

U3A Southern Highlands Inc
Course List for Term 1, 2022
28th January – 8th April 2022

ABBA

Were you present at the Showground, Sydney in 1978, when Abba performed during a torrential rain-storm? Or, perhaps, you had already seen them in 1976, when they made two record breaking TV shows with Reg Grundy and Don Lane. During each of their Australian tours, the streets were lined with fans from the airport to the centre of the city. More details of their Australian visits will be presented. Abba were the second most popular group of all time. This presentation will tell the story of the difficult times they experienced, both in their musical careers and in their private lives. We will also show video clips of their most famous songs.

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.

ALONG THE INKA TRAILS

High on many trekkers' bucket list is hiking the 'Inka Trail' in Peru; however, few of the successful gain an understanding of its place in history. Join a journey into the history of the Andean peoples who established their networks of communication over centuries. Share in travels and archaeological investigations across many parts of South America with their evolving societies which were well-established long before Columbus et al.

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.

BOOK LOVERS CIRCLE

This group meets on the 2nd Wednesday of the month at 10.00 am. 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. We usually meet in the home of a member. However, if there are COVID restrictions on numbers in a house, we will use Zoom or find a suitable public space.

BOOKS FOR MAD HATTERS

This Book Club meets monthly, from February 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.

BOOKWORMS BOOK GROUP

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This group meets monthly in a member's home, usually on the 4th Wednesday of the month. As there are three U3A book clubs, please only enrol in one. 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.

BOWRAL BROKEN CONSORT

A Broken Consort is a Renaissance term for a music ensemble of mixed instruments as opposed to a Consort of the same instrument. This course is for you, if you are a medium to advanced musician in one of the following instruments - violin, viola, 'cello, double bass (or bass guitar), flute, clarinet, alto or tenor saxophone, keyboard, guitar, voice or percussion. Would you like to add to your ensemble experience by playing music from GF Handel to Cole Porter, Erik Satie to George Shearing, or Michael Praetorius to Fats Waller? My own arrangements will be brought to life by the group. It helps if you can read music. However, there is some room for improvisation, and creative input is welcome. You need to bring your instrument/s and a music stand.

BRITAIN IN THE TWENTIETH CENTURY

This is a continuing course on British history. We began to consider the 20th century last term. This term we will be looking at Britain as it goes through the middle decades of the century, the problems of the early thirties, the challenge of World War 2 and the immediate post-war years. Thus we will learn about Britain and its place in the world at the time when we ourselves were born, or just before it. We will continue using the book *Hope and Glory: Britain 1900-2000* by Peter Clarke (Penguin, 2nd edn., 2004), which class members will be expected to have.

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 MONDAY

Experience an enjoyable afternoon at Empire Cinema: movie then coffee/tea at Coffee Culture. Gerard helps us choose an interesting and varied selection. Term Cost is \$28 (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, but money cannot be refunded.

CINEMA ON WEDNESDAY

Experience an enjoyable afternoon at Empire Cinema: movie then coffee/tea at Coffee Culture. Gerard helps us choose an interesting and varied selection. Term Cost is \$28 (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, but money cannot be refunded.

CLIMATE CHANGE, SOCIETY AND GEOPOLITICS

The concepts of climate change, society and geopolitics are analysed through case studies this Term.

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The integration of these concepts builds upon the earlier global scientific reports; the energy transition; governance and funding issues; links with Foreign Policy; and transboundary issues. Particular attention is given to USA, China, Russia, EU, Africa, MENA, India, Global South, the Arctic and Antarctica, concluding with the geopolitics of rare earths. Participation in the first half of this course in Term 4 2021 is not a pre-requisite for this Term.

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.

THE CUTTING EDGE: HIPS & KNEES

This short presentation will discuss the latest techniques for joint replacement and other nonoperative therapies including stem cells and PRP injections. Guest presenter, Nigel Hope, 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.

DANCE TO THE MUSIC OF TIME

England's à la recherche du temps perdu. Each two hour session will consist of a 20 minute introduction to three of the 12 volumes in the series (covered consecutively). This will be followed by the screening of a DVD of an hundred minute episode from the BBC dramatisation of the series: "a sharp, comic portrait of upper-class and bohemian England, spanning almost a century, from the early 1920s to modern times". There will be no break.

ELIZABETH JOLLEY

The celebrated journalist Elizabeth Jolley died 14 years ago. She lived in Perth, having migrated from England in the late 1950s. After her first novel was published at age 53, her subsequent publications were predominately prose fiction. With the collaboration of the attendees, the course leaders plan to explore aspects of Jolley's fiction. Her work has been “praised for its humour and sombre insight into the characters' psychopathology”, while criticisms include her incomplete characterisations, the frequent discontinuous narratives, confusing endings and ambiguous sexuality of many female characters. We have chosen seven works (many quite short) we consider exemplify her themes: The Newspaper of Claremont Street, Miss Peabody's Inheritance, Mr Scobie's Riddle, Milk and Honey, Foxybaby, The Well, The Sugar Mother. We hope course attendees have read several or even many.

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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.

ENERGY TODAY - ADVANCED

This course is intended to look at some of the topics from the Energy Today - Introduction course in more detail. During the first half of each session I will present one of these topics. During the second half either I will present one of the topics that was previously submitted by one of the attendees or an attendee can present their own topic. The course is intended to be more of a discussion group than the previous course. Possible topics are: the number of solar panels required to power Australia or the World, hydrogen, solar thermal using sensible or latent heat, small modular reactors, grid-forming inverters and syncons, different types of batteries.

ENERGY TODAY -- INTRODUCTION

This course is broken up into four separate consecutive topics and participants are welcome to attend only those topics that interest them, without having to send apologies for other topics. Topic 1 - Rooftop Solar (8-22 Feb): Finding accredited installers, installation process, components, cost and rebate, and monitoring. Home batteries. Topic 2 - Power Bills and Home Appliance Efficiency (1, 8 March): Understanding your electrical and gas power bills and plans. Finding efficient home appliances. Topic 3 – Electric Vehicles (EVs) (15, 22 March): A comparison between a petrol/diesel vehicle and an EV. Topic 4 –Renewable Energy Generation and Storage (29 March, 5 April): A comparison between fossil fuel, nuclear and the different methods of renewable energy generation and storage.

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.

FIVE RING CIRCUS -- RINGS OF ICE

The 2022 Winter Olympics will start in Beijing on 4th February. This course will highlight significant events from the first winter sports to the current event. Australian winter Olympians will feature in the presentation and the presenter's experience at two winter Olympics will receive a mention.

FOUR LEGENDS

Four legends who deserve more recognition than is now given. Michel, a young woman who was a leader on the barricades of Paris in 1870, when the government, the partisans and the German army were fighting a 3-way contest. Erzurum, a fortress city in Eastern Turkey, which the Russians captured in the harsh winter of 1916 mainly due to the superhuman courage shown by a flank of their attacking force. Lindsay, an indomitable lady who in the 1890s dressed in full Victorian black travelled far inland into the disease-infested equatorial African jungle to help the native population. And Grivas, a Cypriot Greek general who, with a few EOKA partisans and the help of Archbishop Makarios, evaded capture for four years from the 30,000 British troops who were stationed in Cyprus in the 1950s. All examples of extreme courage and dedication.

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GALLERY GALLIVANTING

Each fortnight we will visit a different gallery to view art. The details 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 car-pool after the first visit. Galleries are in the Southern Highlands and depending on interest may include the Casula Powerhouse Arts Centre.

GERMAN: ADVANCED BEGINNERS TO INTERMEDIATE

This class is for those who have learned some German. As a 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 intent is to encourage German conversation. Prospective class members may test themselves with the test found at <https://learngerman.dw.com/de/overview>. We will touch on German culture, geography, history, current affairs, colloquial language. The leader 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 in the even numbered weeks face to face at Highlands Church Potters Room.

GERMAN FOR BEGINNERS -- THE NATURAL METHOD

This is a continuing course (commenced in Term 4, 2020). To apply for this course, you should be confident that you have reached a CEFR language proficiency grade of A1 in German -- see <https://learngerman.dw.com/de/einstufungstest-a2/l-36738348>. If you pass at the A2 level, you could be interested in the alternative 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". No text book or dictionary is required. To enable all students to converse, the class is limited to 12. You can email Tom Smith to discuss applying.

GLOBAL ECONOMY - AN EXPERT VIEW

For the seventh year in a row, we are delighted to again welcome John Abernethy, 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. John 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, and we look forward to the same.

HATHA YOGA - AN INTRODUCTION

It is well recognized that the practice of yoga supports health and mental well-being. Hatha yoga uses bodily postures and breath awareness to bring a sense of balance to mind and body. This practical introductory course will introduce some of the physical practices of Hatha yoga. Each session will include tranquil limbering exercises, beginner level asana (posture) work, breath (pranayama) awareness techniques and deep relaxation. The session will also touch on the philosophy that underpins Hatha yoga. Having practised yoga for many years, the leader completed a Diploma of Yoga Teaching in 2018. Participants will need to bring their own yoga mat and a firm blanket.

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

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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.

IS THIS A MAN?

Primo Levi, a young industrial chemist in Nazi occupied northern Italy, joined an Italian resistance group to fight the Nazis in the southern Alps, was captured by the Wehrmacht and sent to Auschwitz because he was a Jew. He survived because he was young, and the Red Army liberated Auschwitz six months later. Hundreds of thousands of Jews, men, women and children, had been murdered there. His book *E QUESTO UN UOMO (IS THIS A MAN?)* has been translated into countless languages.

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 1 March 2022.

MEANING IN MODERN ENGLISH LANGUAGE POETRY

A personal selection of poems, recited and reflected on with comments on the poets. Poetry read aloud should always be recited not just read.

MINDFULNESS AND MINDFUL 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.

MINDFULNESS MEDITATION

Mindfulness is an energy that can help us to heal and find peace in ourselves. It is a practice for us to generate happiness, understanding and compassion so we can live deeply in each moment. We bring an awareness to our body and our mind. This course teaches exercises that are practical and can be done in any situation. The course is mostly based on the teachings of the Vietnamese Zen Master and monk, Thich Nhat Hanh, but is non-sectarian.

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 provide foci for our discussions. We expect 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. Our meetings are 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 mid-way refreshment break. We plan to place a group order for tea/coffee from Kookabar café (cost \$5 each time). Should face-to-face meetings not be possible, the course will run online, using Zoom.

NUCLEAR ENERGY PART 1

Comparisons of a system reliant on nuclear energy with those reliant on wind and solar.

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Comparative emissions reductions and materials sustainability including life cycle analysis. How and where it would fit in Australia including environmental issues. The types of nuclear plants that would be suitable and how long to build them. Impact on society, education and training. The economic case and how it fits into our electricity production.

NUCLEAR ENERGY PART 2

Some basic science around the four aspects of the nuclear fuel cycle, namely mining, fuel production, energy production and disposal of used fuel. Nuclear fission and the source of its incredible energy density. Evolution of nuclear power plants from Generation 1 through to Generation IV. Reprocessing and/or disposal of used fuel. Radiation, safety and significant incidents. Civilian nuclear processes vs those concerned with weapons. History of nuclear fleet construction and its potential for Australia.

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 enjoy a coffee - either bringing our own or making on the spot if COVID rules so permit. 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.

PHOTOGRAPHY WORKSHOPS

After asking SH U3A members which genres they have most interest in, four have been selected and the leader will conduct a workshop into each of them. They are: Close up/macro photography; Rural and urban landscapes; Photographing people; Creating abstracts and photographic art, PLUS, as a group, participants will be able to select one more genre to workshop as the fifth subject. Each workshop will be hands on and consist of looking at some of the best examples of the genre by some of the masters, a review of the type of equipment you could consider using, setting up your camera, workshoping an exercise as a group; and then each participant creating their own example for feedback and comment.

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

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poems and share their reasons for their choice. Come along, far from the madding crowd, and for two hours be transported to wonderland.

PUZZLES AND TRIVIA

Each fortnightly session will consist of a series of puzzles, brain-teasers, conundrums, word games and general knowledge quiz questions. You may choose to attempt to solve them individually or as a member of a small group. Each set of questions will be followed by a general discussion. No pressure - just a lot of fun!

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. All texts, notes and 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.

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.

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. 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.

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.

SOUTH AFRICA: A REVISED HISTORY

We examine South African history from a 21st Century vantage point, looking at the events and circumstances that finally led to 40 years of apartheid followed by what was effectively a peaceful

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handover of power to the previously disenfranchised majority. The course will also examine the economic, social and political changes since 1994 including the way in which the former elites cope with their loss of power and privileges and the future of the African National Congress. James Saville has an in-depth knowledge of South Africa and its history and is the author of *Rooibus Tea and Dust: A Travel Memoir of Post-Apartheid South Africa*, published in 2012 by Common Ground Publishing.

TABLE TENNIS ON MONDAY

Fun, fitness, coordination and table tennis skills in a very social setting, catering to all ability levels! Doubles games are played. Gym shoes or similar and loose fitting comfortable clothing are required. Council venue policy requires all footwear to be of a non-marking variety. Please bring your own bat. Balls are provided. 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 one-time 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! Doubles games are played. Gym shoes or similar and loose fitting comfortable clothing are required. Council venue policy requires all footwear to be of a non-marking variety. Please bring your own bat. Balls are provided. 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 one-time term fee of \$2 to cover incidental costs.

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. Co Leaders will be Ric Einstein and David Wyndham.

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 group provides 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 to cover the cost of tennis balls. This money is collected at the first session.

UNDERSTANDING STROKES 1

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 1.)

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A VOICE FROM THE PAST

Pliny the younger, who lived in the early years of the first millennium, was a Roman lawyer and senator, who served under three emperors. He was also an inveterate letter writer. Through Pliny's letters, we get a vivid social commentary of his times, including descriptions of his villas, their gardens and heated swimming pool. Also, his remarkable eye-witness account of the eruption of Vesuvius as it engulfed Pompeii.

WALKERS' WORKOUTS

Here is an opportunity for you to build on all the walking you did during the lockdown - but, this time, with company! A series of five fortnightly 4-5 km walks through easy/medium terrain in the Southern Highlands. You need to be reasonably fit, as we expect to complete the 5 km in around an hour and a quarter. We will meet in a different place each time and you will need to bring a water bottle, appropriate footwear and clothing, a bundle of energy and a bright smile. The venue for the first walk will be the car park opposite the Surveyor-General Hotel, Argyle St, Berrima.

WAY OF THE SOUL

Ever since the beginning of time, great philosophers have had theories about the Soul – e.g., Socrates, Gurdjieff, Aristotle and Plato, dating back to 470 BC. They each developed comprehensive concepts about the Soul. Religions like Judaism, Hinduism and Islam include teachings "that unless a man obtains a portion of the Essence of the Creator through longing for and desiring it, the awakening of the Soul cannot occur". In these talks, I will share my own personal experience and gradual learnings. This continues to be a journey deep within myself of Soul Awakening in Truth, Love and Transformation. This pathway of experience is open to all, no matter your beliefs, religion, philosophy, spirituality, colour, race or creed. I am excited to be given the opportunity to share a little of what I have been personally blessed to experience and learn.

WE'RE ALL EARS: MUSIC AND INTELLECT

Welcome to music listening sessions conducted by our course leader. 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.