



U3A Southern Highlands Inc.

Term 4, 2023 Course Booklet

9 October to 15 December 2023

Preferences Open 11 September

U3A Southern Highlands Inc. Contact Details

Phone: (02) 9990 6650

General Email: secretary@sohiu3a.org.au

Courses Email: courses@sohiu3a.org.au

Enrolments Email: enrolments@sohiu3a.org.au

Web: <https://sohiu3a.org.au>

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.

CC Overview of 2023 T4 Courses

The new term brings Spring colour, warmer temperatures, and an even larger array of U3A courses led by our generous volunteer course leaders (CLs). How lucky we are to have so many CLs providing courses to stimulate our minds and to bring us into contact with one another. We wish any CLs taking a break, or perhaps no longer leading, all the best and express our gratitude for their service.

Let's begin with the **continuing courses**, mostly for small or medium size groups: book and discussion groups, games (tennis, table tennis, golf) and walks, activities (art groups, sewing, embroidery, Zumba dancing, cinema, puzzles and trivia), language learning (Japanese, French, Latin, Spanish), some Zoom courses (Computers, Coffee and Chat; Socrates Cafe), music making and listening (U3A Singers, Highland Buskers, World of Classical Music), and lots of literature, including two poetry courses, John's Sentences for Life and a new writing course.

I notice **some particular highlights**, including new courses and returning courses. Ingrid is leading ten-pin bowling and mini golf; Jean is forging links between an Italian family, St Mary's Cathedral and the Book of Kells; Roger Huwig is reviving the Chess Club and is keen to welcome new members; Lynne, Annie and Ingrid are running a full-day writing workshop; and Margaret is leading a small Art Lovers Circle group which is full of possibilities; David and Margaret have arranged a tour of Sturt Gallery at Mittagong.

Feeling the need for, and the pleasure in, more movement? As well as the various games mentioned earlier and Jenny's walks, Ema's Zumba course appears again and the new course of Tai Chi will be led by Ruth.

History courses include Gabriella's work on mid-C20 Hungary, Peter Headley's account of the early years of European contact with First Nations' Australia, David's session on the Japanese attack on Pearl Harbour, and Don's "World Maps – the Antipodes" course; Bruce takes us through Australia's history of aviation and Richard examines some Australian inventions, while Peter is offering the bushranger Captain Moonlite and early Portuguese exploration of Australia.

Several course leaders offer their carefully **researched insights into critical topics in current affairs**. In his typically thorough way, Warwick leads a consideration of the global movement of people "Forced to Flee" as refugees. Visiting from ANU and heading a major energy research institute, Ken Baldwin brings the latest information on Australia's role in the global energy transition from fossil fuels.

Other courses present **opportunities to reflect on elements of daily life**. Wendy discusses adding variety to life in "Routine Busters"; Eleanor presents her reflections on the practical and emotional dimensions of her experience of relocating/downsizing; Heather continues to support members who are researching their family's history.

Then there are four **travel courses**, in countries less commonly travelled by many of us: Slovenia, Canada, Mongolia and Argentina/Chile.

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Note: This Course Booklet has been compiled in the order you will see when looking at Courses online i.e. by day, not category. Comments are welcome, email enrolments@sohiu3a.org.au

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.

Monday

The Highland Buskers

Dates: 09/10/2023 - 11/12/2023

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

Venue: Christian Connect Church MV 18 Spring St Moss Vale

Course Leader: Kerith Fowles

Dates: Mondays starting 9 October. 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.

Embroidery Plus

Dates: 09/10/2023 - 11/12/2023

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

Venue: Member's Home

Course Leader: Barbara Taylor

Dates: All Mondays, starting 9 October. 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.

Be Healthier, Safer, Happier! Do Tai Chi

Dates: 09/10/2023 - 27/11/2023

Frequency: Weekly. Mon 10:00am - 11:00am

Venue: Bowral Uniting Church Hall 28 Bendooley St Bowral

Course Leader: Ruth McErlane

Dates: 8 Mondays, starting 9 October. Max. 20. By practising gentle, smooth and continuous movements, we can enjoy a healthy, a more balanced and happier lifestyle. By improving strength, coordination and flexibility, Tai Chi can reduce pain and stiffness, provide better balance, thus lowering the risk of falls: it can enhance sleeping patterns plus create a greater awareness of oneself, calmness and an overall sense of well being. Come and enjoy an 8 week introductory course of Qigong Shibashi Tai Chi with me! The course is suitable for everyone, seated or standing, men and women. Please wear comfortable clothing, layers preferably, flat comfortable shoes and a water bottle would be handy. I look forward to seeing you.

Tennis - A Social Game

Dates: 09/10/2023 - 11/12/2023

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

Venue: Bowral Tennis Centre Loseby Park, Park Rd Bowral

Course Leader: Robyn Fowler-Harvey

Course Leader2: Kitty Evans

Dates: All Mondays, starting 9 October. 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.

Cinema on Monday

Dates: 16/10/2023 - 13/11/2023

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 16 October; 13 November. Max. 30. Experience an enjoyable afternoon at Empire Cinema: movie then coffee/tea at Coffee Culture. Gerard helps us choose an interesting and varied selection. Term cost is \$28 (combined Cinema and Coffee). Successful applicants for this course will be issued with an invoice that must be paid before the commencement of the new term. A member who neglects to pay will lose their place in the course. If you cannot attend a session, you may deputise another U3A member to attend, but money cannot be refunded.

Zumba Gold for Over 55s

Type: Long

Dates: 09/10/2023 - 06/11/2023

Frequency: Weekly, 5 sessions. Mon 1:00pm - 2:00pm

Venue: Loseby Park Comm Centre Park Road Bowral

Course Leader: Ema Burnett

Course Leader2: Jean de Hosson

Dates: Monday afternoons, 1.00 - 2.00 pm, starting 9 October, ending 6 November. Max. 40. A highly experienced and accredited teacher, Ema Burnett is offering a low impact, easy-to-follow exercise class in a fun and social environment. This 45-minute class is specifically designed for active older adults of all fitness levels, including beginners and also anyone who has never danced before, as well as those who remember (vaguely?) dancing the cha cha and/or the samba. This is not a partnered dance class, but rather we dance individually, while all following the same moves to music we all love from decades gone by.

Art in the Afternoon

Dates: 09/10/2023 - 11/12/2023

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

Venue: Bowral District Art Studios 1 Short St Bowral

Course Leader: Annette Hearne

Fee: \$10.00

Course Leader2: Jane Courtenay

Dates: All Mondays starting 9 October. 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 UMAS website (under My Invoices) and this amount needs to be paid before attending the course.

U3A Singers

Dates: 09/10/2023 - 11/12/2023

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

Venue: Bowral Uniting Church Hall 28 Bendooley St Bowral

Course Leader: Julie Blanchard

Dates: All Mondays starting 9 October. Max. 55. We now have a very established U3A choir of around 50 members. During term 3 we've been preparing for our end of year concert which will be held on Monday 11th December. For Term 4 we have space for only a few new singers who are happy to catch up on term 3 songs and to learn new songs as well. We would also welcome another bass singer to join our bass section of the choir.

Table Tennis on Monday

Dates: 09/10/2023 - 11/12/2023

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

Venue: Loseby Park Comm Centre Park Road Bowral

Course Leader: Heather Temperley

Dates: All Mondays, starting 9 Oct. Max. 30. Course Assistant: Vicki McGufficke. 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. 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 one-time fee of \$2 each term to cover incidental costs. There is an additional one-time fee of \$3 each term for those wanting to have afternoon tea. Both Table Tennis groups are very popular, with a waiting list last term. Before enrolling, do consider if you are able to commit to most of the sessions.

Tuesday

Viennese Operetta to American Musicals

Dates: 07/11/2023 - 07/11/2023

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

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

Course Leader: Michael Baume

Date: Tuesday 7 November. Max. 60. American musicologists generally agree that the 1943 Rodgers and Hammerstein musical Oklahoma! marked the beginning of the Golden Age of Broadway musicals. And 22 years later in 1965 it ended with Fiddler on the Roof. Since then, American musical theatre has revolved around “concepts”, often set to folk or rock music, providing little innovation, and relying on grand spectacle. Broadway now relies heavily on exciting revivals of shows from its Golden Age – along with nostalgic revivals of the Viennese operettas that were the main single influence in its development. These came from emigrees to America in the first half of C20 from the Austro-Hungarian empire, with its musical heart in Vienna, like Romberg, Friml, Kalman, Stolz, Leo Fall and others -- mainly Jews fleeing Nazi death camps -- who, together with those who remained in Europe like Lehar, left an enduring mark.

Italian Family, St Mary’s, Bk of Kells

Dates: 17/10/2023 - 31/10/2023

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

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

Course Leader: Jean de Hosson

Dates: Tuesdays 17, 24, 31 October. Max. 60. What could the Book of Kells (a manuscript produced in the ninth century), an Italian migrant family in Australia and a Sydney Cathedral possibly have in common? Hopefully, over the three weeks of this course, we will draw the threads together in an interesting and informative manner.

Cpt Moonlite Aust Bushranger 1879

Dates: 05/12/2023 - 05/12/2023

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

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

Course Leader: Peter Headley

Date: Tuesday 5 December. Max. 60. An illustrated account of the life of Captain Moonlite, 1870s bushranger. Background includes an illustrated account of life in the Australian bush in 1860s-1870s and Moonlite's life up to 1879. The focus then shifts to an analysis of pictures from 1879 and the hold up of Wantabadgery homestead and subsequent shoot-out with police, finishing with a first-hand account of Peter's great grandfather who participated in his capture.

The Artist’s Way (Julia Cameron)

Dates: 25/10/2023 – 28/11/2023

Frequency: Weekly. 6 sessions. Tue 2:00pm – 5:00pm

Venue: Member’s Home

Course Leader: Annie Jones

Join me and a lively group to discuss some aspects of this enriching book whereby you may find a fresh and larger way of thinking and looking at life. Julia Cameron wrote this book in 1993 and it remains a top seller in the areas of Creativity, Spirituality and Psychology. Topics include abundance, safety and compassion. I hope I can create an environment of uplifting ideas. It’s fun and informative and I will serve afternoon tea at each session.

Japanese: Spoken and Written

Dates: 10/10/2023 - 12/12/2023

Venue: Member's Home

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

Course Leader: Adrienne Bradney-Smith

Course Leader2: Christine Bowman

Dates: All Tuesdays starting 10 October. Max. 11. 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!

Poetry on Tuesday

Dates: 17/10/2023 - 12/12/2023

Venue: Member's Home

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

Course Leader: Richard Hastings

Dates: Tuesdays 17, 31 October; 14, 28 November; 12 December. Max. 15. You are invited to share in the delights of poetry. You do not need to be an expert, just come along and listen to some of the most beautiful expressions of the English language. For each meeting, we choose a topic, and members are invited, if they wish, to suggest two poems that they love on that topic. Some of the braver members even bring along their own compositions! Members read their poems and share their reasons for their choice. Come along, far from the madding crowd, and for two hours be transported to wonderland.

Aust Inventions That Made an Impact

Dates: 14/11/2023 - 28/11/2023

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

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

Course Leader: Richard Fawdry

Dates: Tuesdays 14, 21, 28 November. Max 60. A few well known inventions are Australian icons. You may be surprised by how many other well-known inventions also have an Australian origin, whilst many more Australian inventions and inventors are virtually unknown. Join me on a journey of discovery along the timeline of Australian inventions.

Australia in Global Energy Transition

Dates: 10/10/2023 - 10/10/2023

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

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

Course Leader: Kenneth Baldwin

Date: Tuesday 10 October. Max. 70. The next few decades will see a transformation the world's energy mix as we move towards a global net-zero carbon economy. Australia is poised at an interesting stage in history where large and fundamental shifts in our exports will occur in response to the global energy transition. This talk explores a potential export future based on renewable energy: (1) direct exports of renewable electricity via sub-sea cables, (2) exports of zero-carbon fuels such as green hydrogen, and (3) the export of green metals processed from Australian ores using renewable energy. Professor Ken Baldwin is the inaugural Director of the Australian National University's (ANU) Energy Change Institute, now part of the ANU Institute for Climate, Energy and Disaster Solutions. He is also the founding Director of the ANU Grand Challenge: Zero-Carbon Energy for the Asia-Pacific.

The Canadian Rockies Model Railway

Dates: 14/11/2023 - 14/11/2023

Venue: Member's Home

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

Course Leader: Graham Wells

Date: Tuesday 14 November. Max. 12. Graham has created a model of the Canadian Rockies Railway in N-Scale (small), including scenery (bridges, rivers, tunnels and mountains) and model buildings. He will discuss the railway itself and his involvement and then give a demonstration running trains on the layout. Morning tea will be provided.

Spanish for Post Beginners

Dates: 10/10/2023 - 12/12/2023

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

Venue: Bowral Baptist Church Hall 13 Merrigang St Bowral

Course Leader: Cheryl Sheppard

Course Leader2: Marlies Woolford

Dates and Time: 10.30 - 12.30. All Tuesdays, starting 10 October. Max 18. Marlies and Cheryl will facilitate a communicative Spanish course for those with a little knowledge of Spanish, such as greetings, how to say your name, age and where you live, some common expressions and the present tense of some common verbs. If you have no knowledge of Spanish but are really keen, you can certainly catch up as we started in February and progress quite slowly. Neither Cheryl nor Marlies 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. The book we use is Nuevo Ven 1 Libro del Alumno, which is available at Abbeys or WOB or Cheryl can provide you with a link to a free downloadable version to print and bring to class. We will have covered units 1, 2 and part of 3 by term 3. There is a little homework each week and we encourage spending 10 minutes a day on Duolingo.

Wednesday

Art Lovers Circle

Dates: 11/10/2023 - 13/12/2023

Frequency: Once per month. Wed 10:00am - 11:30am

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

Course Leader: Margaret Parkinson

Dates: Wednesday 11 October, 8 November, 13 December. Max. 12. Art Lovers Circle is a small group of art lovers, some of whom create art while others are simply appreciators. We get together monthly to share and talk about artists, art works and/or galleries supported by images that we have enjoyed from our photo collection or from the internet. Each meeting 2 or 3 members will share in 'taking the lead' to showcase their images, enabling those of us in the group to discuss and learn. As course leader I will play a co-ordination role, collating images and supporting as needed. Join us for a treat away from the day to day!

The Building Blocks of Western Music

Dates: 18/10/2023 - 29/11/2023

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

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

Course Leader: Wilbur Hughes

Dates: Wednesdays 18 October, 1, 15 & 29 November. Max. 60. In this course we will explore the way Western Music evolved in the last 2 centuries, including the music of Palestrina, Johann Sebastian Bach, Wolfgang Mozart, The Romantic Composers, those of the turn of the Century and the Moderns.

Forced to Flee

Dates: 11/10/2023 - 06/12/2023

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

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

Course Leader: Warwick Wilson

Dates: Wednesdays fortnightly, starting 11 October. Max. 60. This Term, the course provides foundational information concerning global displacement of people. It incorporates an examination of the current levels of displacement, its evolution, the causes including traditional and environmental drivers, governmental and civil societal responses, human rights, the role of domestic and international law, and different perspectives on solutions. Due to the massive upsurge, considerable detail will be focused on the period 2015 to the present. It is a stand-alone course, but also a platform for the case studies to be covered in the next course, offered in Term 1, 2024. Case studies will include the South Pacific, EU, Sudan, Ukraine USA, Jordan, Syria, Ethiopia, Somalia, Columbia, Venezuela, Iraq, Afghanistan, Bangladesh and Haiti.

Australian Aviation History

Dates: 01/11/2023 - 08/11/2023

Frequency: Twice a term. Wed 10:00am - 12:00noon

Venue: Bowral Uniting Church Hall 28 Bendooley St Bowral

Course Leader: Bruce Hall

Dates: Wednesdays 1 & 8 November. Max 60. We will cover the exploits of aviation notables like Sir Charles Kingsford Smith, Patrick Gordon Taylor, Sir Hudson Fysh and Bert Hinkler. The world of aviation has grown from a very primitive state with flimsy wood, fabric and wire aeroplanes with unreliable engines, very few prepared landing grounds and devil may care pilots and almost no safety regulations to the modern jet age where large sophisticated passenger aircraft powered by enormous gas turbine engines fly above the weather at 30,000 feet plus with passengers seated in pressurised cabins and flights controlled by sophisticated air traffic control systems, world-wide. The geographical nature of the Australian continent stood to benefit from the introduction of the passenger aeroplane because of the vast distances that separated the major population centres and many country towns. Success stories of new air services like the Queensland and Northern Territory Aerial Service (QANTAS) and many less successful attempts like the very first Australian National Airlines (ANA) feature in the history of Australia's adoption of the aeroplane.

World Maps – the Antipodes

Dates: 11/10/2023 - 25/10/2023

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

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

Course Leader: Don Sigsby

Dates: Wednesdays 11, 18, 25 October. Max. 60. As early great thinkers were contemplating the Cosmos and establishing its shape, they determined there were probably antipodes (points on Earth's surface diametrically opposite each other). Continuing our study of world maps and early discoveries, we will investigate some early notions as well as unknown, mythical or imagined lands. Review the exploration of these – as the hemispheres became known, trade routes grew and were linked while polar climes were tamed.

The Portuguese Exploration of Aust & NZ

Dates: 06/12/2023 - 06/12/2023

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

Venue: Bowral Uniting Church Hall 28 Bendooley St Bowral

Course Leader: Peter Headley

Date: Wednesday 6 December. Max. 60 A focus on the evidence for the 1520s experience, with a short background on ships, navigation and maps in the early C15, together with Portugal's entry to India. Australian evidence includes Carronade Island, the mahogany ship, Geelong keys, Fraser Island lead net sinker and aboriginal oral history. NZ evidence includes a Portuguese helmet, a Tamil bell held by the Maoris and Maori oral history.

Panorama of French

Dates: 11/10/2023 - 13/12/2023

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

Venue: Henley Brae Retirement Villg 37 Etheridge St Mittagong

Course Leader: Annie Chabert-McKay
Course Leader2: Roz Garwen

Dates: All Wednesdays, starting 11 October. Max. 20. Co-Leader: Roz Garwen. 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. We have our own kit and ask a member to prepare it while others make a contribution to costs. 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.

Mindfulness Meditation

Dates: 11/10/2023 - 01/11/2023

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

Venue: CWA Bundanoon 43-45 Railway Avenue Bundanoon

Course Leader: Jenny Pittman

Dates: Wednesdays 11, 18, 25 October; 1 November. Max. 20. Being mindful is a deep practice. It is a way of living and a way to find peace. It can be practised at any time of the day, eg while eating, drinking tea, walking, having a shower or being with family and community. The aim of the course is to teach practical ways to stop and become calm, to take care of ourselves, and to reduce anxiety and stress. This leads to a healthier and more meaningful life. Periods of silent meditation are gradually increased to a maximum of 20 minutes – and we sit on chairs. Jenny has been practising and teaching mindfulness meditation for many years and is a student in the Plum Village tradition founded by Zen Master Thich Nhat Hanh. However, the course is non-sectarian.

Routine Busters: Adding Variety to Life

Dates: 18/10/2023 - 01/11/2023

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

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

Course Leader: Wendy Norris

Dates: Wednesdays 18 October; 1 November. Max. 15. Are you stuck in the same routine? Want to add more variety, excitement and challenge to your life? In this two session workshop you'll learn how living life more fully improves brain function. Engage in discussions, quizzes and plans to motivate you to shake up your routine, experience more and keep your brain young! Take the challenge, surprise your family and be a Routine Buster!

Book Lovers Circle

Dates: 11/10/2023 - 13/12/2023

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

Venue: Member's Home

Course Leader: Chris Melican

Dates: Wednesdays 11 October, 8 November and 13 December. 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: 18/10/2023 - 20/12/2023

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

Venue: Member's Home

Course Leader: Kate Kaszonyi

Dates: Wednesdays 18 October, 15 November, 20 December. 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: 25/10/2023 - 22/11/2023

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

Venue: Member's Home

Course Leader: Merrill Murray

Dates: Wednesdays 25 October, 22 November. Max. 12. This group meets monthly in a member's home, usually on the 4th Wednesday of the month. As there are three U3A book clubs, please only enrol in one. We read works by a variety of authors and from many genres. Members suggest books which are selected by informal vote. Discussions are then led by the member who suggested the book. Members source their own copy of the book, although we sometimes obtain a Library Book Club Kit. We have a maximum of 12, and many wish to continue from the previous term, so we welcome 2-3 new members.

Writing is Fun

Dates: 08/11/2023 - 08/11/2023

Frequency: Single session. Wed 10:00am - 4:00pm

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

Course Leader: Lynne Dalton

Course Leader2: Annie Crawford

Date: Wednesday 8 November. Max. 8. Everyone has a story to tell so come along to this whole day course and hone your writing skills in a fun, interactive group. The six-hour day will be broken up into our four presenters' areas of interest based on different writing techniques, e.g. great opening sentence, use of dialogue and tenses, descriptive and memoir styles. There will be writing exercises, so bring writing tools and your lunch, please. Morning and Afternoon Tea will be provided. It should be a fun workshop, with everyone given the opportunity to share their work along with feedback if desired. A small fee of \$2 would be appreciated to cover printing and refreshment costs.

Myths & Misconceptions of Dentistry

Dates: 13/12/2023 - 13/12/2023

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

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

Course Leader: Peter Tyas

Date: Wednesday 13 December. Max. 60. This talk relates to dental health treatment and prevention of dental disease. There is a lot of misunderstanding in the general population regarding these subjects. I hope to enlighten members and to encourage them to pass on the message to their children and grandchildren to take good care of their mouths. Prevention is better (and cheaper) than cure! This presentation follows on from my T3 talk. Discussion welcome.

Mongolia

Dates: 22/11/2023 - 22/11/2023

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

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

Course Leader: Jane Aspinwall

Date: Wednesday 22 November. Max. 60. With vast open spaces. Mongolia is the world's largest landlocked country and most sparsely populated. It was the most fascinating country to visit. Although, if I never eat mutton again, it may be too soon!

Cinema on Wednesday

Type: Specified

Dates: 18/10/2023 - 15/11/2023

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

Course Leader2: Kay Anderson

Dates: Wednesdays 18 October; 15 November. Max. 30. Experience an enjoyable afternoon at Empire Cinema: movie then coffee/tea at Coffee Culture. Gerard helps us choose an interesting and varied selection. Term cost is \$28 (combined Cinema and Coffee). Successful applicants for this course will be issued with an invoice that must be paid before the commencement of the new term. A member who neglects to pay will lose their place in the course. If you cannot attend a session, you may deputise another U3A member to attend, but money cannot be refunded.

Beginning Your Family History

Dates: 18/10/2023 - 13/12/2023

Frequency: Fortnightly 5 sessions. Wed 1:30pm - 3:30pm

Venue: Member's Home

Course Leader: Lyn Boyes

Dates: Wednesdays 18 October; 1, 15, 29 November; 13 December. Max. 4. 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.

Chess Club

Dates: 11/10/2023 - 13/12/2023

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

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

Course Leader: Roger Huwig

Dates: Wednesdays, starting 11 October. Max. 12. Chess is the most stimulating mind game ever created. It has no peer when it comes to developing attention, memory, concentration, imagination, logic and reasoning, and more. It is well documented that it leaves scrabble, sudoku, crosswords and other games far behind in maintaining cognitive abilities, and if the purpose is, beside having great fun, the keep the mind sharp, chess is the one with no equal. After the long Covid interruption, some of the keen players are back. There are different levels among the players already participating and newcomers wanting to rekindle their interest will find a welcoming and relaxed atmosphere.

Confronting the Grief in Downsizing

Dates: 01/11/2023 - 01/11/2023

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

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

Course Leader: Eleanor Dartnall

Date: Wednesday 1 November. Max. 30. Moving to the Highlands and creating a 7-acre garden was a dream come true for John and Eleanor Dartnall. Eleanor will discuss the creation of a garden and home that was open to the public; and the dreadful realisation that at nearly 80 years of age the maintenance of such a wonderful garden was fast getting beyond them. Eleanor will also discuss the building of a new dream on a small holding. This journey needed tough decisions about giving up and finding peace in a new environment.

South America - More Adventure Travels

Dates: 11/10/2023 - 13/12/2023

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

Venue: Member's Home

Course Leader: Ken Travers

Dates: Wednesdays, starting 11 October. Max. 4 per week. You are invited to join me (and ElderTreks) on my final adventure tour. Officially titled "Hidden Treasures of South America", but I prefer "Adventures in Outback Argentina and Chile". Meet volcanoes, vigneron and vicunas as you conquer the mighty Andes. Please note that this course is a one session course for each participant. It is offered over 10 weeks as my home (in Mt Eymard) can take only four people at a time. I offer to run up to 10 sessions over the term so that a total of 40 people can attend the course. Once enrolments have finished, participants are asked to contact me to determine which week they will attend. Parking is straightforward.

The World of Classical Music

Dates: 15/11/2023 - 13/12/2023

Frequency: Weekly, 5 sessions. Wed 3:00pm - 5:00pm

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

Course Leader: Lyndall Foldvary-Khoury

Dates: Wednesdays 15, 22, 29 November; 6, 13 December. 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 of making musical discoveries from the 20th century repertoire, living composers or one of the great masterpieces of the classical (1750-1820) or romantic (1820-1900) period. If you are a loyal devotee of this course, please know that new DVDs and other resources are being acquired all the time so each term provides something new. I believe great music has the power to change people's lives. Great music played by great artists brings us hope. \$10 one off fee will be collected for photocopying of handouts and provision of refreshments during the break.

Thursday

Social Golf - AM

Dates: 12/10/2023 - 14/12/2023

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

Venue: Craigieburn Centennial Golf Centennial Rd Bowral

Course Leader: Anne Royds

Course Leader2: Ingrid McCulloch

Dates: All Thursdays, starting 12 October. 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. For your own safety and the safety of others, you MUST be physically able and fit to participate. You will be asked to sign a waiver form prior to commencing the course. If you have any doubts, please discuss with the Course Leader before choosing to enrol. 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.

Sturt Gallery Guided Tour

Dates: 23/11/2023 - 23/11/2023

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

Venue: Sturt Gallery Mittagong 2 Waverley Parade Mittagong

Course Leader: David Reid

Course Leader2: Margaret Parkinson

Date: Thursday 23 November 2023. Max. 20. Join us at Sturt Gallery for a guided tour of the exhibition of unique and exquisite pieces made by the 2023 Sturt Wood School graduates. We will be led by Director Kristie Phelan, a representative of the WW School AND, not to be missed, UK's Aled Lewis, touted as one of the finest Woodworkers in the world. Morning tea will be available at the Sturt Cafe afterwards; there will be a charge for this option. More details will be sent closer to the time.

Reading Latin

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

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

Venue: CWA Mittagong 98B Main Street Mittagong

Course Leader: Michael Gray

Dates: Thursdays 12, 19, 26 October; 2, 16, 23, 30 November; 7, December. Max. 12. In this course we read selected passages from the whole range of Latin literature, from Early Latin, the Golden and Silver Ages of Rome, Christian Patristic writers, Ecclesiastical Latin, Medieval philosophers, Renaissance writers, and Neo-Latin. We shall also try conversational Latin and Latin crosswords and look at Latin maxims and mottoes and Latin texts set to music. There will also be occasional dives into grammar, scansion of Latin verse, and the Latin etymology of English words. Some prior knowledge of Latin is necessary, e.g., one of the previous U3A Latin courses. All texts, notes and translations will be provided by the course leader.

Poetry Live

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

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

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

Course Leader: Jenelle Brangwin

Course Leader2: Helen Milgate

Dates: Thursdays 12, 26 October; 9, 23 November; 7 December. Max. 14. This is a course for anybody who would like to be moved to happiness, laughter, love, faith, disappointment, grief – or as Emily Dickinson said: "If I feel physically as if the top of my head were taken off, I know that is poetry." Each session, members are invited to choose two poems on a specific theme. Class members will read the poems of their choice and share the reasons for that choice. Poems may be from any source and may include one poem of your own creation.

Sentences for Life

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

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

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

Course Leader: John Collerson

Dates: Thursdays 12, 26 Oct; 9, 23 Nov; 7 Dec. Max. 40. "Sentences for Life". Not life sentences. Oh dear no. But sentences, yes. And life, maybe. This aspires to be a course on English grammar. Not systematic or comprehensive, but one offering a path through the rich resources of this English language with which we make our way through life. (I realise that some of you may command other languages as well. But we all have English.) So I may end up saying something about life. No promises though. But grammar and wording – even style. Certainly. Yes. And all in five sessions? Well, really. I always was an optimist.

Computers, Coffee & Chat 1

Dates: 12/10/2023 - 14/12/2023

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

Venue: Zoom

Course Leader: Chris Carvan

Dates: Thursdays 12, 26 October; 9, 16; 14 December. Max. 100. Want to be more productive with your computer? Worried about computer security and privacy? Like to know more about the latest developments? This course combines lecture style delivery of tips, explanations and news with informal group discussion. Notes are provided. It is not suitable for beginners wanting to learn how to use a computer, nor is it intended for technical issues. It's aimed at PC and Mac users who want to be more productive and wish to stay abreast of computer technology. Notes: (1) There is a second session of this course at 2.00 pm. Please enrol in only one course. (2) The last session will be face to face at EBCC, starting at 11.00, and will combine the two groups, with a self-catered lunch.

Curiosity and intrigue: Why is it so?

Dates: 19/10/2023 - 30/11/2023

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

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

Course Leader: Warwick Adams

Course Leader2: Ian Fletcher

Dates: Thursdays 19 October; 2, 16. 30 November. Max. 30. Are you curious about the world around you and how things work? This fortnightly discussion group explores a wide range of science and technology topics. Modern science is full of extraordinary wonders, amazing discoveries, and fascinating ideas. 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. We kick off each topic with some explanation and a short video, then open it up for discussion - and we're relying on everyone to get involved.

Scottish Country Dancing

Dates: 12/10/2023 - 14/12/2023

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

Venue: Bowral Uniting Church Hall 28 Bendooley St Bowral

Course Leader: Sue Laird

Dates: Thursdays starting 12 October. 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. It is enjoyed by both men and women. No special dress is required, just soft soled flat shoes. For your own safety and the safety of others, you must be physically able and fit to participate. You will be asked to sign a waiver form prior to commencing the course. If you have any doubts, please discuss with the Course Leader before choosing to enrol. Enrolments for Term 3 and Term 4 are only open to dancers who participated in Terms 1 and 2. Please contact the Course Leader for any further information.

Lunch Out Together

Dates: 23/11/2023 - 23/11/2023

Frequency: Single session. Thu 12:00noon - 2:30pm

Venue: Toshi's Japanese Restaurant 60 Bowral Rd Mittagong

Course Leader: Jill Dyson

Fee: \$40.00

Date: Thursday 23 November. Max. 30. Venue: Toshi's Japanese Restaurant, 60 Bowral Rd, Mittagong. Start time: 12.00 pm. Menu: Starter, Main and Dessert. The menu will include a range of Bento boxes which will hopefully cater for any medical dietary restrictions. Also let Jill know if you have a partner with whom you wish to sit. The menu will be circulated 3 weeks prior (30 October) and pre orders taken. Final numbers and pre orders will be submitted to the venue two weeks prior (9 November). Please note that, once you have booked, your ticket is non-refundable but, if you find you are unable to come close to the time, you are welcome to pass on or sell your ticket to another U3A member. You need to pay once your enrolment is confirmed. After being accepted, you will find an invoice on the UMAS website (under My Invoices). This amount needs to be paid before 23 October, preferably by PayPal/Credit Card or alternatively by cheque.

Painting with Oils

Dates: 12/10/2023 - 14/12/2023

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 starting 12 October. 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.

Family History

Dates: 12/10/2023 - 14/12/2023

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

Venue: Highlds Christn Church Potters 37 Regent St Mittagong

Course Leader: Heather Knights

Dates: Thursdays 12 October, 9 November, 14 December. Max. 25. We are an experienced group of people undertaking family history research. However, anyone who has an interest in discussing their family history will be welcome. Stories and discoveries, methods and "brick walls" are shared and discussed. We meet on the second Thursday of each month, including school holidays, every month except January.

That Day of Infamy -- 7 December 1941

Dates: 07/12/2023 - 07/12/2023

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

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

Course Leader: David Reid

Date: Thursday 7 December. Max. 60. This is a unique tale of two families. One I married into; the other was quartered next to Pearl Harbour, right in the firing line on 7 December 1941. He was the senior surgeon, so we will have an account both of family housing under attack, and of how casualties were received and cared for in the army hospital. Also I will read, and we will discuss, a short paper by former U3A and CCC member, our much-loved late Alan Fudge, on a major conspiracy theory about that Day of Infamy

Computers, Coffee & Chat 2

Dates: 12/10/2023 - 14/12/2023

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

Venue: Zoom

Course Leader: Chris Carvan

Dates: Thursdays 12, 26 October; 9, 16; 14 December. Max. 100. Want to be more productive with your computer? Worried about computer security and privacy? Like to know more about the latest developments? This course combines lecture style delivery of tips, explanations and news with informal group discussion. Notes are provided. It is not suitable for beginners wanting to learn how to use a computer, nor is it intended for technical issues. It's aimed at PC and Mac users who want to be more productive and wish to stay abreast of computer technology. Notes: (1) There is a second session of this course at 10.00 am. Please enrol in only one course. (2) The last session will be face to face at EBCC, starting at 11.00, and will combine the two groups, with a self-catered lunch.

Slovenia -- Europe's Gem

Dates: 12/10/2023 - 19/10/2023

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

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

Course Leader: Annette Luff

Dates: Thursdays 12 & 19 October. Max. 60. An enjoyable trip through this unique country via beautiful photos of scenery taken on my travels. Learn about Slovenia's fascinating history and success post USSR. How green this country is, both figuratively with over 60% of its land mass being beautiful forests and pristine glacial lakes like Lake Bled; and environmentally as a world leading Green culture? See how such a small country has 500 castles, the oldest being Bled castle 1011.

Table Tennis on Thursday

Dates: 12/10/2023 - 14/12/2023

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

Venue: Loseby Park Comm Centre Park Road Bowral

Course Leader: Phil McKendry

Dates: Thursdays starting 12 October. 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, of a non-marking variety, and loose fitting comfortable clothing are required. Please bring your own bat. Balls are provided. 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 fee of \$2/term to cover incidental costs and, for a one-time fee of \$3/term, we offer afternoon tea for those who wish to partake. Both Table Tennis groups are very popular, with a waiting list last term. Before enrolling, do consider if you are able to commit to most or all the sessions.

Social Golf - PM

Dates: 12/10/2023 - 14/12/2023

Frequency: Weekly. Thu 3:00pm - 5:00pm

Venue: Craigieburn Centennial Golf Centennial Rd Bowral

Course Leader: Ingrid McCulloch

Course Leader2: Kim Zegenhagen

Dates: All Thursdays, starting 12 October. Max. 16. PLEASE NOTE DAYLIGHT SAVING START TIME. 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. For your own safety and the safety of others, you MUST be physically able and fit to participate. You will be asked to sign a waiver form prior to commencing the course. If you have any doubts, please discuss with the Course Leader before choosing to enrol. 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.

Friday

Socrates' Cafe

Dates: 13/10/2023 - 08/12/2023

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

Venue: Zoom

Course Leader: Bruce Cowan

Dates: Fridays 13, 27 October; 10, 24 November; 8 December. Max. 30. This course runs by Zoom. > Socrates Cafe is an activity that is established in many countries. The focus of Socrates' Cafe is to provide a venue for 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 participants' views, backgrounds, and opinions will be most welcome. > Each session will provide a 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. (To probe the underlying beliefs upon which each participant's statements, arguments, and assumptions are built.) > It is not a debate but a sharing and inquiring approach to issues, interests, and questions members have in the past, the future, or currently. > The result of this is a better understanding among participants of their views and their background and bonding between those attending.

Walkers Workouts

Dates: 20/10/2023 - 01/12/2023

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

Venue: To be advised

Course Leader: Jenny Wells

Course Leader2: Michelle Batt

Dates: 20 October; 3, 17 November; 1 December. Max. 40. A series of four fortnightly 5km 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. You will be asked to provide a waiver prior to joining the first walk.

Sew and Yarn in Bundanoon

Dates: 20/10/2023 - 15/12/2023

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

Venue: Member's Home

Course Leader: Ilma Cunnew

Dates: Fridays 20 October, 3, 17 November, 1, 15 December. 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.

News in Review

Dates: 20/10/2023 - 15/12/2023

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

Venue: Bowral Baptist Church Hall 13 Merrigang St Bowral

Course Leader: Ian Bowie

Course Leader2: Alan Edwards

Dates: Fridays 20 October; 3, 17 November; 1, 15 December. Max. 20. Co-leaders: Ian Bowie, Alan Edwards and Greg Baker. We engage in discussions of current news using recent opinion pieces/editorials drawn from reputable news media to define our topics and focus our discussions. Members are expected to take turns in choosing topics and leading us, through: an analysis of their opinion piece and/or the issues raised in it; a brief presentation on these; prepare 'thinking points' to focus discussion; and help with facilitating an interactive and non-combative discussion of these. Our meetings will be scheduled to last up to two hours but, typically with time for a chat beforehand and for a refreshment break in the middle (for which we place a group order for coffee to be delivered from a local coffee shop).

Puzzles and Trivia

Dates: 13/10/2023 - 08/12/2023

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

Venue: Bowral Baptist Church Hall 13 Merrigang St Bowral

Course Leader: Jenny Wells

Dates: Fridays 13, 27 October; 10, 24 November; 8 December. 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.

"Liberation" to Freedom: Hungary 1945-90

Dates: 10/11/2023 - 24/11/2023

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

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

Course Leader: Gabriella Lang

Dates: Fridays 10, 17, 24 November. Max. 60. Hungary has a rich and dramatic history. Due to her pivotal geographical position in the centre of Europe, Hungary has been invaded, conquered and dominated by foreign powers for hundreds of years. This course deals with the period of Soviet occupation, from the end of WWII when, in the guise of "liberating" Hungary from the Nazis, Soviet troops moved in – and refused to leave. Session 1 - 1944 to 1956: The "Liberation" of Hungary; Political suppression and control. Session 2 - 1956 to 1965: "Rise up Hungarian Nation!"; The 1956 revolution and its aftermath. Session 3 - 1965 to 1990: The growth of capitalism in communist Hungary; the fall of the Soviet Union – liberty at last.

A Look At Wine

Dates: 10/11/2023 - 24/11/2023

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

Venue: Bowral Uniting Church Hall 28 Bendooley St Bowral

Course Leader: Peter Wurfel

Dates: Fridays 10, 24 November. Max. 20. This will be a continuation of a small interactive group, with participants guided through the building blocks in the creation of wine, to support greater wine appreciation. What is it about the humble grape that means it forms an essential part of our lifestyle? Do we know enough about what we are drinking, where it comes from, and how it is marketed to us? There will be opportunities for participants to share their experience and knowledge to build greater awareness. A winery visit may occur, with individuals to meet any cost. New participants welcome.

Ten-Pin Bowling & Mini Golf

Dates: 13/10/2023 - 24/11/2023

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

Venue: Highlands Ent. Centre 2/205 Old Hume Highway Mittagong

Course Leader: Ingrid McCulloch

Course Leader2: Trish Helps

Dates: Fridays 13, 27 October; 10, 24 November. Max 20. Come and enjoy a fun game of Ten-Pin Bowling or Mini-Golf. There will be a fee of \$10 per game. This includes all shoe and equipment hire. You will be asked to sign a Liability Waiver for insurance purposes. There are quite a few stairs, but there is a lift. A licensed cafe will be open onsite. Parking is in the Highlands Hub Supercentre carpark. There are staff available to help with rules, so if you are new to the game or re-visiting a past passion, come along. This will be a trial and we can discuss continuing or we can change days/dates if preferred.

HOW TO REQUEST ENROLMENT IN COURSES

To enrol in courses online:

Go to <https://sohiu3a.org.au> and log-in using your Member Number and password. Then follow the instructions built into the system Members Help page.

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.