clime Asset Management, an acknowledged guru in his field, a regular writer for a number of publications and whose views are widely sought after by the press. He will give his view and challenge our thinking on the macro-economic state of the global economy. He is a most informative and entertaining speaker - in previous years there has been a lively discussion with a large audience, and we look forward to the same on 4th March.

### **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.

### **GUESS WHO'S COMING TO DINNER!**

In this series of four sessions, I shall be inviting three illustrious guests to dinner. The time period covered will be from the 18th to the 20th centuries. Starting with the menu, I shall introduce and discuss the individual, their life, works and achievements and hope to convince you of their merits as a dinner guest. The 4th session will consider how we perceive, relate to and judge figures from the past. Members will be encouraged to participate if they wish, by telling us about someone they would like to have to dinner.

### **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.

### **HUNGARY 1848 TO 1947 - FROM THE HABSBERG TO THE SOVIETS**

This course explores Hungary's rich history from the Habsburg to the Soviets. Session 1 – 1848 to 1867 - from revolution to Dual Monarchy. Explores the political drivers/personalities leading to the establishment of the Austro-Hungarian dual monarchy. Session 2 – 1868 to 1918 - Destruction of the Old Order. Peace and prosperity give way to chaos and destruction in World War I. Session 3 – 1918 – 1945 - The Years of Uncertainty. With the fall of the Habsburg Monarchy, Hungary struggles to establish a stable political system but is drawn into World War II. Session 4 – 1945 to 1956 - Liberated or Conquered? Decimated by the war, Hungary's "liberation" by the Soviets results in political/social oppression, culminating in revolution.

### **INTRODUCTION TO DIGITAL PHOTOGRAPHY**

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

### **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.

### **KASHGAR AND THE UIGHURS**

Kashgar is an ancient city in far western China that was important during the days when the Silk Road was the great trade route between China and the West. The Uighurs are the main ethnic group of Xinjiang province and today face persecution. This talk will look at the historical origins of both Kashgar and the Uighurs up to the problems both face today.

### **LATIN (LEVEL 2)**

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 should lead to successful participation in Latin 3 and 4. This is the continuation of the course "Latin: An Introduction" run in 2019, as we continue to work through the textbook "The Complete Latin Course" (2nd ed.) by G.D.A. Sharples. 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 Michael Gray (0487 728 554) before enrolling. The price of the textbook is around \$85.

### **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 undertake various activities in Latin literature. Some challenges to come!

### **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. The course is designed to teach you how to deliver the bowl and how the game of bowls is played. Just bring yourself and make sure the soles of your shoes are nice and flat. Bowls are supplied. Cost is \$30 towards maintenance of the greens. Please pay on arrival on 3rd March 2020 For further information call Robin (0434 914 467)

### **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. Bowls are supplied if required. Cost is \$30 towards the maintenance of the greens. Please pay on arrival on 5th March 2020.

### **LOGIC AND REASONING - THE PATH TO KNOWLEDGE**

Scientists conducting research, surgeons in the operating theatre, and jurists in a court room, have much in common. They share the need to make critical decisions, but are rarely trained in reasoning. This presentation will start with deduction, from the classical all men are mortal, to abstract mathematical structures. But finding out about the real world requires the more challenging induction. While never obtaining certainty, we will show how the more important confidence can be increased. Numerical examples will demonstrate the legendary Bayesian Analysis to vaccine effectiveness, to racial profiling, and to evidence in a murder trial.

### **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 1 lunch will be held at the Bowral Asian Cuisine, 407 Bong Bong Street, Bowral at 12.15 for 12.30 start. We will be having a variety of entrees and the Lunch Special (every third drop). I will send everyone a reminder two weeks prior to the lunch and will then advise the mains, as they change. At present they are duck noodle soup, salmon bowl etc. There will be a gluten free option. I look forward to seeing everyone then. As usual please PAY on APPLICATION and please note that the payment of \$25 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. 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 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.

### **MINDFULNESS MEDITATION**

Mindfulness is an energy that can help us to heal. It is a path for us to generate happiness, understanding and compassion for self and others so that we can live deeply in each moment. It helps us to renew contact not only with our body and our mind but also with the world. This course teaches exercises that are practical and can be done in any situation. The leader has been a mindfulness practitioner since 1995, and a student of the Vietnamese Zen Master and monk, Thich Nhat Hanh. This course is non-sectarian.

### **MUSIC AND INTELLECT**

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.

### **MY BIG BEAUTIFUL INDIAN ADVENTURE**

Despite always being attracted to Indian culture and history, people had warned me of travelling there. But, ten years ago I listened to my heart and had my first big adventure in incredible India. We’ve been back at least once a year since and have even started taking small groups there with us! India is definitely the ‘land of the unexpected’ – people are often only aware of the negative press and never get to experience the India that we love. Let me share some of my India with you. Experience its rich culture, history and people through my many beautiful images and anecdotes.

### **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.

### **ON AND OFF THE SILK ROAD(S)**

Our early school studies made mention of the Silk Road, making reference to caravans bringing finery and riches from the fabled lands of Cathay and Cipangu, along with stories of the khans who ruled somewhere out there. We also acquired tastes for the exotic flavours brought from the Moluccas; however, where were these near mythical places and how did we get to know of them? Visit some of the centres situated along portions of these historic routes and take side trips to less explored regions along the 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.

### **A PERSONAL JOURNEY INTO SPIRITUALITY**

When taking a holiday we usually research where to stay, things to see and do. So do we make the same enquiry and preparation for our ongoing life after we pass? Some may think "they will deal with that when it happens" but I have always wanted to know more about life and the "Invisible Guiding Hand" that has always been present. I can best describe myself as a spiritual seeker on steroids and I have found spiritual knowledge to be infinite and experiential. My sessions will include stories experienced in many parts of the world and cultures, and an opportunity for questions. This course is a repeat of the course offered in Term 2, 2019.

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### **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.

### **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.

### **PGA GOLF LESSONS - CLINIC 2**

For those U3A members that have attended the Golf Clinics in Term 4, 2019 or those members who have already played some golf and would like to improve their game further then Clinic 2 is designed for you. 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 12.15.

### **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.

### **REAL TENNIS -- A ROYAL GAME**

Jeu de Paume, Royal Tennis, Real Tennis: The leader was an ardent Real Tennis player for a number of years and has an extensive library of books on this ancient game which was the precursor to the modern game of Lawn Tennis or now commonly called Tennis. This talk will touch on the history of the game and its links with the modern game of Tennis. Connections to the present Royal Family will be examined. Real Tennis books, a few racquets and even an old hand made ball will form part of the presentation. Did you know that the term "to serve" originated in the time of King Henry 8th when he grew too fat to swing the racquet past his torso and so had a servant put the ball into play, hence "to serve". Real Tennis was once even an Olympic sport.

### **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 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.

### **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. A fee of \$5 is to be paid at the first session.

### **SOUTH AFRICA'S HISTORY: A POST-APARTHEID PERSPECTIVE**

South Africa's history was always a white history, the details of which depended on whether the writer was of British or Boer descent. Now historians are examining the past from the perspective of all groups, including those that were previously silent. We look at this and some of the consequences of the fall of apartheid and the wasted years under Jacob Zuma.

### **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 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 and loose fitting comfortable clothing are required. Please bring your own bat; balls are provided. \$3 per term will be charged for tea breaks.

### **TABLE TENNIS ON THURSDAY**

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

### **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.

### **VISIT TO SUNNATARAM MONASTERY**

In 1990 a small group of Thai Buddhist monks of the Theravada Forest Tradition took up residence in an old machine shed on the property that had been donated for their use at Bundanoon. It has been transformed and is now a place of both meditation and teaching for all people who are interested in Buddhism. The monastery has acted as host to groups from U3A who have participated in courses given by the Abbot, the Ven. Phra Mana. It has been a most enjoyable experience and so is now being offered to all members. In the course of the visit we will be given a tour of the monastery and enjoy lunch with the monks before returning home at approximately 2:30pm. A Prepayment of \$9 is required for this course and covers morning tea on arrival and lunch. This payment is required at the same time as enrolment.

### **WALKING THE CAMINO IN SPAIN AND FRANCE**

The Camino is an ancient pilgrimage path to Santiago de Compostela in north-west Spain, the burial place of St. James the Apostle. In two journeys, Peter has walked over 1,500km along the path, first in Spain and later in France (Le Chemin de St. Jacques). The presentation features Peter's photos with appropriate music and his own live, scripted narration. Beautiful villages and landscapes, interesting pilgrims, Camino practicalities. Q&A and discussion at conclusion. Durations: Spain 84 mins / France 87 mins.

### **WEST MEETS EAST**

Buddhism, though a minority religion in Australia, has over half a million adherents. What IS Buddhism? Does this "eastern" philosophy have anything to offer to the western world? And is it compatible with a western, scientific understanding of the human condition? This course will seek to answer these questions. Please note that if you wish to visit Sunnataram Monastery you must enrol and pay for that course separately.

### **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.

### **WINGECARRIBEE WALKS - MT GIBRALTAR**

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