PRESIDENT’S REPORT
Term 4 2016

It never ceases to amaze me how many new, ongoing and interesting courses our Course Co-ordination team, along with dedicated Course Leaders, offer each term. Once again there is something of interest for most tastes amongst the 68 courses offered in Term 4.

In the past we have offered a New Members Meeting each year to explain how U3A Southern Highlands (U3ASH) functions. For several years we have not run this meeting as we had so few new members interested in attending. We therefore felt there was a need for a new approach to introduce ourselves to new members and at the same time explain how U3ASH works and relies on its members to function well. From July onwards all new members have been phoned, welcomed and given a short introduction to how our service works. This also gives members the opportunity to ask questions. Our Vice President, Erica Webber, has taken on this role, which provides an opportunity for her to receive feedback from new members. Past members who have allowed their membership to lapse may also receive a welcome phone call upon re-subscribing, since our system can’t always differentiate between new and past members.

U3A SOUTHERN HIGHLANDS GENERAL MEETING

U3A Southern Highlands holds an Annual General Meeting each February to hear Yearly Reports and elect its Committee. This is followed by a General Meeting which allows members to have input into the running of the organisation. To keep abreast of U3ASH’s progress a second General Meeting is held half way through the year. This year’s General Meeting will be held at 2pm on Wednesday 28th September at St Stephens Hall, Mittagong. Everyone is welcome to the meeting and to stay for afternoon tea.

MEMBERSHIP RENEWALS

Membership renewals for 2017 will be accepted from 11th October (day after Term 4 starts) onwards. It is necessary for membership to be up to date for enrolment in Term 1, 2017 courses. To assist our Treasurer at this busy time we urge members, who have the facility, to pay by a bank transfer. All our bank details are listed on the second page of the Wise Owl. Please remember to include your U3A ID number and surname in the payee’s reference box or on the back of your cheque. Each year we receive some payments without any identification which we have to leave in suspension until we are contacted by the relevant member querying why they are unable to enrol. Membership subscription for 2017 remains the same at $45 for members downloading the Wise Owl from the website, and $55 with the Wise Owl printed and delivered by Australia Post. A couple at the same address should pay $100 for the mail delivery.

I sent out a U3ASH group email late in June looking for a new Treasurer to replace John Blair in 2017. We were fortunate to receive a reply from Robert Ryn, who is willing to take this position at the February 2017 AGM. Robert has had an esteemed career in accounting, auditing and commercial litigation. He has also held a number of Pro Bono positions in charities/volunteer organisations such as Treasurer of Sydney Heritage Fleet. As the Treasurer holds such an important executive role in U3ASH, and is responsible for all our financial matters, we are very thankful to have someone so experienced to take over the reins from John, who has done such an outstanding job for the last 3 years.

U3ASH FACTS AND FIGURES:

Membership for 2016 has reached 1,039 with 111 new members enrolling this year. Membership is made up of 68% females and 32% males. 91% of members have email facilities. 72% of members have enrolled in courses, 67% online and 23% by mail; 8% enrolled after closure and 5% enrolled by contacting the Course Leader. Please remember if you are encouraging friends to come along to courses that they must be a paid-up member of U3ASH to attend.

Best wishes for an interesting term,
Nikki McAdoo

You don’t stop laughing when you grow old, you grow old when you stop laughing.

George Bernard Shaw
YOUR COMMITTEE FOR 2016-2017

EXECUTIVES

<table>
<thead>
<tr>
<th>Name</th>
<th>Position</th>
<th>Telephone</th>
<th>E-mail Address</th>
</tr>
</thead>
<tbody>
<tr>
<td>Nikki McAdoo</td>
<td>President</td>
<td>4868 3765</td>
<td><a href="mailto:president@sohiu3a.org.au">president@sohiu3a.org.au</a></td>
</tr>
<tr>
<td>Erica Webber</td>
<td>Vice-President</td>
<td>0402 039 947</td>
<td><a href="mailto:vice-president@sohiu3a.org.au">vice-president@sohiu3a.org.au</a></td>
</tr>
<tr>
<td>Virginia Romney</td>
<td>Secretary</td>
<td>4871 1425</td>
<td><a href="mailto:secretary@sohiu3a.org.au">secretary@sohiu3a.org.au</a></td>
</tr>
<tr>
<td>John Blair</td>
<td>Treasurer</td>
<td>4861 6203</td>
<td><a href="mailto:treasurer@sohiu3a.org.au">treasurer@sohiu3a.org.au</a></td>
</tr>
<tr>
<td>Alec Dietsch</td>
<td>Course Co-ordinator</td>
<td>4861 6530</td>
<td><a href="mailto:courses@sohiu3a.org.au">courses@sohiu3a.org.au</a></td>
</tr>
</tbody>
</table>

GENERAL MEMBERS

<table>
<thead>
<tr>
<th>Name</th>
<th>Position</th>
<th>Telephone</th>
<th>E-mail Address</th>
</tr>
</thead>
<tbody>
<tr>
<td>Bruce Frankland</td>
<td>Co-Course Co-ordinator</td>
<td>4862 5187</td>
<td><a href="mailto:altcourses@sohiu3a.org.au">altcourses@sohiu3a.org.au</a></td>
</tr>
<tr>
<td>Yvonne Kershaw</td>
<td>Course Enrolments</td>
<td>4871 1068</td>
<td><a href="mailto:enrolments@sohiu3a.org.au">enrolments@sohiu3a.org.au</a></td>
</tr>
<tr>
<td>Chris Linegar</td>
<td>Editor</td>
<td>4861 5588</td>
<td><a href="mailto:editor@sohiu3a.org.au">editor@sohiu3a.org.au</a></td>
</tr>
<tr>
<td>Elena Barry</td>
<td>Member Involvement</td>
<td>4861 7670</td>
<td><a href="mailto:support@sohiu3a.org.au">support@sohiu3a.org.au</a></td>
</tr>
<tr>
<td>Roslyn Morgan</td>
<td>Membership Co-ordinator</td>
<td>4861 5111</td>
<td><a href="mailto:membership@sohiu3a.org.au">membership@sohiu3a.org.au</a></td>
</tr>
<tr>
<td>Patricia Blunt</td>
<td>Leader Support/Venues</td>
<td>4861 5919</td>
<td><a href="mailto:leadersupport@sohiu3a.org.au">leadersupport@sohiu3a.org.au</a></td>
</tr>
<tr>
<td>Peter Landon</td>
<td>Equipment</td>
<td>0414 517 000</td>
<td><a href="mailto:equipment@sohiu3a.org.au">equipment@sohiu3a.org.au</a></td>
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DELEGATIONS

<table>
<thead>
<tr>
<th>Name</th>
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<th>E-mail Address</th>
</tr>
</thead>
<tbody>
<tr>
<td>David Reid</td>
<td>Hon. Auditor</td>
<td>4862 5522</td>
<td><a href="mailto:drc3@bigpond.com">drc3@bigpond.com</a></td>
</tr>
<tr>
<td>Bill Buykx</td>
<td>Public Officer</td>
<td>4862 4252</td>
<td><a href="mailto:btbuykx@bigpond.net.au">btbuykx@bigpond.net.au</a></td>
</tr>
<tr>
<td>Bert de Hosson</td>
<td>Web Master</td>
<td>4861 1055</td>
<td><a href="mailto:jeanbert2576@gmail.com">jeanbert2576@gmail.com</a></td>
</tr>
</tbody>
</table>

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.

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.

DATES TO REMEMBER

<table>
<thead>
<tr>
<th>Event</th>
<th>Date</th>
</tr>
</thead>
<tbody>
<tr>
<td>General Meeting</td>
<td>28 September 2016</td>
</tr>
<tr>
<td>Term 4 Enrolments</td>
<td>31 August to 14 September 2016</td>
</tr>
<tr>
<td>Term 4</td>
<td>10 October to 9 December 2016</td>
</tr>
<tr>
<td>2017 Membership renewals</td>
<td>11 October 2016</td>
</tr>
<tr>
<td>Term 1 Enrolments</td>
<td>23 November to 7 December 2016</td>
</tr>
<tr>
<td>Term 1 2017</td>
<td>30 January to 7 April 2017</td>
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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.

This information is for University of the Third Age members only and may not be used for any other purpose.
FROM THE COURSE CO-ORDINATORS

We have again been able to program 68 courses for Term 4, a wonderful mixture of brand new and ongoing courses. Don Sigsby presented his first U3A Southern Highlands course, World Maps, in Term 3 and was very well received. He will follow this up with 2 new courses in Term 4 – More World Maps, and Monumental MesoAmerica, a fascinating look at early civilisations in Central America.

Bob Hayward from U3A Shoalhaven will present Climate Change – A Concerned Citizens Understanding, a very relevant topic following the Paris Conference and world commitments to limit global temperature rise.

We have a great selection of history courses with Britain Since the Conqueror and History of Christianity continuing, but Australian History to 1850 will take a break until 2017. John Collerson will present the second part of Jerusalem in Term 4, and Ian Bickerton will present Anglo American Perceptions of Italy. Ian Bowie will present the evolution and development of Polynesia – An Introduction, Marcus McNees will look at the World Solar Challenge and its role in the evolution of electric vehicles today and Patrick de Gabrielle will take us on a journey with Travels in Spain and Portugal. Sripan Rattikalchalakorn will present 2 sessions on Thailand: History, Culture and Food.

On the artistic side, Ken Wilder has sessions on 20th Century Poetry, Wilhelmina Mulders will present the art of Gustav Klimt, and Warwick Mullins-Jackson will continue with Musical Themes and Variations and also start a new course, Black Vinyl, to reintroduce you to the joys of listening to classical music on vinyl.

Eleanor Dartnall will tell us what it takes to manage finances in Behind the Scenes in Managing a Portfolio, Les Alford will continue his exploration of pain with Back Pain – Facts and Fantasies, and Bill Dow is back with another Philosophy for Non Philosophers course.

In a special presentation, Colin Harding will take us along the journey to regain his hearing with a Cochlear Implant in A Journey from Silence to Sound, supported by his wife Helen and his audiologist who were with him every step of the way.

Writing for Pleasure, French for Travellers, Keep the Marbles Rolling and Introduction to Mindfulness Meditation are taking a break, but Give Golf a Go is back after its winter break. These courses, together with over 45 regular courses covering a wide range of interests, mean that members should not be short of choices for Term 4.

<table>
<thead>
<tr>
<th>OUR COURSES FOR TERM 4</th>
<th>Leader</th>
<th>Email</th>
<th>When</th>
<th>Time</th>
<th>Where</th>
<th>Numbers</th>
</tr>
</thead>
<tbody>
<tr>
<td>20TH CENTURY POETRY</td>
<td>Ken Wilder (4861 2792)</td>
<td><a href="mailto:kwbuono@acenet.com.au">kwbuono@acenet.com.au</a></td>
<td>Tuesday, 25 October 2016 and then weekly.</td>
<td>10:00 to 12:00</td>
<td>East Bowral Comm. Centre, Boardman &amp; Rowland Roads, Bowral.</td>
<td>20 to 70</td>
</tr>
<tr>
<td>APPLE IPAD AND YOU</td>
<td>Walter Glading (4883 6927)</td>
<td><a href="mailto:walglad@gmail.com">walglad@gmail.com</a></td>
<td>Thursday, 20 October 2016 and then fortnightly.</td>
<td>2:00 to 4:00</td>
<td>East Bowral Comm. Centre, Boardman &amp; Rowland Roads, Bowral.</td>
<td>20 to 40</td>
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<tr>
<td>ANGLO-AMERICAN PERCEPTIONS OF ITALY</td>
<td>Ian Bickerton (4862 2387)</td>
<td><a href="mailto:i.bickerton@unsw.edu.au">i.bickerton@unsw.edu.au</a></td>
<td>Tuesday, 25 October 2016 and then weekly.</td>
<td>10:00 to 12:00</td>
<td>East Bowral Comm. Centre, Boardman &amp; Rowland Roads, Bowral.</td>
<td>20 to 70</td>
</tr>
</tbody>
</table>

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APPLE MAC WORKSHOP
This will be a small group workshop for Apple Mac users, be it MacBook, MacBook Air, MacBook Pro or iMac. The aim is to explore aspects of the Mac that we use on a daily basis. This will be a ‘hands on’ course so participants are expected to bring their Apple laptops along fully charged. iMac users may need to just take notes as their Mac is too large to transport easily. Demonstrations and application of techniques, skills, etc. will be the main feature of the workshop. **A course fee of $5.00 payable at the first session to cover refreshments, printing of copious notes, etc.**

<table>
<thead>
<tr>
<th>Leader:</th>
<th>Walter Glading (4883 6927)</th>
</tr>
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<tbody>
<tr>
<td>Email:</td>
<td><a href="mailto:walglad@gmail.com">walglad@gmail.com</a></td>
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<tr>
<td>When:</td>
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<td>Numbers:</td>
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ART IN THE AFTERNOON
We are a group of men and women who enjoy painting and drawing, and 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, using the medium of our pleasure. Ideas and encouragement are exchanged. Some have been painting for years, others have only recently begun. Help is available when required. **A U3A Venue Payment of $5 per member per term will apply to this course and is payable to the Course Leader at your first session.** This course is assisted by Richard Atkin.

<table>
<thead>
<tr>
<th>Leader:</th>
<th>James Harper (4862 2129)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Email:</td>
<td><a href="mailto:jheharper@gmail.com">jheharper@gmail.com</a></td>
</tr>
<tr>
<td>Co-Leader:</td>
<td>Marcia Brooks (4868 1585)</td>
</tr>
<tr>
<td>Email:</td>
<td><a href="mailto:berrimabrooks@hotmail.com">berrimabrooks@hotmail.com</a></td>
</tr>
<tr>
<td>When:</td>
<td>Monday, 10 October 2016 and then weekly.</td>
</tr>
<tr>
<td>Number of sessions =</td>
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<tr>
<td>Time:</td>
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<tr>
<td>Where:</td>
<td>Bowral BDAS Workshop, Short Street, Bowral.</td>
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<tr>
<td>Numbers:</td>
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BACK PAIN - FACTS AND FANTASIES
If you do not have back pain, or have not had back pain, then the chances are good that at some stage you will get to experience this almost universal complaint. Even in 2016 there is still much we do not know about this ubiquitous condition. Les Alford has spent 25 years researching, lecturing on and treating this enigmatic problem. Join him to explore the scientific evidence and tease apart the facts from the fantasies.

<table>
<thead>
<tr>
<th>Leader:</th>
<th>Les Alford (0429 348 619)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Email:</td>
<td><a href="mailto:info@eastbowralphysio.com.au">info@eastbowralphysio.com.au</a></td>
</tr>
<tr>
<td>When:</td>
<td>Thursday, 10 November 2016.</td>
</tr>
<tr>
<td>Number of sessions =</td>
<td>1</td>
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<td>Time:</td>
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<tr>
<td>Where:</td>
<td>Moss Vale Senior Citizens Hall, Queen Street, Moss Vale.</td>
</tr>
<tr>
<td>Numbers:</td>
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</tbody>
</table>

BEHIND THE SCENES IN THE MANAGEMENT OF A PORTFOLIO
Over four sessions Eleanor will give you a glimpse of the everyday life of a financial adviser and the focus it takes to deliver to individual investors. It is about building the individual investor’s knowledge and about delivering peace of mind while seeking a financial pathway to meet stated financial and lifestyle goals. How can the investor stay in control if they seek the advice of a professional portfolio manager? It is about the investor having sufficient knowledge to give the adviser informed consent to any recommendations made, and to challenge advice if it does not sit comfortably with them. We live in a world where global unrest affects our domestic market every day so how do we plan for our financial wellbeing in such an environment? From wondering if you should seek advice to taking control we will look at risk, what to invest in and investment entities, through to planning to leave our wealth to our lineal families.

<table>
<thead>
<tr>
<th>Leader:</th>
<th>Eleanor Dartnall (4869 7100)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Email:</td>
<td><a href="mailto:eleanor@dartnalladvisers.com.au">eleanor@dartnalladvisers.com.au</a></td>
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<tr>
<td>When:</td>
<td>Wednesday, 9 November 2016, 16/11, 23/11, 30/11.</td>
</tr>
<tr>
<td>Number of sessions =</td>
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<tr>
<td>Time:</td>
<td>10:00 to 12:00</td>
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<td>Numbers:</td>
<td>20 to 65</td>
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BLACK VINYL CLUB
Have you ever yearned to listen again to black vinyl recordings of classical music? Have you almost forgotten how warm and true to life was the sound quality of those recordings? Well, now’s your chance to partake by enrolling in this course. I have carefully selected the music from my extensive record collection to share with you. Many of the recordings are of historical value and have never been transferred to CD. The playlist will include such rarities as music of the Czech composer Jan Stamic (1717-1757), recorded by Supraphon in 1961; hunting music of Dussek (1731-1799) and other Czech composers of his time, recorded in 1970, both part of Supraphon’s historic Musica Antiqua Bohemica series; an HMV recording from 1932 of a 16-year old Yehudi Menuhin playing the Elgar Violin Concerto, with the composer conducting the London Symphony Orchestra; and a 1973 EMI recording of Ronald Smith playing the astonishing, but rarely performed, ‘Grande Sonate’ of the 19th century eccentric French composer Charles-Valentin Alkan. This is just a taste of what you shall hear, so enroll and enjoy. **A small charge of $4 will be made to cover the cost of providing afternoon tea and the printing of handouts.**

<table>
<thead>
<tr>
<th>Leader:</th>
<th>Warwick Mullins-Jackson (4861 4380)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Email:</td>
<td><a href="mailto:warwickmj@people.net.au">warwickmj@people.net.au</a></td>
</tr>
<tr>
<td>When:</td>
<td>Wednesday, 12 October 2016, 19/10, 26/10, 2/11.</td>
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<td>Time:</td>
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</tr>
<tr>
<td>Where:</td>
<td>Member's Home.</td>
</tr>
<tr>
<td>Numbers:</td>
<td>5 to 12</td>
</tr>
</tbody>
</table>

BOARD GAMES
Have fun and a good laugh playing Euro-style board games. These tabletop games have simple rules and short playing times. They emphasise strategy, downplay luck and conflict, have economic rather than military themes, and usually keep all players in a game until it ends. We have 5 different games that can be played simultaneously by 2-6 players each. Although the session time is three hours, players are free to leave early when their games end. Everyone is welcome regardless of experience. For more information, contact John Blair.
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 1,500 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, but please contact the Course Leader prior to enrolment. There will be a charge of $3 for afternoon tea.

Leader: Rosemary Cork (4861 5522)
Co-Leader: Rosamund Riggs (0419 612 073)
Email: janeriggs11@gmail.com
When: Wednesday, 12 October 2016 and then weekly.
Number of sessions = 9
Time: 2:30 to 4:30
Where: Kazcare Room 2, 15 -17 Kirkham Rd, Bowral.
Numbers: 7 to 12

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 are categorised as ‘Art Cinema' and some are in black and white. If you cannot attend a movie you may deputise another U3A member to attend in your stead BUT money cannot be refunded.

Term Cost: $20 (Combined Cinema Tickets and coffee afterwards). Money is to be paid at time of ENROLMENT REQUEST. Members who enrol but who neglect to pay prior to close of enrolments will be excluded prior to processing. If you cannot attend a movie you may deputise another U3A member to attend in your stead BUT money cannot be refunded.

Leader: Beatrice Botvinik (0425 268 120 )
Email: tobeatrice186@hotmail.com
When: Friday, 21 October 2016 and then fortnightly.
Number of sessions = 4
Time: 1:00 to 3:00
Numbers: 20 to 50

BOOK CLUB

Our book club meets on the 4th Wednesday of each month and we will read an eclectic group of books. Members submit their preferences and we choose a book/s for the next month’s reading by ballot. All members will have a choice of a book during the year if possible. It’s a most enjoyable way of reading new books (and some old favourites) and discussing our thoughts.

Leader: Coralie Nicholson (4872 2197)
Email: colliieu3a@gmail.com
Co-Leader: Peter Harding (4801 0642)
Email: clnhrdng@gmail.com
When: Wednesday, 26 October 2016, 23/11.
Number of sessions = 2
Time: 10:00 to 12:00
Where: Member's Home.
Numbers: 3 to 5

BRITAIN SINCE THE CONQUEROR

Tempus Fugit! Festina Lente! We have now reached the twilight years of Queen Elizabeth 1 and should reach the Stuarts in Term 4.

The British Empire has an amazing history and has shaped the world we live in today. Join us for an introduction to the major events and figures which have influenced Britain over the centuries. This course will be a discussion of the course material and students will be invited to share their thoughts on the topics covered.

Leader: Ken Saxby (4862 1118)
When: Friday, 14 October 2016, 21/10, 28/10, 4/11, 11/11, 18/11, 2/12, 9/12.
Number of sessions = 8
Time: 10:00 to 12:00
Where: Bowral Uniting Church, Cnr Bendooley & Boolwey Sts, Bowral.
Numbers: 25 to 50

CINEMA ON WEDNESDAY

For notes, please see Cinema on Thursday above this entry - only the leader and dates change! Term Cost : $20 (Combined Cinema Tickets and coffee afterwards). Money is to be paid at time of ENROLMENT REQUEST. Members who enrol but who neglect to pay prior to close of enrolments will be excluded prior to processing. If you cannot attend a movie you may deputise another U3A member to attend in your stead BUT money cannot be refunded.

Leader: Debbie Angus (4872 2705)
Co-Leader: Valerie Fishburn (4861 1076)
Email: valfish@hinet.net.au
When: Thursday, 13 October 2016, 10/11.
Number of sessions = 2
Time: 2:00 to 4:30
Where: Bowral Empire Cinema, Bong Bong Street, Bowral.
Numbers: 20 to 60

CINEMA ON THURSDAY

If you are ready for a pleasant afternoon at our very own Empire Cinema viewing a movie, followed by tea or coffee downstairs at Coffee Culture, then this is the course for you. As usual Gerard and Richard will be sorting through their current releases to help us choose an interesting selection for you. Term Cost: $20 (Combined Cinema Tickets and coffee afterwards). Money is to be paid at time of ENROLMENT REQUEST. Members who enrol but who neglect to pay prior to close of enrolments will be excluded prior to processing. If you cannot attend a movie you may deputise another U3A member to attend in your stead BUT money cannot be refunded.

Leader: Valerie Fishburn (4861 1076)
Email: valfish@hinet.net.au
When: Thursday, 13 October 2016, 10/11.
Number of sessions = 2
Time: 2:00 to 4:30
Where: Bowral Empire Cinema, Bong Bong Street, Bowral.
Numbers: 20 to 60

This information is for University of the Third Age members only and may not be used for any other purpose.
CLIMATE CHANGE - A CONCERNED CITIZEN’S UNDERSTANDING
In response to the conflicting perspectives on the scope and urgency for action on climate change, Bob Hayward has undertaken his own enquiry which forms the core of this presentation. Bob will address the basics of the science and the consequences, in a global context, before examining the Australian response from a timeframe, risk and opportunity perspective. Bob invites all with an interest, whether sceptical, uncertain or deeply concerned, to this talk and the subsequent discussion.
Leader: Bob Hayward (0411154630)
Email: hayward@outlook.com

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 deliberately non technical. If you want to learn programming or delve into bits and bytes this course is not for you, but if you want to stay abreast of the fast developing world of computer technology 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, 13 October 2016 and then fortnightly.
Number of sessions = 5
Time: 10:00 to 12:00
Where: Bowral Baptist Church Hall, 13 Merrigang Street, Bowral.
Numbers: 6 to 15

DIGITAL PHOTOGRAPHY FOR DSLR USERS
This course is designed for DSLR users who mean well but are assuming that you have a working knowledge of your camera and where to find the buttons. We will be stepping into the world of aperture, depth of field, white balance, exposure values and a few more of the technical aspects of photography. We will also look at why shooting in RAW is a good thing, as well as expanding composition and perhaps a few tips and tricks used by the professionals. This is a hands on course so you will need a camera (DSLR), your manual (in print or on line) and a tripod. $10 is payable for morning tea and course notes.
Leader: Margaret Harper
Email: murrama@westnet.com.au
When: Tuesday, 11 October 2016, 18/10, 25/10, 1/11, 8/11, 15/11.
Number of sessions = 6
Time: 10:00 to 12:00
Where: Bowral Baptist Church Hall, 13 Merrigang Street, Bowral.
Numbers: 8 to 16

DOUBLE DUTCH?
Rediscover the language of your youth (or learn from scratch) with this conversational and situational course in ABN (Dutch). New members are welcome. Costs are a one-off $40 for a grammar and a vocab, and $5 per term for the tea break. Tutor: Martin Pronk (Dip Ed) 0459 228 033 or 02 4862 3804.
Leader: Martin Pronk
Email: doubledutchu3a@gmail.com
When: Friday, 14 October 2016, 28/10, 4/11, 11/11, 18/11, 25/11, 2/12, 9/12.
Number of sessions = 8
Time: 10:30 to 12:30
Where: Kazcare Room 2, 15 -17 Kirkham Rd, Bowral.
Numbers: 8 to 20

DRAMA GROUP
This course offers you the opportunity to take part in short one act plays with script-in-hand style of presentations. The scripts have been written specifically for our group so that everyone can be involved. You won't need to remember lines, or wear costumes or be part of a major theatrical performance, so no pressure involved here! Instead each week we will enjoy learning some basic drama voice techniques and movements to enhance our character roles and then take part in a variety of scenarios. If you've always had an interest in reading plays, then these sessions are for you. Come along and enjoy an afternoon of acting and be part of an enthusiastic and fun group. Hope to see you there!
Leader: John Blair (4861 6203)
Email: john.blair01@bigpond.com
When: Friday, 14 October 2016 and then weekly.
Number of sessions = 9
Time: 9:30 to 11:30
Where: Stumps Cafe Annex, Bradman Oval, Bowral.
Numbers: 8 to 30

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GUSTAV KLIMT

Gustav Klimt was the most celebrated painter in Vienna. His portraits of society women, allegorical figure compositions and sumptuous decorative schemes, many of them finished in gold and silver leaf and semi-precious stones, seem perfectly to evoke the exciting but decadent atmosphere of one of Europe’s greatest cities before World War I. He was also a draughtsman of genius and an accomplished and innovative painter of landscapes.

Leader: Wilhelmina Mulders (4869 4185)
Email: antom814@gmail.com
When: Tuesday, 11 October 2016 and then weekly.
Number of sessions = 9
Time: 10:00 to 12:00
Where: Kazcare Room 4, 15-17 Kirkham Road, Bowral.
Numbers: 3 to 6

GIVE GOLF A GO

This course resumes in Term 4 after activities were suspended during Term 3 due to unsuitable weather. 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, 11 October 2016 and then weekly.
Number of sessions = 9
Time: 10:00 to 12:00
Where: Craigieburn, Centennial Road, Bowral.
Numbers: 3 to 6

GERMAN FOR BEGINNERS

This course is primarily intended for students who have some minimal contact with German. Students who have had some exposure to German in the past and wish to refresh their knowledge will be welcome. The course will be based on videos and other material available through the internet, so internet access is extremely helpful. Also, the book ‘German for Dummies’ has been found to be very helpful. This may be obtained very cheaply second-hand via internet booksellers such as AbeBooks.com. The emphasis will be on having fun speaking German.

Leader: Barbara Taylor (4861 1993)
Email: bartok@westnet.com.au
When: Monday, 10 October 2016 and then weekly.
Number of sessions = 9
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 researchers. 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, 13 October 2016, 10/11, 8/12.
Number of sessions = 3
Time: 1:00 to 2:30
Where: Mittagong RSL Club, Bessemer Street, Mittagong.
Numbers: 13 to 20

FUNG 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, 14 October 2016, 21/10, 28/10, 11/11, 18/11, 25/11, 9/12.
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 fun explorations offer gentle and mindful movements for men and women. Classes facilitate healthy muscle tone, overall flexibility, increased concentration and a calm alert mind. Relaxation techniques such as meditation and breathing practices are also introduced. $12 per class payable at venue.

Leader: Zara Matthews
Email: zaramatthews3@gmail.com
When: Thursday, 13 October 2016 and then weekly.
Number of sessions = 9
Time: 9:15 to 10:45
Where: Sangha Yoga Studio, Level 1, 368 Bong Bong Street, Bowral.
Numbers: 6 to 15

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: Lois Holgate (4872 3660)
Email: lois_holgate@hotmail.com
Co-Leader: Gladys Cowie (4872 1972)
Email: gladyscowie@gmail.com
When: Monday, 10 October 2016 and then weekly.
Number of sessions = 9
Time: 10:00 to 12:00
Where: Member's Home.
Numbers: 15 to 30

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A HISTORY OF CHRISTIANITY
This term will tie up topics around regional Churches from the
preceding session (e.g. Muslim conquest of the Iberian peninsula,
later Anglo-Saxon Church, Italy); continue with the 8th/9th
century Carolingian ‘Renaissance’; the Investiture Controversy
over secular involvement in ecclesiastical affairs, and the
Gregorian Reform, both in the 11th century; and arrive at the 12th
century ‘Renaissance’ (new monastic movements, Gothic
cathedrals, emergence of Scholastic theology, Cathar and
Waldensian heresies, beginnings of medieval mysticism, the
discovery of romantic love and other vernacular literature, etc.
There will be a small collection for tea & coffee, and an
optional charge for handouts.
Leader: Stephen Lake (4861 1958)
Email: smlake61@hotmail.com
When: Tuesday, 11 October 2016, 18/10, 1/11, 8/11, 15/11,
29/11, 6/12.
Number of sessions = 7
Time: 2:00 to 4:00
Where: Kazcare Room 2, 15 -17 Kirkham Rd, Bowral.
Numbers: 10 to 25

ITALIAN CONVERSATION
This course is intended for people who want to have simple
conversations in Italian. They should already have command of
the language to A1 level. If in doubt about their existing level they
should contact Judith Spivak directly. In order that conversation
practice and listening skills are foremost, places in the class will
be limited to 12. Participants may be required to purchase some
grammar or other texts. A recommended reference grammar text
0582 87406 8. A small sum will be taken at the beginning of
term to cover refreshments and hand-outs.
Leader: Judith Spivak (4862 3387)
Email: spivakj50@bigpond.com
When: Thursday, 13 October 2016, 27/10, 3/11, 10/11,
17/11, 24/11, 1/12, 8/12.
Number of sessions = 8
Time: 2:00 to 4:00
Where: Kazcare Room 2, 15 -17 Kirkham Rd, Bowral.
Numbers: 10 to 12

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 2015 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 2016 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, 11 October 2016 and then weekly.
Number of sessions = 9
Time: 10:00 to 12:00
Where: Member's Home.
Numbers: 5 to 15

JERUSALEM
This course will focus on the city of Jerusalem, its history, its
monuments, its inhabitants and the significance it has for people of
different faiths and cultures. While no city is an island “entire of
itself” and Jerusalem has long been enmeshed in the conflicts of the
region, our prime concern will be that city on a hill – holy and
unholy, real and imaginary. This course started in Term 3 and will
conclude this term.
Leader: John Collerson (4862 3718)
Email: jandlcollerson@iinet.net.au
When: Thursday, 13 October 2016 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 70

A JOURNEY FROM SILENCE TO SOUND
Many times Colin Harding has been stopped in the street and asked
whether it is a Cochlear Implant that he is wearing above his left
ear. An affirmative answer invariably brings a string of questions.
Colin will talk about the aspects of hearing loss, his decision to get a
Cochlear implant and the many issues that he has tackled on his
journey to today. Colin will also answer any questions about his
journey and will be assisted in the presentation by his wife, Helen,
and his audiologist Natalie from Highland Hearing, both of whom
were very important in the successful journey that Colin has
undertaken.
Leader: Colin Harding (4801 0642)
Email: clnhrdng@gmail.com
When: Thursday, 20 October 2016.
Number of sessions = 1
Time: 10:00 to 12:00
Where: East Bowral Comm. Centre, Boardman & Rowland
Roads, Bowral.
Numbers: 20 to 65

LATIN (LEVEL 3)
This course will continue the Level 3 class from 2015. Ideally some
members will graduate to Level 4 later in the Term.

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And fun. For more information, contact Jayanti 0412 611361.

This healing takes place in an environment of loving acceptance bringing more peace, joy and love into our lives and relationships.

From the east and the west, psychology and spirituality, to assist in and registered energy therapist. She weaves together the traditions of meditations, energy body work and music. Jayanti is a Psychologist and well.

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.

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MORE WORLD MAPS
During the exploration age our awareness of the world began to expand and was increasingly documented with many new maps. Numerous discoveries needed to be recorded and cartographers were portraying this information with many interpretations. New documents exercised their creative imaginations to portray these new found places with fascination and beauty, as well as continuing to fill blank areas with colourful images and invented geography. These documents continued to reveal the fears and hopes of the cultures responsible for their preparation. We will continue our illustrated tour through some of the many significant documents which continue to reveal much about our history, and possibly our future.

Leader: Donald Sigsby (4862 1197)
Email: mardon42@tpg.com.au
When: Thursday, 17 November 2016 and then fortnightly.
Number of sessions = 2
Time: 10:00 to 12:00
Numbers: 20 to 70

MUSICAL THEMES AND VARIATIONS
The course will cover a variety of musical topics in an enjoyable, educational way over 5 weeks. We will begin in grand style with a performance of the Berlioz Requiem in Les Invalides, Paris, the very place where it had its premiere in 1837. In Week 2 we’ll move into a smaller space to hear two Beethoven string quartets. In Week 3 we will be entertained by live performances of Schubert’s Trout Quintet and Beethoven’s Emperor Concerto. In Week 4 we’ll return to an intimate space to hear two chamber works by Brahms, then finally, in the last week, it’s back to Berlioz, with a performance of his Romeo and Juliet Dramatic Symphony based on the Shakespeare play. A small charge of $5 will be made to cover the cost of providing afternoon tea and the printing of weekly handouts.

Leader: Warwick Mullins-Jackson (4861 4380)
Email: warwickmj@people.net.au
When: Wednesday, 9 November 2016 and then weekly.
Number of sessions = 5
Time: 2:00 to 4:00
Numbers: 20 to 50

NEWS IN REVIEW
For two hours each fortnight we will engage in two discussions of pieces drawn from the Opinion and Editorial pages of leading news media in the previous week. Over two terms each member of the class will be expected to select at least one Op-Ed piece on dates to be agreed, analyse the piece and/or the issues it raises, make a brief presentation on these, prepare questions to focus discussion of the piece, and facilitate interactive discussions. Members of the class 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. We will order our coffees from the Kazcare café. Alan Edwards (48617222) and George Morgan (48615111) will be Co-Leaders.

Leader: Ian Bowie (4861 5451)
Email: ibbowie@bigpond.net.au
When: Friday, 21 October 2016 and then fortnightly.
Number of sessions = 4
Time: 10:00 to 12:00
Where: Kazcare Room 4, 15-17 Kirkham Road, Bowral.
Numbers: 8 to 10

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. A U3A venue payment of $5 per member per term is required and is payable to the Course Leader at the first session.

Leader: George Morgan (4861 5111)
Email: georgemorgan8@bigpond.com
Co-Leader: Goff Scott-Mitchell (4861 4410)
When: Thursday, 13 October 2016 and then weekly.
Number of sessions = 9
Time: 1:30 to 4:00
Where: Bowral BDAS Workshop, Short Street, Bowral.
Numbers: 12 to 16

PANORAMA OF FRENCH
A fun course, usually in three parts: we will be reading from another new book this term, pause for Cafe, and readings provided by the group will continue. The entire class will be conducted in French. Most of the class have spent time in France or lived in France. Any new members may need to demonstrate comfort in speaking French. Members enrolling for the first time are required to contact Michele and demonstrate their adequate skill in French, before enrolling. For more information, please contact Michele.

Leader: Annie Chabert-McKay
Email: achiedart@bigpond.com
Co-Leader: Michele de Tarle
Email: micheledetarle@gmail.com
When: Wednesday, 12 October 2016 and then weekly.
Number of sessions = 9
Time: 10:00 to 12:00
Where: Kazcare Room 4, 15-17 Kirkham Road, Bowral.
Numbers: 9 to 15

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, played on John Blair’s backyard boules court. Petanque is the French game of boules, popular throughout the world. There are two fortnightly Petanque clubs on alternate Wednesdays. Please enrol in only one of the two.

Leader: John Blair (4861 6203)
Email: john.blair01@bigpond.com
When: Wednesday, 12 October 2016 and then fortnightly.
Number of sessions = 5
Time: 2:00 to 4:00
Where: Member’s Home.
Numbers: 4 to 13
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 (4861 6203)
Email: john.blair01@bigpond.com
When: Wednesday, 19 October 2016 and then fortnightly.
Number of sessions = 4
Time: 2:00 to 4:00
Where: Member's Home.
Numbers: 4 to 13

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
Email: richard.hastings2@bigpond.com
When: Tuesday, 18 October 2016 and then fortnightly.
Number of sessions = 4
Time: 10:00 to 12:00
Where: Member's Home.
Numbers: 7 to 16

PHILOSOPHY FOR NON-PHILOSOPHERS
This is a continuing course and is suitable for both newcomers and those who have participated previously. There will be some revision of previous sessions, plus further expansion of some selected philosophies, whilst extracting their juice to investigate issues relevant to today’s world, for example, politics, ethics, etc. There will be an examination of ancient Greek insights through to modern day musings. There will be plenty of opportunity for discussions throughout the course.
Leader: Bill Dow (4683 1695)
Number of sessions = 6
Time: 10:00 to 12:00
Where: Kazcare Room 2, 15 -17 Kirkham Rd, Bowral.
Numbers: 12 to 25

PINOCHLE CLUB
Enjoy a game of Pinochle and a cup of coffee at the Stumps Cafe Annex at Bradman Oval. 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.
Leader: John Blair (4861 6203)
Email: john.blair01@bigpond.com
When: Friday, 14 October 2016 and then weekly.
Number of sessions = 9
Time: 2:00 to 4:00
Where: Stumps Cafe Annex, Bradman Oval, 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
Co-Leader: Niki Rebay (4877 2708)
Email: jimniki@exemail.com.au
When: Thursday, 13 October 2016 and then fortnightly.
Number of sessions = 5
Time: 10:00 to 12:00
Where: Kazcare Room 4, 15-17 Kirkham Road, Bowral.
Numbers: 4 to 16
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: eilidhmarg@hotmail.com
When: Thursday, 13 October 2016 and then weekly.
Number of sessions = 9
Time: 10:30 to 12:30
Where: Bowral Uniting Church, Cnr Bendooley & Boolwey Sts, Bowral.
Numbers: 23 to 50

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, 21 October 2016, 4/11, 18/11, 2/12.
Number of sessions = 4
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 and experience and contribution will be most welcome. Each session will provide discussion on a topic suggested by members at the previous session. All members of the group must be prepared to discuss/question and debate 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 at first session.

Leader: Bruce Cowan (4862 4813)
Email: bctwin44@gmail.com
When: Friday, 14 October 2016 and then fortnightly.
Number of sessions = 5
Time: 9:30 to 11:30
Where: Annesley Theatre Room, Westwood Drive, Bowral.
Numbers: 10 to 25

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 $5 charge will be collected at the first session.

Leader: Heather Tredinnick (4861 6990)
Email: heather.tredinnick@gmail.com
When: Tuesday, 25 October 2016 and then weekly.
Number of sessions = 7
Time: 2:00 to 4:00
Where: Bowral Uniting Church Hall, Cnr Bendooley & Boolwey Sts, Bowral.
Numbers: 30 to 80

SPANISH
This course is an extension of ‘Spanish for Beginners’ that was run in 2015. It is expected that new members of the course will have a fundamental knowledge of Spanish and 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’. The course will be run on a group tutorial basis led by Margaret Williams.

Leader: Margaret Williams (4861 2604)
Email: burradoo@hotmail.com
Co-Leader: Rodney Farrow (4861 7135)
Email: rodhf@bigpond.com
When: Monday, 10 October 2016 and then weekly.
Number of sessions = 9
Time: 2:00 to 4:00
Where: Kazcare Room 2, 15 Kirkham Rd, Bowral.
Numbers: 10 to 16

TABLE TENNIS ON MONDAY
Bat & ball-isthenics for fun and fitness. Exercises for coordination and table tennis skills. Beginners welcome. Gym shoes or similar are required, and loose fitting comfortable clothing. It is preferable for participants to bring their own bat, balls will be provided. A U3A Venue Payment of $5 per member will apply to this course and is payable to the Course Leader at your first session. $3 per term will be charged for tea break.

Leader: Yvonne Kershaw (4871 1068)
Email: ykershaw5@bigpond.com
Co-Leader: Patti Holecek
When: Monday, 10 October 2016 and then weekly.
Number of sessions = 7
Time: 2:00 to 4:00
Where: Loseby Park Community Hall, Park Road, Bowral.
Numbers: 20 to 26

TABLE TENNIS ON THURSDAY
Please see Table Tennis on Monday for details. A U3A Venue Payment of $5 per member will apply to this course and is payable to the Course Leader at your first session. $3 per term will be charged for a tea break.

Leader: Yvonne Kershaw (4871 1068)
Email: ykershaw5@bigpond.com
Co-Leader: Keith Henshall
When: Thursday, 13 October 2016 and then weekly.
Number of sessions = 9
Time: 2:45 to 4:45
Where: Loseby Park Community Hall, Park Road, Bowral.
Numbers: 19 to 24

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.
THELAND: HISTORY, CULTURE AND FOOD

Sripan grew up in a village in rural Thailand where food was grown and shared, a new roof for their house was made every year from palm leaves, and as children they swam a few kilometres through the lagoon to visit their grandmother. She later went from that life to Australia teaching International Communication at Macquarie University. In this course Sripan introduces a brief history of Thailand, culture, religion and food. The first session looks at a history of Thailand’s four kingdoms, its culture and religions (predominantly Buddhist), Thai language and some traditions and social beliefs. In the second session we learn about Thai herbs, their wonderful flavours in Thai cooking and their medicinal qualities.

Leader: Sripan Rattikalchalakorn
Email: sripanr@hotmail.com
Co-Leader: Margaret Parkinson
Email: mp.vivente@gmail.com
When: Tuesday, 11 October 2016, 18/10.
Number of sessions = 2
Time: 10:00 to 12:00
Where: Moss Vale Senior Citizens Hall, Queen Street, Moss Vale.
Numbers: 20 to 50

TRAVELS IN SPAIN AND PORTUGAL

This illustrated travelogue will take us to two similar but quite distinct cultures. In Spain we will naturally visit the great cities of Madrid and Barcelona, with their splendid art and architecture. We will spend more time in Andalusia, the southern region dominated by the Moors for centuries - the historic cities of Seville, Cordoba and Granada still exhibit the vitality and beauty of the competing cultures of Islam and Christianity. In Portugal, we will start in the capital Lisbon, a beautiful city that wears its sometimes dark history lightly. Then on to the ancient university town of Coimbra, still a major educational centre, and finally Porto, the old commercial heart of the country, and a base for a visit to the enchanting Douro Valley, where fine wine has been continuously produced since Roman times.

Leader: Patrick De Gabriele (4464 1289)
Email: pdegbabriele@shoal.net.au
When: Monday, 28 November 2016.
Number of sessions = 1
Time: 2:00 to 4:00
Where: Moss Vale Senior Citizens Hall, Queen Street, Moss Vale.
Numbers: 20 to 100

WINGECARRIBE WALKS - A WALK AROUND OLD BOWRAL

The walk will begin at the War Memorial opposite the Railway Station in Bowral. You may like to park on the far side of the station or in Merrigang Street or even at the Swimming Pool, but it will need somewhere you can leave your car for more than 2 hours. Deborah, our guide, will tell us about the history of how Bowral came to be, as well as some of its most significant buildings. We will walk down Railway Street past the Station Master's Cottage and the Milk Factory, up past Bong Bong Street and onto the Memorial Hall precinct, then down to our beautiful Corbett Gardens.

Leader: Christine Vandine (4872 1607)
Email: chris.g.vandine@gmail.com
Co-Leader: Glen Vandine (4872 1607)
When: Thursday, 20 October 2016
Number of sessions = 1
Time: 10:00 to 12:00
Where: War Memorial, Bowral.
Numbers: 10 to 25

WINGECARRIBE WALKS - ROBERTSON RAINFOREST AND WARATAH WALK

We will begin this walk at the Railway Station at Robertson. You will need to turn off the Illawarra Highway/Hoddle Street into Yarranga Street and drive to the end to find the station. Our guides will take us on a tour of the wonderful display of Waratahs growing here before we walk the kilometre along the road to the Rainforest Remnant. It is possible to drive to the Reserve. We will walk on the flat track through the reserve for approximately 30 minutes. This remnant of Rainforest has been a reserve for over 100 years and has some wonderful tree ferns more than 200 years old. It has many other native plants which will be identified and explained by our guide. This will not be a fast walk but a gentle saunter with time to stop and enjoy the plants. After we have finished we will walk back to the Railway Station for Morning Tea and an opportunity to buy some cut Waratahs or plants from the station stall.

Leader: Christine Vandine (4872 1607)
Email: chris.g.vandine@gmail.com
Co-Leader: Christine Vandine (4872 1607)
When: Friday, 14 October 2016.
Number of sessions = 1
Time: 10:00 to 12:00
Where: Railway Station, Robertson.
Numbers: 10 to 30

WORLD SOLAR CHALLENGE - FROM QUIET ACHIEVER TO TESLA

We discuss Australia’s contribution to the reinvention of electric cars and the stimulus to related electronics, solar cell and battery development. Danish born Australian Hans Tholstrup has been described in the US as “the real father of the electric car resurgence”. This is his story and those of other unsung visionaries caught up in this kind of daisy chain of inventiveness”.

Leader: Marcus McInnes (4872 3551)
Email: jandm.mcinnes@bigpond.com
When: Tuesday, 18 October 2016.
Number of sessions = 1
Time: 10:00 to 12:00
Numbers: 20 to 65
U3A Knit-In 19 August 2016

Every year Poppy Becher and other members of Wrap With Love organise this wonderful event. Although the get together is held annually, the knitting continues throughout the year and Poppy, with a couple of friends, drives up to Sydney every Friday with anything up to a bootful of knitting to be distributed to various charities. In all 32000 wraps are sent overseas annually to those in need of comfort and warmth. The cheerful colours and designs must help to lift the spirits. Please go to the website to see the glorious colours.

Poppy and friends

Some of the 50 avid knitters who came along to the event, a wonderful opportunity to chat and make new friends.

Just a few cheerful examples

Helen finds much to admire

The reward for all that hard work—home made scones with jam and cream!!

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.
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.

This information is for University of the Third Age members only and may not be used for any other purpose.
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Please use NUMBERS below—NOT ticks. YOUR telephone number ___________________________