



U3A Southern Highlands Inc.

Term 1 2024 Course Booklet

Term period 29 January 2024 to 12 April 2024

***Preferences Open 4 December and Close 18
December***

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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.

CC Overview of 2024 T1 Courses

Welcome to a preview of term 1 of a new year and welcome to our new members. The new term brings an exciting array of courses that I am sure will attract most members to sample one or more throughout the term.

A reminder to apply for courses that you actually mean to attend. If, after applying you change your mind, please take steps to withdraw so that your place is available to someone else.

We have a mix of our **continuing courses**: book and discussion groups with a side of family history; gentle and more vigorous games (tennis, table tennis, golf, bowling, chess, puzzles and trivia, cryptic crosswords); walks and activities (art groups, sewing, embroidery, cinema, Scottish dancing); language learning (Japanese, French, Latin, Spanish) including a new entry – Intermediate Italian. For those with a musical inclination there is U3A Singers and Highlands Buskers; you will be soothed by several approaches to Meditation and Poetry, then be stimulated by Curiosity and Intrigue. There are some Zoom courses also for those that like the comfort of home or perhaps live further afield (Computers, Coffee and Chat, Socrates Café, and a new course of Online Bridge).

There are some courses that are **continuing from the previous term**: Art Lovers will discuss art galleries around the world and A Look at Wine journeys from grape to table.

History is re-visited with some intriguing courses covering France with its fame and fashion; and Russia – a country of Mystery and Massacre. Then on to the popular subjects of Scurvy and Crusaders, ably presented by two of our excellent course leaders. “Nursery” Rhymes are disguised as political satire and **Literary** suppression in Australia is discussed.

Current Affairs has a follow-up with case studies in Forced to Flee, our ever-popular Global Economy reappears along with an in-depth look at Laws in Government and Scamwatch, a must for us in this age of technology.

Philosophy and Matters of the Minds are explored with Meditation including one examining some related research; our Consciousness; and an interesting way to connect to our pets; while **Exercise, Learning Golf and Safe Driving** will keep us fit and able to stay mobile.

Science is represented by a look into Myths and Misconceptions of Dentistry, Linux computing and those giants of science, Newton and Horrocks.

We are extremely grateful to the new course leaders who have stepped forward for the first time, and to our more experienced people who continue to be willing to share their knowledge and passion with us.

Please enjoy our coming offerings.

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This Course Booklet has been compiled in the order you will see when looking at Courses online i.e. by day, not category.

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: 29/01/2024 - 08/04/2024

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

Venue: Christian Connect Church MV 18 Spring St Moss Vale

Course Leader: Kerith Fowles

Dates: Mondays starting 29 January (except 1 April). Max. 40. The Buskers is a group of enthusiastic but amateur instrumentalists who welcome any like-minded and equally (un) talented musicians who desire to regain the instrumental skills of their younger years and enjoy making music in a most distinctive way with a charming, good-looking group playing every conceivable style of music. Prospective new members should contact Kerith to let her know their instrument of choice, as parts are composed specifically for each player.

Embroidery Plus

Dates: 29/01/2024 - 08/04/2024

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

Venue: Member's Home

Course Leader: Barbara Taylor

Dates: All Mondays, starting 29 January. 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.

What Comes after Bow Wow or Meow?

Dates: 05/02/2024 - 05/02/2024

Frequency: Single session. Mon 10:00am - 1:00pm

Venue: Bowral Uniting Church Hall 28 Bendooley St Bowral

Course Leader: Lynn Overhill

Date: Monday 5 February. Max. 20 Ever wanted to know what your dog, cat or horse is really thinking? Want to explain what you would like them to do for you? Here's an opportunity to learn simple techniques to improve telepathic communication with your fur kids...and even with other people. You'll also have an opportunity to bring along a printed photo of one of your pets, or one that you mind for a family member. After exchanging photos and chatting to other pets, you both will then have an opportunity to tell each other your findings and give positive validation.

Tennis - A Social Game

Dates: 29/01/2024 - 08/04/2024

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 29 January. 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: 12/02/2024 - 11/03/2024

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

Venue: Bowral Empire Cinema 327 Bong Bong St Bowral

Course Leader: Val Fishburn

Fee: \$29.00

Dates: Mondays 12 February; 11 March. Max. 30. Experience an enjoyable afternoon at Empire Cinema: movie then coffee/tea at Coffee Culture. Gerard helps us choose an interesting and varied selection. Term cost is \$29 (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.

Art in the Afternoon

Dates: 29/01/2024 - 08/04/2024

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 29 January, but not 1 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 UMAS website (under My Invoices) and this amount needs to be paid before attending the course.

U3A Choir

Dates: 12/02/2024 - 08/04/2024

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

Venue: Bowral Uniting Church Hall 28 Bendooley St Bowral

Course Leader: Julie Blanchard

Dates: Nine Mondays starting 12 February. Max. 55. The U3A Choir welcomes anyone with a passion for singing, to join a friendly and committed group of singers. When you enrol for Term 1, there is an expectation for you to continue into Term 2. We prepare and rehearse songs in both terms for the concert in June. Please only enrol if you know you can attend at least 7 Mondays in the term. The cost for the term is \$5 to cover music and afternoon tea. Please note Term 1 is a 9 week term commencing on Monday 12th February.

Italian - Pre-Intermediate

Dates: 29/01/2024 - 08/04/2024

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

Venue: Bowral Baptist Church Hall 13 Merrigang St Bowral

Course Leader: Cheryl Sheppard

Dates: Mondays weekly commencing 29 January (except April 1). Max. 12 Questo corso è per chi ha già studiato l'italiano e conosce il presente e il presente perfetto. Il corso seguirà il libro Nuovo Espresso 2 acquistabile da Abbey e online. Se capisci questa descrizione senza usare il vocabolario, probabilmente sei al livello giusto. Per quanto possibile, il corso sarà svolto in lingua italiana. E' pertanto previsto parlare in italiano con l'insegnante prima di accedere al corso. E' previsto durante la lezione una pausa per rinfreschi.

Table Tennis on Monday

Dates: 29/01/2024 - 08/04/2024

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

Venue: Loseby Park Comm Centre Park Road Bowral

Course Leader: Heather Temperley

Course Leader2: Vicki McGufficke

Dates: All Mondays, starting 29 Jan. Max. 30. Fun, fitness, coordination and table tennis skills in a very social setting, catering to all ability levels! Doubles games are played. Gym shoes or similar and loose-fitting comfortable clothing are required. Council venue policy requires all footwear to be of a non-marking variety. Please bring your own bat. Balls are provided. 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 \$2 each term for those wanting to have afternoon tea. Table tennis has become very popular over recent times and we may have a wait list. So, if you apply to enrol, you need to commit to at least 70% attendance.

Tuesday

Taking Better Photographs - Beginners

Dates: 30/01/2024 - 27/02/2024

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

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

Course Leader: Richard Batterley

Dates: Tuesdays 30 January (MV Snr Citz); 6, 13, 20 February (Excursion); 27 February (MV Snr Citz). Max 20. There's nothing like taking lots of photos to get you taking better photos. That's what this course is about. Over five weeks you'll learn some of the essentials to help you to take better photos. Then going out on photo excursions to put the theory into practice. And finally look at the results and talk about them. Week 1: Classroom session talking about how to get the best out of your camera. Planning and preparing. Week 2: Excursion to Berrima to capture its historic atmosphere. Week 3: Excursion into the bush to photograph nature. Week 4: Hands on session outdoors, topic selected by attendees. Week 5: In the classroom looking at your photos and seeing what you've learned. Excursions are not strenuous, but some walking on uneven ground probable.

History Through "Nursery" Rhymes

Dates: 30/01/2024 - 30/01/2024

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

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

Course Leader: Susan Ackroyd

Tuesday 30 January. Max. 60. AKA Political Satire. Through well-known nursery rhymes, the development of parliamentary democracy from the 13th to 18th centuries can be revealed. Who are the figures? How did the rhymes survive? When did they cease to be satirical and why?

Japanese: Intermed. Spoken & Written

Dates: 30/01/2024 - 09/04/2024

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

Venue: Member's Home

Course Leader: Adrienne Bradney-Smith

Course Leader2: Christine Bowman

Dates: All Tuesdays starting 30 January. Max. 9. This course is designed for learners who have acquired a basic knowledge of simple Japanese sentences and who are totally familiar with Hiragana, the basic script. It is not a course for Beginners. Learners will extend their command of the language and script with Katatana and some simple Kanji being introduced gradually term by term. This course will develop perhaps hitherto untouched areas of the brain, and definitely keep Alzheimers at bay. Classes are held at the home of the course leader and a \$20 levy is charged each term to cover printing costs.

Mindful/Insight Meditation

Dates: 30/01/2024 - 09/04/2024

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

Venue: Moss Vale Uniting Church Hall 568 Argyle St Moss Vale

Course Leader: Charlotte Rathbone

Dates: Weekly from Tuesday 30 January. Max. 30. Also known as Vipassana, Insight Meditation is the practice of paying non-judgmental attention to whatever experiences arise. These can be physical, emotional or mental. We can find comfort and freedom in meditation, helping us meet these experiences with safety and equanimity, increasing our capacity for self-compassion and kindness. I have been leading these classes for several years and am constantly struck with how each group develops its own supportive environment. You do not need to have any experience in meditation, just an interest and an open mind.

Poetry on Tuesday

Dates: 06/02/2024 - 02/04/2024

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

Venue: Member's Home

Course Leader: Richard Hastings

Dates: Tuesdays 6, 20 February; 5, 19 March; 2 April. Max. 15. You are invited to share in the delights of poetry. You do not need to be an expert, just come along and listen to some of the most beautiful expressions of the English language. For each meeting, we choose a topic, and members are invited, if they wish, to suggest two poems that they love on that topic. Some of the braver members even bring along their own compositions! Members read their poems and share their reasons for their choice. Come along, far from the madding crowd, and for two hours be transported to wonderland.

Literary Suppression in Australia

Dates: 05/03/2024 - 19/03/2024

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

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

Course Leader: Geoff Cains

Dates: Tuesdays 5, 12, 19 March. Max. 60. In this course, the many and varied reasons for withdrawal of books from the market will be explored -- it is not necessarily about naughty books! Many of the stories behind the suppression of literature in Australia are intriguing; some are comic, and others might be seen as hilarious.

On the Shoulders of Giants

Dates: 02/04/2024 - 09/04/2024

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

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

Course Leader: Alec Dietsch

Dates: Tuesdays 2, 9 April. Max. 60. In 1675, Sir Isaac Newton wrote that he had "stood on the shoulders of giants". One was Jeremiah Horrocks, who died in 1641 the year before Newton's birth. He was the first person to predict and witness the Transit of Venus in 1639 and carried out pioneering work in observational astronomy. He determined the elliptical orbit of the moon and performed seminal work on the orbits of the planets. Although he died very young and most of his papers were lost during the English Civil War, he is recognised as the Father of British Astronomy. Newton was an English polymath active as mathematician, physicist, astronomer, alchemist, theologian and author. He formulated the laws of motion and universal gravitation that formed the dominant scientific viewpoint for centuries and made many astronomical discoveries. The course will look at the lives of Jeremiah Horrocks and Sir Isaac Newton over two sessions.

Spanish for Post Beginners

Dates: 30/01/2024 - 09/04/2024

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 30 January. Max 18. Marlies and Cheryl will facilitate a communicative Spanish course for those with some knowledge of Spanish, not for beginners. You will need to be confident with greetings, how to say your name, age and where you live, some common expressions, the present tense of the three verbs types and the preterite tense of some common verbs. 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, 3 and 4. There is a little homework each week and we encourage spending 10 minutes a day on Duolingo. There is a break during the lesson for refreshments.

Global Economy -- An Expert View

Dates: 12/03/2024 - 12/03/2024

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

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

Date: Tuesday 12 March. Max. 60. For the ninth year in a row, we are delighted to again welcome John Abernethy, Founder and Chairman at Clime Investment Management Limited, an acknowledged guru in his field, a regular writer for a number of publications and whose views are widely sought after by the press. John will give his view and challenge our thinking on the macro-economic state of the global economy. He is a most informative and entertaining speaker - in previous years there has been a lively discussion, and we look forward to the same.

Play Bridge Online

Dates: 30/01/2024 - 09/04/2024

Frequency: Weekly. Tue 5:00pm - 6:00pm

Venue: Zoom

Course Leader: Kirsten Hartley

Fee: \$50.00

Course Leader2: Simon Elderfield

Dates: Tuesdays starting 30 January. Learn the endlessly fascinating game of Bridge online. This highly interactive 10-week course will be conducted online via Zoom and the online platform Shark Bridge. You will learn the basics of Bridge with week-by-week handouts building into a Student manual. Each lesson will include hands on practise and activities online for a fun way to learn and develop your bridge skills. You will need a laptop, PC or tablet. Course notes will be emailed for you to print out.

Wednesday

Golf FORE Beginners!

Dates: 07/02/2024 - 13/03/2024

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

Venue: Craigieburn Centennial Golf Centennial Rd Bowral

Course Leader: Ginny Wozniak

Dates: Six Wednesdays weekly, commencing 7 February. Max 12. Interested in learning to play golf? Familiarise yourself with the basics of golf. If you are then "bitten by the bug", hours of fun and social interaction are in store for you. You will be asked to sign a U3A Waiver form before commencement. Please supply your own clubs, full set not necessary. Fee is \$7 per sessions, required by Craigieburn, to be paid to the Course Leader.

Art Lovers Circle

Type: Specified

Dates: 31/01/2024 - 27/03/2024

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

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

Course Leader: Margaret Parkinson

Dates: Wednesdays 31 January; 28 February; 27 March. 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!

Forced to Flee: Case Studies

Dates: 31/01/2024 - 10/04/2024

Frequency: Fortnightlyx6. Wed 10:00am - 12:00noon

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

Course Leader: Warwick Wilson

Dates: Wednesdays fortnightly, starting 31 January. Max. 60. The major contemporary crisis of massive and currently rising global displacement of 112 million people, is explained through selected case studies. The diversity of countries and situations will be illustrated through Tuvalu, Sudan, the EU, Ukraine, Syria, Ethiopia, Somalia, Jordan, Venezuela, Haiti, Iraq, Afghanistan and Bangladesh. Within a geographical perspective, each case study will focus upon causes, responses and future prospects in relation to politics and international relations, human rights, and the law.

How Government is Limited by Law

Dates: 31/01/2024 - 13/03/2024

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

Venue: Bowral Baptist Church Hall 13 Merrigang St Bowral

Course Leader: Peter Bayne

Dates: Weekly, Wednesdays from 31 January. Max. 30. Limitations by law on what the parliament and the executive may enact, and/or do derive from, firstly, the constitutions of the Commonwealth, State or Territory jurisdictions, and secondly, from those remedies and principles of administrative law available from the courts and various tribunals. Some parts of international law must also be taken into account. This course will survey these limitations. To introduce the complexity of this system, and to focus attention, in the first week, we will consider the now defeated proposed section 129 of the Constitution, which would have established a Voice to Parliament, and empower the enactment of statutory law to fill in detail. There will be a charge for photocopies materials.

Crusader History with a Difference

Dates: 31/01/2024 - 07/02/2024

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

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

Course Leader: Elizabeth Ellis

Dates: Wednesdays 31 January; 7 February. Max. 80. In the first session, we will travel around the Mediterranean following the fortunes of the Knights of St John, from Crusader times. We will talk about the origins of the modern Venerable Order of St John of Jerusalem and its relationship to St John Ambulance Australia. In the second session, we will examine the role that women played in the Crusades, including reigning monarchs of the Holy Land, the warrior and support role of women during conflicts, those who held the fort in Europe (literally and figuratively). Following this, we will look at the role of women in the Hospitaller Order.

Panorama of French

Dates: 31/01/2024 - 10/04/2024

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 31 January. 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: 07/02/2024 - 13/03/2024

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

Venue: CWA Bundanoon 43-45 Railway Avenue Bundanoon

Course Leader: Jenny Pittman

Dates: Wednesdays 7, 14, 21, 28 February; 6, 13 March. Max. 20. Being mindful is a deep practice. It is a way to slow down, and find calm and peace. Mindfulness meditation is moment to moment awareness. It is being fully awake. It involves being here for the moments of our lives, without striving or judging (Kabat-Zinn). Mindfulness meditation can be practised at any time of the day, while eating, drinking tea, walking, having a shower or being with family. The aim of the course is to teach practical ways to take care of ourselves by reducing anxiety and stress, learning to stop, let go and be calm. 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 a practitioner and teacher of mindfulness 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.

Drive Safe for Seniors

Dates: 07/02/2024 - 07/02/2024

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

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

Course Leader: Sue Tyler

Date: 7 February. Max 60. Safe Driving for Seniors - staying independent and safe. The session will be presented by Sue Tyler, a local driving instructor, and includes discussions about safe driving habits, detecting changes in your driving, your health and driving, information on driving tests, driver licence options at 75 and 85 and current road rules including roundabouts. NOTE: the session does not include any form of practical driving.

Meditation: Research and Practice

Dates: 14/02/2024 - 27/03/2024

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

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

Course Leader: Christine Jack

Dates: Tuesdays 14, 28 February; 13, 27 March. Max. 20. The aims of this course are to explore research into the benefits of meditation, different traditions of meditation, and to introduce participants to some simple meditation practices. The course is suitable for those who are curious about meditation, for those who would like to start practising and for those who have tried it and believe "they are no good at it"! However, those who have experienced traumatic events in their lives may find that such focusing can reawaken difficult emotions and are advised to give this consideration. The course runs for four sessions spaced a fortnight apart allowing participants, if they are interested, to trial some of the practices and give feedback about their experiences.

Book Lovers Circle

Dates: 14/02/2024 - 10/04/2024

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

Venue: Member's Home

Course Leader: Chris Melican

Dates: Wednesdays 14 February; 13 March; 10 April. 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: 17/01/2024 - 20/03/2024

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

Venue: Member's Home

Course Leader: Kate Kaszonyi

Dates: Wednesdays 17 January; 21 February; 20 March. Max. 10. This Book Club meets monthly, from January to December, on the 3rd Wednesday of the month, including during school holidays. As there are three U3A book clubs, please only enrol in one. This club is similar to the Book Lovers Circle in terms of members choosing books to read and discuss, and meeting in members' homes.

Bookworms Book Group

Dates: 24/01/2024 - 27/03/2024

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

Venue: Member's Home

Course Leader: Merrill Murray

Dates: Wednesdays 24 January; 28 February; 27 March. Max. 12. This group meets monthly in a member's home, usually on the 4th Wednesday of the month. As there are three U3A book clubs, please only enrol in one. We read works by a variety of authors and from many genres. Members suggest books which are selected by informal vote. Discussions are then led by the member who suggested the book. Members source their own copy of the book, although we sometimes obtain a Library Book Club Kit. We have a maximum of 12, and many wish to continue from the previous term, so we welcome 2-3 new members.

Myths & Misconceptions of Dentistry

Dates: 21/02/2024 - 21/02/2024

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

Date: Wednesday 21 February. 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.

Beginning Your Family History

Dates: 07/02/2024 - 03/04/2024

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

Venue: Member's Home

Course Leader: Lyn Boyes

Dates: Wednesdays 7, 21 February; 6, 20 March; 3 April. 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.

Life, Poetry, Music of Leonard Cohen

Dates: 06/03/2024 - 13/03/2024

Frequency: Weekly, 2 sessions. Wed 2:00pm - 4:30pm

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

Dates: Wednesdays 6, 13 March. Max. 60. While best known as a folk singer for his exquisite and often mournful lyrics, first and foremost Leonard Cohen considered himself a poet. Join me to explore his life, poetry, soulful melodies and music, drawing from his biography - I'm Your Man, the Life of Leonard Cohen. Find out about his early years, life on Hydra, life as a Buddhist monk, his world tours made necessary by being defrauded by his manager at age 70, and his final years. Hear his music and enjoy his wit – "If I knew where the good songs came from, I'd go there more often!" This will be repeat of a course held previously. Please note the 4.30 pm finishing times for both sessions.

Chess Club

Dates: 31/01/2024 - 10/04/2024

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 31 January. 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, besides having great fun, to 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.

Your Unique Consciousness

Dates: 07/02/2024 - 20/03/2024

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

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

Course Leader: Tony Emmett

Dates: Wednesdays 7, 21 February; 6, 20 March. Max. 60. We each live in our daily conscious level but that is only 15% of our consciousness. We discuss our other levels - sub conscious, higher conscious, sleep and more. Every cell in your body is conscious and picks up the attitude you hold in your mind, so that staying happy gives health to your body. We discuss the many aspects of your eternal self, held in your unconscious mind. You can prepare for this talk by finding the book in Amazon Central, Author page under Dr Anthony J. Emmett, "Your Unique Consciousness" (publ. Balboa, under Hay House this year).

Linux Computing for Inquisitive Beginner

Dates: 31/01/2024 - 31/01/2024

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

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

Course Leader: Richard Fawdry

Date: Wednesday 31 January. Max 60. Do you have an old pc gathering dust at the back of a wardrobe? Is it complete and still working? You paid a lot of money for it and are reluctant to throw it out, but it is too slow for today's software. Can it be useful again? The Linux operating system is light on resources and may well give that old pc a second life. Linux is a complete operating system package but can be very confusing for the novice. Where should I begin? Join this single session course to hear more about how to begin using Linux.

Thursday

Social Golf - AM

Dates: 01/02/2024 - 11/04/2024

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

Venue: Craigieburn Centennial Golf Centennial Rd Bowral

Course Leader: Anne Royds

Course Leader2: Michael McLeavy

Dates: All Thursdays, starting 1 February. 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.

Scurvy in the Age of Sail

Dates: 01/02/2024 - 01/02/2024

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

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

Course Leader: Virginia Romney

Date: Thursday 1 February. Max. 60. Scurvy is a deficiency disease that has always existed but, through a confluence of events and developments during a 400 year period, it became a history shaper. Scurvy caused the deaths of hundreds of thousands of sailors, particularly from Great Britain, France, Spain, Portugal and Holland. This had an enormous impact on exploration, trade and the outcome of many wars. Throughout this time, the search for understanding the cause and a cure was a convoluted one, with many false leads, foolish ideas and wasted opportunities. It is amazing that the absence of one compound in the diet could cause such havoc.

The Peterloo Massacre & Beyond

Dates: 29/02/2024 - 29/02/2024

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

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

Course Leader: Ann Beaumont

Date: Thursday 29 February. Max. 60. On a research trip to Manchester, UK, historian and author Ann Beaumont was stunned to discover some members of her own family had died during this violent event in August 1819. Now regarded as one of the most important steps towards democracy, and a vote for the common people, the massacre occurred when a strong force of yeomanry and regular cavalry charged into an unarmed crowd of nearly 100,000 workers who had gathered on St Peter's Field in Manchester for a meeting about Parliamentary reform. As well as detailing the tragedy, the talk will discuss the events and technological change leading up to the march and the aftermath and repercussions that reformed the very nature of British society for the next two hundred years.

From Rags to Riches

Dates: 14/03/2024 - 14/03/2024

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

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

Course Leader: Ann Beaumont

Date: Thursday 14 March. Max. 60. In the first part of the 19th century England's population was increasing rapidly, and mechanization was impacting on the jobs of rural workers. By 1830 there was a surplus of agricultural labour and many became destitute and ended up in the workhouse. Yet in New South Wales agriculture was expanding rapidly and there was a desperate need for farm workers. To rid England of its poor and provide labour in the colony, the Bounty Scheme was created and thousands endured the perilous journey to find a new life on the other side of the world. For most it was a successful move, but for others it ended in tragedy. While this talk focuses on the transplantation of agricultural labour from Sussex to Camden and the Southern Highlands, it illustrates how many early settlers came to NSW under this scheme.

Reading Latin

Dates: 01/02/2024 - 28/03/2024

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

Venue: CWA Mittagong 98B Main Street Mittagong

Course Leader: Michael Gray

Dates: Thursdays 1, 8, 15, 22 February; 7, 14, 21, 28 March. Max. 12. In this course we read selected passages from the whole range of Latin literature, from Early Latin, the Golden and Silver Ages of Rome, Christian Patristic writers, Ecclesiastical Latin, Medieval philosophers, Renaissance writers, and Neo-Latin. We shall also try conversational Latin and Latin crosswords and look at Latin maxims and mottoes and Latin texts set to music. There will also be occasional dives into grammar, scansion of Latin verse, and the Latin etymology of English words. Some prior knowledge of Latin is necessary, e.g., one of the previous U3A Latin courses. All texts, notes and translations will be provided by the course leader.

A Look At Wine

Dates: 28/03/2024 - 11/04/2024

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

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

Course Leader: Peter Wurfel

Dates: Thursdays 28 March, 11 April. 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.

Exercise: Tools for Health & Longevity

Dates: 15/02/2024 - 15/02/2024

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

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

Course Leader: Luke Debrot

Date: Thursday 15 February. Max. 60. This 1-part lecture course will explore the potent effects of exercise on health span and longevity from the perspective of an Exercise Physiologist. The course will provide a framework for healthy ageing, whilst offering insights and evidence as to the relationship between physical health and quality of life. Further content will delve into the mechanisms underpinning behavioural change and outline the other pillars of health that are crucial in promoting a fulfilling and holistic life. It is requested that members bring both a lecture pad to take notes and their passion for learning.

Poetry Live

Dates: 01/02/2024 - 11/04/2024

Frequency: Fortnightlyx6. 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 1, 15, 29 February; 14, 28 March; 11 April. 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 poems of your own creation.

Computers, Coffee & Chat 1

Dates: 01/02/2024 - 11/04/2024

Frequency: Fortnightlyx6. Thu 10:00am - 12:00noon

Venue: Zoom

Course Leader: Chris Carvan

Dates: Thursdays 1, 15, 29 February; 14, 28 March; 11 April. 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.

Curiosity and intrigue: Why is it so?

Dates: 08/02/2024 - 21/03/2024

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 8, 22 February; 7, 21 March. Max. 35. 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: 01/02/2024 - 11/04/2024

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

Venue: Bowral Uniting Church Hall 28 Bendooley St Bowral

Course Leader: Sue Laird

Dates: Thursdays starting 1 February. Max. 25. 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. Please contact the Course Leader for any further information.

Lunch Out Together

Dates: 29/02/2024 - 29/02/2024

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

Venue: Scottish Arms Hotel 69 Boardman Rd East Bowral

Course Leader: Jill Dyson

Date: Thursday 29 February. Max. 30. Venue: Scottish Arms, East Bowral. Start time: 12.15 for 12.30 pm. Menu: A limited selection that will hopefully cater to any medical dietary restrictions. This will be circulated prior to the date. Please let Jill know if you have a partner with whom you wish to sit. NB. For this lunch you are not required to pay prior to the event nor will pre-orders be taken. Choose from the menu circulated and order and pay on arrival. Final numbers will be submitted to the venue two weeks prior (15 Feb). Please note that after this date your place is locked in but, if you find you are unable to come close to the time, please let enrolments know as there may be a waitlist. (enrolments@sohiu3a.org.au)

Painting with Oils

Dates: 08/02/2024 - 11/04/2024

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 8 February. 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 UMAS (under My Invoices) and this amount needs to be paid before attending the course.

Family History

Dates: 08/02/2024 - 11/04/2024

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

Venue: Highlds Christn Church Potters 37 Regent St Mittagong

Course Leader: Heather Knights

Dates: Thursdays 8 February; 14 March; 11 April. Max. 25. We are an experienced group of people undertaking family history research. However, anyone who has an interest in discussing their family history will be welcome. Stories and discoveries, methods and "brick walls" are shared and discussed. We meet on the second Thursday of each month, including school holidays, every month except January.

Scamwatch

Dates: 01/02/2024 - 01/02/2024

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

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

Course Leader: Maryke Archbold-Hession

Date: Thursday 1 February. Max. 60 Presented by representatives from the NSW Police and the banking world, this will be a reminder of the pitfalls we can encounter in our daily lives relating to scams and computer hacks. You will be given information to guide you through the process of avoiding, seeking help with and reporting these incidents.

France - Modish, Voguish & Fame

Dates: 08/02/2024 - 14/03/2024

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

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

Course Leader: Christiane Thomas-Lewis

Dates: Thursdays 8, 15, 22, 29 February; 7, 13 March. Max. 25. A reputation coming from history, established to preserve monarchy and economy. A life style that dictated taste to the European courts. Its influence has endured changing times and trends until today. LET'S TAKE A SWEET LOOK AT IT: Art, architecture, decor, furnishings, refinement in all its forms, have been well researched and appreciated through the ages. An industrious development of craftsmanship is surviving thanks to aficionados. We'll enjoy watching videos, mostly in English, on cultural heritage, good eating, beauty, arts and crafts with a little bit of history. Discussions afterward over coffee; in English for some, in French for the ones speaking fluently enough, (strongly encouraged). Practise, refresh, improve the language with a French native. Let's make it a French atmosphere. Friendly spirit, culture and babble.

Computers, Coffee & Chat 2

Dates: 01/02/2024 - 11/04/2024

Frequency: Fortnightlyx6. Thu 2:00pm - 4:00pm

Venue: Zoom

Course Leader: Chris Carvan

Dates: Thursdays 1, 15, 29 February; 14, 28 March; 11 April. 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.

Table Tennis on Thursday

Dates: 01/02/2024 - 11/04/2024

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

Venue: Loseby Park Comm Centre Park Road Bowral

Course Leader: Phil McKendry

Course Leader2: Ian Royds

Dates: All Thursdays, starting 1 February. Max. 30. Fun, fitness, coordination and table tennis skills in a very social setting, catering to all ability levels! Doubles games are played. Gym shoes or similar and loose-fitting comfortable clothing are required. Council venue policy requires all footwear to be of a non-marking variety. Please bring your own bat. Balls are provided. 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 \$2 each term for those wanting to have afternoon tea. Table tennis has become very popular over recent times and we may have a wait list. So, if you apply to enrol, you need to commit to at least 70% attendance.

Social Golf - PM

Dates: 01/02/2024 - 11/04/2024

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 1 February. 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: 02/02/2024 - 12/04/2024

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

Venue: Zoom

Course Leader: Bruce Cowan

Dates: Fridays 2, 16 February; 1, 15 March; 12 April. 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: 16/02/2024 - 12/04/2024

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

Venue: To be advised

Course Leader: Jenny Wells

Course Leader2: Michelle Batt

Dates: Fridays 16 February; 1, 15 March; 12 April. Max. 40. A series of four fortnightly 5km walks through easy/medium terrain in Moss Vale, Bowral, Mittagong, and Bundanoon. 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 half. 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 sign a waiver prior to joining the first walk.

Sew and Yarn in Bundanoon

Dates: 02/02/2024 - 12/04/2024

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

Venue: Member's Home

Course Leader: Ilma Cunnew

Dates: Fridays, 2, 16 February; 1, 15 March; 5 April. 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 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: 09/02/2024 - 05/04/2024

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 9, 23 February; 8, 22 March; 5 April. Max. 15. 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: 09/02/2024 - 05/04/2024

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

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

Course Leader: Jenny Wells

Dates: Fridays 9, 23 February; 8, 22 March; 5 April. 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.

Russia: History and Mystery

Dates: 02/02/2024 - 12/04/2024

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

Venue: Bowral Uniting Church Hall 28 Bendooley St Bowral

Course Leader: John Collerson

Dates: Fridays fortnightly, 2, 16 Feb; 1, 15 March; 12 April. (Note the four week gap caused by Easter after 15 March.) Max. 60. For centuries, Russia has loomed large at the eastern end of Europe and has sprawled across the whole of northern Asia. It has often been closely involved with its European neighbours and sometimes with its Asian ones. While it has something in common with other parts of Europe, it has also appeared strangely different and mysterious. This course will trace the story of Russia from the misty past of Kievan Rus in the 9th century to the information overload of the present day. It will be presented fortnightly over two terms. The course will be presented in memory of Ivana Purin, 1943-2023.

Cracking Cryptic Crosswords

Dates: 09/02/2024 - 05/04/2024

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

Venue: Bowral Uniting Church Hall 28 Bendooley St Bowral

Course Leader: Jenny Wells

Dates: Tuesdays 9, 23 February; 22 March; 5 April. Max. 16. Please note, there is no session on 8 March. This popular course is for both those who have never attempted a cryptic crossword before and those who wish to hone the skills they already have. It will enlighten those of you who have always thought cryptic clues are double Dutch and provide useful tips for those who want to practise their skills in an ultra-friendly environment. You will be amazed how easily your mind can adapt to thinking cryptically and what fun you will have learning how. The course leader will take you through the various ways clues are worded and how to find the solutions. The four fortnightly sessions are designed to gradually build your knowledge and so a commitment to all sessions is desirable. There will be a cost of approx. \$5 for printing costs payable at the first session.

Ten-Pin Bowling

Dates: 02/02/2024 - 05/04/2024

Frequency: Dates as specified. Fri 2:00pm - 3:00pm

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

Course Leader: Ingrid McCulloch

Course Leader2: Trish Helps

Dates: Fridays 2, 9, 16, 23 February; 1, 15 March; 5 April. Max 20. Come and enjoy a fun game of Ten-Pin Bowling. There will be a fee of \$10 per game. This includes all shoe and equipment hire. This term we are offered the opportunity for a 4-week coaching clinic, so the first 4 sessions are coaching, then the remaining 3 are our usual fortnightly games practising what we have (hopefully) learnt! If you don't wish to have coaching, you can still attend any or all of the sessions and play anyway. 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.

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.