



U3A Southern Highlands Inc.

Term 4 Course Booklet

10 October – 16 December 2022

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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.

Course Coordinator Report

Most established courses continue, with many new ones, several with guest course leaders. Once again, we thank our course leaders for the work they put into presenting and leading.

I issue a renewed invitation to all members to offer to lead a course in future terms. Do contact me (e: courses@sohiu3a.org.au) to discuss what's involved. Courses can be short, medium or long.

In some T4 courses, you can enjoy books/literature: three book groups, two poetry courses, and courses focusing on particular authors: C18-C19 Jane Austen, Charlotte Bronte, Anthony Trollope, Charles Dickens, and C20 Thea Astley. And the two cinema courses provide opportunities to view movies – often based on novels – and discuss them over coffee afterwards.

Of special interest is Writing Your Story led by Stacy Nottle and Judy Rafferty who will be visiting from Toowoomba. Stacy is a career counsellor and Judy is a psychologist. They listen to the stories of others every day and believe in the profound importance of storytelling. Family History continues to allow members to track their antecedents.

Resources for living carefully amidst Covid and other life stresses lie in courses such as Mindfulness Meditation, Walkers' Workouts, Scottish Country Dancing, and Understanding Strokes.

Opportunities to discuss current affairs abound, with long running News in Review, Talking Points and Socrates' Café, as well as a new one Read, Reflect, Discuss (at Bundanoon) and repeats (with updates) of Polynesia and the Pacific, Post-Trump America and Kashgar and the Uighurs.

Keen on games? You can choose from two golf groups, two table tennis groups, lawn bowls and tennis. Indoor options include Puzzles and Trivia and Cracking Cryptic Crosswords.

Enjoy history and better understanding people and events in the past? You might consider Britain in Anglo-Saxon Times, Discover Historic Edinburgh, Along Inca Trails, The 1956 Melbourne Olympics (on Zoom), and The Impact of Diseases on Human History.

Language learning and sharing is available in two German courses, a Latin course and a French course.

Science-oriented courses include Computers, Coffee and Chat (on Zoom), Ascent of Humankind (about human evolution), Climate Change: An Alternative View, and A Future for Concrete?

Art, craft and music lovers can choose from nine courses. Two visual arts, two craft courses and two music-making courses provide opportunities for artistic production, while three courses allow members to view and/or listen to works by key figures in visual art and music.

Lots to choose from!

Neill Ustick
(Course Coordinator)

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Please Note: Courses listed in this booklet are correct at the time of compilation. It is important to check details on the U-MAS website to verify any changes when selecting your choices during the enrolment period.

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

Arts, Crafts, Music, Photography

Art in the Afternoon

Dates: 10/10/2022 - 12/12/2022

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

Venue: Bowral District Art Studios 1 Short St Bowral

Course Leader: Annette Hearne

Fee: \$10.00

Dates: Mondays 10, 17, 24, 31 October, 7, 14, 21, 28 November, 5, 12 December. Max. 14. 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.

Embroidery Plus

Dates: 10/10/2022 - 12/12/2022

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

Venue: Member's Home

Course Leader: Barbara Taylor

Dates: Mondays 10, 17, 24, 31 October, 7, 14, 21, 28 November, 5, 12 December. Max. 12. 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.

Gallery Gallivanting

Dates: 28/10/2022 - 09/12/2022

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

Venue: None

Course Leader: Michelle Waters

Dates: Fridays 28 Oct; 11, 25 Nov; 9 Dec. Max. 25. Each fortnight we will visit a different gallery to view art. The details of each visit will be advised when known and the venues are generally within the Highlands or within an hour's drive. We hope to have an artist and/or curator give a short talk. Attendees must be mobile as each visit may involve stairs etc. There is the opportunity to car pool after the first visit.

Let Us Listen to Great Music

Dates: 16/11/2022 - 14/12/2022

Frequency: Weekly. 5 sessions. Wed 10:00am - 12:00noon

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

Course Leader: Lyndall Foldvary-Khoury

Dates: Wednesdays 16, 23, 30 November; 7, 14 December. Max. 42. Whether a musical newcomer or a life-long music lover, you will find these listening sessions entertaining and informative. Watch fascinating music education DVDs of high quality; listen to Guest Speakers presenting accessible knowledge about the last 400 years of music. Experience the wonder that comes when making a musical discovery from the C20 repertoire or present-day composers or one of the great masterpieces of classical or romantic period music. I believe music has the power to change people's lives. Great music brings us hope. A one-off charge of \$5 for cost of production of brief handouts will be collected.

Life, Poetry & Music of Leonard Cohen

Dates: 22/11/2022 - 29/11/2022

Frequency: Weekly. 2 sessions. Tue 2:00pm - 4:00pm

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

Course Leader: Margaret Parkinson

Dates: Tuesdays 22, 29 November. Max. 70. While best known as a folk singer for his exquisite and often mournful lyrics, first and foremost, Leonard Cohen considered himself a poet. Join me to explore his life, poetry, soulful melodies and music, drawing from his biography - I'm Your Man, the Life of Leonard Cohen. Find out about his early years, life on Hydra, life as a Buddhist monk, his world tours made necessary by being defrauded by his manager at age 70, and his final years. Hear his music and enjoy his wit - "If I knew where the good songs came from, I'd go there more often!"

Painting with Oils

Dates: 13/10/2022 - 15/12/2022

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

Venue: Bowral District Art Studios 1 Short St Bowral

Course Leader: Susie Woodbury

Fee: \$10.00

Dates: 13, 20, 27 October, 3, 10, 17, 24 November, 1, 8, 15 December. Max. 12. 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 bring their own cup and refreshments. To offset the venue hiring fee with its specialised facilities, members pay \$10/term. After applying for enrolment and being accepted, you will find an invoice on U-MAS (under My Invoices) and this amount needs to be paid before attending the course.

Sew and Yarn in Bundanoon

Dates: 21/10/2022 - 16/12/2022

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

Venue: Member's Home

Course Leader: Ilma Cunnew

Dates: Fridays 21 October; 4, 18 November; 2, 16 December. Max. 6. 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: 10/10/2022 - 12/12/2022

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

Venue: Christian Connect Church MV 18 Spring St Moss Vale

Course Leader: Kerith Fowles

Dates: Mondays 10, 17, 24, 31 October, 7, 14, 21, 28 November, 5, 12 December. Max. 40. 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: 17/10/2022 - 05/12/2022

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

Venue: Bowral Uniting Church Hall 28 Bendooley St Bowral

Course Leader: Julie Blanchard

Dates: Mondays 17, 24, 31 October; 7, 14, 21, 28 November; 5 December. Max. 50. This weekly event (just 8 weeks this term) is run by Julie Blanchard who is a lifelong lover of harmony singing! Julie's method of teaching songs is very inclusive, energetic and a little unconventional! The U3A Singers consist of a group of men and women who LOVE to sing and can keep a tune and a harmony part. They 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.

Current Affairs, Economics, Finance, Local Matters, Events

2023 Subscription to Courses Booklet

Dates: 11/10/2022 - 21/10/2022

Frequency: Single session. Tue 12:00am - 12:00am

Venue: None

Course Leader: None

Fee: \$20.00

Cut-off date for applying: 21 October. Those members who received the Courses Booklet by mail during 2022 are invited to subscribe. The cost is now \$20 to enable us to cover increased printing and postage charges. After you subscribe by enrolling in this course, you will find an invoice for \$20 under My Invoices upon logging in to our website. Please pay this invoice preferably online using PayPal (via either your PayPal account or credit/debit card) or you may pay by cheque. Remember that this booklet is also available online at no cost.

Kashgar and the Uighurs

Dates: 25/10/2022 - 25/10/2022

Frequency: Single session. Tue 2:00pm - 4:00pm

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

Course Leader: Betty Villy

Date: Tuesday 25 October. Max. 50. This is a repeat course. Kashgar is a city in far western China that was pivotal to the success of the Silk Road and is the home of the Uighur people. This talk will look firstly at the Chinese portion of the Silk Road and the medieval city of Kashgar most of which has now been destroyed. The Uighurs have lived in western China for some 1200 years but are now persecuted by the Communist government. Notes will be available for a cost of \$1.

News in Review

Dates: 21/10/2022 - 16/12/2022

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

Venue: Bowral Baptist Church Hall 13 Merrigang St Bowral

Course Leader: Ian Bowie

Dates: Fridays 21 October; 4, 18 November; 2, 16 December. Max. 17. We engage in discussions of current news, using recent opinion pieces from reputable media outlets to define topics and discussion foci. We expect every member will choose a topic at least once a year, and that they will: analyse their piece and/or the issues it raises; make a brief presentation on these; prepare 'thinking points' for discussion; and facilitate an interactive, non-combative discussion. Our meetings are scheduled for two hours: two 50-minute discussion sessions after a chat beforehand and with refreshments in the middle. We place a group order for tea/coffee from Corbett Coffee House (\$5 per order).

Polynesia and the Pacific

Dates: 12/10/2022 - 02/11/2022

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

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

Course Leader: Ian Bowie

Dates: Wednesdays 12, 19, 26 October; 2 November. Max. 70. Polynesia is the most extensive cultural realm on earth. It occupies the centre of an even more extensive geographical feature, the Pacific. The Pacific is more than a doughnut of continents enclosing a vast ocean. It contains thousands of oceanic islands as well as marginal seas and continental islands. Here, we will consider: the geological and biophysical diversity of the Pacific; the human occupation and more recent 'European' explorations of the oceanic islands; current social and economic issues there; and the ongoing competition for hegemony in the Pacific. I will use PowerPoint presentations and will include a refreshment break (BYO).

Post-Trump America

Dates: 12/10/2022 - 02/11/2022

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

Venue: Loseby Park Comm Centre Park Road Bowral

Course Leader: Ian Bickerton

Dates: Wednesdays 12, 19, 26 October; 2 November. Max. 60. In February 2021 President Joe Biden declared, "America is Back!" His remarks beg the questions, back from where? back to where? Back from 1887-89 in Samoa? Hawaii in 1892? Back to a new Cold War in Europe or Asia? To a new nuclear arms race? And where does Australia stand in all this? Are we just an echo chamber of the US? Is Penny Wong Australia's Nancy Pelosi, and is Anthony Albanese Australia's Joe Biden? And behind all this is the question, will Donald Trump be back in 2024? Join the discussion in an exciting and challenging four weeks.

Research, Reflect, Discuss (2RD)

Dates: 12/10/2022 - 07/12/2022

Frequency: Once per month. Wed 10:00am - 12:00noon

Venue: Bundanoon Club Erith St Bundanoon

Course Leader: Maree Sandeford

Dates: Wednesdays 12 October; 9 November; 7 December. Max. 10. Co-Leader: Lynda Kings. The main aim is to share and understand different points of view. Topics will draw on current issues impacting on the many changes in today's fast-paced world. Initially, 2RD is a work in progress, with participants' research beforehand and the informed discussion process being essential components. 2RD is a "taster" for a possible continuing course in 2023. Two weeks before a session, a short list of information sources and some reflective questions will be sent by email to stimulate discussion on the day. Topic 1 (12 Oct): Is the "Uluru Statement from the Heart" a relevant document for today's Australia?

Socrates' Cafe

Dates: 14/10/2022 - 09/12/2022

Frequency: Fortnightly, 5 sessions. Fri 9:30am - 11:30am

Venue: Zoom

Course Leader: Bruce Cowan

Dates: Fridays 14, 28 October; 11, 25 November; 9 December. Max. 30. 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: 10/10/2022 - 12/12/2022

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

Venue: Bowral Baptist Church Hall 13 Merrigang St Bowral

Course Leader: John Deck

Dates: Mondays 10, 17, 24, 31 October; 7, 14, 21, 28 November; 5, 12 December. Max. 35. 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.

Games, Sports

Cracking Cryptic Crosswords

Dates: 21/10/2022 - 02/12/2022

Frequency: Fortnightly. Fri 2:00pm - 4:00pm

Venue: Bowral Baptist Church Hall 13 Merrigang St Bowral

Course Leader: Jenny Wells

Dates: Fridays 21 October; 4, 18 November; 2 December. Max. 25. This popular course is for both those who have never attempted a cryptic crossword before and also 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 \$4 for printing costs payable at the first session.

Learn the Art of Lawn Bowls

Dates: 14/10/2022 - 18/11/2022

Frequency: Weekly. Fri 2:30pm - 4:00pm

Venue: Bowral Bowling Club 40 Shepherd St Bowral

Course Leader: Robin Staples

Dates 14, 21, 28 October; 4, 11, 18 November. Max. 20. Learn the art of lawn bowls. Our Club is situated in a beautiful setting below Mount Gibraltar. We have men and ladies coaches to instruct you. Bowls provides excellent exercise for all age groups without heavy bodily demands. The course will teach you how to deliver the bowl and how the game is played. Just bring yourself and make sure the soles of your shoes are flat. Bowls are supplied. Please note that we have previously held this course on Tuesdays. Management have requested a change to assist with green availability. Cost: \$30 towards greens maintenance. Please bring change and pay on arrival at the first lesson.

Puzzles and Trivia

Dates: 21/10/2022 - 02/12/2022

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

Venue: Bowral Uniting Church Hall 28 Bendooley St Bowral

Course Leader: Jenny Wells

Dates: Fridays 21 October; 4, 18 November; 2 December. Max. 40. 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 - AM

Dates: 13/10/2022 - 15/12/2022

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

Venue: Craigieburn Centennial Golf Centennial Rd Bowral

Course Leader: Ingrid McCulloch

Dates: Thursdays 13, 20, 27 October; 3, 10, 17, 24 November; 1, 8, 15 December. Max. 16. A weekly game of Ambrose golf for companionship and fun without competitive pressure. Suits all levels, even experts 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 plus a green fee of \$7 per session (please have correct change). Craigieburn have advised of this increased fee (still very reasonable). A few buggies are available if you need one. There are two sessions. Please enrol in only one but I expect you will be able to cross over for individual sessions if necessary.

Social Golf - PM

Dates: 13/10/2022 - 15/12/2022

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

Venue: Craigieburn Centennial Golf Centennial Rd Bowral

Course Leader: Ingrid McCulloch

Dates: Thursdays 13, 20, 27 October; 3, 10, 17, 24 November; 1, 8, 15 December. Max. 16. Details are the same as for Morning Golf except for the time. There are 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: 10/10/2022 - 12/12/2022

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

Venue: Loseby Park Comm Centre Park Road Bowral

Course Leader: Paul Furlan

Dates: Mondays 10, 17, 24, 31 October; 7, 14, 21, 28 November; 5, 12 December. Max. 30. 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. 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: 20/10/2022 - 15/12/2022

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

Venue: Loseby Park Comm Centre Park Road Bowral

Course Leader: Paul Furlan

Dates: Thursdays 20, 27 October; 3, 10, 17, 24 November; 1, 8, 15 December. Max. 30. Details are the same as the Monday course except for dates and time.

Tennis - A Social Game

Dates: 10/10/2022 - 12/12/2022

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

Venue: Bowral Tennis Centre Loseby Park, Park Rd Bowral

Course Leader: Kitty Evans

Dates: Fridays 10, 17, 24, 31 October; 7, 14, 21, 28 November; 5, 12 December. Max. 18. We are often advised to stay active. Tennis ticks all the boxes, exercising our body and brain in a fun social way. This group allows you to participate in a gentle game of doubles. Some experience is essential but you don't have to be a champion. You need a racquet, sport shoes and sun-safe clothing. For safety, players must be physically able and fit enough to participate. You will be asked to provide a waiver prior to playing. There is a one-off charge of \$3 to cover the cost of tennis balls. This money is collected at the first session.

History

Along the Inca Trails

Dates: 13/10/2022 - 03/11/2022

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

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

Course Leader: Don Sigsby

Dates: Thursdays 13, 20, 27 October; 3 November. Max. 60. As European powers began to discover new lands across the Ocean Sea to the west, explorers and colonisers were soon encountering evidence of earlier civilisations. Heading south they encountered well-advanced societies obviously established for some time. More recently trekkers have had hiking the Peru 'Inka Trail' on their bucket list; however, few gain an understanding of its place in history. Join a journey into the Andean peoples' homelands and their established networks of communication over centuries. Share in travels and archaeological investigations across many parts of South America with societies well-established long before the arrival of the conquistadores.

Britain in the Anglo-Saxon Period

Dates: 14/10/2022 - 16/12/2022

Frequency: Weekly. Fri 10:00am - 12:00noon

Venue: Bowral Uniting Church Gallery 28 Bendooley St Bowral

Course Leader: John Collerson

Dates: Fridays, starting 14 October, ending 16 December. Max. 45. We explore Britain after the Romans and before the Conqueror. During C5-C11 there were many changes. The people who survived the Romans were joined by others from the continent, e.g., Jutes, Angles, Saxons, Christian missionaries, Vikings. By the time the Normans arrived, Britain was very different. What can we learn from those centuries? What has survived? Anglo-Saxon and Celtic traditions? A language that we still speak, albeit much transformed? We look back more than 1000 years to try to understand Anglo-Saxon Britain. One resource book is Fleming, Britain after Rome: The Fall and Rise 400 to 1070 (Penguin), though it's not necessary to have it.

Christmas With Dickens

Dates: 01/12/2022 - 08/12/2022

Frequency: Weekly, 2 sessions. Thu 10:00am - 12:00noon

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

Course Leader: Joanne McGrath

Date: Thursdays 1, 8 December. Max. 50. "I have endeavoured in this ghostly little book to raise the ghost of an idea, which shall not put my reader out of humour with themselves, with each other, with the season, or with me" So said Charles Dickens about his great Christmas story. As we approach Christmas, it seems a good time to re-examine the book he was so passionate about and to consider the many, varied and often radical ideas within its pages. I shall also discuss some of the customs and traditions that grew up around the Victorian Christmas and also Dickens' lesser-known Christmas stories. Trigger warning: A Christmas Carol has themes of mortality!

Discover Historic Edinburgh

Dates: 06/12/2022 - 13/12/2022

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

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

Course Leader: Bob Young

Dates: Tuesdays 6, 13 December. Max. 60. Many of you have visited the Scottish capital, Edinburgh, often called the Athens of the North, but what have you seen beyond the Castle, the Royal Mile and Princes Street? This is a city with over 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 Edinburgh. 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.

Five Ring Circus: Melbourne on My Mind

Dates: 22/11/2022 - 29/11/2022

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

Venue: Zoom

Course Leader: Bob Lawton

Dates: Tuesdays 22, 29 November. Max. 100. These two Zoom sessions will mark the 66th anniversary of the 1956 Melbourne Olympic Games. The presentation will cover social issues addressed in books, popular music and films. 1956 was marked by a turbulent history: the Suez Canal War, the Russian invasion of Hungary, Khrushchev's public rejection of Stalinism and atomic bomb testing in Australia by Britain. (If you need help with Zoom, the course leader will assist you.)

The Impact of Diseases on Human History

Dates: 13/10/2022 - 20/10/2022

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

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

Course Leader: Virginia Romney

Dates: Thursdays 13, 20 October. Max. 70. Shocking as the Covid outbreak has been, disease has had its foot on the neck of mankind for as long as history can be traced. This two-session course will investigate the impact of some major epidemics, such as Smallpox, the Plague, TB and Cholera, on cultures, the waging of wars, the design of towns and cities and the lives of ordinary people.

Humanities, Philosophy, Psychology, Religion, Sociology

Family History

Dates: 13/10/2022 - 08/12/2022

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

Venue: Highlds Christn Church Potters 37 Regent St Mittagong

Course Leader: Heather Knights

Dates: Thursdays 13 October; 10 November; 8 December. Max. 25. 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: 10/10/2022 - 12/12/2022

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

Venue: Zoom

Course Leader: Evi Watts

Dates: Mondays 10, 17, 24, 31 October, 7, 14, 21, 28 November, 5, 12 December. Max. 20. 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, just a willingness to try and correct them. The intent is to encourage German conversation. Prospective members may test themselves 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, with a teaching background. She will send out lesson plans and correct homework returned.

German for Beginners

Dates: 12/10/2022 - 14/12/2022

Frequency: Weekly. Wed 2:00pm - 4:00pm

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

Course Leader: Tom Smith

Dates: Wednesdays 12, 19, 26 October; 2, 9, 16, 23, 30 November; 7, 14 December. Max. 12. This is a continuing course, but this shouldn't dissuade members with some prior experience in German. It concentrates on conversational German and is based around a free Deutsche Welle course, augmented by additional material. There is no textbook; the only requirement is access to a computer or smartphone. There is no homework set, although members are advised to revise/prepare. The pace is slow and relaxed. Current course members are welcoming and friendly. Nobody cares about mistakes. The course can be found at: <https://learngerman.dw.com/en/overview>. The smartphone app is DW Learn German. Note that the venue is the meeting room, not hall.

Panorama of French

Dates: 12/10/2022 - 14/12/2022

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: Wednesdays 12, 19, 26 October, 2, 9, 16, 23, 30 November, 7, 14 December. Max. 20. Co-Leader: Alan Edwards. 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 - bringing our own. 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: 13/10/2022 - 15/12/2022

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

Venue: CWA Mittagong 98B Main Street Mittagong

Course Leader: Michael Gray

Dates: Thursdays 13, 20, 27 October; 3 November; then 17, 24 November; 1, 8 December. Max. 12. In this course we 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 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: 23/11/2022 - 14/12/2022

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

Venue: Christian Connect Church MV 18 Spring St Moss Vale

Course Leader: Jenny Pittman

Dates: Wednesdays 23, 30 November; 7, 14 December. Max. 20. 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.

Scottish Country Dancing

Dates: 13/10/2022 - 15/12/2022

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

Venue: Bowral Uniting Church Hall 28 Bendooley St Bowral

Course Leader: Sue Laird

Dates: Thursdays 13, 20, 27 October, 3, 10, 17, 24 November, 1, 8, 15 December. Max. 25. Class start time: Beginners 10.00; General Class 10.30. 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 -- what 'seniors' are encouraged to do to 'stay active'. It's enjoyed by both men and women. Come and experience the happy social spirit - no special dress is required, just soft soled flat shoes. The course will be managed in a Covid-safe way.

Understanding Strokes

Dates: 25/10/2022 - 25/10/2022

Frequency: Single session. Tue 10:00am - 12:00noon

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

Course Leader: Maryanne Bawden

Date: Tuesday 25 October. Max. 70. The Stroke Foundation works to prevent stroke, save lives and enhance recovery. A stroke is a medical emergency. Stroke does not discriminate; it can happen to anyone. The talk focuses on the describing what a stroke is, the impact a stroke can have, how to recognise the signs of stroke, and stroke prevention. It explains the FAST campaign, an easy way to remember the most common signs of 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.

Walkers' Workouts

Dates: 28/10/2022 - 09/12/2022

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

Venue: None

Course Leader: Jenny Wells

Dates: Fridays 28 October; 11, 25 November; 9 December. Max. 40 (2 groups). 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.

What's Your Story?

Dates: 01/12/2022 - 01/12/2022

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

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

Course Leader: Stacy Nottle

Date: Thursday 1 December. Max. 50. Stacy Nottle and Judy Rafferty will lead this course. "Shared stories blunt a sense of tragic aloneness and endow us with the tools to understand our humanness." Kilroy J. Oldster. Stacy is a career counsellor and Judy is a psychologist. They listen to the stories of others every day and believe in the profound importance of storytelling. As authors, they share their own stories through memoir, poetry, fiction, and non-fiction writing. In this workshop, they will present some readings and reflections from their books and discuss with you some of the many ways you can share your own stories. You'll be asked to consider the significance of your stories and encouraged to discover ways you can use storytelling to enrich your life and the lives of others.

Literature, Reading, Writing, Cinema

1960s-90s in Thea Astley's Novels

Dates: 14/10/2022 - 25/11/2022

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

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

Course Leader: Geoff Cains

Dates: Fridays 14, 28 October; 11, 25 November. Max. 30. Co-Leader: Neill Ustick. Winner of four Miles Franklin Awards, Thea Astley offers challenging insights into, and critiques of, aspects of Australia's social history over four decades. Her themes, which interact and are expressed in vigorous and creative language, include city-country living; violence, gossip and power relations in a small country town; the personal, spiritual and artistic desires of humans, including Catholic priests and nuns; relationships between parents and teenage children; and husband-wife relationships. Her life and four short novels will be discussed. The four novels we will discuss are A Descant for Gossips, Slow Natives, The Acolyte, Drylands; all are available on Kindle.

Book Lovers Circle

Dates: 12/10/2022 - 14/12/2022

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

Venue: Member's Home

Course Leader: Chris Melican

Dates: Wednesdays 12 October; 9 November; 14 December. Max. 13. 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. We usually meet in the home of a member.

Books for Mad Hatters

Dates: 19/10/2022 - 16/11/2022

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

Venue: Member's Home

Course Leader: Kate Kaszonyi

Dates: Wednesdays 19 October, 16 November. Max. 10. 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: 26/10/2022 - 23/11/2022

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

Venue: Member's Home

Course Leader: Merrill Murray

Dates: Wednesdays 26 October; 23 November. Max. 12. 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.

Charlotte Brontë, Jane Eyre and Trauma

Dates: 11/10/2022 - 11/10/2022

Frequency: Single session. Tue 10:00am - 12:00noon

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

Course Leader: Christine Jack

Date: Tuesday 11 October. Max. 60. Writing always carries traces of our lives. Trauma was very much a part of Charlotte Brontë's life and found its way into her novels, revealing her insight into it well before the development of trauma theory. The aim of this lecture is to explore trauma in the life of the author, her insight into trauma as demonstrated in Jane Eyre, and 'blind spots' in her understanding especially in the character of Adèle Varens. NB. This lecture may be triggering for those who have experienced trauma in their lives.

Cinema on Monday

Dates: 17/10/2022 - 14/11/2022

Frequency: Twice a term. Mon 12:00noon - 2:30pm

Venue: Bowral Empire Cinema 327 Bong Bong St Bowral

Course Leader: Val Fishburn

Fee: \$28.00

Dates: Mondays 17 October; 14 November. Max. 30. 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: 19/10/2022 - 16/11/2022

Frequency: Twice a term. Wed 12:00noon - 2:30pm

Venue: Bowral Empire Cinema 327 Bong Bong St Bowral

Course Leader: Debbie Angus

Fee: \$28.00

Dates: Wednesdays 19 October; 16 November. Max. 30. Details are the same as Cinema on Monday except for dates.

Pallisers: Trollope's 2nd Major Work

Dates: 08/11/2022 - 13/12/2022

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

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

Course Leader: Rod Stockell

Dates: Tuesdays 8, 15, 22, 29 November; 6, 13 December. Max. 60. Anthony Trollope, contemporary of Dickens and Thackeray, was a great Victorian English novelist. A prolific author, he is best known for his "Barsetshire" series, covering country life and the Church of England, and for the six political novels featuring Plantagenet Palliser and his wife Lady Glencora Maccluskie. This introduction to the circle has six sessions each comprising: 1hr-long episode (the 1974 BBC series), morning tea and discussion, and a screening of another episode. Participants will get to know and follow the development of the characters in "Can You Forgive Her" and "Phineas Finn", novels 1 & 2 in the sequence.

Poetry Live

Dates: 20/10/2022 - 15/12/2022

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

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

Dates: Thursdays 20 October; 3, 17 November; 1, 15 December. Max. 14. 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: 18/10/2022 - 13/12/2022

Frequency: Fortnightly 5 sessions. Tue 10:00am - 12:00noon

Venue: Member's Home

Course Leader: Richard Hastings

Dates: Tuesdays 18 October; 1, 15, 29 November; 13 December. Max. 15. 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 Genius of Jane Austen

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

Frequency: Single session. Wed 10:00am - 12:00noon

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

Course Leader: Jan Merriman

Date: Wednesday 9 November. Max. 60. Jane Austen's contemporary novelists have come and gone, while Austen remains a huge literary phenomenon, cherished by scholars and ordinary readers alike. This lively, interactive two-hour workshop, for devotees and sceptics alike, explores the unique qualities of Austen's fiction that make up her enduring genius, with a focus on her last novel Persuasion. Jan Merriman has devoted her retirement from English teaching to Jane Austen. She coordinates the SH Jane Austen Group, has authored numerous articles, conference papers and presentations on the life and times of Jane Austen. She has just completed a book on Austen's remarkable aunt, Philadelphia Hancock.

Science, Technology, Computers

A Future for Concrete?

Dates: 11/10/2022 - 18/10/2022

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

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

Course Leader: Warren South

Dates: Tuesdays 11, 18 October. Max. 30. This course will describe the manufacture of cement and concrete and lead to the factors that have brought the future of the materials under scrutiny. Even though it is the largest in volume of manufactured materials in the world and ubiquitous in engineering and construction, the production of cement accounts for 6 to 8% of the planet's annual carbon emissions. Hence, it is rightly being scrutinised as to what a sustainable future could be. There are available alternative technologies but these face a number of technical and legislative hurdles. In this course, we will engage in an informed conversation regarding the various pathways available for a viable future for concrete.

Ascent of Humankind: 3 million years

Dates: 25/10/2022 - 08/11/2022

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

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

Course Leader: Andrew Preston

Dates: Tuesdays 25 October; 1, 8 November. Max. 60. This course traces the development of Humankind from our distant ancestors circa 3 - 4 million years ago up to the near present of 30,000 – 15,000 BCE. Learn about our close cousins the Neandertals, the Hobbits and the Denisovans. If you are of Euro, Asian, Pacific, PNG or Australian aboriginal descent then it is likely you have from 1 – 4 % Neandertal/Denisovan DNA. And practically none if you are of African descent. Did prehistoric Climate Change wipe out our cousins? We are the last of the Genus Homo. Or are there remnant populations lurking in the jungles of Africa/Asia?

Climate Change: An Alternative View

Dates: 15/11/2022 - 15/11/2022

Frequency: Single session. Tue 2:00pm - 4:00pm

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

Course Leader: John Deck

Date: Tuesday 15 November. Max. 50. Climate science is complicated – our knowledge of the different components is far from complete. We are unable to accurately forecast droughts, floods, bushfires, sea level changes etc. Relevant laws of physics, chemistry and earth sciences and their effect on climate, as well as recently published claims and theories about climate change, will be covered -- questions are welcome. In particular, the course will raise questions about anthropogenic (human induced) climate change theories. A 20-page handout will be available for a \$5 charge. It includes a multi colour picture of each slide with related notes.

Computers, Coffee & Chat 1

Dates: 20/10/2022 - 15/12/2022

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

Venue: Zoom

Course Leader: Chris Carvan

Dates: Thursdays 20 October; 3, 17 November; 1, 15 December. Max. 100+. Want to be more productive with your computer? Worried about computer security and privacy? Like to know more about the latest developments? This course combines lecture style delivery of tips, explanations and news with informal group discussion. Notes are provided. It is not suitable for beginners wanting to learn how to use a computer, nor is it intended for technical issues. It's aimed at PC and Mac users who want to be more productive and wish to stay abreast of computer technology. Note: there is a second session of this course at 2.00 pm. Please enrol in only one course.

Computers, Coffee & Chat 2

Dates: 20/10/2022 - 15/12/2022

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

Venue: Zoom

Course Leader: Chris Carvan

Dates: Thursdays 20 October; 3, 17 November; 1, 15 December. Details are the same as for CCC 1 except for time. Note: there is a second session of this course at 10.00 am. Please enrol in only one course.

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 #	Phone	Name 2	Member #	Phone
Courses I would like to request, 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.