



U3A Southern Highlands Inc.

Term 1 Course Booklet

27 January 2023 – 6 April 2023

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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.

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Please Note: Courses listed in this booklet are correct at the time of compilation. We recommend you check for any changes online if you are using a printed copy.

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

Course Coordinator's Report for Wise Owl for 2023 Term 1

Well, given that we are talking about courses for 2023 term 1, has another year nearly passed? Hhmm, I guess so, but it's been an eventful one, in many ways, including sadness and other challenges. As U3A members, we are so fortunate to be part of a large group of supportive and caring people, aren't we?

One key way we can support and care for one another is to offer to lead a course. As some long term course leaders are not able to continue in the role, we know we need some new course leaders. So, I am dedicating this report to that single topic, rather than describing the highlights of upcoming courses – you can, after all, enjoy reading those for yourself in this course booklet.

At its heart, to lead a course requires that you draw upon what you know and/or what you have done in your life, including interests recently developed.

Look over the courses on offer to see the diversity of topics and also formats, including the online mode of Zoom. You will see that a course can run for one session, two or three, or much longer. You can run it alone or with a buddy. You can seek help from the Course Coordinators to plan what and how you offer the course. And there is always expert help with “the technology”, such as using PowerPoint, microphones, and showing videos. We are also researching an anti-shyness tablet, although knowing how much members support and appreciate course leaders usually means it's unnecessary.

Why would you make the effort to offer a course? As mentioned, one reason is that some course leaders are hanging up their boots. Another is that it is remarkable, and wonderful, how much a course leader gains from preparing for and running a course. At the very least, there is satisfaction, knowing you have given something significant to others, the blessing of giving.

Warm regards to you all,

Neill Ustick

(SH U3A Course Coordinator)

Arts, Crafts, Music, Photography

Art in the Afternoon

Dates: 30/01/2023 - 03/04/2023

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 30 January, 6, 13, 20, 27 February; 6, 13, 20, 27 March, 3 April. 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 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: 30/01/2023 - 03/04/2023

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

Venue: Member's Home

Course Leader: Barbara Taylor

Dates: Mondays 30 January; 6, 13, 20, 27 February; 6, 13, 20, 27 March; 3 April. 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.

Life, Poetry, Music of Leonard Cohen

Dates: 01/02/2023 - 08/02/2023

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

Venue: Moss Vale Snr Citz Comm Cntr 14 Queen St Moss Vale **Course Leader: Margaret Parkinson**

Dates: Wednesdays 1, 8 February. Max. 90. 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!"

Listening to Great Music

Dates: 01/02/2023 - 01/03/2023

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 1, 8, 15, 22 Feb, 1 March. 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.

Looking at Photography Ancient China-202

Dates: 15/03/2023 - 05/04/2023

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

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

Course Leader: Richard Batterley

Dates: Wednesdays 15, 22, 29 March, 5 April. Max. 20. Photography is a balanced combination of technology and creativity. An understanding of both is needed to produce the best results. And it doesn't matter if it's film or digital that's used. This course looks at its development from the C5 BC right up to the modern world of digital. The first part shows the development of the camera and how the application of photography developed over time ... illustrated with photographs from the decades and actual antique and vintage cameras from the course leader's (renowned photographer Richard Batterley) personal collection of over 150 cameras dating from the 1890's. The second part looks at the work of some of the greats of the world of photography and how they have influenced Richard and some of his own work he's got particular satisfaction from. He will demonstrate how he achieved some of his most interesting results. Various techniques will be discussed and attendees will have the chance to try out some of the ideas discussed and learn some of the things to consider when purchasing a camera for themselves. Interaction and discussion!

Painting with Oils

Dates: 02/02/2023 - 06/04/2023

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

Venue: Bowral District Art Studios 1 Short St Bowral

Course Leader: Susie Woodbury

Fee: \$10.00

Dates: Thursdays 2, 9, 16, 23 February; 2, 9, 16, 23, 30 March; 6 April. 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, 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: 03/02/2023 - 31/03/2023

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

Venue: Member's Home

Course Leader: Ilma Cunnew

Dates: Fridays 3, 17 February; 3, 17, 31 March. 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: 30/01/2023 - 03/04/2023

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

Venue: Christian Connect Church MV 18 Spring St Moss Vale

Course Leader: Kerith Fowles

Dates: Mondays 30 January; 6, 13, 20, 27 February; 6, 13, 20, 27 March; 3 April. 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: 30/01/2023 - 03/04/2023

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

Venue: Bowral Uniting Church Hall 28 Bendooley St Bowral

Course Leader: Julie Blanchard

Dates: Mondays 30 January; 6, 13, 20, 27 February; 6, 13, 20, 27 March; 3 April. Max. 50. This weekly event 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. Please note that the venue may be different for 13 Feb, 13 March and 3 April.

Current Affairs, Economics, Finance, Local Matters, Events

Global Economy -- An Expert View

Dates: 03/03/2023 - 03/03/2023

Frequency: Single session. Fri 2:15pm - 4:00pm

Venue: Moss Vale Snr Citz Comm Cntr 14 Queen St Moss Vale Course Leader: Margaret Parkinson

Date: Friday 3 March. Max. 60. For the eighth year in a row, we are delighted to again welcome John Abernethy, Founder and Chairman at Clime Investment Management Limited, an acknowledged guru in his field, a regular writer for a number of publications and whose views are widely sought after by the press. John will give his view and challenge our thinking on the macro-economic state of the global economy. He is a most informative and entertaining speaker - in previous years there has been a lively discussion, and we look forward to the same.

High Speed Rail

Dates: 01/03/2023 - 01/03/2023

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

Venue: Loseby Park Comm Centre Park Road Bowral Course Leader: Adrian Knights

Date: Wednesday 1 March. Max. 70. Dr Garry Glazebrook of Fastrack Australia will present the case for higher speed rail along Australia's east coast and a plan of how it could be implemented. There will be an opportunity for questions and discussion.

Justices of the Peace

Dates: 31/01/2023 - 31/01/2023

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

Venue: East Bowral CC-Hall 71 Boardman Rd E Bowral Course Leader: Maryanne Bawden

Date: Tuesday 31 Jan. Max. 60. From the 'Custodes pacis' (Conservators of the Peace) of Richard the Lionheart's C12 kingdom through to the C14 court of Edward III when the title of Justice of the Peace first appeared, the role of JPs was always the prevention of the commission of offences, rather than punishment of offenders after the deed was done. Through the C18 colonisation of the Americas and Australia, the name Justice of the Peace has developed into the roles and responsibilities of the volunteers we see today. Members of the NSW Justice Association Southern Highlands Branch will speak about the evolving roles and responsibilities of JPs in the C21.

Machinations of Indo-Pacific Geopolitics

Dates: 02/02/2023 - 06/04/2023

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

Venue: East Bowral CC-Hall 71 Boardman Rd E Bowral Course Leader: Warwick Wilson

Dates: Thursdays for 10 weeks, starting 2 Feb. Max. 80. Have we dropped the ball and allowed Ukraine to distract the world from the real game? Today, there is a global strategic shift stemming from Sino-American great power rivalry. The Indo-Pacific is fast becoming the world centre of geopolitical gravity. This course attempts to define the region; to explore its history; to evaluate the emergence of Asia-Pacific, and its transition to Indo-Pacific; and to get behind foreign policies driving decisions and events. Contemporary Indo-Pacific issues and challenges are developed through key individual national studies of China, Taiwan, USA, India, Japan, EU, Indonesia, and Australia. The role of multilateral alliances and possible future scenarios for the region and world are considered.

News in Review

Dates: 27/01/2023 - 24/03/2023

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

Venue: Bowral Baptist Church Hall 13 Merrigang St Bowral Course Leader: Ian Bowie

Dates: Fridays 27 January, 10, 24 February 10, 24 March. Max. 17. We engage in discussions of current news, using recent opinion pieces or editorials 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 a local coffee shop.

Talking Points

Dates: 30/01/2023 - 03/04/2023

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

Venue: Renwick Comm Centre Mtg Rm3 55 Renwick Drive Renwick

Course Leader: John Deck

Dates: Mondays all term. Max. 20. Discussions on important topics of the time, come, meet a few others and have a thought provoking time. Talking Points has been running since the inception of our U3A.

Games, Sports

Constantly Challenging Game of Bridge

Dates: 31/01/2023 - 04/04/2023

Frequency: Weekly. Tue 11:30am - 3:00pm

Venue: Oaktree Retirement Village Willow Drive Moss Vale

Course Leader: Judith Capps

Dates: All 10 Tuesdays of the term, starting 31 Jan. Max. 20. A series of lessons for beginners or those who have learnt a little bridge and who need more help to gain confidence to play in the local clubs. Bridge is the world's most popular card game, played by millions at home, in clubs, and online. Train your brain and play this game. Bridge requires skill and memory retention, more so than luck. Playing bridge is a great way to improve or maintain your mental fitness and to make new friends. You learn two skills: (1) How to bid to communicate with your partner and the other players at the table; and (2) the skill of playing the cards to greatest advantage. This course introduces you to the modern five card major, strong no trump system of bridge. Each week builds on the previous lesson so it is important to attend all sessions. It is essential to bring your own pack of cards (for Covid safety), an A4 plastic sleeved display book for lesson notes, a pen and notepaper. Material costs are \$10. There will be a lunch break and you will need to bring your lunch. We meet in the Library Room, Oak Tree Retirement Village.

Cracking Cryptic Crosswords

Dates: 01/02/2023 - 29/03/2023

Frequency: Fortnightly, 4 sessions. Wed 1:30pm - 3:30pm

Venue: Bowral Baptist Church Hall 13 Merrigang St Bowral

Course Leader: Jenny Wells

Dates: 1.30 - 3.30 pm Wednesdays 15 Feb, 1, 15, 29 March. Max. 30. This popular course is for both those who have never attempted a cryptic crossword before and 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 four fortnightly sessions are designed to gradually build your knowledge and so a commitment to all sessions is desirable. There will be a cost of approx. \$4 for printing costs payable at the first session.

Puzzles and Trivia

Dates: 17/02/2023 - 31/03/2023

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

Venue: Bowral Baptist Church Hall 13 Merrigang St Bowral

Course Leader: Jenny Wells

Dates: Fridays 17 February, 3, 17, 31 March. Max. 45. 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 your group 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: 02/02/2023 - 06/04/2023

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

Venue: Craigieburn Centennial Golf Centennial Rd Bowral

Course Leader: Anne Royds

Dates: Thursdays 2, 9, 16, 23 February, 2, 9, 16, 23, 30 March, 6 April. 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. Your 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.

Table Tennis on Monday

Dates: 30/01/2023 - 03/04/2023

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

Venue: Loseby Park Comm Centre Park Road Bowral

Course Leader: Paul Furlan

Dates: Mondays 30 January, 6, 13, 20, 27 February; 6, 13, 20, 27 March, 3 April. 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. Session time: Monday 2:45 pm to 4:45 pm. Due to limited places, players are asked to nominate either Monday or Thursday. There is a one-time term fee of \$2 to cover incidental costs.

Table Tennis on Thursday

Dates: 02/02/2023 - 06/04/2023

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

Venue: Loseby Park Comm Centre Park Road Bowral

Course Leader: Paul Furlan

Dates: Thursdays 2, 9, 16, 23 February, 2, 9, 16, 23, 30 March, 6 April. Max. 30. Same details as Monday course. Session time: Thursday 2:45 pm to 4:45 pm. Due to limited places, players are asked to nominate either Monday or Thursday. There is a one-time term fee of \$2 to cover incidental costs.

Tennis - A Social Game

Dates: 30/01/2023 - 03/04/2023

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

Venue: Bowral Tennis Centre Loseby Park, Park Rd Bowral

Course Leader: Kitty Evans

Dates: Mondays 30 January, 6, 13, 20, 27 February, 6, 13, 20, 27 March; 3 April. Max. 20. 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

Behind the doors marked Members Only

Dates: 08/03/2023 - 08/03/2023

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

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

Course Leader: Michael Baume

Date: Wednesday 8 March. Max. 50. Australia's federal parliament stripped of its politics; in what really goes on "Behind the doors marked members only", Michael Baume (one of the few who have sat in both the House of Representatives and the Senate, sharing 20 years there between government and opposition) takes you through those doors to see how your parliament actually works, how the party system operates, parliamentary stars and flops, its good features and its failures -- and some of its lighter moments. It is far from perfect, but, as Winston Churchill famously said, "Parliamentary democracy is the worst form of Government except for all others".

Parallel Histories

Dates: 03/02/2023 - 31/03/2023

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

Venue: Bowral Uniting Church Gallery 28 Bendooley St Bowral

Course Leader: John Collerson

Dates: Fridays 3, 17 Feb, 3, 17, 31 March. Max. 45. This course will explore what was going on at the same time in four different parts of the world over a period of fifty years. The four places are Great Britain, France, North America and New South Wales. The period is 1770 to 1820 – a time in which some significant events occurred in those four parts of the world. The full course will consist of ten sessions and will run fortnightly over two terms – five sessions per term. Please note that the venue for 17 March will be Bowral Presbyterian Church.

Rome in the Early Empire

Dates: 07/02/2023 - 14/03/2023

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

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

Course Leader: Wilhelmina Jiang

Dates: Tuesdays 7, 14, 21, 28 Feb, 7, 14 March. Max. 50. The Julio-Claudian Emperors: does absolute power corrupt absolutely? The antics of the infamous Julio-Claudian emperors have mesmerised posterity for almost two millennia. Was Tiberius a malevolent tyrant, Claudius a dribbling fool, Caligula a depraved narcissist and Nero the spoilt 'monster' who fiddled while Rome burnt?

Seeking Truth - A Family History

Dates: 31/01/2023 - 07/02/2023

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

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

Course Leader: Sally Waterford

Dates: Tuesdays 31 Jan, 7 Feb. Max. 50. Family History re-examined and my ancestor's role in dispossession of First Nations people. I look at my childhood contact with Aboriginal people in a rural location, and what I knew then, and what I've now researched of those people and places. I also researched my convict ancestor's role in setting up stations in new areas in northern NSW in the 1830s, and the impact of this on the First Nations people living there.

The Missing Part of the Aleppo Codex

Dates: 03/02/2023 - 17/02/2023

Frequency: Fortnightly. Fri 11:00am - 12:30pm

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

Course Leader: Gordon Thomas

Dates: 11.00 - 12.30 Fridays 3, 17 Feb. Max. 30. They seek it here, they seek it there, but where is the missing part of the Aleppo Codex? An unsolved mystery. This 1,100 year old manuscript survived intact for centuries until something happened. What? Who? Where is it now?

The Russia of Putin and Imperial Russia

Dates: 10/03/2023 - 31/03/2023

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

Venue: Loseby Park Comm Centre Park Road Bowral

Course Leader: Gabriella Lang

Dates: Fridays 10, 17, 24, 31 March. Max. 80. In October 1939, Winston Churchill described Russia as 'a riddle wrapped in a mystery inside an enigma'. The same could be said today. This course aims to unravel some of the mysteries and enigmas that continue to surround Russia. It will discuss contemporary Russia and imperial Russia, including offering an historical perspective to the current nightmare in Ukraine.

Which Wat?

Dates: 21/03/2023 - 04/04/2023

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

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

Course Leader: Don Sigsby

Dates: Tuesdays 21, 28 March, 4 April. Max. 60. A journey in the Angkor – Khmer kingdoms. In the late C19, word began to spread about the discovery of a 'lost city' in Indochina. French explorers were describing an urban complex called Angkor as spreading over some 1000 sq km (and which can now be seen from outer space). Along with other nearby sites, this city contains wonderful sculpture seen on walls and lintels, in front of and within a myriad of temples. Join in investigating the rich architecture, art and archaeology of this World Heritage Area and surrounds.

Humanities, Philosophy, Psychology, Religion, Sociology

Family History

Dates: 09/02/2023 - 13/04/2023

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

Venue: Highlds Christn Church Potters 37 Regent St Mittagong

Course Leader: Heather Knights

Dates: 1.30 - 3.30 Thursdays 9 Feb, 9 March AND 13 April. 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, including school holidays, every month except January.

Great Thoughts

Dates: 07/02/2023 - 04/04/2023

Frequency: Fortnightly 5 sessions. Tue 2:00pm - 4:00pm

Venue: Renwick Comm Centre Mtg Rm3 55 Renwick Drive Renwick

Course Leader: Margi Stevens

Dates: Tuesdays 7, 21 Feb, 7, 21 March, 4 April. Max. 14. Each group member brings a famous saying, copied 12 -14 times, one for each member. In turn around the group, each member reads their contribution to promote lively analytic discussion that ensues with no right or wrong opinion. The group has been run previously although not for about 5 years.

Socrates' Cafe

Dates: 03/02/2023 - 31/03/2023

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

Venue: Zoom

Course Leader: Bruce Cowan

Dates: Fridays 3, 17 February; 3, 17, 31 March. 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.

Languages

German Advanced Beginners-Intermediate

Dates: 30/01/2023 - 03/04/2023

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

Venue: Zoom

Course Leader: Evi Watts

Dates: Mondays 30 January, 6, 13, 20, 27 February, 6, 13, 20, 27 March, 3 April. 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: 01/02/2023 - 05/04/2023

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

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

Course Leader: Tom Smith

Dates: Wednesdays 1, 8, 15, 22 February, 1, 8, 15, 22, 29 March, 5 April. 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: 01/02/2023 - 05/04/2023

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 1, 8, 15, 22 February, 1, 8, 15, 22, 29 March, 5 April. 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: 02/02/2023 - 30/03/2023

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

Venue: CWA Mittagong 98B Main Street Mittagong

Course Leader: Michael Gray

Dates: Thursdays 2, 9, 16, 23 February; then 9, 16, 23, 30 March. 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 previous U3A Latin courses. All texts, notes and translations will be provided by the course leader.

Spanish for Beginners+

Dates: 31/01/2023 - 04/04/2023

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

Venue: Renwick Comm Centre Mtg Rm3 55 Renwick Drive Renwick **Course Leader: Marlies Woolford**

Dates: 10.30 - 12.30. Tuesdays for all term, starting 31 Jan. Max. 15. Cheryl and Marlies will facilitate a Spanish course for people with no or a little knowledge of Spanish. Neither is an expert but Marlies has studied Spanish for a number of years and Cheryl is an ESL and Italian teacher who has studied some Spanish. Together they can guide the group through the course book, "Neuvo Ven 1 Libro Del Alumno", which includes a CD and which can be purchased new for around \$30 from Abbeys, WOB or Book Depository, or used online. There will be a little homework and revision to do each week.

Lifestyle, Exercise, Health, Mindfulness, Travel

Hatha Yoga -- An Introduction

Dates: 17/02/2023 - 24/03/2023

Frequency: Weekly, 6 sessions. Fri 10:00am - 11:30am

Venue: Renwick Comm Centre Hall 55 Renwick Drive Renwick

Course Leader: Anne Royds

Course Dates: 10.00 - 11.30. Fridays 17, 24 Feb, 3, 10, 17, 24 March. Max. 16. Hatha yoga uses bodily postures and breath awareness to bring a sense of balance to body and mind. This practical course will introduce some of the physical practices of Hatha yoga. Each session will include tranquil limbering exercises, beginner level posture (asana)work, breath (pranayama) awareness techniques and conclude with 20 minutes of deep relaxation (savasana). Participants will need to bring their own yoga mat and a firm blanket/large beach towel to sit on. Anne has practised yoga for many years and has a Diploma of Yoga Teaching. She is keen to share her passion for yoga. Please note that there may be a change of venue; you will be advised.

Mindfulness Meditation

Dates: 01/02/2023 - 08/03/2023

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

Venue: CWA Bundanoon 43-45 Railway Ave, Bundanoon

Course Leader: Jenny Pittman

Dates: Wednesdays 1, 8, 15, 22 February, 1, 8 March. Max. 20. Mindfulness is a deep practice of giving appropriate attention not only to what's going on around us, but more importantly, what's going on inside us – in our bodies and minds. It's a heart, not a head practice; a practice of compassion and kindness for ourselves and others. Through practical activities that we can do at any time of day our sessions will focus on helping us to stop, settle ourselves and begin to look deeply at the connection between our bodies and minds.

Scottish Country Dancing

Dates: 02/02/2023 - 06/04/2023

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

Venue: Bowral Uniting Church Hall 28 Bendooley St Bowral

Course Leader: Sue Laird

Dates: Thursdays 2, 9, 16, 23 February, 2, 9, 16, 23, 30 March, 6 April. Max. 30. 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.

The Cutting Edge: Hips & Knees

Dates: 03/03/2023 - 03/03/2023

Frequency: Single session. Fri 12:00noon - 12:45pm

Venue: Moss Vale Snr Citz Comm Cntr 14 Queen St Moss Vale **Course Leader: Margaret Parkinson**

Date: Friday 3 March. Max. 60. This highly acclaimed short presentation is offered again in 2023. It will discuss the latest techniques for joint replacement and other non-operative therapies including stem cells and PRP injections. Guest presenter, Nigel Hope, is Associate Professor of Orthopaedic Surgery at the Sydney Campus of the University of Notre Dame Australia. He has undertaken advanced training in minimally invasive "made to measure" hip and knee surgery and specialises in tissue preserving procedures, including minimally invasive total hip and knee replacement, as well as arthroscopic knee ligament reconstruction. Professor Hope has specific medical and research interests in anterior minimally invasive hip and knee replacement, meniscal repair and articular cartilage sculpturing, tissue engineering and sports injury prevention.

Walkers Workouts

Dates: 10/02/2023 - 24/03/2023

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

Venue: None

Course Leader: Jenny Wells

Dates: 10, 24 February, 10, 24 March. Max. 40. 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.

Literature, Reading, Writing, Cinema

Book Lovers Circle

Dates: 08/02/2023 - 08/03/2023

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

Venue: Member's Home

Course Leader: Chris Melican

Dates: Wednesdays 8 February; 8 March. 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: 18/01/2023 - 19/04/2023

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

Venue: Member's Home

Course Leader: Kate Kaszonyi

Dates: Wednesdays 15 February, 15 March. Max. 10. This Book Club meets monthly, from January 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: 22/02/2023 - 22/03/2023

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

Venue: Member's Home

Course Leader: Merrill Murray

Dates: Wednesdays 22 February, 22 March. 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.

Cinema on Monday

Dates: 06/02/2023 - 06/03/2023

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 6 February, 6 March. 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: 08/02/2023 - 08/03/2023

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 8 February; 8 March. Max. 30. Same details as Monday course.

Poetry Live

Dates: 02/02/2023 - 30/03/2023

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

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

Dates: Thursdays 2, 16 Feb; 2, 16, 30 March. 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: 07/02/2023 - 04/04/2023

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

Venue: Member's Home

Course Leader: Richard Hastings

Dates: Tuesdays 7, 21 February; 7, 21 March; 4 April. 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.

Ready to Read

Dates: 01/02/2023 - 15/02/2023

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

Venue: Losey Park Comm Centre Park Road Bowral

Course Leader: Sally Robinson-Kooi

Dates: Wednesday 31 January; 7, 14 February. Max. 50. Supporting children's early reading development. A course for caregivers and grandparents. In Australia, low literacy levels occur across all socio-economic communities. In 2019, almost 17,000 Year 7 students achieved below the reading National Minimum Standard. The revised NSW English Syllabus now requires the explicit teaching of early reading skills for NSW primary school students. This three-session course provides engaging, hands-on activities that support young children's reading and writing development. It contains: a research overview, development of the alphabet system, and a sequence of scientific, evidence based, explicit teaching methods comprising a hands-on focus using practical, fun components covering phonological awareness, phonics, and decoding print.

Writers Group

Dates: 03/02/2023 - 31/03/2023

Frequency: Weekly, Fri 1:00pm - 3:00pm

Venue: Renwick Comm Centre Mtg Rm3 55 Renwick Drive Renwick Course Leader: Pamela Morrissey

Dates: All nine Fridays of the term, starting 3 Feb. Max. 12. This group is for people who love words, who write because they have a story to tell. It's autonomous and democratic, a venue for writers to test their work on other writers and receive rigorous but respectful criticism. All types of writing are welcome -- poetry, prose, journalling, etc.

Science, Technology, Computers

Computers, Coffee & Chat 1

Dates: 02/02/2023 - 30/03/2023

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

Venue: Zoom

Course Leader: Chris Carvan

Dates: Thursdays 2, 16 February; 2, 16, 30 March. 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: 02/02/2023 - 30/03/2023

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

Venue: Zoom

Course Leader: Chris Carvan

Dates: Thursdays 2, 16 February; 2, 16, 30 March. Max. 100. Same details as morning course. Note: there is a second session of this course at 10.00 am. Please enrol in only one course.

Electric Vehicles

Dates: 21/02/2023 - 07/03/2023

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

Venue: Bowral Baptist Church Hall 13 Merrigang St Bowral

Course Leader: Darryl Whiteside

Dates: Tuesdays 21, 28 Feb, 7 March. Max. 50. This course is designed to demystify Electric Vehicle technology and so enable you to make an informed decision about whether an EV is the right choice for your next vehicle purchase.

Maths IS Interesting!

Dates: 31/01/2023 - 07/03/2023

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

Venue: Bowral Baptist Church Hall 13 Merrigang St Bowral

Course Leader: Darryl Whiteside

Dates: Tuesdays 31 Jan, 7, 14, 21, 28 Feb, 7 March. Max. 50. This course is specifically designed for those U3A members who did not take senior maths at school. * What are the mathematical concepts that Lewis Carroll hid in his Alice books and why did he do it? * What are fractals and why do we find them everywhere in nature? * What is the sequence of numbers that is regarded as nature's secret code? * What are imaginary numbers and are they really imaginary? * What is calculus and why is it useful? * Who were the great mathematicians and what were their contributions to mathematics?

Rooftop Solar

Dates: 31/01/2023 - 14/02/2023

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

Venue: Bowral Baptist Church Hall 13 Merrigang St Bowral

Course Leader: Darryl Whiteside

Dates: Tuesdays 31 January, 7, 14 Feb. Max. 50. This course is designed to provide you with the information you need to know before installing a rooftop solar system or to have a better understanding of the rooftop solar system that you already have.

Why Is It So? Intriguing Science Topics

Dates: 10/02/2023 - 04/04/2023

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

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

Course Leader: Warwick Adams

Dates: Fridays 10, 24 Feb, 10, 24 March. Max. 15. Are you curious about the world around you and how things work? This fortnightly discussion group explores a wide range of recent science and technology ideas and discoveries. Modern science is full of extraordinary wonders, amazing discoveries, and fascinating ideas. Have you heard that ants can be trained to smell cancer chemicals in urine? Do you know that 95% of the Universe is missing? Are you aware that technologists have invented a simple trick so that you can bake bread that stays fresher longer? In this course we discuss in plain English some of the wondrous developments coming out of science and technology. No equations, no technical jargon, just casual discussions delving into the intriguing discoveries that are being made every day. A list of potential topics will be distributed the week before each session, with members nominating one that particularly interests them. They may volunteer to talk on that topic for 10 minutes or so themselves (this is optional), or the topics may just be discussed as a group. Either way, we're relying on everyone to get involved in discussion.

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.