



U3A Southern Highlands Inc.

Term 3 2022 Course Booklet

18 July 2022 – 23 September 2022

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Please Note: Courses listed in this booklet are correct at the time of compilation

To assist with sessions dates, these have now been added into the description for each course

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Arts, Crafts, Music, Photography

Art in the Afternoon

Dates: 18/07/2022 - 19/09/2022

Frequency: Weekly, Mon 1:30pm - 4:00pm

Venue: Bowral District Art Studios 1 Short St Bowral

Course Leader: Annette Hearne

Fee: \$10.00

Dates: 18, 25 July; 1, 8, 15, 22, 29 August; 5, 12, 19 September.

Anyone interested in attending a relaxed and self-directed painting and drawing group can enrol in this class. The class meets at workshop 1 at BDAS in Short St, Bowral each week, using the art materials of your choice. Help and encouragement with your chosen medium or project is usually available. To offset the hiring fee for a venue with such specialised facilities, there is now a charge of \$10 per term. After applying for enrolment and if you are accepted, you will find an invoice on the U-MAS website (under My Invoices) and this amount needs to be paid before attending the course.

Back to Basics in Photography

Dates: 30/08/2022 - 20/09/2022

Frequency: Weekly, 4 sessions, Tue 10:00am - 12:00noon

Venue: East Bowral CC-Hall 71 Boardman Rd E Bowral

Course Leader: Richard Batterley

Dates: 30 August; 6, 13, 20 September.

All that digital photography can be confusing. But it doesn't have to be! The purpose of the course is to simplify it and help members improve their photography results. Participants will learn some of the fundamental elements and skills of photography that will help them get better results. What do all those different settings mean, what's the effect of changing them, what setting do I use when, how do I get better composition, what's causing those mistakes and how do I fix them? The aim is to make members more comfortable with their camera and so take better photographs. The course will include: What makes a good photograph – learn to judge so you learn to improve. First five things to consider Different types of cameras. Making smart phone more of a camera. Essential camera settings. The modes of digital cameras. First step away from totally auto. The exposure triangle Essential rules of composition. Overcoming most common problems. The best file type of use. Why edit digital photos. Choosing a camera for yourself. Looking at some accessories. Looking at some inspiring photographs. It's a step-by-step journey, each week building to help members take better photographs.

Embroidery Plus

Dates: 18/07/2022 - 19/09/2022

Frequency: Weekly, Mon 10:00am - 12:00noon

Venue: Member's Home

Course Leader: Barbara Taylor

Dates: 18, 25 July; 1, 8, 15, 22, 29 August; 5, 12, 19 September.

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.

Let's Listen to Great Music

Dates: 24/08/2022 - 21/09/2022

Frequency: Weekly, 5 sessions, Wed 2:00pm - 4:00pm

Venue: East Bowral CC-Hall 71 Boardman Rd E Bowral

Course Leader: Lyndall Foldvary-Khoury

Dates: 24, 31 August; 7, 14, 21 September.

Whether you are a musical newcomer or have a life-long love of music, you are sure to find these listening sessions, entertaining and informative. Watch fascinating Music Education DVDs of high quality from the library of the late Murray Khouri: Clarinet Virtuoso, Music Educator and Producer. Listen to Guest Speakers including present day composers, performers and music scholars as they present a wealth of knowledge about the last 400 years of music in an accessible way. Experience the sense of wonder that comes when making a musical discovery from the 20th century repertoire or perhaps from present-day composers or when listening to one of the great masterpieces of classical or romantic period music for the very first time. As the late Richard Gill said, "When music is introduced to us in the best possible circumstances, our world has the potential to become richer in every sense". Like Murray and Richard, I believe music has the power to change people's lives. Great music brings us hope. Beethoven thought this way. A one-off charge of \$5 for cost of production of a brief handout for each session will be collected. (5 sessions)

Painting with Oils

Dates: 21/07/2022 - 22/09/2022

Frequency: Weekly, Thu 1:30pm - 4:00pm

Venue: Bowral District Art Studios 1 Short St Bowral

Course Leader: Susie Woodbury

Fee: \$10.00

Dates: 21, 28 July; 4, 11, 18, 25 August; 1, 8, 15, 22 September.

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 their own cup and refreshments. To offset the hiring fee for a venue with such specialised facilities, there is now a charge of \$10 per term. After applying for enrolment and if you are accepted, you will find an invoice on the U-MAS website (under My Invoices) and this amount needs to be paid before attending the course.

Remember the 60s and 70s?

Dates: 18/08/2022 - 01/09/2022

Frequency: Weekly, 3 sessions, Thu 10:00am - 12:00noon

Venue: East Bowral CC-Hall 71 Boardman Rd E Bowral

Course Leader: Shane Harvey

Dates: 18, 25 August; 1 September.

Come with me down memory lane as we re-live the films, TV, music, sport and news (both major and trivial!) that dominated our younger years. With extensive use of video clips, this course will transport you back in time to the 1960s and 1970s. Where were you in the 60s when Coronation St first aired in 1960; or in 1964 when the Beatles had the top five positions on the American Billboard chart; or in 1966 when Sound of Music won Best Picture? Where were you in the 70s when The Godfather won Best Picture in 1973; or in 1973 when Elton John released Goodbye Yellow Brick Road; or in 1975 when Fawlty Towers first aired?

Sew and Yarn in Bundanoon

Dates: 22/07/2022 - 16/09/2022

Frequency: Dates as specified, Fri 10:00am - 12:00noon

Venue: Member's Home

Course Leader: Ilma Cunnew

Dates: 22 July; 5, 19 August; 2, 16 September.

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 course leader'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.

The Highland Buskers

Dates: 18/07/2022 - 19/09/2022

Frequency: Weekly, Mon 9:30am - 11:00am

Venue: Christian Connect Church 18 Spring St Moss Vale

Course Leader: Kerith Fowles

Dates: 18, 25 July; 1 August; 12, 19 September.

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.

U3A Singers

Dates: 18/07/2022 - 19/09/2022

Frequency: Weekly, Mon 2:00pm - 4:00pm

Venue: Bowral Uniting Church Hall 28 Bendooley St Bowral

Course Leader: Julie Blanchard

Dates: 18, 25 July; 1, 8, 15, 22, 29 August; 5, 12, 19 September.

This weekly event is run by Julie Blanchard who is a lifelong lover of harmony singing! The U3A Singers consist of a group of men and women who love to sing and can keep a tune and a harmony part. The "Singers" will learn a range of songs (expect surprises!) in four-part harmony and, for a bit of fun, a simple movement or percussion may be added. To cover the costs of photocopying and afternoon tea, a small contribution may be required. Please note that on two occasions, 8 Aug, 12 Sep, the venue will be Moss Vale Senior Citizens Centre, Queen St, Moss Vale (near the railway line).

Viennese Operetta Beyond Strauss & Lehar

Dates: 11/08/2022 - 11/08/2022

Frequency: Single session, Thu 2:00pm - 4:00pm

Venue: East Bowral CC-Hall 71 Boardman Rd E Bowral

Course Leader: Michael Baume

Date: 11 August.

Viennese Operetta, which rivalled the popularity of opera itself in the era of Verdi and later Puccini during its golden years in the second half of the 19th Century, now survives, at least in Australia, only in Opera Australia's regular old favourites Die Fledermaus and The Merry Widow. And there are also quite a few appearing as unacknowledged theme music for television advertisements. But ignoring Viennese operetta is to deny ourselves of a larder full of treats. As well as the many other rarely heard wonderfully musical operettas by the two giants of the genre, Johanne Strauss II and Franz Lehar, hundreds of once-popular works lie largely forgotten – along with the composers who formerly were household names. I challenge anyone here to admit to any knowledge of the hundreds of operettas by then-renowned composers like Hellmesberger, Hueberger, Ziehrer and the Straus with one "s". Several YouTube video extracts will be included.

Current Affairs, Economics, Finance, Local Matters, Events

News in Review

Dates: 29/07/2022 - 23/09/2022

Frequency: Fortnightly, Fri 10:00am - 12:00noon

Venue: Bowral Baptist Church Hall 13 Merrigang St Bowral

Course Leader: Ian Bowie

Dates: 29 July; 12, 26 August; 9, 23 September.

In News in Review, we engage in discussions of current news, using recent opinion pieces drawn from reputable media outlets to define our topics and to restrict the foci of our discussions. We expect that every member will choose a topic at least once over the course of twelve months, and that they will: analyse their opinion piece and/or the issues raised in it; make a brief presentation on these; prepare 'thinking points' to focus discussion of the topic; and help to facilitate an interactive and non-combative discussion of these. We meet on alternative 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 Corbett Coffee House (\$5 each time you order). Should face-to-face meetings not be possible the course will run online, using Zoom.

Socrates' Cafe

Dates: 22/07/2022 - 16/09/2022

Frequency: Fortnightly, Fri 10:00am - 12:00noon

Venue: Zoom

Course Leader: Bruce Cowan

Dates: 22 July; 5, 19 August; 2, 16 September.

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.

Talking Points

Dates: 18/07/2022 - 19/09/2022

Frequency: Weekly, Mon 9:30am - 11:00am

Venue: Bowral Baptist Church Hall 13 Merrigang St Bowral

Course Leader: John Deck

Dates: 18, 25 July; 1, 8, 15, 22, 29 August; 5, 12, 19 September.

Lively discussions on current affairs. Topics are emailed two days before each session and cover issues in the news and matters of the times. Suggestions for future topics are encouraged from all – we look for matters that are contentious and/or of concern, and that are likely to cause lively debate. Everyone is encouraged to participate. Due to Covid risks, the informal discussions afterwards at the Kookabar Café are not currently encouraged.

Migration and Multiculturalism

Type: Short

Dates: 19/08/2022 - 16/09/2022

Frequency: Weekly, 5 sessions, Fri 10:00 - 12:00

Venue: Moss Vale Snr Citz Comm Cntr 14 Queen St Moss Vale

Course Leader: Stephen Lake

This is the second five weeks of the course started in term 2. Dates: 19, 26 August; 2, 9, 16 September.

The world is in the midst of a migration crisis, with over 100 million displaced persons and refugees around the globe, some multi-generational (e.g. Palestinians). Millions 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 1 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 may be purchased at each session.

Games, Sports

Puzzles and Trivia

Dates: 22/07/2022 - 16/09/2022

Frequency: Fortnightly 5 sessions, Fri 10:00am - 12:00noon

Venue: Bowral Baptist Church Hall 13 Merrigang St Bowral

Course Leader: Jenny Wells

Dates: Fridays 22 July; 5, 19 August; 2, 16 September.

If you want to join a course that is entertaining and hilarious, come to this one! Each fortnight you will first be presented with a series of puzzles, brain-teasers, conundrums, word games. Don't worry if you are not a "puzzle person" because you will learn how to do them and have a lot of fun doing so. The second part of each session is a Trivia Quiz, whereby we will form groups of 3 - 6 players and you will be asked a series of general knowledge questions. So you get to show off your own knowledge and to acquire new knowledge. No pressure - just a lot of fun! There will be a one-off cost of \$4 for hand-outs, payable at the course.

Social Golf - Afternoon

Dates: 21/07/2022 - 22/09/2022

Frequency: Weekly, Thu 2:00pm - 4:00pm

Venue: Craigieburn Centennial Golf Centennial Rd Bowral

Course Leader: Ingrid McCulloch

Dates: 21, 28 July; 4, 11, 18, 25 August; 1, 8, 15, 22 September

. 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 sign in, pay the course leader (not Reception) and organise teams. Own equipment and balls are required and a green fee of \$7 is payable each session (please try to have correct change). Craigieburn have advised of this increased fee which is still very reasonable. There are a few buggies available for those that need one. This term there will be two sessions. Please enrol in only one but I expect you will be able to cross over for individual sessions if you need to.

Social Golf - Morning

Dates: 21/07/2022 - 22/09/2022

Frequency: Weekly, Thu 9:30am - 11:30am

Venue: Craigieburn Centennial Golf Centennial Rd Bowral

Course Leader: Ingrid McCulloch

Dates: 21, 28 July; 4, 11, 18, 25 August; 1, 8, 15, 22 September.

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 sign in, pay the course leader (not Reception) and organise teams. Own equipment and balls are required and a green fee of \$7 is payable each session (please try to have correct change). Craigieburn have advised of this increased fee which is still very reasonable. There are a few buggies available for those that need one. This term there will be two sessions. Please enrol in only one but I expect you will be able to cross over for individual sessions if you need to.

Table Tennis on Monday

Dates: 18/07/2022 - 19/09/2022

Frequency: Weekly, Mon 2:45pm - 4:45pm

Venue: Loseby Park Comm Centre Park Road Bowral

Course Leader: Paul Furlan

Dates: 18, 25 July; 1, 8, 15, 22, 29 August; 5, 12, 19 September.

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

Dates: 21/07/2022 - 22/09/2022

Frequency: Weekly, Thu 2:45pm - 4:45pm

Venue: Loseby Park Comm Centre Park Road Bowral

Course Leader: Paul Furlan

Dates: 21, 28 July; 4, 11, 18, 25 August; 1, 8, 15, 22 September.

Same description as Table Tennis on Monday.

Tennis - A Social Game

Dates: 18/07/2022 - 19/09/2022

Frequency: Weekly, Mon 10:30am - 12:30pm

Venue: Bowral Tennis Centre Loseby Park, Park Rd Bowral

Course Leader: Gabs Partington

Dates: 18, 25 July; 1, 8, 15, 22, 29 August; 5, 12, 19 September.

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 three 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.

History

A Voice from the Past

Dates: 25/08/2022 - 01/09/2022

Frequency: Weekly, 2 sessions, Thu 2:00pm - 4:00pm

Venue: East Bowral CC-Hall 71 Boardman Rd E Bowral

Course Leader: Joanne McGrath

Dates: 25 August; 1 September.

Romans are relevant. We experience their influence in our language, laws and institutions. Through the trove of his letters, we explore the life of Roman lawyer and Senator, Pliny the Younger. We hear his amazing eye witness account of the Vesuvius eruption, his descriptions of his villas and gardens and his opulent life style. Pliny also shares his thoughts on many things, including relationships, power, how to live a happy life and what to do about the Christians!

Britain in the 20th Century

Dates: 22/07/2022 - 12/08/2022

Frequency: Weekly, 4 sessions, Fri 10:00am - 12:00noon

Venue: Bowral Uniting Church Gallery 28 Bendooley St Bowral

Course Leader: John Collerson

Dates: 22, 29 July; 5, 12 August.

This is the final phase of a continuing course on British history. In Term 2 we were looking at Britain and its place in the world in the second half of the century. This term we will bring this to an end in a course of four sessions. 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. Please note that on 5 August the venue will be Mittagong Senior Citizens Centre, corner of Albert Lane and Queen St, Mittagong.

Britain under the Romans

Dates: 19/08/2022 - 16/09/2022

Frequency: Weekly, 6 sessions, Fri 10:00am - 12:00noon

Venue: Bowral Uniting Church Gallery 28 Bendooley St Bowral

Course Leader: John Collerson

Dates: 19, 26 August; 2, 9, 16 September.

This course will consider the history of Britain in the period when it was part of the Roman Empire (roughly 43 to 410 AD). In those times Britain was an outpost of the great empire that encompassed the whole of the Mediterranean region and western Europe. It was a long time ago but if we visit Britain today, we may come across remains of that ancient civilisation and we will be sure to find ourselves in places whose names hint at the Roman occupation. Moreover, those Romans have influenced our lives in numerous intangible ways. One resource we will use in this course is David Mattingly: *An Imperial Possession: Britain in the Roman Empire* (Penguin, 2007), though it will not be necessary to have a copy of this book.

George Hubert Wilkins

Dates: 19/07/2022 - 09/08/2022

Frequency: Weekly, 4 sessions, Tue 10:00am - 12:00noon

Venue: East Bowral CC-Hall 71 Boardman Rd E Bowral

Course Leader: Alec Dietsch

Dates: Tuesdays 19, 26 July; 2, 9 August.

On 17 March 1959, the US nuclear submarine Skate surfaced through the ice at the North Pole for the first time in history. As part of their ceremonies, the crew raised the Australian flag and scattered the ashes of Sir George Hubert Wilkins at the North Pole. Who was this man that the US Navy honoured in this way? Born in outback South Australia in 1888, George Hubert Wilkins was one of the greatest Australian Polar Explorers, but was relatively unknown in Australia because he spent most of his life outside of Australia. In addition to his polar exploits in both Antarctica and the Arctic, Wilkins was highly decorated war photographer, photo journalist and reporter, scientist, ethnographer, author, aviator, geographer, secret agent, submariner and navigator. This presentation will look at Wilkins' colourful life and his involvement in some of the most significant events in the first half of the 20th century.

History of Hungary

Dates: 22/07/2022 - 12/08/2022

Frequency: Weekly, 4 sessions, Fri 10:00am - 12:00noon

Venue: Moss Vale Snr Citz Comm Cntr 14 Queen St Moss Vale

Course Leader: Gabriella Lang

Dates: 22, 29 July; 5, 12 August.

Session 1 – 1848 to 1900, Revolution of 1848; Creation of the Dual Monarchy – 1868; Relative peace and prosperity 1869 – 1900. Explores the political drivers and personalities leading to the establishment of the Austro-Hungarian dual monarchy and World War I. Session 2 – 1900 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.

Why do we speak English?

Dates: 08/09/2022 - 22/09/2022

Frequency: Weekly, 3 sessions, Thu 10:00am - 12:00noon

Venue: East Bowral CC-Hall 71 Boardman Rd E Bowral

Course Leader: Don Sigsby

Dates: 8, 15, 22 September.

As our world began to expand from its beginnings, humankind established techniques for communication. As languages evolved and diversified, their use led to events which opened new opportunities, discoveries and cultural identities. They could also lead to control ('government') and conflict. This is not a linguistics study, but an investigation of how we came to be speaking English here in the Antipodes as seen through historical events and as documented by maps and other imagery.

Humanities, Philosophy, Psychology, Religion, Sociology

Family History

Dates: 11/08/2022 - 08/09/2022

Frequency: Once per month, Thu 1:30pm - 3:30pm

Venue: Highlds Christn Church Potters 37 Regent St Mittagong

Course Leader: Heather Knights

Dates: 11 August, 8 September.

We are an experienced group of people undertaking family history research. However, anyone who has an interest in discussing their family history will be welcome. Stories and discoveries, methods and “brick walls” are shared and discussed. We meet on the second Thursday of each month, every month except January.

Languages

German Advanced Beginners - Intermediate

Dates: 18/07/2022 - 19/09/2022

Frequency: Weekly, Mon 10:00am - 12:00noon

Venue: Zoom

Course Leader: Evi Watts

Dates: 18, 25 July; 1, 8, 15, 22, 29 August; 5, 12, 19 September

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 Course Leader is German speaking and has a teaching background. She will send out lesson plans and correct homework returned.

German for Beginners

Dates: 20/07/2022 - 31/08/2022

Frequency: Weekly, Wed 10:00am - 12:00noon

Venue: East Bowral CC-Mtg Rm 71 Boardman Rd E Bowral

Course Leader: Tom Smith

Dates: 20, 27 July; 3, 10, 17, 24, 31 August.

This is a continuing course, but this should not dissuade members from applying if you have had some prior experience in the language -- perhaps in high school or through living in Germany. The course concentrates on conversational German, emphasising the spoken language with little recourse to English. The course is based around an excellent free language course produced by the German O/S broadcaster Deutsche Welle, and is augmented by additional material prepared by the course leader. This course is suitable for individual as well as group learning. There is no text book to purchase, and the only requirement is that members have access to a computer or a smartphone. All vocabulary, grammar, and training exercises are pertinent to each video episode. There is no homework set, although course members are advised to revise and prepare. The pace of the course is slow and relaxed. The current course members are welcoming and friendly. Nobody cares if mistakes are made. Potential applicants with no background in German may care to do some preliminary work before joining the class. For computer users, the course can be found at: <https://learngerman.dw.com/en/overview>. The smartphone app is called DW Learn German. Please note that the venue is the meeting room, not the hall.

Panorama of French

Dates: 20/07/2022 - 21/09/2022

Frequency: Weekly, Wed 10:00am - 12:00noon

Venue: Moss Vale Snr Citz Comm Cntr 14 Queen St Moss Vale **Course Leader: Annie Chabert-McKay**

Dates: 20, 27 July; 3, 10, 17, 24, 31 August; 7, 14, 21 September.

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 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.

Reading Latin

Dates: 21/07/2022 - 15/09/2022

Frequency: Weekly, Thu 10:00am - 12:00noon

Venue: CWA Mittagong 98B Main Street Mittagong

Course Leader: Michael Gray

Dates: 21, 28 July; 4, 11 August; 25 August; 1, 8, 15 September.

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.

Lifestyle, Exercise, Health, Mindfulness, Travel

Mindfulness Meditation

Dates: 20/07/2022 - 25/08/2022

Frequency: Weekly, Wed 10:00am - 12:00noon

Venue: Welby Community Hall 14 Currockbilly St Welby

Course Leader: Jenny Pittman

Dates: 20, 27 July; 3, 10, 17, 24 August.

Mindfulness is much more than simply taking notice of what is going on around us. It's a deep practice where we learn to give appropriate attention to the interconnections between our bodies, thoughts and feelings. Practising mindfulness meditation puts us on a path that helps us to discover ways to manage life's difficulties and to live more deeply. This short course teaches practices that, if done consistently, and daily, will generate peace, happiness and understanding for ourselves and others. (6 sessions)

Scottish Country Dancing

Dates: 21/07/2022 - 15/09/2022

Frequency: Weekly, Thu 10:30am - 12:30pm

Venue: Bowral Uniting Church Hall 28 Bendooley St Bowral

Course Leader: Helen Wales

Dates: Thursdays 21, 28 July; 4, 11, 18, 25 August; 1, 8, 15 September.

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.

Walkers' Workouts

Dates: 29/07/2022 - 09/09/2022

Frequency: Fortnightly, 4 sessions, Fri 9:30am - 11:00am

Venue: None

Course Leader: Jenny Wells

Dates: 29 July; 12, 26 August; 9 September.

A series of four fortnightly 4-5 km walks through easy/medium terrain in Moss Vale, Bowral, Mittagong and Burradoo. There will be some uphill stretches, so you need to be reasonably fit. We expect to complete each walk in roughly an hour and a quarter. We will meet in a different place each time and you will need to have appropriate footwear and clothing, a bundle of energy and a bright smile. For the first walk we will meet at the Moss Vale Basketball Stadium, 15 Parkes Road, Moss Vale.

Literature, Reading, Writing, Cinema

Book Lovers Circle

Dates: 10/08/2022 - 14/09/2022

Frequency: 2nd week of the month, Wed 10:00am - 12:00noon

Venue: Member's Home

Course Leader: Chris Melican

Dates: 10 August; 14 September.

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

Dates: 20/07/2022 - 21/09/2022

Frequency: 3rd week of the month, Wed 10:00am - 12:00noon

Venue: Member's Home

Course Leader: Kate Kaszonyi

Dates: 20 July; 17 August; 21 September.

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

Dates: 27/07/2022 - 24/08/2022

Frequency: 4th week of the month, Wed 10:00am - 12:00noon

Venue: Member's Home

Course Leader: Merrill Murray

Dates: 27 July; 24 August.

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.

Cinema on Monday

Dates: 01/08/2022 - 05/09/2022

Frequency: 1st week of the month, Mon 12:00noon - 2:30pm

Venue: Bowral Empire Cinema 327 Bong St Bowral

Course Leader: Val Fishburn

Fee: \$28.00

Dates: 1 August, 5 September.

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). Successful applicants for this course will be issued with an invoice that must be paid before the commencement of the new term. A member who neglects to pay will lose their place in the course. If you cannot attend a session, you may deputise another U3A member to attend, but money cannot be refunded.

Cinema on Wednesday

Dates: 03/08/2022 - 07/09/2022

Frequency: 1st week of the month, Wed 12:00noon - 2:30pm

Venue: Bowral Empire Cinema 327 Bong St Bowral

Course Leader: Debbie Angus

Fee: \$28.00

Dates: 3 August, 7 September.

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). Successful applicants for this course will be issued with an invoice that must be paid before the commencement of the new term. A member who neglects to pay will lose their place in the course. If you cannot attend a session, you may deputise another U3A member to attend, but money cannot be refunded.

How Not to Write a First Novel

Dates: 21/07/2022 - 18/08/2022

Frequency: Fortnightly 3 sessions, Thu 2:00pm - 4:00pm

Venue: East Bowral CC-Hall 71 Boardman Rd E Bowral

Course Leader: Alan Mills

Dates: 21 July; 4, 18 August.

If you've ever read a book and thought, 'I could do better than that' or secretly harboured the dream of becoming a bestselling author, then this course might (just) be for you. You won't learn how to turn a beautiful phrase or shape a metaphor; there won't be class-writing exercises; and grammar is for English teachers. What you will get are the insights of a writer who has learned the hard way what works and what doesn't in writing for publication. Alan Mills has written TV crime drama, screenplays and novels. He also created the NSW Writers Centre's 'Year of the Novel' writing course. Members should be ready to share their personal writing experiences.

Poetry Live

Dates: 21/07/2022 - 15/09/2022

Frequency: Fortnightly, Thu 10:00am - 12:00noon

Venue: Renwick Comm Centre Mtg Rm3 55 Renwick Drive Renwick Course Leader: Jenelle Brangwin

Dates: Thursdays 21 July; 4, 18 August; 1, 15 September.

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.

Poetry on Tuesday

Dates: 26/07/2022 - 20/09/2022

Frequency: Fortnightly, Tue 10:00am - 12:00noon

Venue: Member's Home

Course Leader: Richard Hastings

Dates: 26 July; 9, 23 August; 6, 20 September.

You are invited to share in the delights of poetry. You do not need to be an expert, just come along and listen to some of the most beautiful expressions of the English language. For each meeting, we choose a topic, and members are invited, if they wish, to suggest two poems that they love on that topic. Some of the braver members even bring along their own compositions! Members read their poems and share their reasons for their choice. Come along, far from the madding crowd, and for two hours be transported to wonderland.

The Art of Writing

Dates: 22/07/2022 - 16/09/2022

Frequency: Fortnightly 5 sessions, Fri 2:00pm - 4:00pm

Venue: Bowral Baptist Church Hall 13 Merrigang St Bowral

Course Leader: Jenny Wells

Dates: Fridays 22 July; 5, 19 August; 2, 16 September (5 sessions).

This is a repeat of the course presented a few years ago. It covers all aspects of writing: use of language, including grammar; word choice, including the misuse of language; principles of composition; and writing styles. It applies to all forms of writing, including fiction, non-fiction, reports, letters, essays, articles and memoirs. The style of presentation is interactive and extremely friendly. There is absolutely no necessity for you to share your own writing although you may. You need to be interested in writing but you don't have to be a good writer to enjoy this course. Come along and have fun while you're learning. There is a one-off fee of \$5 for printing of hand-outs, payable at first session.

Science, Technology, Computers

Computers, Coffee & Chat 1

Dates: 21/07/2022 - 15/09/2022

Frequency: Fortnightly, Thu 10:00am - 12:00noon

Venue: Zoom

Course Leader: Chris Carvan

Dates: 21 July; 4, 18 August; 1, 15 September.

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 session of this course at 2.00 pm. Please enrol in only one course.

Computers, Coffee & Chat 2

Dates: 21/07/2022 - 15/09/2022

Frequency: Fortnightly, Thu 2:00pm - 4:00pm

Venue: Zoom

Course Leader: Chris Carvan

Dates: 21 July; 4, 18 August; 1, 15 September.

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 session of this course at 10.00 am. Please enrol in only one course.

Radioactive Isotopes in Medicine

Dates: 06/09/2022 - 20/09/2022

Frequency: Weekly, 3 sessions, Tue 2:00pm - 4:00pm

Venue: East Bowral CC-Hall 71 Boardman Rd E Bowral

Course Leader: Richard Fawdry

Dates: 6, 13, 20 September.

Medical imaging may initially appear to be baffling but every medical scan tells a story to the trained eye. This course builds upon high school science and aims to 'demystify' the science, technology and medicine behind the radioisotope medical imaging modalities of Nuclear Medicine (session 1) and Positron Emission Tomography (PET, session 2). In session 3, we explore how a cyclotron works and why we use it in medicine. Session 3 contains more maths and physics and is more challenging than the first two sessions. Nuclear medicine and PET diagnose the extent and severity of disease in patients that directs the patient towards the most suitable form of treatment. After administering a radioactive drug (radio-pharmaceutical), the patient is scanned to produce a picture of the radioactivity distribution throughout the anatomy that is interpreted to make a medical diagnosis. Changing the chemistry of the radiopharmaceutical can steer the radioactivity into specific organs to provide a variety of scan types (e.g., bone, brain, liver) depending on the disease. This is an updated and expanded version of the 2021 course.

Important Information: General Course Disclaimer

U3A Southern Highlands Inc. offers Courses to members presented by members for mutual education and learning. Members enrolling in courses should carefully read the Course Outline to ensure the Course is suitable and appropriate to their own circumstances. The offering of any Course does not imply the Course is necessarily endorsed or recommended by U3A Southern Highlands Inc. No financial, legal or health decision should be made solely on the basis of Course material. Members who find Course material confronting in any way are free to leave any class at any time.

HOW TO REQUEST ENROLMENT IN COURSES

To enrol in courses online:

Go to <https://sohiu3a.org.au> and log-in using your Member Number and password. Then follow the instructions built into the system Members Help page or use the instruction booklet provided on implementation of U-MAS.

Alternative ways of enrolling

If you have access to a computer, an iPad or a smartphone, we prefer you to enrol online to save time for you and also for our volunteers. However, if you are not able to enrol online, we will still accept paper-based enrolments as in the past.

Name 1	Member #	Ph	Name 2	Member #	Phone
Courses I would like to request to do, in order of preference					
1.			1.		
2.			2.		
3.			3.		
4.			4.		
5.			5.		
6.			6.		
7.			7.		
8.			8.		
9.			9.		
10.			10.		

Post to: The Enrolments Coordinator, U3A Southern Highlands Inc PO Box 421, Bowral 2576

Note: if you post at Bowral Post Office, you may hand the letter (with stamp) at the counter and mention that it is for a Bowral PO Box. This will facilitate immediate delivery rather than using the slower route via a sorting centre.

For Assistance, please phone Ingrid McCulloch Ph 0413 001 093.