



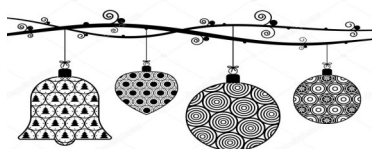
Volume 24, No. 1
November 2017

THE WISE OWL

NEWSLETTER AND COURSE INFORMATION

U3A SOUTHERN HIGHLANDS Inc.

Term 1 – 29 January to 13 April 2018



PRESIDENT'S REPORT

Term 1, 2018

Perhaps, like me (and the rest of the world), you are surprised to find Christmas around the corner all of a sudden, and to be slightly overwhelmed with the busyness this time of year inevitably brings!!

One of the many things to attend to is ensuring your U3A membership is renewed and up to date for the coming year, and then making your course choices for first term once the enrolment period is open in early December. It does seem early to be committing to classes in February, but the time frame is necessary to enable us to move smoothly into term one.

The first term of the year sometimes has a greater number of unexplained non-attendances, so once you are notified of your acceptance into particular courses I would encourage you to use the 'print your timetable' function on the website, or to fill in those dates on your own calendar or diary, so that when the time comes you are reminded of the sessions you have committed to attend. Of course, life sometimes changes shape over a few months so, if next year you find you are unable to attend something, you could then offer apologies to the course leader – this often forgotten courtesy not only keeps the leader informed, but might allow other members on a waiting list to be able to attend.

I have been asked by several people to remind members of a couple of small administrative things, so here goes:

On the first day of a course, do remember to bring the correct money for the tea contribution - large notes are difficult for the course assistants when what is required might be a 50 cent coin or a couple of dollar coins.

When submitting EFT payments or cheques it is essential to quote your ID number.

Thank you for being mindful of these things – so helpful to those concerned.

Thanks also to those members who have been in touch during the last several months responding to the call regarding upcoming vacancies on the Management Committee. Nominations for the Management Committee close on 7 February 2018, several weeks before the AGM, so if any member is interested in nominating please be in contact with a member of the Executive to discuss possible vacancies and requirements before this date.

All members are invited to the Annual General Meeting, to be held at St Stephens, Mittagong on Wednesday, 21 February at 2pm. We look forward to as many as possible participating in the 'workings' of our U3A, and particularly extend warm encouragement to new members to come and get to know committee members, current members, and each other.

In the last week of this term, and to celebrate their work throughout the year and the coming of Christmas, the Choir is again offering a free concert for members to enjoy. This has become a lovely annual treat, and I am sure they would enjoy seeing you at 2pm on Tuesday, 12 December at the Bowral Uniting Church Hall.

Following two performances in local Nursing Homes, the Buskers are also keen to perform for fellow members at the Christian Centre, Moss Vale, at 10.30am on Monday, 11 December. Notices for the events above can be found on p. 14.

2017 has been another year of wonderful courses, both ongoing and freshly offered. On behalf of us all I do thank our course leaders, our many helpers, and all who have contributed to the success of this year as it draws to a close.

I hope there is opportunity for rest and relaxation.

And joy and peace for all !!!

Warm wishes from Erica

"Peace is liberty in tranquillity" - Marcus Tullius Cicero

U3A Southern Highlands Inc 9878806

ABN 82 452 155 213

P.O. Box 421 BOWRAL NSW 2576

All enquiries to telephone number 02 9990 6650 (message service only), or to our website: www.sohiu3a.org.au

YOUR COMMITTEE FOR 2017-2018

EXECUTIVES		TELEPHONE	E-MAIL ADDRESS
Erica Webber	President	0402 039 947	president@sohiu3a.org.au
Alec Dietsch	Vice-President	4861 6530	vice-president@sohiu3a.org.au
Virginia Romney	Secretary	0403 738 615	secretary@sohiu3a.org.au
Robert Ryn	Treasurer	0413 201 611	treasurer@sohiu3a.org.au
Margaret Parkinson	Course Co-ordinator	0417 209 412	courses@sohiu3a.org.au
GENERAL MEMBERS			
Don Sigsby	Co-Course Co-ordinator	4862 1197	altcourses@sohiu3a.org.au
Yvonne Kershaw	Course Enrolments	4871 1068	enrolments@sohiu3a.org.au
Chris Linegar	Editor	4861 5588	editor@sohiu3a.org.au
Elena Barry	Member Involvement	4861 7670	support@sohiu3a.org.au
Roslyn Morgan	Membership Co-ordinator	4861 5111	membership@sohiu3a.org.au
Patricia Blunt	Leader Support/Venues	4861 5919	leadersupport@sohiu3a.org.au
Bruce Hall	Equipment	4862 2695	equipment@sohiu3a.org.au
DELEGATIONS			
David Reid	Hon. Auditor	4862 5522	drc3@bigpond.com
Bill Buykx	Public Officer	4862 4252	btbuykx@bigpond.net.au
Bert de Hosson	Web Master	4861 1055	jeanbert2576@gmail.com

Our Annual Membership Fees (1 January to 31 December)

\$45 with *Wise Owl* downloaded from website (\$22.50 if joining after 1 June)
 \$55 with *Wise Owl* delivered by Australia Post (\$27.50 if joining after 1 June)

A couple at the same address should pay \$100 (\$45 plus \$55)
 to receive one copy of the *Wise Owl* by post (\$50 if joining after 1 June).

To renew your membership simply pay the membership fee.

Payment Methods:

To pay by direct deposit, please use your bank's internet banking facility and include our BDCU bank's
BSB 802101, Account Number 357162, and Account Name U3A Southern Highlands Inc.

Please include your **U3A ID Number and Surname** in the payee's reference box.

Alternatively, you can mail a cheque to Treasurer, PO Box 421, Bowral 2576.

Please include your **U3A ID Number and Surname** on the back of the cheque.

To Become a New Member:

If you have access to the internet, please go to www.sohiu3a.org.au and select **Join Us**.

Otherwise contact Ros Morgan on 4861 5111 or email membership@sohiu3a.org.au
 to request a Membership Application Form.

2017/2018 DATES TO REMEMBER

Term 1 Enrolments	29 November to 13 December 2017
Term 1 Nominations for Committee close AGM	29 January to 13 April 2018
Term 2	7 February 2018
Term 3	21 February 2018
Term 4	1 May to 6 July 2018
	23 July to 28 September 2018
	15 October to 14 December 2018

SPECIAL NOTICE

Our volunteer course leaders take no part in the random computer selection of course participants. If you are unsuccessful in your application please do not harass the course leader or members of your U3A committee.

If you attend a course for which you have not been selected, you may be asked to leave. Fully enrolled courses have a waiting list which course leaders will process if vacancies arise. Courses with vacancies are notified to members by email.

FROM THE COURSE CO-ORDINATORS

As we approach the end of another successful year for SoHi U3A, I'm delighted to be able to report that in 2017 we have offered **261** courses with **7,589** enrolled course members. This is thanks to the time, effort and expertise of our course leaders supported by the many volunteer course assistance teams.

While right now Term 1 feels so far away, I know it will be with us in a flash. When you read through our **Term 1 Schedule**, you will see we have on offer another interesting array of **67 courses** consisting of activities, interest groups, discussion groups and mentally simulating courses. Our ever popular Book Club has split into 2 groups to be able to accommodate some new members.

Recently I found on an Australian Government website (www.staysmartonline.gov.au/news) information about **passwords and internet security** that I thought was so important to those of you on computers, that I'd share it with you.

“Perhaps one day we will have a secure online world without passwords, but until then, we must be vigilant in protecting our information online. Weak passwords are next to useless, with hackers able to crack your account in seconds. Predictable words, sequential numbers, and personal information create weak passwords. Weak passwords are easy for a criminal to guess as they use automated software that can guess thousands of passwords per second.

If you use any password on the list of Top 25 most common passwords below, or have similarly weak passwords, you are advised to change them now!

123456; Password; 12345; 12345678; football; qwerty; 1234567890; 1234567; princess; 1234; login; welcome; solo; abc123; admin; 121212; flower; passw0rd; dragon; sunshine; master; hottie; loveme; zaq1zaq1; password1.”

Season's Greetings
Margaret Parkinson

OUR COURSES FOR TERM 1

ALL YOU NEED IS EARS: LISTENING TO RATHER THAN HEARING MUSIC

Welcome to a new session of understanding music. We've got a varied diet this term, concentrating each session on specific subjects. Session 1: Shakespeare in Music – works including Tchaikovsky's Hamlet Overture, Romeo & Juliet Overture, Berlioz's Romeo and Juliet, Verdi's Macbeth, Verdi's Falstaff and Verdi's Otello. Session 2: The Symphonic Poem, exploring works by Liszt, Dvorak, Tchaikovsky, Richard Strauss and Zemlinsky. Session 3: an intensive look at Wagner's Der Ring Des Nibelungen. Session 4: almost certainly continuing with Der Ring Des Nibelungen. Session 5: Solo Identities – Paganini Caprices, Bach for Solo Cello, Clarinet works, Britten's Six Metamorphoses After Ovid for Solo Oboe, Percussion Alone. **There will be a small charge for notes provided.**

Leader: Murray Khouri

Co-Leader: Lyndall Foldvary (4862 1906)

Email: lyndall1906@bigpond.com

When: Wednesday, 7 February 2018 and then fortnightly.

Number of sessions = 5

Time: 10:00 to 12:00

Where: Annesley Theatre Room, 2nd floor, Westwood Drive, Bowral

Numbers: 20 to 50

ART IN THE AFTERNOON

We are a group of men and women who enjoy painting and drawing, mostly we work in our lovely modern studio. We visit the ever changing exhibition at Bowral Art Society in our break. We listen to soft music as we work, and bring and use the medium of our choice. Ideas and encouragement are exchanged. Some have been painting for years, others have only recently begun. Help is available when required. This course is assisted by Richard Atkin.

Leader: Annette Hearne (0428 587 843)

Email: hannette54@gmail.com

Co-Leader: James Harper (4862 2129)

Email: jheharper@gmail.com

When: Monday, 29 January 2018 and then weekly.

Number of sessions = 10

Time: 1:30 to 4:00

Where: Bowral BDAS Workshop, Short Street, Bowral

Numbers: 15 to 19

BEHIND CLOSED DOORS

This course is an attempt to gain an insight into the private aspects of the lives of very public figures, the Tudor royals, from Henry V11 to Elizabeth 1. What was life really like for them once they retreated to their private apartments? What did they reveal of themselves when they shed their public persona?

Leader: Sandra Gillespie (4868 2396)

Email: sandrahgillespie@gmail.com

When: Thursday, 1 February 2018, 15/2, 1/3, 15/3.

Number of sessions = 4

Time: 10:00 to 12:00

Where: East Bowral Comm. Centre, Boardman & Rowland Roads, Bowral

Numbers: 20 to 60

Due to over subscription you may not get into all your course choices.

BOOK LOVERS' CIRCLE

We are a relatively new Book Group who enjoy reading a variety of books which members take turns to choose, one each month. We meet at a member's house on the second Wednesday of the month, from 10 am to 12 noon, and we ask the one who chose the book to lead our discussion. This can be quite wide ranging and cover all aspects of our chosen title. **A small charge is made each term for morning tea.** Because our group number is necessarily limited, and many members wish to continue, we can take 2-3 new members. As we now offer 2 Book Groups please enrol in one only.

Leader: Coralie Nicholson (4872 2197)

Email: collieu3a@gmail.com

Co-Leader: Jane Courtenay (4869 4778)

Email: jane.courtenay.au@gmail.com

When: Wednesday, 14 February 2018, 14/3, 11/4.

Number of sessions = 3

Time: 10:00 to 12:00

Where: Member's Home

Numbers: 10 to 12

BOOKWORMS' BOOK GROUP

This is the original U3A book club that generally meets on the 4th Wednesday of each month. Our Book Group reads all different genres including some non-fiction. All members have the opportunity to suggest books which are then selected by an informal vote. This seems to be working and this way we get to read both new and old books of various genres, authors and themes to discuss and provide our thoughts. The member generally provides an introduction to their suggested book followed by individual and group discussion. We have a maximum of 12, and many wish to continue, so we would welcome 2-3 new members. As we now offer 2 Book Groups, please enrol in one only.

Leader: Margaret Hansell (4862 5540)

Email: hansell760@gmail.com

When: Wednesday, 31 January 2018, 28/2, 28/3.

Number of sessions = 3

Time: 10:00 to 12:00

Where: Member's Home

Numbers: 10 to 12

BRITAIN SINCE THE CONQUEROR

The course has now entered the 18th Century and will cover the reigns of the first four Georges. **There will be a small charge for those who stay for morning tea after the session. There may also be a small charge for course notes.**

Leader: Ken Saxby (4862 1118)

When: Friday, 2 February 2018 and then weekly.

Number of sessions = 10

Time: 10:00 to 12:00

Where: Bowral Uniting Church, Cnr Bendooley & Boolwey Sts, Bowral

Numbers: 25 to 50

BRITISH SPIES IN THE 20TH CENTURY

This is a repeat of the heavily oversubscribed Term 4, 2017 course. An heroic spy to one is another's traitor. From the early days of the Nazi Party there developed opposition. Among them were the 'Cambridge Five', a group of upper class students recruited by Sir Anthony Blunt for the NKVD which later became the KGB. He eventually became Keeper of the Queen's Pictures. The most successful of the Cambridge Five was Kim Philby who rose to the highest ranks of MI5 while

concurrently a Colonel in the KGB. There were others. Who were the spies? What were their motives? What happened to them? In his career as a book publisher Ken had dealings directly and indirectly with people involved in spying including a friendship with the ASIO counter espionage agent, Michael Thwaites, who debriefed the Soviet KGB operative, Petrov following his defection from the Soviet Embassy in Canberra in 1952.

Leader: Ken Wilder (4861 2792)

Email: kwbuono@acenet.com.au

When: Wednesday, 31 January 2018, 7/2, 14/2, 21/2.

Number of sessions = 4

Time: 9:30 to 11:30

Where: East Bowral Comm. Centre, Boardman & Rowland Roads, Bowral

Numbers: 20 to 75

CHESS CLUB

How does Lewis Carroll's 'Through the Looking Glass' relate to chess? It is, in fact, the game which has been played for over 1500 years, with its origins in India. It is beloved of the world's famous, from Canute to Dickens, Shakespeare to HG Wells. Dr Johnson said: "Chess is wonderful for concentration, but so is the possibility of being hanged the next day." Now it is your chance to revisit and revitalise your game in a relaxed and friendly atmosphere. Beginners are welcome as tutors are willing to assist.

Leader: Adele Collins (4861 5810)

Email: adelegcau@yahoo.com.au

Co-Leader: Cheryl Tucker (4862 2257)

Email: bobncheryl@tpg.com.au

When: Wednesday, 31 January 2018 and then weekly.

Number of sessions = 11

Time: 2:30 to 4:30

Where: Kazcare Room 2, 15 -17 Kirkham Rd, Bowral

Numbers: 7 to 12

CINEMA ON THURSDAY

Experience an enjoyable afternoon at our Empire Cinema, viewing a movie followed by coffee or tea downstairs at Coffee Culture. Gerard continues to advise on current releases to help us choose an interesting and varied selection for you. **TERM COST is \$34.50** (combined cinema and coffee). **Money must be paid at time of application for enrolment.** Members who apply but neglect to pay prior to close of enrolment will not be accepted. If you cannot attend a session you may deputise another U3A member to attend in your place, BUT money cannot be refunded.

Leader: Valerie Fishburn (4861 1076)

Email: valfish@hinet.net.au

When: Thursday, 1 February 2018, 1/3, 5/4.

Number of sessions = 3

Time: 2:00 to 4:30

Where: Bowral Empire Cinema, Bong Bong Street, Bowral

Numbers: 20 to 36

CINEMA ON WEDNESDAY

Experience an enjoyable afternoon at our Empire Cinema, viewing a movie followed by coffee or tea downstairs at Coffee Culture. Gerard continues to advise on current releases to help us choose an interesting and varied selection for you. **TERM COST is \$34:50** (combined cinema and coffee). **Money must be paid at time of application for enrolment.** Members who apply but neglect to pay prior to close of enrolment will not be accepted. If you cannot attend a session, you may deputise another U3A member to attend in your place, BUT money cannot be refunded.

Leader: Debbie Angus (4872 2705)
 Co-Leader: Valerie Fishburn (4861 1076)
 Email: valfish@hinet.net.au
 When: Wednesday, 7 February 2018, 7/3, 5/4.
 Number of sessions = 3
 Time: 2:00 to 4:30
 Where: Bowral Empire Cinema, Bong Bong Street,
 Bowral
 Numbers: 20 to 36

CINEMATHEQUE

Would you like to see a cult or classical film from the 20th Century? Here is your opportunity. All foreign films are from Europe, Scandanavia, Asia, Russia etc., and have English subtitles. Most of them have been awarded prizes and categorised as 'Art Cinema' and some are in black and white. **A charge of \$10 for the term is payable at the first session.** For more information please contact Bea 0425 268 120.

Leader: Beatrice Botvinik
 Email: tobeatrice186@hotmail.com
 Co-Leader: Niki Rebay (4877 2708)
 Email: jimniki@exemail.com.au
 When: Friday, 9 February 2018 and then fortnightly.
 Number of sessions = 5
 Time: 12:30 to 3:00
 Where: East Bowral Comm. Centre, Boardman &
 Rowland Roads, Bowral
 Numbers: 25 to 50

COMPUTERS COFFEE AND CHAT

Want to be more productive with your PC or Mac? Worried about computer security and privacy? Like to know more about the latest developments in computer technology? If so, this course will be of interest to you. The course combines lecture style delivery of tips, explanations, news and suggestions with informal group discussion in a non-threatening environment. Comprehensive notes are provided for each session. The course is not suitable for total beginners wanting to learn how to use a computer for the first time nor is it intended for technical types who want to learn programming or delve into bits and bytes and other technical issues. Rather this course is aimed at existing PC and Mac users who simply want to be more productive on their computer and would also like to stay abreast of the fast developing world of computer technology. If that's you, then you will find much here that is interesting and rewarding. **There is a charge of \$5 per term to cover afternoon teas/coffee and other incidentals.**

Leader: Christopher Carvan (4868 3116)
 Email: ccarvan@gmail.com
 Co-Leader: Tom Currie (4871 3577)
 Email: tdc6058@gmail.com
 When: Thursday, 1 February 2018 and then fortnightly.
 Number of sessions = 6
 Time: 2:00 to 4:00
 Where: East Bowral Comm. Centre, Boardman & Row-
 land Roads, Bowral
 Numbers: 20 to 50

CRIBBAGE CLUB

Enjoy a game of Cribbage and a cup of coffee at the Bowral Bowling Club. We play weekly but members are welcome to join us when they can. **There is no cost for the venue but cribbage players are expected to join the Bowling Club as social members at a charge of \$15pa.**

Leader: John Blair (0405 255 426)
 Email: john.blair01@bigpond.com
 When: Friday, 2 February 2018 and then weekly.
 Number of sessions = 10
 Time: 9:30 to 11:30
 Where: Bowral Bowling Club, 40 Shepherd Street,
 Bowral
 Numbers: 8 to 32

DECOUPAGE AND CRAFT

Enjoy a morning working on your favourite craft with a group of people who have wide experience with a number of craft activities. There is no tutor and you will need to supply all your own materials, however there will be plenty of encouragement and ideas to help you.

Leader: Amanda Benschel (4861 3540)
 Email: amandalouise247@hotmail.com
 When: Wednesday, 31 January 2018 and then fortnightly.
 Number of sessions = 6
 Time: 10:00 to 12:00
 Where: Bowral Presbyterian Church Hall, Bendooley
 Street, Bowral
 Numbers: 6 to 15

DOUBLE DUTCH

The Course is at a basic easy level and ideal for members who wish to stimulate and exercise their brain cells in a friendly and gezellige group. It is meant for both non-Dutch speakers wishing to learn something new and for Dutch speakers who wish to expand on their childhood memories of what their parents spoke. A primary text book will be followed as well as readings from other sources. **Cost for new members is \$25 for the text book, printing and tea break; \$7 for continuing members.** For information please contact Martin.

Leader: Martin Pronk (0459 228 033)
 Email: doubledutchu3a@gmail.com
 When: Friday, 9 February 2018, 23/2, 9/3, 23/3, 6/4.
 Number of sessions = 5
 Time: 10:30 to 12:30
 Where: Kazcare Room 2, 15 -17 Kirkham Rd, Bowral
 Numbers: 12 to 20

EMBROIDERY PLUS

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. **Small cost for tea/coffee each term payable at the first session.**

Leader: Barbara Taylor (4861 1993)
 Email: bartok@westnet.com.au
 Co-Leader: Gladys Cowie (4872 1972)
 Email: gladyscowie@gmail.com
 When: Monday, 29 January 2018 and then weekly.
 Number of sessions = 10
 Time: 10:00 to 12:00
 Where: Member's Home
 Numbers: 6 to 13

FAMILY HISTORY

An interesting group for those undertaking family history research. This is now an advanced group and this term we can only welcome experienced searchers. There will be occasional guest speakers & excursions. This course meets on the second Thursday of the month and continues through the school holidays but does not meet in January.

Leader: Richard Hinde (4872 4487)

Email: rhinde@westnet.com.au

Co-Leader: Lois Holgate (4872 3660)

Email: lois_holgate@hotmail.com

When: Thursday, 8 February 2018, 8/3, 12/4.

Number of sessions = 3

Time: 1:00 to 2:30

Where: Mittagong RSL Club, Bessemer Street, Mittagong

Numbers: 13 to 20

FUN WITH WATERCOLOUR

Open to all with a wish to expand their talents in this wonderfully challenging medium. Some experience preferred as **THIS IS AN UNTUTORED COURSE**. Enjoy meeting enthusiastic and helpful watercolour art members and pass on and learn new techniques. **A payment of \$4 will be collected for morning tea for the Term.**

Leader: Pat Glading (4883 6927)

Email: patglad@westnet.com.au

When: Friday, 2 February 2018 and then weekly.

Number of sessions = 7

Time: 9:30 to 12:30

Where: Bowral Presbyterian Church Hall; Bendooley Street; Bowral

Numbers: 14 to 20

GENTLE YOGA FOR BODY AND SOUL

These fulfilling explorations offer gentle and mindful movements for both women and men. Each class facilitates healthy muscle tone, overall flexibility, increased concentration and a calm alert mind. Relaxation techniques encompass meditation and breathing practices. **\$13 per class payable at venue.**

Leader: Zara Matthews

Email: zaramatthews3@gmail.com

When: Thursday, 1 February 2018 and then weekly.

Number of sessions = 10

Time: 9:15 to 10:30

Where: Southern Medical Centre Moss Vale, Level 1, 61 Elizabeth St, Moss Vale

Numbers: 6 to 10

GERMAN (ADVANCED BEGINNERS TO INTERMEDIATE)

This class is intended for those who may have studied or learned German at some stage in the past. It is considered an extension of 'German for Beginners', which has been running for the past two years, and intends to extend the gentle progress made by students who have attended that course. As a rough guide to the standard required class members should be able to formulate and answer simple questions in German. Grammatical mistakes are not important, but a willingness to

try is important. The basic intent is to encourage conversation in German. During the course, we will touch on German culture, geography, history, current affairs, and colloquial language, with a bit of grammar thrown in when necessary. Access to a computer connected to the internet and an email address is necessary for dissemination of information associated with the course. There is also a great deal of information available online which can enhance the learning experience, and class members will be encouraged to explore those resources.

Leader: Thomas Smith (4862 5045)

Email: sohiu3a.german@gmail.com

When: Monday, 29 January 2018 and then weekly.

Number of sessions = 10

Time: 9:30 to 11:30

Where: Kazcare Room 2, 15 -17 Kirkham Rd, Bowral

Numbers: 9 to 25

GIVE GOLF A GO

We are pleased to welcome you to join this group of happy golfers who are either beginners or coming back to renew their love affair with the great game of golf. For further information call Alex. **Cost \$6 per session to cover Green fees and balls.**

Leader: Alex Nicholson (4872 2197)

Email: alexandernicholson114@gmail.com

When: Tuesday, 6 March 2018 and then weekly.

Number of sessions = 5

Time: 10:00 to 12:00

Where: Craigieburn, Centennial Road, Bowral;

Numbers: 4 to 8

GLOBAL ECONOMY - AN EXPERT VIEW

Once again we are privileged to welcome John Abernethy, the Managing Director of Clime Asset Management and an acknowledged guru in his field, to give his view 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 with a large audience, and we expect the same on 14 March.

Leader: David Reid (4862 5522)

Email: drc3@bigpond.com

When: Wednesday, 14 March 2018.

Number of sessions = 1

Time: 2:00 to 4:00

Where: East Bowral Comm. Centre, Boardman & Rowland Roads, Bowral

Numbers: 40 to 75

GUESS WHO'S COMING TO DINNER!

In this series of 5 lectures I shall be inviting four illustrious, historical guests to dinner. The time period covered will be from the 18th century to the 1990s. Starting with the menu, I shall introduce and discuss the individual, including aspects of their life, works and achievements. The 5th session will consider how we perceive, relate to and judge figures from the past. Members will be encouraged to participate if they wish, by telling us about someone they would like to have to dinner.

Leader: Joanne McGrath (4862 3033)
 Email: buskers62@gmail.com
 When: Thursday, 8 February 2018 and then fortnightly.
 Number of sessions = 5
 Time: 10:00 to 12:00
 Where: East Bowral Comm. Centre, Boardman & Rowland Roads, Bowral
 Numbers: 20 to 75

HATHA YOGA

It is well recognized that the practice of yoga supports health and mental wellbeing. Hatha yoga uses bodily postures and breath awareness to bring a sense of balance to mind and body. This practical course will introduce some of the physical practices of Hatha yoga. Each session will include tranquil limbering exercises, beginner level asana (posture) work, breath (pranayama) awareness techniques and deep relaxation. The session will also touch on the philosophy that underpins Hatha yoga. Having practiced yoga for many years Anne has recently completed a one year Diploma of Yoga Teaching. She is keen to share her passion for yoga with U3A. Participants will need to bring their own yoga mat and a blanket or large beach towel to each session. Anne can be contacted on 0407 613 495.

Leader: Anne Royds
 Email: anne.m.royds@gmail.com
 When: Friday, 9 February 2018, 16/2, 23/2, 2/3, 9/3, 16/3, 23/3, 6/4.
 Number of sessions = 8
 Time: 9:30 to 11:00
 Where: Kazcare Room 5, 15-17 Kirkham Rd, Bowral
 Numbers: 4 to 12

THE HIGHLAND BUSKERS

The Buskers 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.

Leader: Kerith Fowles (4883 6515)
 Email: keritch.fowles@bigpond.com
 When: Monday, 29 January 2018 and then weekly.
 Number of sessions = 10
 Time: 9:30 to 11:30
 Where: Christian Centre Moss Vale, Cnr Spring & Station Sts, Moss Vale
 Numbers: 16 to 40

HOW PEOPLE DEVELOP THROUGH LIFE

Lifespan development theory offers powerful insights for understanding our development during our lifetime. This course offers a journey of shared reflection. Each week applies Erikson's lifespan development theory (and other theories and research) to children, adolescents and adults, especially older adults. Sessions will combine input with small and whole group discussion. Key resources for discussion are real life DVD excerpts and the movie On Golden Pond. Each week participants will be encouraged to reflect on how the ideas shed light on their own lives, past and present, including the experiences of work, retirement, and parenting and grand-parenting. **There will be a \$2 charge for notes.**

Leader: Neill Ustick (4869 5152)
 Email: neill.ustick@gmail.com
 When: Tuesday, 30 January 2018 and then weekly.
 Number of sessions = 8
 Time: 10:00 to 12:00
 Where: East Bowral Comm. Centre, Boardman & Rowland Roads, Bowral
 Numbers: 15 to 25

ICELAND - A TRAVELLER'S PERSPECTIVE

After two trips to The Land of Fire and Ice, Iceland has become my favourite country. This is essentially a repeat of my first U3A presentation. Travel with me to discover the rich variety that the forces of nature have bestowed upon a unique island. Share my enthusiasm for volcanoes, glaciers, geysers, fjords, and a fabulous variety of waterfalls. Discover evidence of fierce warriors, world-expanding seafarers, achievers, elves and trolls, but no railways, no army, and almost no crime.

Leader: Ken Travers (4869 5931)
 Email: kkt1066@gmail.com
 When: Monday, 5 February 2018.
 Number of sessions = 1
 Time: 2:00 to 4:00
 Where: Moss Vale Senior Citizens Hall, Queen Street, Moss Vale
 Numbers: 20 to 80

JAPANESE: SPOKEN AND WRITTEN

This course offers an integrated and fun approach to learning Japanese language, script and culture and is for people who either commenced their study in 2016 or have an elementary knowledge of Japanese including a firm command of Hiragana, the basic script. Romanised Japanese (i.e. writing the language using the English alphabet) will not be used. In 2018 learners will extend their command of both the spoken language and script and will become familiar with Katakana and some basic Kanji (Chinese characters). **No text book is required but \$20 will be collected on the first day to cover course material for the full term.**

Leader: Adrienne Bradney-Smith (4871 2731)
 Email: adriennebradneysmith@gmail.com
 When: Tuesday, 30 January 2018 and then weekly.
 Number of sessions = 11
 Time: 10:00 to 12:00
 Where: Member's Home
 Numbers: 1 to 15

LATIN (LEVEL 3)

We shall use Oxford Latin Course Book 3 and photocopied texts from various authors. A basic knowledge of Latin grammar and vocabulary is needed for successful participation.

Leader: Meredith Van Til (4872 1697)
 Email: merryvantil@gmail.com
 Co-Leader: Jenny McDonnell (4861 2718)
 Email: jennymcd01@gmail.com
 When: Friday, 2 February 2018, 9/2, 16/2, 23/2, 2/3.
 Number of sessions = 5
 Time: 1:00 to 3:00
 Where: Kazcare Room 2, 15 -17 Kirkham Rd, Bowral
 Numbers: 4 to 24

LATIN (LEVEL 4)

We shall use the Oxford Course Reader, an excellent collection of prose and poetry.

Leader: Meredith Van Til (4872 1697)
 Email: merryvantil@gmail.com
 Co-Leader: Jenny McDonell (4861 2718)
 Email: jennymcd01@gmail.com
 When: Tuesday, 6 March 2018, 13/3, 20/3, 27/3, 3/4
 Number of sessions = 5
 Time: 10:00 to 12:00
 Where: Kazcare Room 2, 15 -17 Kirkham Rd, Bowral
 Numbers: 8 to 20

LAWN BOWLS: TAKING THE NEXT STEP

A bowls course for bowlers who have played before or attended the 'Learn the art of lawn bowls' course. A quick refresher on the basics and then on to learn the finer points of the game of lawn bowls. We have both men and ladies coaches ready to instruct. Just bring yourself in flat soled shoes to our beautiful greens situated below Mount Gibraltar. We can supply bowls. **Cost is \$5 per session to assist with green maintenance.** For further information call Robin (0434 914 467).

Leader: Robin Staples (0434914467)
 Email: srstaples@tpg.com.au
 When: Thursday, 1 March 2018 and then weekly.
 Number of sessions = 6
 Time: 2:30 to 4:00
 Where: Bowral Bowling Club, 40 Shepherd Street, Bowral
 Numbers: 1 to 60

LEARN THE ART OF LAWN BOWLS

Learn the art of lawn bowls at Bowral Bowling Club. Our Club is situated in a beautiful setting below Mount Gibraltar. We have both men and ladies coaches eager to instruct you in the art of lawn bowls. Lawn bowls provides excellent exercise for all age groups without heavy demands on the body. Come and learn how to deliver the bowl and understand how the game is played. Just bring yourself and make sure the soles of your shoes are nice and flat. Bowls are supplied. **Cost is \$5 per session to assist with green maintenance.** For further information call Robin (0434 914 467)

Leader: Robin Staples (0434914467)
 Email: srstaples@tpg.com.au
 When: Tuesday, 27 February 2018, 6/3, 13/3, 20/3, 27/3, 3/4
 Number of sessions = 6
 Time: 2:30 to 4:00
 Where: Bowral Bowling Club, 40 Shepherd Street, Bowral
 Numbers: 1 to 60

LUNCH OUT TOGETHER

U3A is programming one lunch even per term. This is an opportunity to meet socially and enjoy good company and food with other U3A members. Term 1 lunch will be held at Home No.9 by Bangkok House, Shop 9, 328-332 Bong Bong Street, Bowral (off the car park near Priceline Chemists and Oxley Butchers behind Bong Bong Street). 2 Entrees and 4 Mains plus Rice. **Cost \$30 and BYO permitted.** As usual please **PAY on APPLICATION and please note that the payment of \$30 is non refundable.** If unable to attend, members are permitted to get another current SoHiU3A member to go in their place and advise Sandra Boland of the change.

Leader: Sandra Boland (0414 614 567)
 Email: sandraboland@bigpond.com
 When: Thursday, 15 February 2018.
 Number of sessions = 1
 Time: 12:15 to 2:15
 Where: Shop 9, 328-332 Bong Bong Street, Bowral
 Numbers: 20 to 40

MAYHEM IN JAKARTA

1999 saw the end of the Soeharto era in Indonesia. This took place during the South East Asian financial crisis and the economic demise of the country. In 1998 major rioting took place in Jakarta and over a few days many thousands were killed or assaulted and billions of dollars in damage occurred to the city. This talk outlines from an expatriate's point of view, through living in Jakarta at the time, events surrounding this period in history, the experience of evacuating Indonesia during the rioting, its cause and what followed.

Leader: Bruce Hansell (4862 5540)
 Email: hansell760@gmail.com
 When: Wednesday, 7 February 2018.
 Number of sessions = 1
 Time: 2:00 to 4:00
 Where: East Bowral Comm. Centre, Boardman & Rowland Roads, Bowral
 Numbers: 20 to 60

MEDITATION

Benefits of meditation to our physical, emotional, mental and spiritual wellbeing are now commonly recognised. This meditation series will incorporate mindfulness, breath exercises, guided meditations, energy body work and music. Jayanti is a Psychologist and registered energy therapist. She weaves together the traditions from the east and the west, psychology and spirituality, to assist in bringing more peace, joy and love into our lives and relationships. This healing takes place in an environment of loving acceptance and fun. For more information, contact Jayanti 0412 611361.

Leader: Chrystabel Carter (4861 1110)
 Email: chrystabel@bigpond.com
 When: Wednesday, 31 January 2018 and then weekly.
 Number of sessions = 6
 Time: 2:30 to 4:00
 Where: Kazcare Room 5, 15-17 Kirkham Rd, Bowral
 Numbers: 12 to 20

MINDFULNESS MEDITATION

Mindfulness is a deep practice, a way to peace. The more we use it in our daily lives the more we increase our capacity for peace and well-being. This course offers the opportunity to practise practical ways to introduce mindfulness into our daily lives to achieve peace, understanding and compassion for ourselves and others.

Leader: Jennifer Pittman (4883 6414)
 Email: jenny.pittman@gmail.com
 When: Wednesday, 31 January 2018 and then weekly.
 Number of sessions = 8
 Time: 10:00 to 12:00
 Where: Kazcare Room 5, 15-17 Kirkham Rd, Bowral
 Numbers: 10 to 20

MINDFULNESS MEDITATION: INTRODUCTION

Being mindful is a way of living, a way to peace. It can be practised at any time - while eating, walking, being with family. The aim of the course is to learn ways to take care of ourselves so we can cultivate joy and peace in our lives. The course is for beginners and experienced practitioners. It is non-sectarian and introduces practical skills for use in daily life.

Leader: Jennifer Pittman (4883 6414)
 Email: jenny.pittman@gmail.com
 When: Wednesday, 7 February 2018, 14/2, 21/2, 28/2.
 Number of sessions = 4
 Time: 12:30 to 2:30
 Where: Kazcare Room 5, 15-17 Kirkham Rd, Bowral
 Numbers: 10 to 20

MINDFULNESS MEDITATION: PRACTICAL AND EVIDENCE BASED SKILLS

Mindfulness and Meditation skills help us to develop resilience and flexibility for everyday life in our responses to life's tribulations. Research indicates that through the practice of Mindfulness we can bring balance and compassion to our experiences of pain, stress and anxiety as well as a greater capacity for enjoyment of life in the present moment. Charlotte is a Therapist and Counsellor. She also holds an advanced certificate for the psychotherapeutic model of ACT Mindfully and is a practitioner of Mindfulness Based Stress Reduction. All are welcome to this class in Mindfulness Meditation.

Leader: Charlotte Rathbone (0401 547 296)
 Email: Charlotte.rathbone8@gmail.com
 When: Tuesday, 30 January 2018, 6/2, 6/3, 13/3, 20/3, 27/3, 3/4, 10/4.
 Number of sessions = 8
 Time: 10:00 to 12:00
 Where: Moss Vale Senior Citizens Hall, Queen Street, Moss Vale
 Numbers: 10 to 25

NEWS IN REVIEW

For two hours each fortnight we will engage in discussion of a piece drawn from the Opinion and Editorial pages of leading news media in the previous week. Members of the group will be expected, at least once over a year, to select an Op-Ed piece; analyse it and/or the issues raised in it; make a brief presentation on these; prepare questions to focus discussion of the piece; and facilitate an interactive discussion on these. Members of the group will be expected to contribute to discussions in a non-combative manner and it is hoped that members will hone their skills of critical analysis and public presentation in this way. Co-Leaders: Marcus McInnes (4872-3551 and Ian Bowie (4861-5451).

Leader: Marcus McInnes (4872 3551)
 Email: jandm.mcinnnes@bigpond.com
 When: Friday, 9 February 2018 and then fortnightly.
 Number of sessions = 5
 Time: 10:00 to 12:00
 Where: Bowral Baptist Church Hall, 13 Merrigang Street, Bowral
 Numbers: 8 to 12

PAINTING WITH OILS

If you like to paint with oil or acrylic paints you are welcome to join this friendly group. Members must provide their own materials

and decide on their own projects but we share our ideas and experience in a helpful and informal atmosphere. Odourless solvents must be used.

Leader: George Morgan (4861 5111)
 Email: georgemorgan8@bigpond.com
 Co-Leader: Goff Scott-Mitchell (4861 4410)
 When: Thursday, 1 February 2018 and then weekly.
 Number of sessions = 11
 Time: 1:30 to 4:00
 Where: Bowral BDAS Workshop, Short Street, Bowral
 Numbers: 12 to 16

PANORAMA OF FRENCH

This course is based on participants reading and discussing a work of a famous French author. Participants should be able to read easily from the work and take part in simple discussion about it. The course is meant to be enjoyable and a coffee break is rigorously observed. The entire class will be conducted in French. Any new members wishing to enrol should contact the Leader or Co-leader.

Leader: Annie Chabert-McKay
 Email: achabert@bigpond.com
 Co-Leader: Brenda Kemp (4862 1126)
 Email: kemp.france@gmail.com
 When: Wednesday, 31 January 2018 and then weekly.
 Number of sessions = 11
 Time: 10:00 to 12:00
 Where: Kazcare Room 4, 15-17 Kirkham Road, Bowral
 Numbers: 8 to 13

PETANQUE CLUB 1

A fun afternoon in the fresh air, where the goal is to toss hollow metal balls underhand to stop as close as possible to a small wooden ball. It's just for fun, social contact and a wee bit of exercise. Petanque is the French game of boules, popular throughout the world. We play on Berrima Boules Court situated in front of the old tennis court shelter shed in the Market Place. This is a public court so we may join with others or them with us as we play. Play is from 2.00 - 3.30 pm after which we adjourn for afternoon tea to one of Berrima's cafes. There are two fortnightly Petanque clubs on alternate Wednesdays so please enrol in only one of the two.

Leader: John Blair (0405 255 426)
 Email: john.blair01@bigpond.com
 When: Wednesday, 31 January 2018 and then fortnightly.
 Number of sessions = 6
 Time: 2:00 to 4:00
 Where: Berrima Boules Park, Bryan Street, Berrima
 Numbers: 6 to 12

PETANQUE CLUB 2

Same as Petanque Club 1 but on the alternate Wednesday. Please enrol in only one of the two fortnightly Petanque Clubs.

Leader: John Blair (0405 255 426)
 Email: john.blair01@bigpond.com
 When: Wednesday, 7 February 2018 and then fortnightly.
 Number of sessions = 5
 Time: 2:00 to 4:00
 Where: Berrima Boules Park, Bryan Street, Berrima
 Numbers: 6 to 12

PINOCHLE CLUB

Enjoy a game of Pinochle and a cup of coffee at the Bowral Bowling Club. Pinochle is a popular American trick-taking card game similar to 500 and bridge. We play weekly but members are welcome to join us when they can. There is no cost for the venue but players are expected to join the Bowling Club as social members at a cost of \$15pa.

Leader: John Blair (0405 255 426)
 Email: john.blair01@bigpond.com
 When: Friday, 2 February 2018 and then weekly.
 Number of sessions = 10
 Time: 2:00 to 4:00
 Where: Bowral Bowling Club, 40 Shepherd Street, Bowral
 Numbers: 4 to 24

POETRY LIVE

This is a course for anybody who would like to be moved to happiness, laughter, love, faith, disappointment, grief – or as Emily Dickinson said: “if I feel physically as if the top of my head were taken off, I know that is poetry.” Each session members are invited to choose two poems on a specific theme. Class members will read the poems of their choice, and share the reasons for that choice. Poems may be from any source, and may include one poem of your own creation. Please bring your own tissues.

Leader: Glenn Dalton (4861 6984)
 Email: elizabethdalton8@gmail.com
 When: Thursday, 1 February 2018 and then fortnightly.
 Number of sessions = 6
 Time: 10:00 to 12:00
 Where: Kazcare Room 4, 15-17 Kirkham Road, Bowral
 Numbers: 10 to 16

POETRY ON TUESDAY

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.

Leader: Richard Hastings (0417 431 114)
 Email: richard.hastings2@bigpond.com
 Co-Leader: Josephine Young (4883 7499)
 Email: josephineyoung@ozemail.com.au
 When: Tuesday, 6 February 2018 and then fortnightly.
 Number of sessions = 5
 Time: 10:00 to 12:00
 Where: Member's Home
 Numbers: 7 to 16

POLITICS BEYOND SPIN

This lively and enlightening course will explore political ideas from Plato, to Machiavelli, to the enlightenment, to the 20/21st centuries. Furthermore, during the lecture/discussion sessions, various political notions will be considered and relevant questions addressed. For example: What is the difference (if any) between Liberalism and Conservatism? Does Left wing equal communism and Right wing equal capitalism? If not, what do they mean? What is Realpolitik, anarchism, nationalism, democracy, totalitarianism, etc?

Leader: Bill Dow (4683 1695)
 When: Thursday, 1 February 2018, 8/2, 15/2, 22/2, 1/3, 8/3, 15/3.
 Number of sessions = 7
 Time: 2:00 to 4:00
 Where: Kazcare Room 4, 15-17 Kirkham Road, Bowral
 Numbers: 12 to 23

A REVISIONIST HISTORY OF SOUTHERN AFRICA

This course will examine the history of South Africa and its immediate neighbours from before white settlement to the present. This is a complex region with many groups having conflicting views on historical events and how the complex issues facing the region should be dealt with. We will look at some of the current historical research which forces those who were educated in pre-1994 South Africa to rethink what were once seen as irrefutable facts.

Leader: James Saville (4889 4675)
 Email: saville@acenet.com.au
 When: Tuesday, 27 February 2018, 6/3, 13/3, 20/3.
 Number of sessions = 4
 Time: 2:00 to 4:00
 Where: East Bowral Comm. Centre, Boardman & Rowland Roads, Bowral
 Numbers: 20 to 75

RINGS OF ICE

Bob Lawton was Section Manager for Cross Country Skiing and Biathlon at the Winter Olympic Games in Calgary, Canada in 1988 and General Manager of the Australian Team at the 1992 Games in Albertville, France. The Winter Olympic Games will be held in South Korea in February 2018 with the site less than 50 kilometres from North Korea. Given the tensions on the Korean Peninsular the saying, “We live in interesting Times”, is perhaps appropriate. Australia is now a significant player in the Winter Olympics. This presentation will outline significant moments in the Winter Olympic Games and the Australian participation in them.

Leader: Robert Lawton (4862 2063)
 Email: rlawton41@gmail.com
 When: Wednesday, 14 February 2018.
 Number of sessions = 1
 Time: 2:00 to 4:00
 Where: East Bowral Comm. Centre, Boardman & Rowland Roads, Bowral
 Numbers: 30 to 60

ROTARY- AN EXTRAORDINARY ORGANISATION LOCALLY AND GLOBALLY

There are over 1.2 million Rotarians worldwide of all ages and occupations, and almost 100 live in the Southern Highlands. How and why do they give their time and energy to voluntary service. David McCosh, just back from a visit to Timor Leste with a team of 11 other Rotarians, will give an illustrated overview of the purpose, history, challenges, achievements, social activities and friendships of this remarkable organisation, with special reference to the Clubs of the Southern Highlands.

Leader: David McCosh (4871 2288)
 Email: dnr.mccosh@gmail.com
 When: Tuesday, 27 March 2018.
 Number of sessions = 1
 Time: 10:00 to 12:00
 Where: East Bowral Comm. Centre, Boardman & Rowland Roads, Bowral
 Numbers: 20 to 60

SCOTTISH COUNTRY DANCE FOR SENIORS

Have you thought of joining the enthusiastic group of dancers who have enjoyed Scottish Country Dancing for over 10 years now? This 'Ballroom Dance of Scotland' provides mental stimulation and gentle exercise with social interaction which 'seniors' are encouraged to do to 'stay active'. It is enjoyed by both men and women. Come and experience the happy social spirit - no special dress is required, just soft soled flat shoes. **A small charge will be collected at the beginning of the term for morning tea.**

Leader: Helen M Wales (4861 6471)
 Email: eilidhmargin@hotmail.com
 When: Thursday, 1 March 2018 and then weekly.
 Number of sessions = 7
 Time: 10:30 to 12:30
 Where: Bowral Uniting Church, Cnr Bendooley & Boolwey Sts, Bowral
 Numbers: 23 to 50

SCRABBLE FOR FUN

There's something for everyone in playing SCRABBLE. If You Like Playing the Game of Scrabble with like-minded people and making new friends with lots of laughs and smiles along the way, then this is for you! Led by George Khamis of the NSW Scrabble Association Committee, this course is run in conjunction with the Mittagong Scrabble Club (part of the Southern Highlands Scrabble League). Individual help and advice is given by experienced scrabble players to new social players whilst they are playing. **There will be a charge of \$2 per session to cover Scrabble resource materials and access to professional boards. Tea/coffee is available for purchase at the RSL cafe.**

Leader: Maureen Menon (4871 2919)
 Email: memaureen2@gmail.com
 When: Tuesday, 6 February 2018, 20/2, 6/3, 20/3, 10/4.
 Number of sessions = 5
 Time: 10:00 to 12:30
 Where: Mittagong RSL Club, Bessemer Street, Mittagong
 Numbers: 5 to 30

THE SEARCH FOR THE NORTHWEST PASSAGE

The search for the Northwest Passage started in the early 16th Century to find a short sailing route from Europe to Cathay in Asia – the fabulous source of spices and other riches. The most famous expedition was by Sir John Franklin who set off in 1845 with 128 men and was never seen again. The recent discovery of the wrecks of Franklin's ships, Erebus and Terror, after 170 years by Parks Canada has renewed interest in the Search for the Northwest Passage. The search is a story of endeavour and perseverance against overwhelming odds. It took another 350 years before a possible route was mapped and another 50 years before the passage from the Atlantic to the Pacific was achieved by Roald Amundsen in 1906.

Leader: Alec Dietsch (4861 6530)
 Email: alec.dietsch@ozemail.com.au
 When: Tuesday, 30 January 2018, 6/2, 13/2, 20/2.
 Number of sessions = 4
 Time: 2:00 to 4:00
 Where: East Bowral Comm. Centre, Boardman & Rowland Roads, Bowral
 Numbers: 20 to 65

SEW AND YARN IN BUNDANOON

This is a class where you bring along current or unfinished stitching and enjoy the company of others who have the same interests. The class meets on the 1st and 3rd Friday each month. Perhaps you can share your skills with others. 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.**

Leader: Ilma Cunnew (4883 6391)
 Email: cunnew.ronald@gmail.com
 When: Friday, 2 February 2018, 16/2, 2/3, 16/3, 6/4.
 Number of sessions = 5
 Time: 10:00 to 12:00
 Where: Kareela Park, 56 Quarry Road, Bundanoon
 Numbers: 3 to 7

SOCRATES' CAFE

The focus of Socrates Cafe is to provide a venue for U3A members to learn, discuss, reflect and enquire about important life or current/problem issues of a philosophical nature. It is enlightening to get a range of views based on experience, interest or research and your views, experience and opinion will be most welcome. Each session will provide discussion on a topic suggested by members 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 obtain Socratic objectives. **Cost of morning tea and biscuits, or plunger coffee/tea, to be determined with payment \$5.00 at first session.**

Leader: Bruce Cowan (4855 2697)
 Email: bctwin44@gmail.com
 Co-Leader: Anthony Bailey (4862 2989)
 Email: anthonybailey090@gmail.com
 When: Friday, 2 February 2018 and then fortnightly.
 Number of sessions = 5
 Time: 9:30 to 11:30
 Where: Annesley Theatre Room, 2nd floor, Westwood Drive, Bowral
 Numbers: 10 to 26

SOLVING CRYPTIC CROSSWORDS

Cryptic Crosswords for fun, entertainment and erudition. This is a beginners course for sentence sleuths and 'clever dicks' who would delight in the simple 8 forms of clues the Setters use to guide you to a solution. The course is based on Solving Cryptic Crosswords for Dummies (not a compulsory textbook) and paying respect to Dick Honor's previous mentorship. **Cost for this course is \$7 for printing and refreshments.**

Leader: Martin Pronk (4862 3804)
 Email: doubledutchu3a@gmail.com
 When: Friday, 2 February 2018 and then fortnightly.
 Number of sessions = 5
 Time: 10:00 to 12:00
 Where: Kazcare Room 2, 15 -17 Kirkham Rd, Bowral
 Numbers: 12 to 24

SOUTHERN HIGHLANDS U3A CHOIR

The harmony choir welcomes people who love to sing and experience the real joy of making music together. Previous choral experience and the ability to read music, although preferable, are not essential. We will be singing a wide variety of music ranging in styles from traditional and folk to music from the shows and some just for fun. **A \$10 charge (which covers music) will be collected at the first session.**

Leader: Heather Tredinnick (4861 6990)

Email: heather.tredinnick@gmail.com

When: Tuesday, 30 January 2018 and then weekly.

Number of sessions = 10

Time: 2:00 to 4:00

Where: Bowral Uniting Church, Cnr Bendooley & Boolwey Sts, Bowral

Numbers: 30 to 70

SPANISH

This course is a continuation of the Spanish Course that has been run over the past few years. It provides an overview of Castilian Spanish to give an understanding of the language as used in everyday situations, covering elements of reading, writing, speaking and translating plus some understanding of grammar. In addition Spanish culture, geography, history, literature and current affairs are touched on to provide a better understanding of Spain particularly for those intending to travel through the country. New students to the course are welcome but it is preferable that they have a fundamental knowledge of the Spanish language. They will need to purchase the book 'Living Spanish - A Grammar Based Course'. It is also recommended that a Spanish dictionary be purchased such as 'Collins Spanish Dictionary & Grammar'.

Leader: Margaret Williams (4861 2604)

Email: buradoo@hotmail.com

Co-Leader: Rodney Farrow (4861 7135)

Email: rodhf@bigpond.com

When: Monday, 29 January 2018 and then weekly.

Number of sessions = 10

Time: 2:00 to 4:00

Where: Kazcare Room 4, 15-17 Kirkham Road, Bowral

Numbers: 5 to 16

TABLE TENNIS ON MONDAY

Bat and ball-isthenics for fun and fitness, coordination and table tennis skills. Beginners welcome. Gym shoes or similar are required, and loose fitting comfortable clothing. Please bring your own bat; balls are provided. **\$3 per term will be charged for a tea break.**

Leader: Yvonne Kershaw (4871 1068)

Email: ykershaw5@bigpond.com

Co-Leader: David McCosh (4871 2288)

Email: dnr.mccosh@gmail.com

When: Monday, 29 January 2018 and then weekly.

Number of sessions = 10

Time: 3:30 to 5:30

Where: Loseby Park Community Hall, Park Road, Bowral

Numbers: 20 to 30

TABLE TENNIS ON THURSDAY

Bat and ball-isthenics for fun and fitness, coordination and table tennis skills. Beginners welcome. Gym shoes or similar are required, and loose fitting comfortable clothing. Please bring your own bat; balls are provided. **\$3 per term will be charged for a tea break.**

Leader: Yvonne Kershaw (4871 1068)

Email: ykershaw5@bigpond.com

Co-Leader: Keith Henshall (4878 5423)

Email: shenshall8@gmail.com

When: Thursday, 1 February 2018 and then weekly.

Number of sessions = 11

Time: 2:45 to 4:45

Where: Loseby Park Community Hall, Park Road, Bowral

Numbers: 19 to 30

TALKING POINTS

Lively discussions on current affairs. Topics cover issues in the news and matters of the times. No subject is barred and everyone is encouraged to participate. Many in the group continue informal discussions afterwards at the Kookabar Café. Co-Leaders are Allan Jones and Peter Collyer

Leader: John Deck (4861 4898)

Email: johndeck@bigpond.com

Co-Leader: Allan Jones (4862 3652)

When: Monday, 29 January 2018 and then weekly.

Number of sessions = 10

Time: 9:30 to 11:00

Where: Bowral Uniting Church, 28 Bendooley Street, Bowral

Numbers: 22 to 30

TRAVEL CLUB - ARMCHAIR ADVENTURES

Join this newly formed 'Travel Club' to expand your travel horizons by sharing and learning from the travel experiences of other members. Contributions by members might include short reports or longer talks, amusing tales, audio-visual presentations, news items, discussions, advice sought or given...all on a topic dear to our hearts - TRAVEL. We can all benefit from other members' experiences and knowledge.

Leader: Ken Travers (4869 5931)

Email: kkt1066@gmail.com

When: Monday, 19 February 2018, 12/3, 9/4.

Number of sessions = 3

Time: 2:30 to 4:30

Where: Member's Home

Numbers: 4 to 16

WINGECARIBEE WALKS: BEAUTIFUL BUNDANOON

Have you ever wondered why Bundanoon was originally called Jordan's Crossing? What does Bundanoon mean? Why has Bundanoon been such an attraction to tourist for 150 years? All these questions and more will be answered with our walk in Bundanoon. Our walk, guided by our knowledgeable guides from the Bundanoon History Group, starts at the History Shed which is opposite the Memorial Hall, then takes us to the key features around the town. To enjoy this walk you do need to be able to walk for 90 minutes. Afterwards, there is an opportunity to

adjourn to one of several splendid cafes in the vicinity for morning tea. Walkers will be asked to sign an attendance sheet/waiver prior to commencing the walk. Chris can be contacted on 0400 407 502.

Leader: Christine Vandine (4872 1607)

Email: chris.g.vandine@gmail.com

Co-Leader: Glen Vandine (4872 1607)

Email: glen.vandine@gmail.com

When: Friday, 13 April 2018.
Number of sessions = 1

Time: 10:00 to 11:30

Where: History Shed, Bundanoon

Numbers: 12 to 25

WINGECARRIBEE WALKS: MAGNIFICENT MOSS VALE (SOUTH)

Offered again because of rain cancellation in Term 4, 2017 and a repeat of that heavily subscribed in Term 3. To unearth the early settlement of Moss Vale put on your dark glasses as we sleuth through a timeline walk looking for clues. Along with diverse architecture we meet some surprising characters from the past. Our guide, Judithe, will lead us south of the green railway bridge as we discover early settlement and a rapidly developing commercial Hub. We will gather outside the first council chambers at 10am. proclaiming grandly N H Throsby Mayor at 1A Throsby Street (plenty of street parking). We will stop part way through the walk for tea and coffee in the park. It will take approx 90 mins so please allow 2 hours in case of questions. We hope to offer another course of the Northern side of the Railway Bridge later. Walkers will be asked to sign an attendance sheet/waiver prior to commencing the walk. Chris can be contacted on 0400 407 502.

Leader: Christine Vandine (4872 1607)

Email: chris.g.vandine@gmail.com

Co-Leader: Glen Vandine (4872 1607)

Email: glen.vandine@gmail.com

When: Friday, 23 March 2018.
Number of sessions = 1

Time: 10:00 to 12:00

Where: 1A Throsby Street, Moss Vale

Numbers: 10 to 25

WINGECARRIBEE WALKS: MANSFIELD RESERVE

Mansfield Reserve is a lovely area on the outskirts of Bowral and an easy walk suitable for anyone who can walk for 60 minutes. We will saunter through the magnificent 80 acres experiencing wonderful views of its treasured forest and grasslands. As we climb the hill (optional) we will have wonderful views over the Retford Park Estate. This is an easy gentle walk - getting up the driveway is the hardest part. There is parking inside for 7 cars. Please leave the parking places inside for those less able. Morning tea provided - **please bring \$2 for morning tea**. Walkers will be asked to sign an attendance sheet/waiver prior to commencing the walk. Chris can be contacted on 0400 407 502.

Leader: Christine Vandine (4872 1607)

Email: chris.g.vandine@gmail.com

Co-Leader: Glen Vandine (4872 1607)

Email: glen.vandine@gmail.com

When: Friday, 6 April 2018.
Number of sessions = 1

Time: 10:00 to 11:30

Where: Mansfield Reserve, Mansfield Road, Bowral

Numbers: 12 to 25

WRITING FOR PLEASURE

Become part of a group that enjoys discovering their joy in writing. We will often listen and enjoy the writing of others. This term we will have one major task exploring a period of personal history. There is often homework! Come and celebrate your skills.

Leader: Liz Pattinson (4869 1020)

Email: pattinsons@yahoo.com.au

When: Wednesday, 31 January 2018, 14/2, 28/2, 14/3, 28/3.
Number of sessions = 5

Time: 10:00 to 12:00

Where: Sturt Cottage, Range Rd, Mittagong

Numbers: 10 to 15

YEAR 10 MATHS REVISITED

Are you someone who says, "I was never good at maths at school"? Then could you imagine you might actually ENJOY it? Certainly Maths was not everyone's favourite subject in Year 10 (Intermediate) nor did it seem very relevant. So maybe it's time to have a new, more mature look at it while, at the same time, getting the little grey cells moving. We will dwell on only a couple of topics and what we study will depend on the group to a large extent. This will not be a pressure course; on the contrary, we will have FUN and we will go SLOWLY.

Leader: Bert de Hosson (4861 1055)

Email: jeanbert2576@gmail.com

When: Friday, 2 February 2018 and then weekly.
Number of sessions = 10

Time: 10:00 to 12:00

Where: Kazcare Room 4, 15-17 Kirkham Road, Bowral

Numbers: 15 to 25

Don't forget to let your COURSE LEADER know if you are unable to attend a session as an act of courtesy and because catering and seating arrangements may be affected.



U3A CHOIR CHRISTMAS CONCERT

Tuesday 12 December 2017

2pm

Bowral Uniting Church

Bendooley Street, Bowral

U3A Members and Friends very welcome

ADMISSION FREE

*WE WELCOME ALL MEMBERS
to the
U3A SOUTHERN HIGHLANDS INC.
ANNUAL GENERAL MEETING
2PM
at ST STEPHENS CHURCH HALL
Station Street, Mittagong
on Wednesday, 21 February, 2018*

**PLEASE REMEMBER
TO RENEW YOUR
MEMBERSHIP BEFORE
SENDING IN YOUR
ENROLMENT
APPLICATION FOR
TERM 1**



Some of the Buskers at their recent performance at Harbison. They also braved the thunder and lightening to entertain the residents at Anthem.

BUSKERS CAROLS & MORE CONCERT

Monday 11 December, 2017

10.30 am

*at the Christian Centre, cnr Spring and Station Sts,
Moss Vale*

U3A members warmly welcome

Course Enrolment

Please enrol in courses online if you have access to the internet at www.sohiu3a.org.au

Otherwise, please use the form on Page 16.

Enrolments close: 9 pm— Wednesday 13 December 2017

To enrol using the form:

- Write the numbers 1, 2, 3, up to 10 in the columns according to your preference. You may apply for five (5) normal courses and five (5) one-day courses.
- Please do not enrol in courses if there is a strong possibility that you will be unable to attend. To do so may prevent another member from attending.
- **You must prepay for certain courses.** These are clearly indicated in the course description and marked on the enrolment form with ****. Payment methods are listed on page 2. Postal payments should be sent to the attention of Enrolments.

Direct all enrolment enquiries to Yvonne Kershaw on 4871 1068 or email: enrolments@sohiu3a.org.au

Please make changes to your personal details (address, email address, phone number, etc.) online at www.sohiu3a.org.au. Alternatively, advise Ros Morgan on 4861 5111 or email: membership@sohiu3a.org.au

GENERAL COURSE DISCLAIMER

U3A offers courses to members presented by members for mutual education and learning experiences. The offering of any course does not imply the course content is necessarily endorsed or recommended by U3A. No financial, legal or health decisions should be made solely on the basis of course material.

Members who find course material confronting in any way should feel free to leave any class at any time.



TEA & COFFEE

Please be aware that not all courses show a charge for that much enjoyed cuppa.

This is usually a nominal charge of 50 cents per session, so if you hope to enjoy that welcome brew please bring along a few gold coins to cover costs.

EXPLANATION OF INSURANCE

Members should be aware that **U3A Southern Highlands Inc (U3A)** has **Public Liability Insurance** to cover U3A, its members or invitees, in the event they are sued for negligence by causing damage to property or injury to persons at the site on which the U3A activity occurs only. Members are not covered by an **accident policy**.

The negligence would have to be proven, and the **insurance company** would be involved in defending the action. Insurance companies generally defend such actions with vigour. Members needing accident insurance should make individual arrangements. A more comprehensive explanation is available on our U3A website:

www.sohiu3a.org.au by going to the **NSW Network link** and **Insurance** in the list on the right hand side of the page.

Each U3A member and guest has a duty of care to act safely and responsibly.

**** SPECIAL COURSE PAYMENTS MUST BE RECEIVED BY **Wednesday, 13 December**

U3A COURSE ENROLMENT FORM Term 1 2018

ENROLMENT FOR Person 1 / Person 2
Please Print Names and ID Numbers

Please NUMBER your choices in order of preference

YOUR telephone number:

COURSE NAME NUMBER CHOICES IN ORDER OF PREFERENCE	PRINT Initials* Person		COURSE NAME NUMBER CHOICES IN ORDER OF PREFERENCE	PRINT Initials* Person	
	1	2		1	2
	*	*		*	*
All you need is Ears, etc			Meditation		
Art in the Afternoon			Mindfulness Meditation		
Behind Closed Doors			Mindfulness Meditation: Introduction		
Book Lovers' Circle			Mindfulness Meditation : Practical, etc.		
Bookworms Book Group			News in Review		
Britain since the Conqueror			Painting with Oils		
British Spies in the 20th Century			Panorama of French		
Chess Club			Petanque Club 1		
Cinema On Thursday ****			Petanque Club 2		
Cinema On Wednesday ****			Pinochle Club		
Cinematheque			Poetry Live		
Computers Coffee and Chat			Poetry on Tuesday		
Cribbage Club			Politics beyond Spin		
Decoupage and Craft			A Revisionist History of Southern Africa		
Double Dutch			Rings of Ice		
Embroidery Plus			Rotary- An Extraordinary Organisation		
Family History			Scottish Country Dance for Seniors		
Fun With Watercolour			Scrabble for Fun		
Gentle Yoga for Body and Soul			The Search for the Northwest Passage		
German			Sew and Yarn in Bundanoon		
Give Golf A Go			Socrates' Cafe		
Global Economy - An Expert View			Solving Cryptic Crosswords		
Guess Who's Coming to Dinner!			Southern Highlands U3A Choir		
Hatha Yoga			Spanish		
The Highland Buskers			Table Tennis on Monday		
How People Develop Through Life			Table Tennis on Thursday		
Iceland - A Traveller's Perspective			Talking Points		
Japanese: Spoken and Written			Travel Club - Armchair Adventures		
Latin (Level 3)			Wingecaribee Walks: Beautiful Bundanoon		
Latin (Level 4)			Wingecaribee Walks: Mansfield Reserve		
Learn the Art of Lawn Bowls			Wingecaribee Walks: Magnificent Moss Vale		
Lawn Bowls: Taking the next step			Writing For Pleasure		
Lunch Out Together ****			Year 10 Maths Revisited		
Mayhem in Jakarta					