

THE A + B = C OF CLIMATE CHANGE

This presentation aims to help us understand how the climate has changed during our lifetimes; and how the access to cheap energy from fossil fuels that has boosted our standard of living has simultaneously created a potential climate catastrophe; how, while the science of global warming is complex, the explanation scientists give is understandable; how the climatic trends are 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 can work together to enable our grandchildren to live the lives we have all enjoyed. Jim Main works as a complex succession and tax lawyer in Cootamundra. He has kept abreast of climate change science and issues for many years, regularly communicating with Prof Will Steffen of Climate Council.

ALEXANDER POPE: ENLIGHTENMENT POET, SATIRIST, GARDEN DESIGNER

This course runs in two modes: face to face (capacity 24 members) and Zoom (online; unlimited capacity). Please enrol in only one mode. Anyone who applies for the face to face mode and misses out will be offered a place in the Zoom course “To err is human, to forgive divine”. “Fools rush in where angels fear to tread.” “Damning with faint praise”: Alexander Pope, the second most quoted poet in the English language and a leading representative of the spirit and culture of the Enlightenment age. Over two sessions, I shall be discussing some of his most important works, with their witty social commentary and moral framework. We shall also consider Pope’s character, his difficult life and the creation of his famous garden and grotto at Twickenham.

ALEXANDER POPE: ZOOM COURSE

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AMERICA (AND THE WORLD) POST TRUMP

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PIETRO ARETINO

Pietro Aretino (1492 - 1556) came from a humble family with some connection with the Church. He was the first to use the printed word to comment on current affairs at a time when the Church was all powerful. Gutenberg had invented printing using moveable type in 1450 which revolutionised the printing of books and pamphlets. Pietro was one of the most remarkable figures in Italy during the last decades of the Renaissance. He was a close friend of the noble Venetian painter Titian, endured and enjoyed personal conflict with three Popes, was on friendly terms with the Emperor Charles V and Francis I, King of France. Like some current journalists, he was feared by those in power who could be harmed by exposure to truth and angered by ridicule.

ART IN THE AFTERNOON

Anyone interested in attending a relaxed painting and drawing group can enrol in this class. We meet at a workshop at BDAS each week, using the art materials of our choice. There is a weekly (non-compulsory) theme for those who need some inspiration for their art. Help and encouragement with your project is always available. During tighter Covid restrictions, half the class will attend alternate sessions. Please contact the leader with any questions.

AUSTRALIAN SUPPRESSED BOOKS

Why are books in Australia suppressed? How many are suppressed and why aren’t they just censored? What are the implications for us as readers, and our book culture in Australia, if books are suppressed? Come along to two very informative, and at times revealing and funny, answers to these questions, and lots more.

AUSTRALIA'S ENERGY FUTURE

This is a repeat and update of a presentation in May 2021. The leader is Director of ANU Grand Challenge: Zero-Carbon Energy for the Asia-Pacific and was the inaugural Director of the ANU Energy Change Institute. The next few decades will see a transformation in Australia's energy mix as new sources of energy are introduced and as the nation moves towards a low-carbon economy. The lecture will examine the prospects for Australia's energy future arising from advances in technology, and from changes in human behaviour and other global trends. Australia is poised at an interesting moment in history where large and fundamental shifts in our use, generation, distribution and export of energy are not only possible, but likely by the middle of the century. This talk presents some of the potential future scenarios.

BOOKS FOR MAD HATTERS

This Book Club would meet monthly, from April to December, on the 3rd Wednesday of the month, including during school holidays. As there are three U3A Book Clubs, please only enrol in one. This

club is similar to the Book Lovers Circle in terms of members choosing books to read and discuss, and meeting in members' homes.

BOOK LOVERS CIRCLE

This group meets on the 2nd Wednesday of the month. As there are three U3A book clubs, please only enrol in one. Book Lovers Circle members enjoy reading and discussing a wide range of books from a variety of genres. Members share ideas about possible choices and reach a consensus regarding which book for which month. Members source their own copies, whether buying them or borrowing them from a library or from others. The Course Leader emails information about books and venues for each month. However, if there are COVID restrictions on numbers in a house, we will use Zoom or find a suitable public space.

BOOKWORMS BOOK GROUP

This group meets monthly, usually on the 4th Wednesday. 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. . During COVID lockdown periods, we meet via Zoom. As U3A offers three Book Groups, please enrol in one only.

BRITAIN IN THE TWENTIETH CENTURY

This is a continuation of the course previously called “Britain since the Conqueror”. This term we will begin at the beginning of the 20th century, with Britain in the Edwardian era and then going into the tragedy of World War 1. We will use the book Hope and Glory: Britain 1900-2000 by Peter Clarke (Penguin, 2nd edn., 2004), which class members will be expected to have (available for \$28 from Book Depository).

CLIMATE CHANGE, SOCIETY AND GEOPOLITICS

This two-Term course is not about climate science. Rather, it views climate change as more than an environmental issue and explores the impact of global warming and changing climates upon societies, nation states and regions. Term 3 will focus heavily upon societal impacts through the lens of water in particular, including transboundary issues. It then explores the energy transition and its relationship with global governance, foreign policy and international relations. It concludes with an examination of the 2019 IRENA Report of Geopolitics and Renewables. Term 4 studies the major geopolitical impacts of the energy transition post-COVID 19 through case studies, including USA, China, Russia, EU and the Arctic.

CLIMATE CHANGE – WHAT ARE THE FACTS?

One of the leaders has Bachelor of Science with studies in Pure Maths, Organic Chemistry, Physics, Geology and Oceanography. He attained the level of Professor in the commerce faculty at the University of Cape Town. The other has a Diploma in Agriculture. He became an Advisory Systems Engineer at IBM. He leads U3A's Talking Points. The course will outline some evidence, published theories on climate change and relevant laws of physics, chemistry and earth sciences and the effect on climate. It aims to remove fear arising out of what the presenters see as the hyperbole of anthropogenic/man-made climate change theories. Keith will focus on extra-terrestrial and terrestrial processes that potentially are climate forcing. John will focus on the history of climate change and the

known causes, climate modelling and the future of the energy industry. Questions and complementary or contrary evidence are welcome

COMMON SENSE, REASON, AND IMAGINATION

All of us have lots of common sense. And we are logical, reasonable, level-headed, clear thinking people. In addition, we are endowed with a rich imagination. These qualities make us "Homo Sapiens", the most powerful species on earth. So, how come we do so many stupid things and behave irrationally? Why does our imagination lead us up the garden path? Shouldn't our common sense always lead us to the right judgement? Are we failures, or is it our ability to learn from our failures that makes us so successful?

COMPUTERS COFFEE AND CHAT 1

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. 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 issues. It is aimed at PC and Mac users who want to be more productive and would like to stay abreast of computer technology. Note that there is a second version of this course at 2.00 pm. Please enrol in only one course.

COMPUTERS COFFEE AND CHAT 2

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. 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 issues. It is aimed at PC and Mac users who want to be more productive and would like to stay abreast of computer technology. Note that there is a second version of this course at 10.00 am. Please enrol in only one course.

CRACKING CRYPTIC CROSSWORDS

This popular course is both for those who have never attempted a cryptic crossword before and for those who wish to hone the skills they already have. It will enlighten those of you who have always thought cryptic clues are double dutch and provide useful tips for those who want to practise their skills in an ultra-friendly environment. You will be amazed how easily your mind can adapt to thinking cryptically and what fun you will have learning how. The course leader will take you through the various ways clues are worded and how to find the solutions. The five fortnightly sessions are designed to gradually build your knowledge and so a commitment to all sessions is desirable. There will be a cost of \$3 for printing costs payable at the first session.

CREATING BETTER PHOTOGRAPHS+WRITING

This course will help you create better photographs. Photography is surrounded by a lot of technical mystique. The objective is to dissolve that mystique and provide members with a clear guide for creating better photographs. The theory will be applied, producing a group Photo Essay of Moss Vale. You will learn how to plan workflow, some editing techniques to help make photographs sing out "look at me", before moving into producing top quality prints. This course runs with a writing course whose participants will write the narrative to accompany the photographs in the Photo Essay. You will research and write about them, creating a snapshot of MV 2021. We might collate this into an exhibition and a library document. The writing course follows the photo course at the same venue.

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While not essential, members are strongly encouraged to participate in both courses. When enrolling, please email Richard if you wish to attend only one course.

CROQUET AT EXETER

From Alice in Wonderland to the Southern Highlands, croquet is a delight and so easy to learn. Join a group at Exeter, with expert help from experienced players, to learn this marvellous game. Who knows this could be the start of a whole new interest. Everyone wears soft soled shoes. No experience is necessary.

THE CUTTING EDGE: HIPS & KNEES

This short presentation will discuss the latest techniques for joint replacement and other non-operative therapies including stem cells and PRP injections. Our guest presenter is Associate Professor of Orthopaedic Surgery at the Sydney Campus of the University of Notre Dame Australia. He has undertaken advanced training in minimally invasive “made to measure” hip and knee surgery and specialises in tissue preserving procedures, including minimally invasive total hip and knee replacement, as well as arthroscopic knee ligament reconstruction, meniscal repair and articular cartilage sculpturing. Professor Hope has specific medical and research interests in anterior minimally invasive hip and knee replacement, articular cartilage repair, meniscal repair, tissue engineering and sports injury prevention.

THE CUTTING EDGE: MARKETS

The presenter is Founder & Chairman at Clime Investment Management and annual presenter to U3A Southern Highlands, will give a short update on investment markets and the outlook for returns from the share market and property investments. Will term deposits ever come back as a viable investment ? If not, then what should an investor do?

DAY OF INFAMY -- 7 DECEMBER 1941

This is a unique tale of two families. One I married into, and I will introduce you to my wife, who was present aged 2. The other was quartered next to Pearl Harbour, right in the firing line on 7 December 1941. He was the senior surgeon, so we will have an account both of family housing under attack, and of how casualties were received and cared for in the army hospital. Also I will read, and we will discuss, a short paper by former U3A and CCC member, our much-loved late Alan Fudge, on a major conspiracy theory about that Day of Infamy.

DISCOVER HISTORIC EDINBURGH

Many of you have visited the Scottish capital, Edinburgh, often called the Athens of the North, but what have you seen or visited beyond the Castle, the Royal Mile and Princes Street? This is a city, however, with more than 1000 years of history. Robert Young was born in a seaside town, 30 miles away, then spent seven years at Edinburgh University. He has a deep knowledge of his home city. Over two sessions he will take you on a photographic walk around the city, relaying the history behind the many sights and monuments etc. You will discover places and sights that you've never seen before.

EMBROIDERY PLUS

With tighter COVID restrictions, the group will meet in two halves. The Course Leader will provide details. 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. Members bring their own tea/coffee. Prior to the course, the Course Leader will send enrolled members information about COVID safety requirements.

FACT FINDING BY COURTS 2

The presenter spent almost his whole working life teaching in law schools overseas and in Australia, in conjunction with work as a solicitor, barrister, tribunal member and for 15 years legal adviser to the ACT parliament scrutiny of bills committee. There will be a brief recapitulation of matters dealt with in the Fact-finding course offered in Term 2, and any who did not undertake that course will be provided and/or directed to material to prepare for this course. Designed for laypersons, the course continues examining the legal framework surrounding the task of a court to decide a dispute by applying law to a set of facts. This involves reference to provisions of the Evidence Act (NSW), and the text of some decisions. We will consider a range of concepts about evidence, focussing on particular cases. The sessions are based on notes, supplemented by illustrative discussion material. To a large extent this material will be presumed to have been read.

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. We meet on the second Thursday of each month. IF the tighter COVID rules are still in place, the course will be run by email.

GALLERY GALLIVANTING

Each fortnight we will visit a different gallery to view art. First visit will be to The SHAC at Robertson, so meet there in the car park. Subsequent visits will be advised when known. We hope to have an artist and/or curator talk. Attendees must be mobile as each visit may involve stairs etc. There is the opportunity to carpool after the first visit. Galleries are in the Southern Highlands and depending on interest may include Goulburn Regional Gallery.

GERMAN: ADVANCED BEGINNERS TO INTERMEDIATE

This class is for those who have learned some German. As a rough guide to standard, you should be able to form and answer simple questions, have some familiarity with the four case system and some knowledge of sentence structure. Grammatical mistakes are not important, but a willingness to try and correct them is. The basic intent is to encourage German conversation. Prospective class members 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, colloquial language. Ms Evi Watts is German speaking and has a teaching background. She will send out lesson plans and correct

homework returned. Note that the sessions alternate between Zoom online (weeks 1, 3, 5, 7, 9) and face to face at Highlands Christian Church, Mittagong - Potters Room.

GERMAN FOR BEGINNERS -- THE NATURAL METHOD

Please note that this is a continuing course which commenced in Term 4, 2020. If you intend to apply for this course in Term 3, 2021, you should be confident that you have reached a CEFR language proficiency grade of A1 in German. Free proficiency tests in German are available online, for example at <https://learngerman.dw.com/de/einstufungstest-a2/1-36738348>. If you pass the test at the A2 level, you could be interested in the Advanced Beginners to Intermediate German course. The emphasis is on speaking, and the grammar essentials will become apparent during the learning process rather than being drilled. The course employs as a basis the excellent online free Deutsche Welle course "Learn German – German to Go". This course is replete with information regarding all aspects of learning German, including spelling, vocabulary, grammar and even contextual aspects of the language for each episode, so no textbook or dictionary is required. To ensure that all students receive the maximum chance to speak and converse, the class has a maximum of 12 students. Everyone will be encouraged to take part. To help you determine whether this course is right for you, you are invited to contact the course leader to discuss it.

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. New members will be very welcome to join once the current situation eases.

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.

ITALY'S NORTHERN REGIONS UNCOVERED

Outside the well-visited main cities, Italy's regional areas have so much to offer in history, culture and landscapes. In this course we will visit some fascinating small towns in the eight regions north of Rome - Tuscany, Umbria, Marche, Liguria, Emilia-Romagna, Piemonte, Lombardy & Veneto. And you do not have to forego good accommodation and eating out to visit them! We will include some practical tips on how to get to the towns, some key events in their history, and the most interesting features in the towns. We will also cover some unique experiences in each of the regions.

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 a basic knowledge of Japanese, including a firm command of Hiragana and Katakana. Romanised Japanese is not used. Learners will extend their command of the spoken language (via speaker phone if necessary). Script acquisition will extend from basic to more complex Kanji. Japanese for Busy People Book 2 provides supplementary material, with core components supplied by the teacher. A \$20 fee covers material which cannot be sent successfully electronically. Please ignore the dates and times, except starting date. These are mandatory database inclusions.

LATIN (LEVEL 4)

We shall continue to share the treasures of Latin literature and culture. We shall meet in open session on the dates indicated.

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 12 October 2021. For further information call the course leader.

THE LIFE AND TIMES OF THE MOTOR CAR

This will be a non-technical Keynote (PowerPoint) presentation of the invention and final refinement of the automobile. Through slides and videos, Wal will present the evolution of the motor car with its history of intrigue, skulduggery and the sheer brilliance of its designers, artisans and engineers. Woven within this framework is how this single piece of machinery has shaped the way we live today and may live tomorrow.

MIGRATION AND MULTICULTURALISM

The world is in the midst of a migration crisis, with c70 million refugees and asylum seekers in centres around the globe, some multi-generational (e.g., Palestinians). Millions more are attempting to reach developed countries, and there is the impending challenge of climate refugees. This course considers the history of migration – a regular human phenomenon since Africa around 2 million years ago - 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 US and Australia, how this is affecting and is affected by our own politics, economic difficulties, and cultural attitudes ... and the possibility that this is not going to end happily for anybody. Handouts can be emailed prior to sessions or printed copies purchased each day.

MINDFULNESS MEDITATION

How often do we become entangled in our thoughts, overwhelmed by our emotions or stuck in our habitual reactions? We may find it hard to sleep, it is difficult to bring balance to our lives and we may yearn for calm and peace in our lives. This is particularly evident in the midst of any crisis where it can seem particularly elusive. Calm and stillness exist inside us and mindfulness and mindful meditation can help us experience that peace. I have been running mindful meditation courses for nearly 10 years and love the sense of community, connection and support that evolves within every group. Important: Please note that we are in the Uniting Church Hall in Moss Vale. A lovely venue on corner of Argyle and Spring Sts.

NEWS IN REVIEW

In News in Review we engage in discussions of current news, using a recent opinion piece or editorial drawn from reputable media outlets to define our topics and to restrict the foci of our discussions. We expect that every member will choose an opinion piece over the course of a year, and to analyse their piece and/or the issues raised in it; make a brief presentation on these; prepare 'thinking points' to focus our discussion of the topic; and help to facilitate an interactive and non-combative discussion of these. We meet on alternate Fridays at 10:00am. Our meetings will be scheduled to last up to two hours but, most likely, our discussions will run over a couple of 50-minute sessions, with time for a chat beforehand and for a refreshment break in the middle. We plan to place a group order for tea or coffee to be delivered from Kookabar café (which will cost you \$5 each time you order). Should face-to-face meetings not be possible, the course will run online, using Zoom.

NORF'K, AUSTRALIA'S TINY PACIFIC ISLAND TERRITORY

This course runs in two modes concurrently: face to face (capacity 24 members) and Zoom (online; unlimited capacity). Please enrol in only one mode. Norfolk Island is part of Zealandia and has historical ties to Aotearoa and the Pacific back to a Polynesian settlement before the European history of mainland Australia. Yet its European history has been tied intimately to that of eastern Australia, with two convict-era settlements, another settlement tracing its origins back to descendants of the Bounty mutineers and much to-and-froing since. The island is also very photogenic. We will review the setting and history of this Territory, look at landscape expressions of its layered history, including built remains rivalling those of Port Arthur, and consider the people and economy of this tiny tourist paradise, including difficulties that some islanders have with their place in Australia.

NORF'K, AUSTRALIA'S TINY PACIFIC ISLAND TERRITORY: ZOOM

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PAINTING WITH OILS

If you like to paint with oil or acrylic paints, you are welcome to join this friendly group. Members provide their own materials and decide on their own projects, but we share ideas and experience in a helpful and informal atmosphere. Odourless solvents must be used. Each attending member will need to bring a face mask and their own cup and refreshments. If the number of enrolments exceeds eight, a roster system will be used to select attendees for sessions. The aim will be to allow each member to attend the studio at least once/fortnight.

PANORAMA OF FRENCH

This course is based on participants reading and discussing a work of a French author – a classic author from past days or a contemporary one. Participants should be able to read easily from the text and then comment on and summarise allocated sections. We take a break midway to provide time for a coffee as we can no longer enjoy one together. To the best of our ability the entire class, including discussion, is conducted in French. Prospective new members should contact either the course leader or co-leader if they wish to discuss their level of French competence.

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.

POMP & CEREMONY IN TUDOR TIMES

From birth to death, the lives of the Tudor monarchs were filled with ceremony. Not only was this the case for lavish celebrations such as coronations and weddings, but also for everyday occurrences such as mealtimes and bathing. Within palace walls and beyond them, pomp and splendour were essential. These ceremonies give us a fascinating insight into the world of the Tudor dynasty.

POWERPOINT FOR COURSE LEADERS

Interactive small group (3-6 members) workshop sessions to investigate and implement some PowerPoint presentation techniques specific to U3A courses. Demonstrations and hands-on action.

POWERPOINT FOR COURSE LEADERS 2

This is a repeat of PowerPoint for Course Leaders. Interactive small group (3-6 members) workshop

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sessions to investigate and implement some PowerPoint presentation techniques specific to U3A courses. Demonstrations and hands-on action.

READING LATIN

In this course we shall read selected passages from the whole range of Latin literature, from Early Latin, the Golden and Silver Ages of Rome, Christian Patristic writers, Ecclesiastical Latin, Medieval philosophers, Renaissance writers, and Neo-Latin. We shall also try some conversational Latin and Latin crosswords and look at Latin maxims and mottoes and Latin texts set to music. There will also be occasional dives into grammar, scansion of Latin verse, and the Latin etymology of English words. Some prior knowledge of Latin is necessary, e.g. one of the U3A Latin courses, but translations will be provided by the course leader.

SCOTTISH COUNTRY DANCE FOR SENIORS

Have you thought of joining the enthusiastic group of dancers who have enjoyed Scottish Country Dancing for over 15 years? 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. This course will be managed in a COVID-safe way.

SCURVY IN THE AGE OF SAIL

This course runs in two modes concurrently: face to face (capacity 24 members) and Zoom (online; unlimited capacity). Please enrol in only one mode. Scurvy is a deficiency disease that has always existed but, through a confluence of events and developments, during a 400 year period it became a history shaper. Scurvy caused the deaths of hundreds of thousands of sailors, particularly from Great Britain, France, Spain, Portugal and Holland. This had an enormous impact on exploration, trade and the outcome of many wars. Throughout this time, the search for understanding, the cause and a cure was a convoluted one, with many false leads, foolish ideas and wasted opportunities. It is amazing that the absence of one compound in the diet could cause such havoc.

SCURVY IN THE AGE OF SAIL: ZOOM COURSE

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SECRET PLACES OF ROMANOV RUSSIA

Winston Churchill once described Russia as “a riddle, wrapped in a mystery, inside an enigma”. Russia remains a land of mystery and most tourists only skim the surface of all this fascinating country has to offer. This course explores less well known locations in St Petersburg, Moscow and beyond, focusing on the architecture and history of each place, especially in relation to its Romanov connection.

SEVEN WONDERS OF THE ANCIENT WORLD

How could they have been built without the aid of modern technology? Our first reaction to hearing details of the size and complexity of each of the Seven Wonders is to marvel that they existed at all. Not much is known about how they were constructed, but Civil Engineer David Reid will lead a class discussion into the possibilities. Plus a bit about history and culture of the constructors, using U3A-published course material.

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 the leader's home, 30 km from Bowral. Due to social distancing this may mean sitting outside. Perhaps you can share your skills with others and enjoy morning tea, a natter and time to finish your special projects. Prior to the course, the Course Leader will send enrolled members information about COVID safety requirements.

THE SINGALONG SESSIONS

The Course Leader, who has been a working singer/guitarist for much of his life, will lead participants in singing folk and pop songs, mainly from the 1950s-70s. Lyrics provided. While the sessions will not attempt to form a choir, impromptu harmonising is welcomed and some participants might like to sing a solo verse, and even for individual participants choosing and leading songs in later sessions. There is also the possibility of instrumental improvisation enhancing some sections. \$5 per person is payable in session 1 for all sessions to cover printing costs for song lyrics. This course will only be offered if COVID restrictions relax to allow singing.

SOCIAL GOLF

A weekly game of Ambrose golf for those wanting the companionship and fun without the pressure of competition. Suitable for all levels, even expert players wanting a relaxed game. Please arrive 15 minutes earlier to pay and organise teams. Own equipment and balls are required and a green fee of \$5 is payable each session (please try to have correct change). There are a few buggies available.

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 or the facilitator 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.

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. This course will only be offered if COVID restrictions relax to allow singing.

STEM GROUP

The STEM Group is open to any member with either a professional or amateur interest in any STEM discipline (Science, Technology, Engineering, Mathematics). We expect members will be interested in learning from each other by presentation and discussion. Apply for membership only if you are prepared to give a presentation: on former or present professions or on STEM-related interests as a hobby or retirement pursuit. There is no restriction on topics; e.g., IT, plant breeding, astronomy, bee keeping, ornithology, history of science, technology or wine-making. You could review a recent STEM-related book. There will be time for moderated discussion on issues of current interest. Before applying for membership, please contact the Course Leader for a more detailed document (contains a form for your presentation). This enables scheduling of an interesting mix of presentations. Frequency? Initially monthly.

TABLE TENNIS ON MONDAY

Fun, fitness, coordination and table tennis skills in a very social setting, catering to all ability levels! Gym shoes or similar and loose fitting comfortable clothing are required. Venue policy requires all footwear to be of a non-marking variety. Please bring your own bat. Balls are provided. Please note that Covid-19 safety requirements remain in place at this time. Session time: Monday 2.45 pm to 4.45 pm. Due to limited places, players are asked to nominate either Monday or Thursday only. There is a term fee of \$2 to cover incidental costs.

TABLE TENNIS ON THURSDAY

Fun, fitness, coordination and table tennis skills in a very social setting, catering to all ability levels! Gym shoes or similar and loose fitting comfortable clothing are required. Venue policy requires all footwear to be of a non-marking variety. Please bring your own bat. Balls are provided. Please note that Covid-19 safety requirements remain in place at this time. Session time: Thursday 2.45 pm to 4.45 pm. Due to limited places, players are asked to nominate either Monday or Thursday only. There is a term fee of \$2 to cover incidental costs.

TAKING CARE OF OURSELVES THROUGH MINDFULNESS MEDITATION

Mindfulness is more than just taking notice. It is a way of living that teaches us to give appropriate attention so that we connect deeply with our body and mind in the present moment. We begin to understand ourselves and learn to soothe anxiety and experience ease. The course will focus on practical activities that can be practised at any time, such as using our breath to stop, calm and rest. The course is a mix of guided and silent meditations, sharing of experiences, walking, discussions, poetry, songs and cups of tea.

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.

TENNIS: A SOCIAL GAME

U3A Southern Highlands Inc
Course List for Term 4, 2021
5th October – 10th December 2021

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 group will offer you an opportunity to participate in a gentle, social game of doubles. We use 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 your own racquet, sport shoes and sun safe, comfortable clothing. For your own safety, players must be physically able and fit enough to fully participate. You will be asked to provide a waiver prior to playing tennis. There is a one-off charge of \$3.00 to cover the cost of tennis balls. This money is collected at the first session.

THERE'S MORE TO INDIA THAN RAJASTHAN! PART 2

I have been travelling to India since 1999. Love the colour, vibrancy, food, sights and sounds of India. India never ceases to amaze me. I hope you enjoy my journey in these lockdown times. In part two, we will be travelling to lesser visited states such as Sikkim and Odisha. Along the way, we will also visit popular Tamil Nadu and Kerala. From Alpine Sikkim to tribal markets in Odisha (Orissa) and a steam train trip in Tamil Nadu: there will be plenty of different experiences. Detours will also include Varanasi. Each week there will be a related display of crafts and fabric.

UNDERSTANDING STROKES

The Stroke Foundation is a national charity which works to prevent stroke, save lives and enhance recovery in Australia. One of its key objectives is community education through the StrokeSafe Ambassador Speaker Program to raise awareness of the need to act FAST when someone is having a stroke. A stroke is a medical emergency. Stroke does not discriminate; it can happen to anyone - male or female, young or old. The talk will focus on the describing what a stroke is, the impact a stroke can have, how to recognise the signs of stroke and stroke prevention. The talk will also explain the FAST campaign, which is an easy way to remember the most common signs of stroke. Stroke is one of Australia's biggest killers and a leading cause of disability. Globally, 1 in 4 people will have a stroke in their lifetime. There are over 445,000 people living in Australia who have been impacted by stroke. Understanding the signs of stroke and the need to act quickly if you think someone is having a stroke could be the difference between full recovery or a lifetime of disability.

UNDERSTANDING STROKES 2

(This is the same course as Understanding Strokes.) The Stroke Foundation is a national charity which works to prevent stroke, save lives and enhance recovery in Australia. One of its key objectives is community education through the StrokeSafe Ambassador Speaker Program to raise awareness of the need to act FAST when someone is having a stroke. A stroke is a medical emergency. Stroke does not discriminate; it can happen to anyone - male or female, young or old. The talk will focus on the describing what a stroke is, the impact a stroke can have, how to recognise the signs of stroke and stroke prevention. The talk will also explain the FAST campaign, which is an easy way to remember the most common signs of stroke. Stroke is one of Australia's biggest killers and a leading cause of disability. Globally, 1 in 4 people will have a stroke in their lifetime. There are over 445,000 people living in Australia who have been impacted by stroke. Understanding the signs of stroke and the need to act quickly if you think someone is having a stroke could be the difference between full recovery or a lifetime of disability.

UNDERSTANDING STROKES 3

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WALKING IN IRELAND

This course runs in two modes concurrently: face to face (capacity 24 members) and Zoom (online; unlimited capacity). Please enrol in only one mode. I provide narration while photographs and music are played. Ireland is my wife's homeland, and through many visits, it has become like a deeper home for me. 1. THE KERRY WAY - Beautiful landscapes with history and people met on a 10-day walk around the Iveragh Peninsula (County Kerry), beginning and ending in Killarney. This is probably Ireland's most famous waymarked trail, visiting coastal villages and wild landscapes near the mountains (MacGillycuddy's Reeks). The journey includes an excursion to Skellig Michael - a world heritage site. 2. SURPRISING IRELAND - DEEPER HOME: A serendipitous journey, mainly on foot. Includes the valley of Glendalough (County Wicklow), Killarney National Park, Dingle Peninsula (County Kerry), Connemara (County Galway) and Croagh Patrick, Ireland's holy mountain. Finally, a walk by the Mourne Mountains (County Down) to a neolithic monument/dolmen.

WALKING IN IRELAND: ZOOM COURSE

This course runs in two modes concurrently: face to face (capacity 24 members) and Zoom (online; unlimited capacity). Please enrol in only one mode. I provide narration while photographs and music are played. Ireland is my wife's homeland, and through many visits, it has become like a deeper home for me. 1. THE KERRY WAY - Beautiful landscapes with history and people met on a 10-day walk around the Iveragh Peninsula (County Kerry), beginning and ending in Killarney. This is probably Ireland's most famous waymarked trail, visiting coastal villages and wild landscapes near the mountains (MacGillycuddy's Reeks). The journey includes an excursion to Skellig Michael - a world heritage site. 2. SURPRISING IRELAND - DEEPER HOME: A serendipitous journey, mainly on foot. Includes the valley of Glendalough (County Wicklow), Killarney National Park, Dingle Peninsula (County Kerry), Connemara (County Galway) and Croagh Patrick, Ireland's holy mountain. Finally, a walk by the Mourne Mountains (County Down) to a neolithic monument/dolmen.

WE'RE ALL EARS: MUSIC AND INTELLECT

Welcome to music listening sessions. 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 East Bowral Community Centre will be the main venue, there may be visits to other centres nearby to examine particular instruments or hear

special performers. A one-off charge for cost of production of handouts will be collected at the first session.

WINGECARIBEE WALKS -- BARREN GROUNDS

Destination: Illawarra Lookout, Barren Grounds about a 60 minute walk on a wide fire trail. You must be able to walk for 60 minutes competently. The view from the lookout is spectacular as you can see over the farmland of Jamberoo to the sea from Kiama to Helensburgh. Directions: Barren Ground Nature Reserve, about 35 minutes drive from Bowral. The easiest way is to drive through Robertson on the Illawarra Highway and, at the Robertson Pie Shop, turn right down Jamberoo Road and drive 16 km down this road until you come to the sign "TURN your headlights on". Turn right into the Barren Grounds Nature Reserve (small sign). Drive slowly 1 km up the dirt road to the picnic area where you will find us.

WORLD MAPS -- THE ANTIPODES

This course runs in two modes concurrently: face to face (capacity 24 members) and Zoom (online; unlimited capacity). Please enrol in only one mode. As early great thinkers were contemplating the Cosmos and establishing its shape, they determined there were probably antipodes. Continuing our study of world maps, we will investigate some early notions as well as previously unknown lands, while reviewing the discovery and exploration of these – both in the southern hemisphere and the far northern climes.

WORLD MAPS: ZOOM COURSE

This course runs in two modes concurrently: face to face (capacity 24 members) and Zoom (online; unlimited capacity). Please enrol in only one mode. As early great thinkers were contemplating the Cosmos and establishing its shape, they determined there were probably antipodes. Continuing our study of world maps, we will investigate some early notions as well as previously unknown lands, while reviewing the discovery and exploration of these – both in the southern hemisphere and the far northern climes.