



U3A Southern Highlands Inc.

Term 2 Course Booklet

24 April – 30 June 2023

(Preferences open Monday 27 March 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.

Course Coordinator's Report for 2023 Term 2 Course Booklet

So many opportunities for increasing our understanding and enjoyment of the world! Courtesy of our many dedicated course leaders and the managers of venues and home owners who share their homes.

This term we have some special treats to go with the main course of many old favourites you are used to, plus renewals of previous courses. More details follow in the rest of this Course Booklet.

Special Treats

- *Lunch Out Together*, led by Jill Dyson, re-commencers after a Covid break, and invites you to visit Robertson for a relaxed time together. There is room for lots of people.
- Sally Waterford leads one session on *The Voice – A conversation*, such a timely opportunity to discover more about the key issue for our First Nations people.
- Coming via Zoom from Columbus, Ohio is another one session course on *Cybersecurity*, led by Jenny Patton who works for a major IT company in the USA.
- In *What's it all about? Music Basics*, a four session course led by John D'Arcy to be held in Henley Brae, a new Mittagong venue, there is an opportunity to learn or re-learn some music fundamentals.
- John Blair offers six weeks on *The Wild and Pacific North-West*, a tour of a marvellous and fascinating part of the USA.
- *Estate Planning* is the theme of Eleanor Dartnall's very useful two week course.
- Two courses address the critical issue of climate change: Darryl Whiteside's *Climate Change and Renewable Energy* over four sessions and the very practical single session *What We Can Do About Climate Change* by Jim Main.
- Also very practical is Geoff Cains's four session course on *Skin: A Biography*.
- You can expect to be fascinated by Michael Baume's single session on *The Dark Side of English Nursery Rhymes*.

Our **main course and course revival offerings** include

- a meditation course to foster our living with calm and peace in the present
- physical courses (walks, table tennis and golf, tennis, dancing)
- languages (French, German, Spanish, Latin)
- arts (painting, singing, music making and listening, photography)
- discussion (current affairs, ideas)
- book groups (three small monthly groups)
- history (John Collerson's *Parallel Histories*, Elizabeth Ellis's *Crusader History*, Virginia Romney's *Impact of Diseases on Human History*)
- science and technology (Chris Carvan's *Computers Coffee and Chat* via Zoom, Warwick Adams's *Curiosity and Intrigue*).

My best wishes for choosing courses and for participating once term 2 starts in late April.

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SH U3A Course Coordinator.

Table of Contents

Arts, Crafts, Music, Photography	5
Current Affairs, Economics, Finance, Local Matters, Events	7
Games, Sports	7
History	9
Humanities, Philosophy, Psychology, Religion, Sociology	10
Languages.....	10
Lifestyle, Exercise, Health, Mindfulness, Travel	12
Literature, Reading, Writing, Cinema	13
Science, Technology, Computers	15

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 session dates, these have now been added into the description for each course.

Arts, Crafts, Music, Photography

ABBA

Dates: 02/05/2023 - 09/05/2023

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

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

Course Leader: Bob Young

Dates: 2, 9 May. Max 60. Were you present at the Showground, Sydney in 1978, when Abba performed during a torrential rain storm? Or perhaps, you had already seen them in 1976, when they made two record breaking TV shows with Reg Grundy and Don Lane. During each of their Australian tours, the streets were lined with fans from the airport to the centre of the city. More details of their Australian visits will be presented. Abba was the second most popular group of all time. This presentation will tell the story of the difficult times they experienced, both in their musical careers and in their private lives. We will also show video clips of their most famous songs.

Art in the Afternoon

Dates: 24/04/2023 - 26/06/2023

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

Venue: Bowral District Art Studios 1 Short St Bowral

Course Leader: Annette Hearne

Fee: \$10.00

Dates: All Mondays except 12 June, starting 24 April. Max. 16. 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: 24/04/2023 - 26/06/2023

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

Venue: Member's Home

Course Leader: Barbara Taylor

Dates: All Mondays, starting 24 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.

Highlands Life - Community Photo Project

Dates: 26/04/2023 - 17/05/2023

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

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

Course Leader: Richard Batterley

Dates: Wednesdays 26 April; 3, 10, 17 May. Max. 20. This course is for anyone who's interested in taking photographs, be it with a smartphone, compact digital or more advanced digital camera. Family photos. Holiday photos. Sporting photos. There are no limits. The objective is to create a visual story about everyday life in the Southern Highlands and in doing that improve the quality of everyone's photographs. Using the theories of the classroom and applying them in practice out in the area, attendees will learn more about capturing those fleeting moments we all want to remember forever. Get the exposure right. Make sure you've captured the best composition. Maybe even think about a touch of editing. The course will form the basis of a wider community project for other groups to add their visual impressions of life in the Southern Highlands. And to take the message to the community there will be an exhibition of the images created by attendees and other community members to be held in the Atrium of the Civic Centre in Moss Vale.

Listening to Great Music

Dates: 17/05/2023 - 14/06/2023

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 17, 24, 31 May; 7, 14 June. Max. 25. 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. \$10 one off fee will be collected for photocopying of handouts and provision of fruit juice and paper cups during the break.

Painting with Oils

Dates: 27/04/2023 - 29/06/2023

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 27 April, 4, 11, 18, 25 May, 1, 8, 15, 22, 29 June. 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: 05/05/2023 - 16/06/2023

Frequency: 1st & 3rd wks of the month. Fri 10:00am - 12:00noon

Venue: Member's Home

Course Leader: Ilma Cunnew

Dates: Fridays 5, 19 May, 2, 16 June. Max. 6. Meeting on the first and third Fridays in a month, 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: 24/04/2023 - 22/05/2023

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

Venue: Christian Connect Church MV 18 Spring St Moss Vale

Course Leader: Kerith Fowles

Dates: Mondays 24 April, 1, 8, 15, 22 May. (Kerith will be away for the period 25 May to 3 July.) 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: 24/04/2023 - 26/06/2023

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

Venue: Bowral Uniting Church Hall 28 Bendooley St Bowral

Course Leader: Julie Blanchard

Dates: All Mondays except 12 June, starting 24 April. Max. 55. 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. \$5 will be required at the commencement of each term to cover the costs of photocopying and afternoon tea.

What's it all about? Music basics

Dates: 17/05/2023 - 07/06/2023

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

Venue: Henley Brae Retirement Village 37 Etheridge St Mittagong

Course Leader: John D'Arcy

Dates: Wednesdays 17, 24, 31 May; 7 June. Max. 20. If you can sort of read music, but sort of not, and get confused between dynamics and pitch, and ponder hopelessly about keys, modes, accidentals Aagh! This is the course for you. John D'Arcy has been a music educator for 35 years, and taken many workshops in music understanding and having fun in the process. He has a Bachelor of Music, and is a published Australian composer. He conducts the Highland Singers.

Current Affairs, Economics, Finance, Local Matters, Events

Cybersecurity

Dates: 03/05/2023 - 03/05/2023

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

Venue: Zoom

Course Leader: Helen Patton

Date: Wednesday 3 May. Max. 100. The course runs by Zoom and invitations will be emailed a week before the session. Born in Australia, Helen Patton has worked for two decades in this field and currently works as Chief Information Security Officer at Cisco, a US-based multinational digital communications technology conglomerate corporation. Coming from Columbus, Ohio, the session will cover the following topics: * Introduction/class overview * Intro to cybersecurity: definitions and context * Current state of cyber: why people care about it now * Types of cyber threats, and what you need to care about * Laws and regulations: how the help and hinder your security * Personal cyber protection: common sense ways to protect your digital life. * Creating a digital will: passing digital assets to your friends and family * Wrap up and resources.

News in Review

Dates: 05/05/2023 - 30/06/2023

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

Venue: Bowral Baptist Church Hall 13 Merrigang St Bowral

Course Leader: Ian Bowie

Dates: Fridays 5, 19 May; 2, 16, 30 June. Max. 20. 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.

The Voice - A Conversation

Dates: 23/05/2023 - 23/05/2023

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

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

Course Leader: Sally Waterford

Date: Tuesday 23 May. Max. 40. Confused about the referendum, comments about the Voice, truth and treaty? Come and listen to how it came about, and consider your choices in the referendum.

Games, Sports

Puzzles and Trivia

Dates: 28/04/2023 - 23/06/2023

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

Venue: Bowral Baptist Church Hall 13 Merrigang St Bowral

Course Leader: Jenny Wells

Dates: Fridays 28 April, 12, 26 May, 9, 23 June. 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 \$5 for hand-outs, payable at the course.

Social Golf - AM

Dates: 27/04/2023 - 29/06/2023

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

Venue: Craigieburn Centennial Golf Centennial Rd Bowral

Course Leader: Ingrid McCulloch

Dates: All Thursdays, starting 27 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). A few buggies are available if you need one.

Social Golf - PM

Dates: 27/04/2023 - 29/06/2023

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

Venue: Craigieburn Centennial Golf Centennial Rd Bowral

Course Leader: Ingrid McCulloch

Dates: All Thursdays, starting 27 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). A few buggies are available if you need one.

Table Tennis on Monday

Dates: 24/04/2023 - 26/06/2023

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

Venue: Loseby Park Comm Centre Park Road Bowral

Course Leader: Phil McKendry

Dates: All Mondays, starting 24 April. Max. 35. 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. For safety, players must be physically able and fit enough to participate. You will be asked to sign a waiver prior to playing. There is a small one-time term fee to cover balls, afternoon tea, etc.

Table Tennis on Thursday

Dates: 27/04/2023 - 29/06/2023

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

Venue: Loseby Park Comm Centre Park Road Bowral

Course Leader: Richard Hastings

Dates: Thursdays 27 April; 4, 11, 18, 25 May; 1, 8, 15, 22, 29 June. Max. 35. 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. For safety, players must be physically able and fit enough to participate. You will be asked to sign a waiver prior to playing. There is a small one-time term fee to cover balls, afternoon tea, etc.

Tennis - A Social Game

Dates: 24/04/2023 - 26/06/2023

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

Venue: Bowral Tennis Centre Loseby Park, Park Rd Bowral

Course Leader: Kitty Evans

Dates: All Mondays, starting 24 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

Crusader History with a Difference

Dates: 21/06/2023 - 28/06/2023

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

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

Course Leader: Elizabeth Ellis

Dates: Wednesdays 21, 28 June. Max. 60. Session 1: We travel the Mediterranean from Crusader times. Starting on the Amalfi Coast and travelling to Jerusalem where First Crusade knights became the Knights Hospitallers – who tended the sick and the injured – then through Cyprus and Rhodes to Malta. We discuss the origins of the modern Venerable Order of St John of Jerusalem and its relationship to St John Ambulance Australia. The Role of Women in the Crusades, Session 2: We examine the often overlooked role women played in the Crusades more generally including reigning monarchs of the Holy Land, the warrior and support role of women during conflicts, those who held the fort in Europe while husbands or sons were on crusade. Finally we look at the role of women in the Hospitaller Order.

Five Ring Circus

Dates: 02/05/2023 - 09/05/2023

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

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

Course Leader: Bob Lawton

Dates: Tuesdays 2, 9 May. Max. 60. 1956 was a memorable Year. Not only did the Olympics come to Melbourne but the World saw the Suez Canal crisis, the Russian invasion of Hungary and troubles in Cyprus. The year saw many memorable movies, songs and books. A super rock star, Elvis Presley, appeared on the scene along with Johnnie Ray and The Platters.

Impact of Diseases on Human History

Dates: 16/05/2023 - 23/05/2023

Frequency: Twice a term. Tue 2:00pm - 4:00pm

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

Course Leader: Virginia Romney

Dates: Tuesdays 16, 23 May. Max. 60 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 repeat 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, cities and infra-structure, and the lives of ordinary people.

Parallel Histories

Dates: 28/04/2023 - 23/06/2023

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

Venue: Bowral Uniting Church Hall 28 Bendooley St Bowral

Course Leader: John Collerson

Dates: Fridays 28 April; 12, 26 May; 9, 23 June. Max. 50. This is a continuation of a course begun in Term 1. The course explores what was going on at the same time in four different parts of the world over a period of fifty years (1770 to 1820), a period of some significant events in the four places: Great Britain, France, North America and New South Wales. We have already reached the half-way point and so the course this term will focus mainly on the early part of the 19th century. The course this term will consist of five sessions fortnightly.

Walking in Ireland

Dates: 26/04/2023 - 10/05/2023

Frequency: Fortnightly, twice. Wed 10:00am - 12:00noon

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

Course Leader: Peter Kearney

Dates; Wednesdays 26 April; 10 May. Max.60. I will provide live narration while photographs and music are played. Ireland is my wife's homeland, and through many visits, it has become like a deeper home for me. 1. *The Kerry Way*: A 10-day walk around the Iveragh Peninsula (County Kerry), beginning and ending in Killarney. This is probably Ireland's most famous waymarked walking trail. It passes through coastal villages and wild landscapes near MacGillycuddy's Reeks. The journey includes an excursion to a island known as Skellig Michael - site of an ancient monastery, now world-heritage listed. 2. *Surprising Ireland - Deeper Home*: A serendipitous journey, mainly on foot. Includes the valley of Glendalough (County Wicklow), Killarney National Park, the Dingle Peninsula, Connemara (County Galway) and Croagh Patrick, Ireland's 'holy mountain'. Finally, a walk by the Mourne Mountains (County Down) to a neolithic monument/dolmen of great significance to my family.

Humanities, Philosophy, Psychology, Religion, Sociology

Beginning Your Family History

Dates: 26/04/2023 - 31/05/2023

Frequency: Weekly, 6 sessions. Wed 1:30pm - 3:30pm

Venue: Member's Home

Course Leader: Lyn Boyes

Dates: Wednesdays 26 April; 3, 10, 17, 24, 31 May. Max. 5. Always thought you'd like to know more about your family history but never gotten around to it? Small group meeting in my home to introduce you to free online records to get you started.

Civil Rights Protection in Law

Dates: 03/05/2023 - 07/06/2023

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

Venue: Bowral Baptist Church Hall 13 Merrigang St Bowral

Course Leader: Peter Bayne

Dates: Wednesdays 3, 10, 17, 24, 31 May; 7 June. Max. 50. This course will examine Australian legal frameworks for the protection of civil and political rights. Three modes of protection are addressed: (1) that fashioned by judges as common law; (2) laws (including the Commonwealth Constitution) that state rights and have a higher status than ordinary statutes (USA analogies will be considered); and (3) the Human Rights Acts in some jurisdictions, which in effect enables the courts to give advisory opinions. The treatment is designed for the layperson. The sessions will be based on a set of notes, supplemented by illustrative material for discussion.

Family History

Dates: 11/05/2023 - 13/07/2023

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 11 May, 8 June, 13 July. 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.

Socrates' Cafe

Dates: 28/04/2023 - 23/06/2023

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

Venue: Zoom

Course Leader: Bruce Cowan

Dates: Fridays 28 April; 12, 26 May; 9, 23 June. Max. 30. This course runs by Zoom. 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 for Beginners with Pre Knowledge

Dates: 26/04/2023 - 28/06/2023

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

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

Course Leader: Tom Smith

Dates: Wednesdays starting 26 April. Max. 12. This is a continuing course. Potential members of this course should only enrol if they are confident of passing a placement test at the CEFR (Common European Framework Reference) A1 level, since tuition will be aimed at progressing through the subsequent A2 level. Deutsche Welle provides such a placement test at the URL: <https://learngerman.dw.com/de/einstufungstest-a1/l-36738314>. An ability to construct and speak simple sentences is required. The course is based on the excellent free online course offered by Deutsche Welle.

Japanese: Spoken and Written

Dates: 02/05/2023 - 27/06/2023

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

Venue: Member's Home

Course Leader: Adrienne Bradney-Smith

Dates: Tuesdays 2, 9, 16, 23, 30 May, 6, 13, 20, 27 June. Max. 10. Japan is an exciting travel destination as it is a safe, clean and beautiful country with friendly people and the most amazing rail network. A handy list of survival expressions is first and foremost in this Beginners' Course which also offers an insight into the fascinating world of Japanese culture and life style. Learning a new language and script simultaneously might seem a formidable challenge but the rewards are great. Aided by an experienced teacher, learners will master the basic 'alphabet', Hiragana, first by a fun way of recognising the symbols in just one or two lessons and then by a gradual process of script acquisition. This course will develop perhaps hitherto untouched areas of the brain, and definitely keep Alzheimer's at bay!

Panorama of French

Dates: 26/04/2023 - 28/06/2023

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

Venue: Henley Brae Retirement Village 37 Etheridge St Mittagong

Course Leader: Annie Chabert-McKay

Dates: Wednesdays 26 April, 3, 10, 17, 24, 31 May, 7, 14, 21, 28 June. 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: 27/04/2023 - 22/06/2023

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

Venue: CWA Mittagong 98B Main Street Mittagong

Course Leader: Michael Gray

Dates: 8 sessions, on Thursdays 27 April, 4, 11, 18 May, 1, 8, 15, 22 June. 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 Post Beginners

Dates: 02/05/2023 - 27/06/2023

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

Venue: Bowral Baptist Church Hall 13 Merrigang St Bowral

Course Leader: Cheryl Sheppard

Dates: 10.30 - 12.30. All Tuesdays except Anzac Day, starting 2 May. Max 15. Cheryl and Marlies will facilitate a Spanish course for people with no or some 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 can be purchased 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

Estate Planning

Dates: 26/04/2023 - 10/05/2023

Frequency: Fortnightly, twice. Wed 2:00pm - 4:00pm

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

Course Leader: Eleanor Dartnall

Dates: Wednesday 26 April, 10 May. Max 60. *Session One:* We will look at estate plans up to the mid 1980's and compare this with modern estate planning today. We will explore the most common mistakes that are made and the outcome of poor Will drafting. *Session Two:* The second session will focus on estate plans or blended families. The objective over the two sessions is to come to an understanding of how our wealth can pass on to the next generation, tax effectively, and in such a way that our children's inheritance is protected from future relationship breakdowns.

Hatha Yoga -- An Introduction

Dates: 02/06/2023 - 23/06/2023

Frequency: Weekly, 4 sessions. Fri 10:00am - 11:30am

Venue: Renwick Comm Centre Hall 55 Renwick Drive Renwick

Course Leader: Anne Royds

Dates: Fridays 2, 9, 16, 23 June. 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 and help participants develop a basic routine that could be practiced at home.

Lunch Out Together

Dates: 30/05/2023 - 30/05/2023

Frequency: Single session. Tue 12:15pm - 2:00pm

Venue: Robertson Pub & Kitchen 89 Hoddle St Robertson

Course Leader: Jill Dyson

Fee: \$40.00

Date: Tues 30 May. Max. 30. Venue: The Robertson Public House, 89 Hoddle Street, Robertson. Start time: 12.15-12.30. Menu: 2 course lunch (drinks extra). The menu has a wide range of dishes which should cover all dietary restrictions but if you have any concerns in that regard, let us know and we will inform the chef. Please pay on application. After applying for enrolment and once accepted, you will find an invoice on the UMAS website (under My Invoices). This amount needs to be paid before 15 May, preferably by PayPal/Credit Card or alternatively by cheque. Note that the payment of \$40 is non-refundable. If unable to attend, members are permitted to nominate another U3A member to go in their place and advise Jill Dyson of the change.

Mindfulness Meditation

Dates: 17/05/2023 - 28/06/2023

Frequency: Weekly, 7 Sessions. Wed 10:00am - 12:00noon

Venue: CWA Bundanoon 43-45 Railway Avenue Bundanoon

Course Leader: Jenny Pittman

Dates: Wednesdays 17, 24, 31 May; 7, 14, 21, 28 June. 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: 27/04/2023 - 29/06/2023

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

Venue: Bowral Uniting Church Hall 28 Bendooley St Bowral

Course Leader: Sue Laird

Dates: Thursdays 27 April, 4, 11, 18, 25 May, 1, 8, 15, 22, 29 June. Max. 30. Class start time: Beginners 10.00; General Class 10.30. If you are looking for some fun, fitness and social interaction you might like to join our enthusiastic group of dancers. All this can help us stay active. It is enjoyed by both men and women. No special dress is required, just soft soled flat shoes. Beginners with a moderate level of fitness and mobility are welcome. Enrolments for T3 and T4 will only be accepted for dancers who participated in Terms 1 and 2. Please contact the Course Leader for further details.

The Wild and Scenic Pacific Northwest

Dates: 27/04/2023 - 01/06/2023

Frequency: Weekly, 6 sessions. Thu 2:00pm - 4:00pm

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

Course Leader: John Blair

Dates: Thursdays 27 April; 4, 11, 18, 25 May; 1 June. Max 60. Join John Blair on a glorious fast-paced journey through the wild and scenic Pacific Northwest. His presentation includes aspects of geography, demographics, tourism, travel, landscapes, geology, wild animals, ecosystem and animal conservation, and climate change adaptation with focus on the amazing and stunning natural wonders of the area. There is so much to see that six sessions are required. If you do not wish to commit up front to all six, John is happy to have you enrol and drop out after two or three sessions if you wish. If you like the outdoors, you will love the Pacific Northwest, one of the lesser-known regions of the United States.

Walkers Workouts

Dates: 05/05/2023 - 30/06/2023

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

Venue: None

Course Leader: Jenny Wells

Dates: 5, 19 May, 2, 16, 30 June. Max. 40. A series of five 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.

Way of the Soul

Dates: 26/04/2023 - 10/05/2023

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

Venue: Henley Brae Ret. Village 37 Etheridge St Mittagong

Course Leader: Susan Lytton-Hitchins

Dates: Wednesdays 26 April; 3, 10 May. Max. 20. Ever since the beginning of time, great philosophers have had theories about the Soul; e.g., Socrates, Gurdjieff, Aristotle and Plato, dating back to 470 BC. They each developed comprehensive concepts about the Soul. Religions like Judaism, Hinduism and Islam include teachings "that unless a man obtains a portion of the Essence of the Creator through longing for and desiring it, the awakening of the Soul cannot occur". In these talks, I will share my own personal experience and gradual learnings. This continues to be a journey deep within myself of Soul Awakening in Truth, Love and Transformation. This pathway of experience is open to all, no matter your beliefs, religion, philosophy, spirituality, colour, race or creed. I am excited to be given the opportunity to share a little of what I have been personally blessed to experience and learn.

Wingecarribee Walks - Barren Grounds

Dates: 28/04/2023 - 28/04/2023

Frequency: Single session. Fri 10:30am - 11:30am

Venue: None

Course Leader: Chris Vandine

Date: Friday 28 April. Max 20. Destination: Illawarra Lookout, Barren Grounds is about a 45 minute walk on a wide fire trail. You must be able to walk for 60 minutes competently. The view from the lookout is spectacular as you can see over the farmland of Jamberoo to the sea all the way from Kiama to Helensburgh. Directions: Barren Ground Nature Reserve Map 6 L 20: it took Glen and me 35 minutes to drive here from BOWRAL. The easiest way is to drive through Robertson on the Illawarra Highway and at the Robertson Pie Shop turn right down Jamberoo Road and drive 16 km down this until you come to the sign "TURN your headlights on"; and turn right here into the Barren Grounds Nature Reserve -- there is a small sign. Drive slowly 1 km up the dirt road to the picnic area where you will find us.

Literature, Reading, Writing, Cinema

Book Lovers Circle

Dates: 10/05/2023 - 12/07/2023

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

Venue: Member's Home

Course Leader: Chris Melican

Dates: Wednesdays 10 May, 14 June, 12 July. Max. 12. 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: 17/05/2023 - 21/06/2023

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

Venue: Member's Home

Course Leader: Kate Kaszonyi

Dates: Wednesdays 19 April, 17 May, 21 June. Max. 11. 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: 26/04/2023 - 28/06/2023

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

Venue: Member's Home

Course Leader: Merrill Murray

Dates: Wednesdays 26 April, 24 May, 28 June. 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: 01/05/2023 - 29/05/2023

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 1, 29 May. 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: 03/05/2023 - 31/05/2023

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

Venue: Bowral Empire Cinema 327 Bong Bong St Bowral

Course Leader: Joan Mitchell

Fee: \$28.00

Dates: Wednesdays 3, 31 May. 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.

Dark Side of English Nursery Rhymes

Dates: 30/05/2023 - 30/05/2023

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

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

Course Leader: Michael Baume

Date: Tuesday 30 May. Max. 60. Many of the jolly nursery rhymes that play a significant role in child development have their origins in the darker side of British history. In times when many people could neither read nor write, easy-to-remember rhymes were spread by word-of-mouth. Some simply marked memorable events, but many were used to hide meanings that would have led to execution. One example in this talk is Mary, Mary Quite Contrary How Does Your Garden Grow which refers to the execution of protestant loyalists under the rule of Catholic Mary I, daughter of Henry VIII. Mary also features in 1609's Three Blind Mice -- three Protestants burned at the stake for plotting against her, with the farmer's wife referring to the queen. This course provides a dive into English history and childhood reminiscences.

Poetry Live

Dates: 27/04/2023 - 22/06/2023

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 27 April, 11, 25 May, 8, 22 June. 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: 02/05/2023 - 27/06/2023

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

Venue: Member's Home

Course Leader: Richard Hastings

Dates: Tuesdays 2, 16, 30 May, 13, 27 June. 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.

Writers Group

Dates: 28/04/2023 - 30/06/2023

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 28 April. Max. 10. This group is for people who have a work in progress, prose or poetry. It's 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, journaling, etc.

Science, Technology, Computers

Climate Change and Renewable Energy

Dates: 26/04/2023 - 17/05/2023

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

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

Course Leader: Darryl Whiteside

Dates: Wednesdays 26 April; 3, 10, 17 May. Max. 50. This course will consist of four sessions: 1. The indicators of Climate Change and why scientists believe Climate Change is caused by human activity. 2. & 3. A simplified summary of the many ways that engineers and scientists have suggested to address Climate Change, such as Saul Griffiths in his book “The Big Switch”, Ross Garnaut in his book “The Superpower Transformation” and the AEMO report “Engineering Roadmap to 100% Renewables”. 4. Advances in renewable energy and storage.

Computers, Coffee & Chat 1

Dates: 27/04/2023 - 22/06/2023

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

Venue: Zoom

Course Leader: Chris Carvan

Dates: Thursdays 27 April, 11, 25 May, 8, 22 June. 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: 27/04/2023 - 22/06/2023

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

Venue: Zoom

Course Leader: Chris Carvan

Dates: Thursdays 27 April, 11, 25 May, 8, 22 June. 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 10.00 am. Please enrol in only one course.

Curiosity and intrigue. Why is it so?

Dates: 04/05/2023 - 15/06/2023

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

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

Course Leader: Warwick Adams

Dates: Thursdays 4, 18 May; 1, 15 June. Max. 30. Are you curious about the world around you and how things work? This fortnightly discussion group explores a wide range of topics around science and technology. 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 these wondrous developments. No equations, no technical jargon, just casual discussions delving into the intriguing discoveries. A list of potential topics will be distributed the week before each session, with members nominating one that particularly interests them. Then most popular topics will then be discussed around the group, and we're relying on everyone to get involved in discussion.

Skin: A Biography

Dates: 08/06/2023 - 29/06/2023

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

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

Course Leader: Geoff Cains

Dates: Thursdays 8, 15, 22, 29 June. Max. 60. The skin is the biggest organ in the body with a multitude of functions. We will be considering some of the most important: skin as a producer of hormones; skin as an immune organ; skin as a barrier; skin as a regulator of body temperature; skin controlling water loss and the skin as a microbiome. Further, examination of the skin often leads to clues about the individual's general health. The new ideas around chronic systemic inflammation as seen in autoimmune diseases are reflected in the skin. However, things do go wrong. We will therefore chat about how the skin responds to assault by arthropods, by nanoparticles and by UV light. The skin's failure to protect us from the sun underlies the development of skin cancers. Finally, the skin may become inflamed in eczema and psoriasis but as we will discover, these are conditions that affect the whole body, and necessitate an holistic approach to management.

What We Can Do about Climate Change

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

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

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

Course Leader: Jim Main

Date: Friday 2 June. Max. 60. Most people are aware of the climate change problems caused by the excessive burning of fossil fuels – coal, oil and gas – the very fuels that have improved our standards of living enormously over the last 70 years or so. But many of us don't really think about it or consider what we should do about it – or think that whatever we do won't make a jot of difference. True – but millions of us doing just one thing can make a difference. It all starts with us! And that is what this presentation is all about.

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.

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.		
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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 or email enrolments@sohiu3a.org.au