



U3A Southern Highlands Inc.

Term 3, 2024 Courses

22 July to 27 September 2024

(Preferences open 24 June)

U3A Southern Highlands Inc. Contact Details

Phone: (02) 9990 6650 (Message Bank)

Secretary: secretary@sohiu3a.org.au

Enrolments: enrolments@sohiu3a.org.au

Courses: courses@sohiu3a.org.au

Course Admin: courseadmin@sohiu3a.org.au

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

Postal Address: PO Box 421, Bowral NSW 2576

U3A Southern Highlands Inc. offers Courses to members presented by members for mutual education and learning. Members enrolling in courses should carefully read the Course Outline to ensure the Course is suitable and appropriate to their own circumstances. The offering of any Course does not imply the Course is necessarily endorsed or recommended by U3A Southern Highlands Inc. No financial, legal or health decision should be made solely on the basis of Course material. Members who find Course material confronting in any way are free to leave any class at any time.

Course Coordinator Overview of Term 3, 2024 Courses

We have another exciting array of courses coming up and I hope there is something for everyone!

We encourage you to get busy enrolling – support your U3A, and besides, what an ideal thing to pursue in the winter months.

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 our **continuing courses**: book and discussion groups; family history; gentle and more vigorous games (tennis, table tennis, golf, bowling, chess, puzzles and trivia, pickleball, literature trivia). Walks and other activities are represented (art groups, sewing, embroidery, cardmaking, cinema, Scottish dancing); languages (Japanese, French, Latin, Spanish, Italian). For those musically inclined, there is U3A Singers, Highlands Buskers and World of Music. You will benefit from Meditation, Yoga and Poetry; and be stimulated in 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, Tuesday Forum and two Online Bridge courses).

The Arts have some new additions in reliving the 50's-70's in music, film and TV, and Photo Editing.

History is a mix of Norfolk Island background and Late Mediaeval life.

Humanities takes a look into a baby's life in the Third World and a look at Simone de Beauvoir's opinion on ageing.

Current Affairs includes the Aust Housing Crisis, getting ready for Bushfire season, getting involved in the Environment and a tour to Parliament House.

Further **Sports** oriented courses are Paris Olympics and a look at some weird sports of the world.

Lifestyle is represented again dining out at Lunch or Dinner and looking at wine; exploring Homeopathy and the Mushroom Tunnel.

Science gets interesting with a look behind the cockpit door, rules of contagion, Aust BioResearch tour and Biodiversity in the Southern Highlands.

We have an exciting term ahead and we are always grateful to the new course leaders, and to our more experienced people who are willing to share their knowledge and passion with us. Please enjoy our coming offerings.

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

Session dates have now been added in the description of each course to assist you.

Monday

The Highland Buskers

Dates: 22/07/2024 - 23/09/2024

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

Venue: Christian Connect Church MV 18 Spring St Moss Vale

Course Leader: Kerith Fowles

Dates: All Mondays starting 22 July. Max. 40. The Buskers is a group of enthusiastic but amateur instrumentalists who welcome any like-minded and equally (un) talented musicians who desire to regain the instrumental skills of their younger years and enjoy making music in a most distinctive way with a charming, good-looking group playing every conceivable style of music. Prospective new members should contact Kerith to let her know their instrument of choice, as parts are composed specifically for each player.

Embroidery Plus

Dates: 22/07/2024 - 23/09/2024

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

Venue: Member's Home

Course Leader: Barbara Taylor

Dates: All Mondays, starting 22 July. 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.

Tennis - A Social Game

Dates: 22/07/2024 - 23/09/2024

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

Venue: Bowral Tennis Centre Loseby Park, Park Rd Bowral

Course Leader: Kitty Evans
Course Leader2: Robyn Fowler-Harvey

Dates: All Mondays, starting 22 July. 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: 05/08/2024 - 02/09/2024

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 5 August; 2 September. Max. 30. Experience an enjoyable afternoon at Empire Cinema: movie than 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: 22/07/2024 - 23/09/2024

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

Venue: Bowral District Art Studios 1 Short St Bowral

Course Leader: Rachel Davies

Fee: \$10.00

Course Leader2: Jane Courtenay

Dates: All Mondays starting July 22. 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.

New Life in the Third World

Dates: 22/07/2024 - 29/07/2024

Frequency: Weekly, 2 sessions, Mon 1:30pm - 3:00pm

Venue: CWA Mittagong 98B Main Street Mittagong

Course Leader: Margi Stevens

Dates: Mondays 22, 29 July. Max 18 The course will demonstrate how life for infants in rural Ethiopia resembles that of primates. This follows two closely observed infants 0-1 years old. The comparison is made between an Ethiopian baby in its own rural environment and a western new-born.

U3A Choir

Dates: 22/07/2024 - 23/09/2024

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

Venue: Bowral Uniting Church Hall 28 Bendooley St Bowral

Course Leader: Julie Blanchard

Dates: All Mondays starting 22 July. Max. 60. The U3A Choir is now an established choir made up of a wonderful group of men and women who love to sing. The choir meets every Monday afternoon at 2pm – 4pm at Bowral Uniting Church Hall. The songs that are chosen for the choir are in 3 or 4 part harmony and are selected for their suitability, ease and joy of learning and the “feel good” factor!! After the first 50 minutes of singing, we have an afternoon tea break which gives everyone the opportunity to get to know each other better. Then we're back for another 50 minutes of singing. Please enrol in the choir this term if you love to sing and know that you can sing in tune! Reading music is not essential but very handy!

Italian - Pre-Intermediate

Dates: 22/07/2024 - 23/09/2024

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

Venue: Bowral Baptist Church Hall 13 Merrigang St Bowral

Course Leader: Cheryl Sheppard

Dates: Mondays weekly commencing 22 July. Max. 12 This is a pre-intermediate course for those who have studied Italian before and have learnt the present and past (passato prossimo) tenses. The course will refresh those tenses and move on to the imperfetto and congiuntivo. To develop speaking and listening skills, it will combine grammar and communicative activities while following the text Nuovo Espresso 2. Much of the instruction will be in Italian.

Table Tennis on Monday

Dates: 22/07/2024 - 23/09/2024

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

Venue: Loseby Park Comm Centre Park Road Bowral

**Course Leader: Vicki McGufficke
Course Leader2: Heather Temperley**

Dates: All Mondays, starting 22 July. 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 \$5 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

Pickleball for Beginners

Dates: 23/07/2024 - 24/09/2024

Frequency: Weekly, Tue 10:00am - 11:00am

Venue: Bowral Tennis Centre Loseby Park, Park Rd Bowral

**Course Leader: Heather Temperley
Course Leader2: Brian O'Brien**

Dates: All Tuesdays commencing 23 July. Max. 10 There are two Pickleball courses. Please only enrol in one. This is a Beginners course for those members who haven't played Pickleball before or require coaching. Come and try Pickleball and see why this game is taking off around the world! It's a fun game which combines elements of Tennis, Table Tennis and Badminton and played on a small court. You will be introduced to playing doubles in a relaxed and friendly atmosphere. Sport shoes and sun-safe sports clothing are required. Paddles and balls are provided. For safety, players must be physically able and fit enough to participate. You will be asked to sign a U3A waiver prior to playing. Due to interest, we may have a wait list. If you apply to enrol, you need to commit to at least 70% attendance.

Life in Late Mediaeval England

Dates: 03/09/2024 - 10/09/2024

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

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

Course Leader: Peter Headley

Dates: Tuesdays 3, 10 September. Max 60 This illustrated presentation covers the period 1100-1500 which follows the Norman invasion through to the start of the Tudor period. We look at village and city life of the time, everyday living such as customs, clothing, food but also changes in education with schools and Universities, the birth of printing, advances in music, the loss of religious faith and the emergence of Lollardry, fundamental economic changes in England, the beginnings of westward exploration, all against the background of the Hundred Years War recurrent plague outbreaks and the later War of the Roses I will draw on the unique Paston family letters of life in the 1400's.

Japanese: Intermed. Spoken & Written

Dates: 23/07/2024 - 24/09/2024

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

Venue: Member's Home

Course Leader: Adrienne Bradney-Smith

Course Leader2: Christine Bowman

Dates: All Tuesdays starting July 23. Max. 10. 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: 23/07/2024 - 24/09/2024

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 23 July. 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.

Homeopathy - First Aid for the Family

Dates: 17/09/2024 - 24/09/2024

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

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

Course Leader: Janine Brundle

Dates: Tuesday 17, 24 September. Max 60 Ever wanted to know more about Homeopathy and how it can support your family's daily health concerns? Homeopathy is: • A system of natural medicine - gentle, safe, non-addictive, with no side-effects, yet powerful. • Can be taken safely alongside prescribed medicines. • It has been safely practiced since the early 1800's • Is amazing for everyday health concerns such as colds, insect bites, sore throats, tummy aches etc. Over 2 sessions, I will cover the most commonly used remedies in a relaxed 'no jargon' atmosphere. Note: Homeopathy is not intended to replace any serious medical symptoms or your chosen Practitioners advice.

Poetry on Tuesday

Dates: 23/07/2024 - 17/09/2024

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

Venue: Member's Home

Course Leader: Richard Hastings

Dates: Tuesdays 23 July; 6, 20 August; 3, 17 September. Max. 16. 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.

Going Boeing: Behind the Cockpit Door

Dates: 13/08/2024 - 27/08/2024

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

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

Course Leader: Ken Sargeant

Dates: Tuesday 13, 20, 27 August. Max 60 What are your pilots doing as they depart on your next flight? An insight into flight from your pilot's perspective. What is a holding pattern? Jetstreams explained, the modern cockpit, navigation, performance, turbulence etc. Ken was a Qantas pilot for 40 years and a senior training captain for many years. He now makes the Highlands his home and has been here for 40 years.

The Rules of Contagion

Dates: 30/07/2024 - 24/09/2024

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

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

Course Leader: Bill Buykx

Dates: Tuesday 30 July; 13, 27 August; 10, 24 September. Max 60 When we hear the word 'contagion' we think of the spread of disease, e.g. Covid. Many other diseases are contagious and they have been studied closely by epidemiologists who have discovered certain patterns or 'rules'. There are many other types of contagions or 'outbreaks', such as computer viruses, violence, and conspiracy theories. Do these contagions follow the same patterns or rules as those found in the spread of disease, and can we use these rules to predict how they will spread and maybe control them? We will explore some of these ideas in this course.

Spanish for Pre-Intermediate

Dates: 23/07/2024 - 24/09/2024

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: All Tuesdays, starting 23 July. 10.30 - 12.30. Max 18. Cheryl and Marlies facilitate a Spanish course for people with some knowledge of Spanish. Neither is an expert but Marlies has studied Spanish for a number of years and Cheryl is an ESL and Italian teacher who has studied some Spanish. Together they can guide the group through the course book, "Nuevo Ven 1 Libro Del Alumno", which is available free via a link. There will be a little homework and revision to do each week. The group is currently studying unit 7 of the book. There is a variety of activities covering grammar, listening, conversation, culture and a little writing. The aim is to have fun while keeping the mind active by exploring another language and culture in a warm and relaxing environment. It is a communicative course so giving it a go is encouraged. Therefore making mistakes is inevitable and not to be concerned about. The group enjoys a short break for morning tea midway, bringing in coffee from a nearby café.

Post-Beginners Pickleball

Dates: 23/07/2024 - 24/09/2024

Frequency: Weekly, Tue 11:00am - 12:00noon

Venue: Bowral Tennis Centre Loseby Park, Park Rd Bowral

Course Leader: Heather Temperley

Course Leader2: Brian O'Brien

Dates: All Tuesdays commencing July 23. Max. 10. There are two Pickleball courses. Please only enrol in one. This course is suitable for those who have completed 'Pickleball for Beginners' 1 or 2 last term. Minimal coaching is provided. If you are familiar with the game of Pickleball and know how to score, come and join us for a game. Doubles will be played in a relaxed and friendly atmosphere. Sport shoes and sun-safe sports clothing are required. Paddles and balls are provided. For safety, players must be physically able and fit enough to participate. You will be asked to sign a U3A waiver prior to playing. Due to interest, we may have a wait list. If you apply to enrol, you need to commit to at least 70% attendance.

Tuesday Forum

Dates: 23/07/2024 - 24/09/2024

Frequency: Weekly, Tue 12:30pm - 1:30pm

Venue: Zoom

Course Leader: Bob Lawton

Dates: All Tuesdays commencing 23 July. Max. 60. U3A ACT host this very popular one -hour weekly series presented via ZOOM. Speakers from Universities and Government present a wide range of popular and at times eclectic topics including: Current affairs (Australian politics and international developments), Economics, Environmental/climate change issues, Health. Speakers and topics will be advised weekly in advance.

Literature Lovers

Dates: 23/07/2024 - 20/08/2024

Frequency: Fortnightly 3 sessions, Tue 2:00pm - 4:00pm

Venue: Bowral Baptist Church Hall 13 Merrigang St Bowral

Course Leader: Robyn Karakasch

Dates: Tuesday 23 July; 6, 20 August. Max. 25 Bookish Trivia, is it one of your many delights? Then I can offer you an opportunity to experience such pleasures. How about putting on your thinking cap and joining a table of other like-minded people to attempt to answer literary questions in a co-operative and pleasurable effort? There will be plenty of chances to test your quiz skills about all sorts of books and all sorts of authors in a fun-filled format. So do join me for these cheerful, head-scratching challenges especially designed for book lovers.

Wednesday

Paris Olympics

Dates: 24/07/2024 - 24/07/2024

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

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

Course Leader: Bob Lawton

Date: Tuesday 23 July. Max 60 The Paris Olympics are fast approaching. This will be the third time the Games have been hosted by Paris. The course will focus on the Games Of 1900 and 1924 then highlight some of the sports and participants in 2024.

Private Tour of Parliament House Sydney

Dates: 11/09/2024 - 11/09/2024

Frequency: Single session, Wed 8:36am - 5:10pm

Venue: Offsite

Course Leader: Margi Stevens

Course Leader2: Ingrid McCulloch

Date: Wednesday 11 September. Max 12 This is a full day excursion travelling by train to have a free guided tour and step back in time into one of Sydney's oldest buildings - Parliament House. Visit both chambers where laws are made and some of Sydney's oldest rooms in Australia's first Parliament. Over one hour, our friendly guides will take you around the parliamentary precinct and through the historic legislative chambers. You will experience first-hand the beautiful colonial architecture while learning more about the role, history and work of the Parliament. Please consider your mobility as there will be train changes, stairs and a fair amount of walking. You will be asked to sign a waiver and more information will be given closer to the date. MV Station at 8.36am, Bowral at 8.43am and Mittagong at 8.47am

Mushroom Tunnel Tour

Dates: 14/08/2024 - 14/08/2024

Frequency: Single session, Wed 9:30am - 12:00noon

Venue: Offsite

Course Leader: Jill Dyson

Fee: \$30.00

Date: Wednesday 14 August. Max 35 Would you like to visit the Mushroom Tunnel? This is very interesting if you haven't been before. The mushrooms are grown in a disused railway tunnel between Mittagong and Bowral. We will meet at The Welcome Centre in Mittagong (the Tourist Information Centre) at 9.30am. Time for a pit stop before we break into small groups and car-pool to drive to the tunnel. This is necessary because there is limited access for cars on the railway land and safety is an important consideration. The tour will last about an hour and we should be back at the Welcome Centre by 12. You need to wear closed shoes with non-slip soles, wear a mask if you have any respiratory issues and be mindful that the tunnel is 650m long so you will be walking for 1.3 kms albeit at a slow pace.

Art Lovers Circle

Dates: 07/08/2024 - 04/09/2024

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

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

Course Leader: Margaret Parkinson

Course Leader2: Jenny Strachan Dates: Wednesdays 7 August; 4 September. Max. 11. Art Lovers Circle is a small group of art lovers, some of whom create art, some who have studied it, 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. This course relies on the contributions from members so please request to enrol only if you are prepared to contribute. Join us for a treat away from the day to day!

The Magic of Photo Editing

Dates: 24/07/2024 - 14/08/2024

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

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

Course Leader: Richard Batterley

Dates: Wednesday 24, 31 July; 7, 14 August. Max 40 According to DAVID HOGG "In the digital age capturing a photo is only half the battle, the magic happens in post processing (editing)". Almost every digital out of the camera image looks a little flat, not quite what we'd expect. It takes just a few minutes of editing to make them really sing. To make them look like what you think you saw. If you go on holiday and take a hundred photos, you give 20 of them the simple tweaks. And perhaps three or four more advanced editing. You'll be shown the "five-minute edit" as well as some techniques for those really special shots you want to transform into pieces of art. Plus fixing a whole range of problems. There's something for everyone in this course – from beginners to more advanced. If you take digital photos, you've got to learn how to edit them!

Being Fire Ready

Dates: 25/09/2024 - 25/09/2024

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

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

Course Leader: Elizabeth Ellis

Date Wednesday 25 September. Max 60 In this session, we will discuss ways to prepare yourselves, your families, your properties and potentially your neighbourhoods to minimise the impact of emergencies, especially fires. We will do this by looking at some easy steps to take to make you and your families more secure in the future. In addition, we can look at some of the many ways members of the Rural Fire Service help protect the community and perhaps even some of the many ways the community can help the RFS.

Some Most Unusual Sports

Dates: 21/08/2024 - 21/08/2024

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

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

Course Leader: Bob Lawton

Date: Wednesday 21 August. Max 35 Have you ever heard of Cheese Rolling? No? Well it has a two-hundred year history. Live Pigeon Shooting, Wife Carrying, Tasmanian Apple Race, Obstacle Swimming (once an Olympic sport). We will examine these and a number of other sports in a PowerPoint presentation covering a wide range of unusual sports some of which featured in the Olympic Games You don't have to be a sports junkie but it may help!

Norfolk Island: Australia's tiny Territory

Dates: 21/08/2024 - 11/09/2024

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

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

Course Leader: Ian Bowie

Dates: 21, 28 August; 4, 11 September. Max 60 This is a revised version of a course previously presented on Zoom. It's about a Territory with an area and population close to those of Robertson, but an international airport and geographical as well as historical ties to New Zealand. It has landscapes with convict-built remains that rival those of Port Arthur and gorgeous scenery but is more than just a paradise for the newly wed and the nearly dead. I will seek to de-mythologise stories told about its occupation serially by Māori, convicts, descendants of Bounty mutineers and of New Zealand missionaries, and the wartime foreign military occupation. I will look also at what might be learned about small remote and isolated settlements in Australia by studying the island's people and their economy.

Panorama of French

Dates: 24/07/2024 - 25/09/2024

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

Venue: Henley Brae Retirement Villg 37 Etheridge St Mittagong

Course Leader: Roz Garwen

Course Leader2: Alan Edwards

Dates: All Wednesdays, starting 24 July. Max. 15. Co-Leader: Alan Edwards. This course is based on participants reading and discussing a work of a French author – a classic author from past days or a contemporary one. Participants should be able to read easily from the text and then comment on and summarise allocated sections. We take a break midway to enjoy a coffee. 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: 24/07/2024 - 28/08/2024

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

Venue: CWA Bundanoon 43-45 Railway Avenue Bundanoon

Course Leader: Jenny Pittman

Dates: Wednesdays 24, 31 July; 7, 14, 21, 28 August. Max. 18. That which we pay attention to grows stronger. What is dominating your attention? When we choose where to put our attention and what to nourish in ourselves and others it's like gardening. Seeds of compassion, joy and understanding sprout when we give them the right, the appropriate, attention. The 'weeds' in the gardens of our minds, our anger or grief for example, have their value too if we look deeply into them and understand them. They become our teachers. Mindfulness is the energy that helps us to 'garden' well. It's more than an idea. It's a practice of the heart and a lived experience.

A Look at Wine

Dates: 31/07/2024 - 14/08/2024

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

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

Course Leader: Peter Wurfel

Dates: Wednesdays 31 July, 14 August. Max. 15. 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 a key 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 to Cherry Tree Hill Wines at Sutton Forrest is planned following the second session (max of 10) with individuals to meet any cost.

Book Lovers Circle

Dates: 14/08/2024 - 11/09/2024

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

Venue: Member's Home

Course Leader: Chris Melican

Dates: Wednesdays 14 August; 11 September. 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: 21/08/2024 - 18/09/2024

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

Venue: Member's Home

Course Leader: Kate Kaszonyi

Dates: Wednesdays 21 August; 18 September. 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: 24/07/2024 - 25/09/2024

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

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

Course Leader: Merrill Murray

Dates: Wednesdays 24 July; 28 August; 25 September. Max. 12. This group meets monthly in the East Bowral Community Centre Meeting Room, 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.

Biodiversity in the Southern Highlands

Dates: 14/08/2024 - 14/08/2024

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

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

Course Leader: Casey Taylor

Course Leader2: Ingrid McCulloch

Date: Wednesday 14 August. Max 60 Casey Taylor will provide an overview of The Southern Highlands Koala Conservation Project. You'll learn all about our local populations including: Some fast facts, Where are our Koalas? How are they doing? What do we do to conserve koalas? How can you get involved? How to look for signs of koalas Patrick Tegart will speak about the Southern Highlands being a biodiversity hotspot. In this talk, you will hear about some of the monitoring techniques used locally to monitor biodiversity, as well as some insights into some iconic species projects.

Lunch Out Together

Dates: 18/09/2024 - 18/09/2024

Frequency: Single session, Wed 12:30pm - 2:30pm

Venue: Offsite

Course Leader: Jill Dyson

Fee: \$35.00

Date: Wednesday 18 September. Max. 30. Venue: Mittagong Hotel 89-91 Main St, Mittagong. (Opp. clock tower) Start time: 12.15 for 12.30 pm. Menu: Two-course lunch - 3 choices of both main and dessert. GF and Veg catered for, please advise Jill if you have any other dietary restrictions. Drinks extra. Menu will be circulated approx one month prior to take pre-orders for the chef. Please be mindful that once you have booked and paid for this lunch, your money is not refundable. If you find you can't come, please notify enrolments@sohiu3a.org.au as there may be a Waitlist.

Beginning Your Family History

Dates: 24/07/2024 - 18/09/2024

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

Venue: Member's Home

Course Leader: Lyn Boyes

Dates: Wednesdays 24 July; 7, 21 August; 4, 18 September. 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: 24/07/2024 - 25/09/2024

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

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

Course Leader: Roger Huwig

Dates: All Wednesdays, starting 24 July. 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. Thus, 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, so newcomers wanting to rekindle their interest will find a welcoming and relaxed atmosphere.

The World of Classical Music

Dates: 21/08/2024 - 18/09/2024

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

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

Course Leader: Lyndall Foldvary-Khouri

Dates: Wednesdays 21, 28 August; 4, 11, 18 September. Max. 35. Whether a musical newcomer or a life-long music lover, you will find these listening sessions informative and revelatory. Watch fascinating high quality music education DVDs; listen to Guest Speaker present 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) eras. If you are a loyal devotee of this course, know that new DVDs and other teaching resources are always being acquired so each term provides something new. Great music has the power to change people's lives. Great music played by great artists brings us hope in a turbulent world. \$10 one off fee will be collected for the cost of photocopying and refreshments during the break.

Dinner Out Together

Dates: 14/08/2024 - 14/08/2024

Frequency: Single session, Wed 6:30pm - 9:00pm

Venue: Offsite

Course Leader: Ingrid McCulloch

Course Leader2: Phil McCulloch

Date: Wednesday 14 August. Max. 18. Join us for an evening out of fun and food at The Bowral Asian Cuisine restaurant, 407 Bong Bong St, Bowral. Arrive from 6.30pm for 7.00pm dinner, where you can choose and pay for your own meal. The restaurant has requested cash if possible - saves them processing too many payments. BYO wine is allowed with a \$4 p.p. surcharge, otherwise it is fully licensed. Please let me know if there are dietary requirements at least 1 day prior. If you find you cannot attend once you have enrolled, please let me know as a courtesy and for seating numbers (also there may be a Waitlist)

Thursday

Social Golf - AM

Dates: 25/07/2024 - 26/09/2024

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 25 July. Max. 18. 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. Your own equipment and balls are required plus a green fee of \$9 per session (please have correct change if possible). A few buggies are available if you need one.

Play Bridge Online - Series 2

Dates: 25/07/2024 - 26/09/2024

Frequency: Weekly, Thu 9:30am - 10:30am

Venue: Zoom

Course Leader: Kirsten Hartley

Fee: \$75.00

Course Leader2: Simon Elderfield

Dates: Thursdays weekly starting 25 July. Max 10 Designed for those who have got the absolute basics of Bridge under their belt, this course will take you through slightly more advanced concepts and conventions. You will be guided through bidding and play techniques and most of the lesson is "hands-on" interactive. We will be using Zoom and Shark Bridge as our primary platforms. If you are not familiar with Zoom, we can send you a short, basic instruction video which will give you all the information you need to get underway. Every week you will receive student notes by email which you can build into a binder. A follow-up video will review the concepts of each lesson. Kirsten Hartley and Simon Elderfield are accredited bridge teachers both in Australia and the USA, teaching face-to-face and online.

1955-1979: Music, Films & TV

Dates: 25/07/2024 - 05/09/2024

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

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

Course Leader: Shane Harvey

Dates: Thursday 25 July; 8, 22 August; 5 September. Max 60 It's time for your annual dose of NOSTALGIA! This year the emphasis will be on lively music that will "keep your feet tappin" together with selected musical/comedy films and TV shows. This period gave us such timeless music that still represents more than 50% of the entries on the latest 500 Greatest Songs of all time. Many of the songs are still performed in a big way today and we will see some examples of that. From the rock n roll era of Bill Haley and Elvis we traverse through the 60's with the likes of the Beatles, Rolling Stones & Beach Boys. Moving into the 70's, we will hear music from Elton John, ABBA, and Queen, through the disco period (like it or not!) and finish with a look at Australian music which really blossomed in the 70s. Please join me for some fun, relaxed sessions as we re-live this period via over 150 video clips.

The Australian Housing Crisis

Dates: 26/09/2024 - 26/09/2024

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

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

Course Leader: Warwick Adams

Thursday 26 September. Max 35 For generations, the Australian Dream was synonymous with home ownership, a backyard, and security. Today, many find that dream is an impossible nightmare. The current housing crisis isn't simply that there is a shortage of houses to buy or to rent, or that many locations have become too expensive. It's about a deep imbalance. House prices have vastly outpaced income growth, locking people out of markets that their parents and grandparents could easily afford in decades past. The impacts ripple throughout all levels of our society – the young, the old, the poor and the disadvantaged. But how can we fix it? We'll examine how we got here, who's impacted, who's to blame, and the tough changes that we will need to make.

Reading Latin

Dates: 25/07/2024 - 19/09/2024

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

Venue: CWA Mittagong 98B Main Street Mittagong

Course Leader: Michael Gray

Dates: Thursday 25 July; 1, 8, 15 August. A one-week break, then 29 August; 5, 12, 19 September. 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.

The Joy of Gentle Yoga

Dates: 25/07/2024 - 26/09/2024

Frequency: Weekly, Thu 10:00am - 11:00am

Venue: Highlds Christn Church Potters 37 Regent St Mittagong

Course Leader: Larry Wilson

Dates: All Thursdays commencing 25 July. Max. 12 Yoga helps us to keep doing the things we enjoy in life, by improving our flexibility, balance, strength and mental well-being. The practice of yoga improves our quality and enjoyment of life. This yoga practice will consist of breath work, stretches, movement and relaxation exercises to nurture and nourish your body and mind. Participants will need to bring a yoga mat, bolster or firm pillow and/or blanket (for cooler times) and should be able to safely get down and up from the floor. Please wear comfortable, appropriate clothing. 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.

Poetry Live

Dates: 01/08/2024 - 26/09/2024

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 1, 15, 29 August; 12, 26 September. 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: 01/08/2024 - 26/09/2024

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

Venue: Zoom

Course Leader: Chris Carvan

Dates: Thursdays 1, 15, 29 August; 12, 26 September. Max. 100. This course runs by Zoom. 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: 01/08/2024 - 12/09/2024

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 1, 15 & 29 August; 12 September. 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: 25/07/2024 - 26/09/2024

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

Venue: Bowral Uniting Church Hall 28 Bendooley St Bowral

Course Leader: Sue Laird

Dates: Thursdays starting 25 July. Max. 26. Enrolments for this term are only open to dancers who have danced in terms 1 and or 2. 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.

Play Bridge Online Beginners

Dates: 25/07/2024 - 26/09/2024

Frequency: Weekly, Thu 11:00am - 12:00noon

Venue: Zoom

Course Leader: Kirsten Hartley

Fee: \$50.00

Course Leader2: Simon Elderfield

Dates: Thursdays starting 25 July. We believe Bridge is the best card game ever developed and in recent years this endlessly fascinating classic has been reborn online. Run through Zoom, this highly interactive and engaging beginner's course is not just talking heads. We gently guide you through the process and will have you playing on different online platforms in no time. The course will take you through the basics without pressure and you will be able to practice online from week one. Emphasis is given to card play and developing good techniques so that you build confidence when playing the cards. Basic bidding for contracts is introduced mid-course. You will receive weekly student notes which you can build into a binder. If you are not familiar with Zoom, a short and easy to follow instruction video is available to help you familiarise. Kirsten Hartley and Simon Elderfield are accredited bridge teachers both in Australia and the USA, teaching face-to-face and online.

Social Golf - PM

Dates: 25/07/2024 - 26/09/2024

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

Venue: Craigieburn Centennial Golf Centennial Rd Bowral

Course Leader: Ingrid McCulloch

Course Leader2: Kim Zegenhagen

Dates: All Thursdays, starting 25 July. Max. 18. PLEASE NOTE WINTER TIME CHANGE. 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. Your own equipment and balls are required plus a green fee of \$9 per session (Please have correct change if possible). A few buggies are available if you need one.

Painting with Oils

Dates: 25/07/2024 - 27/09/2024

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 25 July. Max. 14. 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.

Community Power: WinZero in the SH

Dates: 08/08/2024 - 08/08/2024

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

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

Course Leader: Gaye White

Course Leader2: Michelle Waters

Date: Thursday 8 August. Max 60 This session offers a comprehensive look at WinZero, a community-driven, volunteer-led organization in the Southern Highlands dedicated to environmental stewardship and sustainability. WinZero also partners with other community groups such as Landcare to preserve and enhance our natural environment via on-the-ground activities and advocacy at all levels of Government. Key topics include WinZero's pioneering projects such as FOSSIL OFF! and a pilot Virtual Energy Network, which are designed to lower carbon emissions and promote sustainable practices within the community. This presentation is perfect for those eager to engage in environmental initiatives and contribute to the preservation of our natural environment. Discover how you can join WinZero in making a significant impact locally and globally.

French Art and Culture

Dates: 15/08/2024 - 19/09/2024

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 15, 22, 29 August; 5, 12, 19 September. Max. 30. Many have toured parts of France, admired some of its treasures, food, art, markets and more. Many wonders about the sense and ideas behind the variations in Art, Architecture, Literature, Fashion and Lifestyle. With and through videos, let's uncover secrets, acquire knowledge and understand what made France. A long discussion afterward around a table and some tea, brings the class to a friendly atmosphere with that French Spirit.

Computers, Coffee & Chat 2

Dates: 01/08/2024 - 26/09/2024

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

Venue: Zoom

Course Leader: Chris Carvan

Dates: Thursdays 1, 15, 29 August; 12, 26 September. Max. 100. This course runs by Zoom. 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: 25/07/2024 - 26/09/2024

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

Venue: Loseby Park Comm Centre Park Road Bowral

Course Leader: Ian Royds

Course Leader2: Phil McKendry

Dates: All Thursdays, starting 25 July. 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-off fee of \$5 for those wanting to have afternoon tea. For Term 3, the general equipment fee of \$2 will NOT apply. 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.

Friday

Socrates' Cafe

Dates: 02/08/2024 - 27/09/2024

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

Venue: Zoom

Course Leader: Bruce Cowan

Dates: Fridays 2, 16, 30 August; 13, 27 September. 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: 02/08/2024 - 13/09/2024

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

Venue: To be advised

Course Leader: Jenny Wells

Course Leader2: Michelle Batt

Dates: Fridays 2, 16, 30 August; 13, September. Max. 40. A series of five 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

Type: Specified

Dates: 02/08/2024 - 20/09/2024

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

Venue: Member's Home

Course Leader: Ilma Cunnew

Dates: Fridays, 2, 16 August; 6, 20 September. 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.

Cardmaking Club

Dates: 26/07/2024 - 27/09/2024

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

Venue: Member's Home

Course Leader: Cathryn Bensley

Dates: All Fridays commencing 26 July. Max. 8. Make a stash of cards to have on hand for any occasion, showcasing your creativity and style. This term we will focus on Christmas designs again covering the use of scrap materials, patterned papers, cardstock and embellishments. Explore the use of colour theory. Designed to be fun, engaging and informative this course aims to offer the benefits of creativity and self-expression, stress relief through mindful activity, socialisation and a sense of accomplishment. Initially I will provide all materials for a small weekly fee of \$2.00

News in Review

Dates: 26/07/2024 - 20/09/2024

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 26 July; 9 & 23 August; 6 & 20 September. 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; prepared '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 include time for a chat beforehand and 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: 26/07/2024 - 20/09/2024

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

Fee: \$0.00

Dates: Fridays 26 July; 9, 23 August; 6, 20 September. Max 60 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.

Simone de Beauvoir - The Shock of Ageing

Dates: 13/09/2024 - 13/09/2024

Frequency: Single session, Fri 10:00am - 12:00noon

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

Course Leader: Frank Hughes

Date: Friday 13 September. Max 60 In her 1971 book, Old Age, Simone de Beauvoir analysed the major existential challenges of becoming old in an advanced western economy. She described the vulnerabilities of people seen to be old; alienation from self and others, alterity or being seen as different from the person I am, powerlessness reinforced by duplicitous and coercive communication, and despair engendered by a life that has no purpose or meaning. Fifty years later, Beauvoir's analysis is still relevant. The format for this presentation is one 2-hour lecture with time for questions. There will be a break for refreshments.

Aust BioResources Tour

Dates: 20/09/2024 - 20/09/2024

Frequency: Single session, Fri 10:30am - 12:00noon

Venue: Offsite

Course Leader: Erica Webber

Date: Friday 20 September. Max 30 Australian BioResources (ABR) Pty Ltd, a cutting-edge facility owned and operated by the Garvan Institute of Medical Research on behalf of the Australian medical research community. ABR has a vital role in supporting this community by specialising in breeding and housing research mice. ABR supports progress in modern medical research by breeding and housing a variety of genetically modified mice colonies (also known as 'lines') that are critical for progress in research across all health priority areas, including cancer, mental illness, arthritis, asthma, heart disease, diabetes, and obesity. We are also proud to offer a range of specialised services to further support our clients. Closed shoes must be worn. You will be required to sign a waiver. More details given closer to the date.

Ten-Pin Bowling

Dates: 26/07/2024 - 27/09/2024

Frequency: Weekly, Fri 2:00pm - 3:00pm

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

Course Leader: Ingrid McCulloch

Course Leader2: Trish Helps

Dates: All Fridays commencing 26 July. Max 25. Come and enjoy a fun game of Ten-Pin Bowling. You are not obliged to come every session but I would appreciate you letting me know when you cannot. 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.

HOW TO REQUEST ENROLMENT IN COURSES

To enrol in courses online:

Go to <https://sohiu3a.org.au> and log-in using your Member Number and password. Then follow the instructions built into the system Members Help page or use the instruction booklet provided on implementation of U-MAS.

Alternative ways of enrolling

If you have access to a computer, an iPad or a smartphone, we prefer you to enrol online to save time for you and also for our volunteers. However, if you are not able to enrol online, we will still accept paper-based enrolments as in the past.

Name 1	Member #	Phone	Name 2	Member #	Phone
Courses I would like to request, in order of preference					
1.			1.		
2.			2.		
3.			3.		
4.			4.		
5.			5.		
6.			6.		
7.			7.		
8.			8.		
9.			9.		
10.			10.		

Post to: The Enrolments Coordinator, U3A Southern Highlands Inc PO Box 421, Bowral 2576

Note: if you post at Bowral Post Office, you may hand the letter (with stamp) at the counter and mention that it is for a Bowral PO Box. This will facilitate immediate delivery rather than using the slower route via a sorting centre.

For Assistance, please phone Ingrid McCulloch Ph 0413 001 093 or email enrolments@sohiu3a.org.au