



THE WISE OWL

NEWSLETTER AND COURSE INFORMATION

U3A SOUTHERN HIGHLANDS Inc.

Term 1 — 27 January to 8 April 2016

Volume 22, No. 1
January 2016



PRESIDENT'S REPORT

Term 1 2016

Our last Wise Owl printed this year gives you the opportunity to select your Term 1 courses for 2016. **Please remember that your membership needs to be renewed before you enrol.** Our computer system will

not let you enrol in Term 1, 2016 if your membership has lapsed. Instructions on how to renew can be found on our website after log in. If you are posting your membership renewal please allow at least one week for it to be processed and remember to attach your name and member ID (which is on your name tag). If renewing online and paying by direct deposit we also need your details and it still takes time for the bank transfer to be enacted. Take care to renew with BDCU, our new bank account. If there are any anomalies, or your details have not been attached to your renewal, it will not be processed until we can clarify the sender.

Often members say, "Oh, I missed seeing that course" when glancing through the Wise Owl. To keep you abreast of new and much loved courses you will note a new report on page 3 from our Course Co-ordinator, Alec Dietsch, providing a commentary of up and coming courses.

Our U3A Choir has over 80 members who enjoy learning new musical numbers and singing together each week under the tutelage of Heather Tredinnick. This term the choir has been rehearsing music for their annual end of year free concert. Members are invited to attend the U3A Southern Highlands free Christmas Concert to be held at 2.15 pm on Tuesday 8th December 2015 in the Bowral Uniting Church Hall.

Please note in your 2016 diary that the U3A Southern Highland's Annual General Meeting will be held at 2pm on Wednesday 17th February 2016 at St Stephens Church

Hall, Mittagong. This year most of our committee will continue in their positions with one member stepping down. Therefore we will need to look for assistants who can understudy the roles ready to step up next year if we have a mass exodus. This way we can be sure of members, experienced in the different roles, to continue the committee's work. The AGM will be followed by a General Meeting which provides an opportunity for members to have input into their U3A.

John Lennon's lyrics *So this is Christmas, and what have you done?* makes one reflect on the achievements of U3ASH this year. Membership reached 1034 and ensuring that members were provided with a plethora of choices 259 courses were offered during 2015. Eighty-nine Course Leaders presented courses; four editions of the Wise Owl, which grew from 16 to 20 pages, were edited and printed; a U3ASH Brochure was designed, printed and distributed; 7237 enrolments were processed and 1480 Wise Owls packaged and posted. Over 400 volunteers have been organised to assist Course Leaders at their presentations, on top of organising food and helpers for special events such as the AGM. Eighty-four venues have been booked and utilised and new IT systems upgraded in various venues. A change of bank account has gradually been brought in and a most successful Conference attracting 176 delegates from 41 NSW and ACT regions was organised and presented.

Another year over, and a new one just begun. The future outlook for U3ASH looks positive for 2016 with 71 courses for Term 1 on offer. It is undoubtedly an organisation with plenty of social capital with so many willing members who help wherever possible. A big thank you to everyone for your assistance during 2015.

All my best wishes for a Merry Christmas and a happy, safe and healthy New Year.

Nikki McAdoo

"I will honour Christmas with my heart and try to keep it all year." *Charles Dickens*

U3A Southern Highlands Inc 9878806
P.O. Box 421 BOWRAL NSW 2576

ABN 82 452 155 213

All enquiries to telephone number 02 9990 6650, or to our website: www.sohiu3a.org.au

YOUR COMMITTEE FOR 2015-2016

EXECUTIVES

		TELEPHONE	E-MAIL ADDRESS
Nikki McAdoo	President	4868 3765	president@sohiu3a.org.au
Geoff Byrne	Vice-President	4861 1588	vice-president@sohiu3a.org.au
Virginia Romney	Secretary	4871 1425	secretary@sohiu3a.org.au
John Blair	Treasurer	4861 6203	treasurer@sohiu3a.org.au
Alec Dietsch	Course Co-ordinator	4861 6530	courses@sohiu3a.org.au

GENERAL MEMBERS

Bruce Frankland	Co-Course Co-ordinator	4862 5187	altcourses@sohiu3a.org.au
Yvonne Kershaw	Course Enrolments	4871 1068	enrolments@sohiu3a.org.au
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Elena Barry	Member Involvement	4861 7670	support@sohiu3a.org.au
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Patricia Blunt	Leader Support/Venues	4861 5919	leadersupport@sohiu3a.org.au
Peter Landon	Equipment	0414 517 000	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

\$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 remember to change your bank's internet banking facility to 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 5873 or email membership@sohiu3a.org.au

2015/16 DATES TO REMEMBER

Term 1 Enrolments	26 November to 10 December 2015
Term 1	27 January to 8 April 2016
Nominations for Committee close	27 January 2016
AGM	17 February 2016
Term 2 Enrolments	9 March to 30 March 2016
Term 2	27 April to 1 July 2016

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 Coordinators

Each Term we will provide a short guide to new courses available to U3A members. There will be 71 courses this Term, a wonderful mixture of brand new, ongoing and revival courses.

We have a great selection of history courses: **Fair Ladies and Foul Scenes**, **The Mystery of London's Lost Jewels**, **Henry's Women**, **The History of Icons**, **From Cave Art to Digital Photographs**, **Australian History to 1850**, and **South Africa – A Revised History**. New travel stories covering **Iceland- A Traveller's Perspective**, **Travels in Romania and Bulgaria**, and **Venice Revealed**, a new book by Ken Wilder. Science and the future is covered in **Electric Cars – Now and the Future** and **Ideas and Inventions**.

Old favourite **News in Review** will be revived, and **Educating the Investors** and **Outlook for Global Economies** will give us some insight into the conditions for investments in current times.

There are a number of courses covering aspects of self, including two new courses, **The Enneagram – An Introductory Workshop** and **Biography Works – Weaving Life's Journey**, as well as the two Meditation courses started in recent Terms, and **Personal Growth Workshop**, which has previously been run as The Artist's Way.

Lastly there are two outings for members, a **Visit to Sunnaratam Monastery** and a new course **Lunching Out Together**. Sandra Boland plans to organise one lunch each term for interested members at a selected restaurant in the Southern Highlands, which will give our members the opportunity to meet socially for good food and company.

These courses, together with over 50 regular courses covering a wide range of interests, mean that members will not be short of choices for Term 1. And if you cannot find anything of interest, consider telling us about the subjects that interest you and become a Course Leader in Term 2.

OUR COURSES FOR TERM 1

APPLE IPAD AND YOU

This is a course for those who have an iPad as a significant proportion of each session will be hands on. The aim of the course is to illustrate the many uses and features of the iPad. Those attending should have their iPad Setup complete and the device operational. The course is for novices as well as those still needing a broader understanding of the iPad. **Course Charges: \$5.00 to cover afternoon tea, printing, equipment etc.**

Leader: Walter Glading (4883 6927)

Email: walglad@westnet.com.au

When: Thursday, 4 February 2016 and then fortnightly.
Number of sessions = 5

Time: 2:00 to 4:00

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

Numbers: 20 to 40

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 \$5 Course Fee to cover notes and refreshments will be collected at the first meeting.**

Leader: Walter Glading (4883 6927)

Email: walglad@westnet.com.au

When: Tuesday, 1 March 2016, 8/3, 15/3, 22/3.
Number of sessions = 4

Time: 10:00 to 12:00

Where: EBCC Meeting Room, Boardman and Rowland Rds, Bowral

Numbers: 5 to 12

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.

Leader: Marcia Brooks (4868 1585)

Email: berrimabrooks@hotmail.com

Co-Leader: James Harper (4862 2129)

Email: jheharper@gmail.com

When: Monday, 1 February 2016, 8/2, 15/2, 22/2, 29/2, 7/3, 14/3, 21/3, 4/4.

Number of sessions = 9

Time: 1:30 to 4:00

Where: Bowral BDAS Workshop, Short Street, Bowral

Numbers: 15 to 19

AUSTRALIAN HISTORY TO 1850

This course is intended to continue for all of 2016 and will cover the various early European explorations of the Australian Coastline, the reasons for settlement by Britain and the history of Australia up to 1850.

Leader: William Coupland (0248624851)

Email: wwcoupland@internode.on.net

When: Friday, 5 February 2016 and then fortnightly.
Number of sessions = 5

Time: 9:30 to 11:30

Where: Annesley Theatre Room, Second floor, Westwood Drive, Bowral

Numbers: 15 to 25

BIOGRAPHY WORK - WEAVING LIFE'S JOURNEY

This will be an information outline, observing several authors viewpoints of biographical rhythms to help understand how human biography unfolds. Perfect for considering before embarking on your Life Story, Family History, or just to reflect on the various phases of life since birth. The cousin of meditation, a Life Chart tapestry, allows us to see personal destiny from earlier phases into the present time, with opportunities of searching, reflection on human connections, and insights for inner development through love. Outline Charts will allow you to complete your own, or just come along and listen, and have a cuppa.

Leader: Valerie Dickson
 Email: valx.sn@gmail.com
 When: Monday, 1 February 2016, 8/2.
 Number of sessions = 2
 Time: 10:00 to 12:00
 Where: Kazcare Room 2, 15 -17 Kirkham Rd, Bowral
 Numbers: 10 to 30

BOARD GAMES

Give your mind a good workout. Join with others in a friendly atmosphere to have fun playing a range of modern German-style (or Euro) board games. These tabletop games generally have simple rules and short to medium playing times. They emphasise strategy, downplay luck and conflict, lean towards economic rather than military themes, and usually keep all players in the game until it ends. We have 5 different games that can be played simultaneously by 2-6 players each. Although three hours have been reserved for each session, individual games may not last that long and players are free to leave when their game(s) end. People new to these types of games and those with some experience are welcome. For more information, contact John Blair.

Leader: John Blair (4861 6203)
 Email: john.blair01@bigpond.com
 When: Wednesday, 27 January 2016 and then fortnightly.
 Number of sessions = 6
 Time: 9:30 to 12:30
 Where: Kazcare Room 2, 15 -17 Kirkham Rd, Bowral
 Numbers: 12 to 25

BOOK CLUB

Do you like reading books? Perhaps you enjoy discussing books you have read with friends over morning tea? Maybe you have wondered about joining a book club but are not sure. If so, please think about our Book Club. This continuing Book Club started this year, 2015, and usually meets in the morning of the 4th Wednesday of each month. Each member will be able to select a book to read sometime during the year and then lead the discussion on that book. We try to keep the cost of the book down to approximately \$10-15 each month, and e-books can be cheaper. The topics selected are varied, ranging from fiction (Australian), autobiographies and biographies, historical to name a few.

Leader: Coralie Nicholson (4872 2197)
 Email: collieu3a@gmail.com
 Co-Leader: Judy Harper (4862 2129)
 Email: jaharper@aapt.net.au
 When: Wednesday, 24 February 2016, 23/3.
 Number of sessions = 2
 Time: 10:00 to 12:00
 Where: Member's Home
 Numbers: 6 to 8

BRITAIN SINCE THE CONQUEROR

This course will last indefinitely. For the rest of the year we shall be working on the later Middle Ages and into the 16th Century. As this is a continuing course you should not join us unless you have an interest and understanding of English history of that era.

Leader: Ken Saxby (4862 1118)
 When: Friday, 29 January 2016, 5/2, 12/2, 19/2, 26/2, 4/3, 11/3, 18/3, 1/4, 8/4.
 Number of sessions = 10
 Time: 10:00 to 12:00
 Where: Bowral Uniting Church - Hall, Cnr Bendooley & Boolwey Sts, Bowral
 Numbers: 30 to 50

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 H.G. 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
 Email: janeriggs11@gmail.com
 When: Wednesday, 27 January 2016 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

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: \$30 (Combined Cinema Tickets and Coffee Afterwards). Money is to be paid at time of enrolment. 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, 4 February 2016, 3/3, 31/3.
 Number of sessions = 3
 Time: 2:00 to 4:30
 Where: Bowral Empire Cinema, Bong Bong Street,
 Bowral
 Numbers: 20 to 60

CINEMA ON WEDNESDAY

For notes, please see Cinema on Thursday above this entry - only the leader and dates change! **Term Cost : \$30** (Combined cinema tickets and coffee afterwards). **Money is to be paid at time of enrolment. 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: Wednesday, 10 February 2016, 9/3, 6/4.
 Number of sessions = 3
 Time: 2:00 to 4:30
 Where: Bowral Empire Cinema, Bong Bong Street,
 Bowral
 Numbers: 20 to 60

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, Scandinavia, 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 \$5 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, 29 January 2016, 12/2, 26/2, 11/3, 8/4.
 Number of sessions = 5
 Time: 1:00 to 3:00
 Where: East Bowral Comm. Centre Main Room, Boardman & Rowland Roads, Bowral
 Numbers: 20 to 50

COMPUTERS COFFEE AND CHAT

CC&C is a light-hearted look at ourselves and how we use our computers and associated technologies. While not designed for beginners, they will glean quite a lot from our mistakes and discoveries. **There is a charge of \$5 per term to cover afternoon tea/coffee, printing, equipment etc.** Wherever possible the course will have the benefit of guest speaker Chris Carvan. Chris has spent most of his working life involved with computers and presently runs a hugely popular website. Chris will avail himself at as many sessions as his busy schedule will allow bringing members up-to-date on the latest innovations in computer technology.

Leader: Walter Glading (4883 6927)
 Email: walglad@westnet.com.au
 Co-Leader: Tom Currie (4871 3577)
 Email: tdc6058@gmail.com
 When: Thursday, 28 January 2016, 11/2, 25/2, 10/3, 7/4.
 Number of sessions = 5
 Time: 2:00 to 4:00
 Where: East Bowral Comm. Centre Main Room, Boardman & Rowland Roads, Bowral
 Numbers: 20 to 50

CRIBBAGE CLUB

Come and enjoy a game of Cribbage and a cup of coffee at the Stumps Cafe Annex at Bradman Oval. The club is for people who already know the game. We play weekly but members are welcome to join us fortnightly or otherwise.

Leader: John Blair (4861 6203)
 Email: john.blair01@bigpond.com
 When: Friday, 29 January 2016, 5/2, 12/2, 19/2, 26/2, 4/3, 11/3, 18/3, 1/4, 8/4.
 Number of sessions = 10
 Time: 9:30 to 11:30
 Where: Stumps Cafe Annex, Bradman Oval, Bowral
 Numbers: 8 to 24

DECOUPAGE - DECORATIVE COLLAGE

Join us as we explore the old craft of decoupage, decorating selected items of choice, small or large, from the purely decorative to the practical. Experience is not necessary as help is readily available. There is a small charge for morning tea.

Leader: Amanda Benscher (4861 3540)
 Email: amandalouise247@hotmail.com
 When: Wednesday, 27 January 2016 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

EDUCATING THE INVESTOR

Regardless of economic vagaries, you need assurance around at least a percentage of your retirement income. In this session, we will discuss how to diversify the sources of your income. In particular, there are some new products which can offer you guaranteed income, indexed to inflation, for as long as you live. We'll also look at some case studies to show you exactly what a diversified approach can do for you.

Leader: Eleanor Dartnall (4869 7100)
 Email: eleanor@dartnalladvisers.com.au
 When: Tuesday, 16 February 2016, 23/2, 1/3, 8/3.
 Number of sessions = 4
 Time: 2:00 to 4:00
 Where: East Bowral Comm. Centre Main Room, Boardman & Rowland Roads, Bowral
 Numbers: 20 to 65

ELECTRIC CARS - NOW AND THE FUTURE

Electric Cars - Is there one in your future? A presentation and discussion about the realities, technical advantages and the social and commercial market challenges.

Leader: Marcus McInnes (4872 3551)
 Email: jandm.mcinnnes@bigpond.com
 When: Wednesday, 23 March 2016.
 Number of sessions = 1
 Time: 10:00 to 12:00
 Where: East Bowral Comm. Centre Main Room, Boardman & Rowland Roads, Bowral
 Numbers: 20 to 65

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, 1 February 2016, 8/2, 15/2, 22/2, 29/2, 7/3, 14/3, 21/3, 4/4.
 Number of sessions = 9
 Time: 10:00 to 12:00
 Where: Member's Home
 Numbers: 6 to 13

THE ENNEAGRAM - AN INTRODUCTORY WORKSHOP

Ever wonder why you simply can't understand some people or others who totally frustrate you? Do some of your patterns, or ways of being in the world, seem unproductive or even damaging to yourself/your relationships? The enneagram is a deep and complex personality typing system which proposes 9 different ways of thinking, feeling and acting. This introductory workshop offers individuals the opportunity to understand self through the map of the enneagram. In week one, members will be offered an overview of the diagram and the 9 types and in week two, you will be shown how you can discover your gifts and challenges through the lens of the 9 domains.

Leader: Lesley McPherson (4861 7896)
 Email: lesley.mcpherson@gmail.com
 When: Monday, 15 February 2016, 22/2.
 Number of sessions = 2
 Time: 10:00 to 12:00
 Where: Kazcare Room 2, 15 -17 Kirkham Rd, Bowral
 Numbers: 12 to 30

FAIR LADIES AND FOUL SCENES

The story of how Elizabeth Garrett Anderson became the first Englishwoman to become a physician and surgeon is a remarkable one. Together during 2 sessions we will explore the social history from her childhood in the 1840s, learn of the many barriers designed to keep women from practising medicine, and how Elizabeth's many achievements opened up opportunities for women.

Leader: Sheila Benning (4861 3413)
 Email: sjben6@bigpond.com
 When: Tuesday, 2 February 2016, 9/2.
 Number of sessions = 2
 Time: 10:00 to 12:00
 Where: East Bowral Comm. Centre Main Room, Boardman & Rowland Roads, Bowral
 Numbers: 20 to 50

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, 11 February 2016, 10/3, 14/4.
 Number of sessions = 3
 Time: 1:00 to 2:30
 Where: Mittagong RSL Club, Bessemer Street, Mittagong
 Numbers: 13 to 20

FAMILY HISTORY FOR BEGINNERS

The TV series 'Who do you think you are?' has generated considerable interest in researching family stories. This new course will introduce members to the basics of research, the forms to use to record data, where to look for information, and how to find others interested in the same family lines.

Leader: Lois Holgate (4872 3660)
 Email: lois_holgate@hotmail.com
 Co-Leader: Richard Hinde (4872 4487)
 Email: rhinde@westnet.com.au
 When: Thursday, 4 February 2016, 18/2, 3/3, 17/3.
 Number of sessions = 4
 Time: 1:00 to 2:30
 Where: Mittagong RSL Club, Bessemer Street, Mittagong
 Numbers: 6 to 22

FRENCH FOR TRAVELLERS

This course is for members who may be planning a trip to France and want to improve their French language skills before going. The course is for those who want to ask questions, understand answers, read signs correctly, read food menus and order food, shop in stores/at markets, buy travel/museum tickets, hire a car, book accommodation, talk about time and money, etc. Classes will take a variety of forms: audio & video lessons for listening and compre-

hension, oral/conversation practise, some formal grammar & exercises, some light reading about places to visit, vocabulary building, writing post-cards, games & activities and use of internet for exercises. Each member will need a French-English dictionary. Other materials will be provided. This course is best suited to those with some knowledge of basic French.

Leader: Judith Spivak (4862 3387)
 Email: spivakj50@bigpond.com
 When: Monday, 1 February 2016, 8/2, 15/2, 22/2, 29/2, 7/3, 14/3, 21/3, 4/4.
 Number of sessions = 9
 Time: 2:00 to 4:00
 Where: Kazcare Room 4, 15-17 Kirkham Road, Bowral
 Numbers: 10 to 20

FROM CAVE ART TO DIGITAL PHOTOGRAPHS

For 60,000 years we humans have created images on many kinds of surface and in many colours by a multitude of techniques. We have also made myriad objects in stone, metal and ceramic shapes. The inspirations for these works have been many and varied. In this course we will explore the history, the artistic techniques, and the science behind our creations.

Leader: John Benning (4861 3413)
 Email: sjben6@bigpond.com
 When: Friday, 5 February 2016, 19/2, 4/3, 18/3.
 Number of sessions = 4
 Time: 2:00 to 4:00
 Where: East Bowral Comm. Centre Main Room, Boardman & Rowland Roads, Bowral
 Numbers: 20 to 65

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 and gain further knowledge through demonstration DVDs which are shown regularly. **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, 29 January 2016, 12/2, 19/2, 26/2, 11/3, 18/3, 8/4.
 Number of sessions = 7
 Time: 9:30 to 12:30
 Where: Bowral Presbyterian Church Hall, Bendooley Street, Bowral
 Numbers: 15 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: zara@yogapresence.com.au
 When: Thursday, 28 January 2016 and then weekly.
 Number of sessions = 11
 Time: 9:15 to 10:45
 Where: Sangha Yoga Studio, Level 1, 368 Bong Bong Street, Bowral
 Numbers: 6 to 15

GERMAN FOR BEGINNERS

This course is primarily intended for students who have no prior experience with German. Students who have had some exposure to German in the past and wish to refresh their knowledge will be welcome, however, the pace of learning will be depend on the progress of beginners. The course will be based on structured free online lessons available through Deutsche Welle, and students with internet access may benefit. The emphasis will be on having fun speaking German. Prospective new students are invited to contact the course leader Tom Smith on 0413 881 754 to discuss the course.

Leader: Thomas Smith (4862 5045)
 Email: antom814@gmail.com
 When: Monday, 1 February 2016, 8/2, 15/2, 22/2, 29/2, 7/3, 14/3, 21/3, 4/4.
 Number of sessions = 9
 Time: 10:00 to 12:00
 Where: Kazcare Room 4, 15-17 Kirkham Road, Bowral
 Numbers: 10 to 25

GIVE GOLF A GO

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: collieu3a@gmail.com
 When: Tuesday, 2 February 2016 and then weekly.
 Number of sessions = 10
 Time: 10:00 to 12:00
 Where: Craigieburn, Centennial Road, Bowral
 Numbers: 3 to 6

HENRY'S WOMEN

In an attempt to overcome the tendency to reduce their significance to the rhyme "Divorced, beheaded, died, divorced, beheaded, survived", this course looks at the lives of the six very different women who married Henry VIII. It considers their early years, their personalities, aspirations, achievements and the problems they faced, not the least of which was Henry himself.

Leader: Sandra Gillespie (4868 2396)
 Email: sandrahgillespie@gmail.com
 When: Thursday, 28 January 2016, 11/2, 25/2, 10/3, 24/3.
 Number of sessions = 5
 Time: 9:45 to 11:45
 Where: East Bowral Comm. Centre Main Room, Boardman & Rowland Roads, Bowral
 Numbers: 20 to 65

THE HIGHLAND BUSKERS

The Buskers is a group of enthusiastic but amateur instrumentalists who welcome any like-minded and equally (un) talented musicians who desire to regain the instrumental skills of their younger years and enjoy making music in a most distinctive way with a charming, good-looking group playing every conceivable style of music. New members please contact Kerith a week before the starting date.

Leader: Kerith Fowles (4883 6515)
 Email: kerith_fowles@bigpond.com
 Co-Leader: Ann Clipsham
 When: Monday, 1 February 2016, 8/2, 7/3, 14/3, 21/3, 4/4.
 Number of sessions = 6
 Time: 9:30 to 11:30
 Where: Moss Vale Uniting Church Hall, Cnr Argyle & Spring Streets, Moss Vale
 Numbers: 18 to 40

HISTORY OF ICONS

Icon comes from the Greek word EIKON, meaning Image. The sacred pictures of the Eastern Orthodox Church had reached perfection in the Byzantine world and later the Russians were able to produce some of the finest examples of the art. Icons are the image of Christ, the Virgin Mary, an angel or a saint, and usually are painted on wood showing the human form in a flat, stylised way. Most of the early icons were painted by anonymous painters, and of the few that are known were by individual craftsmen.

Leader: Wilhelmina Mulders (4869 4185)
 When: Tuesday, 2 February 2016.
 Number of sessions = 1
 Time: 2:00 to 4:00
 Where: East Bowral Comm. Centre Main Room, Boardman & Rowland Roads, Bowral
 Numbers: 20 to 65

ICELAND - A TRAVELLER'S PERSPECTIVE

The Land of Fire and Ice is a country of superlatives. Offering by no means an academic study, this session will barely scratch the surface ... but what a fascinating surface it is! My travelogue will show you the rich variety that the forces of nature have bestowed upon a unique island, and the hardy humans who have made it their happy home. Come and share my journey among volcanoes, glaciers, geysers, deserts, fjords, and the people of the world's happiest nation. Whilst we will find evidence of elves, trolls, achievers, fierce warriors, and world-expanding seafarers, we will find no railways, no army, practically no forests, almost no crime, and no lingering memory of having started the GFC. Fabulous Iceland has become my favourite country.

Leader: Ken Travers (4869 5931)
 Email: kkt@pacific.net.au
 When: Monday, 21 March 2016.
 Number of sessions = 1
 Time: 2:00 to 4:00
 Where: Moss Vale Senior Citizens Hall, Queen Street, Moss Vale
 Numbers: 20 to 90

IDEAS AND INVENTIONS

What comes first: the Idea, or the Invention? Do ideas and inventions occur independently, or do they interact and feed off each other? What is more important: the Art of Writing, or the Invention of the Wheel? This course is an introduction to the History and Philosophy of Science.

Leader: Bill Buykx (4862 4252)
 Email: btbuykx@bigpond.net.au
 When: Thursday, 4 February 2016 and then fortnightly.
 Number of sessions = 5
 Time: 10:00 to 12:00
 Where: East Bowral Comm. Centre Main Room, Boardman & Rowland Roads, Bowral
 Numbers: 20 to 65

INTRODUCTION TO DIGITAL PHOTOGRAPHY

This course will encourage members to explore the possibilities that their cameras (including phone cameras) offer rather than simply using the 'auto' setting. It will cover – Knowing your camera, How to shoot a better photo and What to do with a photo after it is has been taken. Margaret's interest in photography is quite wide and she especially likes travel photography and natural light and setting portraits.

Leader: Margaret Harper
 Email: murrama@westnet.com.au
 When: Tuesday, 2 February 2016, 9/2, 16/2, 23/2.
 Number of sessions = 4
 Time: 10:00 to 12:00
 Where: Bowral Baptist Church Hall, 13 Merrigang Street, Bowral
 Numbers: 8 to 16

ITALIAN

This is a course for those with some experience of Italian. We will be continuing with the BBC 'Italianissimo' series. Modern Language classes offered by U3A this semester include Italian and Spanish. The Italian class is designed for those who have done the language before, whereas the Spanish class suits those who are starting either Castilian or the variants of the language spoken in South and Central America. Those intending to join either class are encouraged to phone Rosemary Thomas on 4886 4291 to discuss the details.

Leader: Rosemary Thomas (4886 4291)
 Email: cordial@iinet.net.au
 Co-Leader: Gaye Tannous (4862 4457)
 Email: gayetan@yahoo.com
 When: Thursday, 28 January 2016 and then weekly.
 Number of sessions = 11
 Time: 2:00 to 4:00
 Where: Myra Vale Cottage, Harbison, 2-10 Charlotte Street, Burradoo
 Numbers: 5 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, 2 February 2016 and then weekly.
 Number of sessions = 10
 Time: 10:30 to 12:00
 Where: Mittagong RSL Club, Bessemer Street, Mittagong
 Numbers: 6 to 15

LATIN (LEVEL 1)

This is a basic course designed to introduce you to Latin. It concentrates on reviewing any study you may have done in the past and is equally suitable for absolute beginners. It explains basic grammar and usage. All material is provided as handouts. You will need to do a certain amount of work each week as the Latin courses offered are progressive and cater for those with a particular wish to pursue an on-going interest in this classical language. **There will be a cost of \$10 to cover handout material and afternoon tea.**

Leader: Jenny McDonell (4861 2718)
 Email: jennymcd01@gmail.com
 Co-Leader: Meredith Van Til (4872 1697)
 Email: merryvantil@gmail.com
 When: Friday, 29 January 2016, 5/2, 12/2, 19/2, 26/2.
 Number of sessions = 5
 Time: 1:00 to 3:00
 Where: Kazcare Room 4, 15-17 Kirkham Road, Bowral
 Numbers: 8 to 12

LATIN (LEVEL 2)

This course is a continuing one. The textbook used is the Oxford Latin Course Bk 1 by Balme and Morwood. The lessons will begin at Chapter 10. We will also continue with aspects of Roman history, its social and literary background. If you have done Latin before and wish to do a class other than the basic Level 1, please contact me for further information. **There will be a cost of \$5.00 to cover handout material and afternoon tea.**

Leader: Jenny McDonell (4861 2718)
 Email: jennymcd01@gmail.com
 Co-Leader: Meredith Van Til (4872 1697)
 Email: merryvantil@gmail.com
 When: Friday, 4 March 2016, 11/3, 18/3, 1/4, 8/4.
 Number of sessions = 5
 Time: 1:00 to 3:00
 Where: Kazcare Room 2, 15-17 Kirkham Road, Bowral
 Numbers: 8 to 12

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.

Leader: Meredith Van Til (4872 1697)
 Email: merryvantil@gmail.com
 Co-Leader: Jenny McDonell (4861 2718)
 Email: jennymcd01@gmail.com
 When: Friday, 29 January 2016, 5/2, 12/2, 19/2, 26/2.
 Number of sessions = 5
 Time: 1:00 to 3:00
 Where: Kazcare Room 2, 15 -17 Kirkham Rd, Bowral
 Numbers: 10 to 24

LATIN (LEVEL 4)

This course is aimed at those who have studied one or more terms in Latin for beginners or who have a reasonable knowledge of the language from other sources. We will venture into the treasures of Latin literature.

Leader: Meredith Van Til (4872 1697)
 Email: merryvantil@gmail.com
 Co-Leader: Jenny McDonell (4861 2718)
 Email: jennymcd01@gmail.com
 When: Tuesday, 1 March 2016 and then weekly.
 Number of sessions = 6
 Time: 10:00 to 12:00
 Where: Kazcare Room 2, 15 -17 Kirkham Rd, Bowral
 Numbers: 10 to 20

LUNCH OUT TOGETHER

U3A is programming one lunch event each term. This is an opportunity to meet socially and enjoy good company and food with other U3A members. In Term 1 we will visit Bangkok House, a Thai restaurant in Mittagong for lunch. The cost is \$18 per person and covers entrée and main course. The restaurant is BYO. **The \$18 is to be paid at time of enrolment.**

Leader: Sandra Boland (4861 3420)
 Email: sandraboland@bigpond.com
 When: Thursday, 11 February 2016.
 Number of sessions = 1
 Time: 12:15 to 2:00
 Where: Bangkok House, Mittagong
 Numbers: 15 to 40

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, 27 January 2016, 3/2, 10/2, 17/2, 24/2, 2/3, 9/3.
 Number of sessions = 7
 Time: 2:00 to 4:00
 Where: Kazcare Room 5, 15-17 Kirkham Rd, Bowral
 Numbers: 12 to 30

MINDFUL MEDITATION

Being mindful is a way of living, a way to peace. Mindfulness meditation can be practised at any time - while eating, walking, being with family. The aim of the course is to teach ways to take care of ourselves and to feel more at peace. The course is for both beginners and experienced practitioners. It has a non-sectarian focus and a practical skill for use in daily life will be introduced each week.

Leader: Jennifer Pittman (4883 6414)
 Email: jenny.pittman@gmail.com
 When: Thursday, 28 January 2016 and then weekly.
 Number of sessions = 11
 Time: 10:00 to 12:00
 Where: Kazcare Room 5, 15-17 Kirkham Rd , Bowral
 Numbers: 10 to 25

MYSTERY OF LONDON'S LOST JEWELS

In 1912 workmen demolishing buildings in the City of London unearthed a remarkable hoard of wonderful jewels buried in a deep cellar. They had lain there undisturbed for 300 years. How did they get there and who did they belong to? This mystery is quite a fascinating story and gives us an insight into the international jewellery trade during the 16th and early 17thC.

Leader: Claire Daggett (4869 1246)
 Email: daggettciaire@gmail.com
 When: Tuesday, 16 February 2016.
 Number of sessions = 1
 Time: 10:00 to 12:00
 Where: East Bowral Comm. Centre Main Room, Boardman & Rowland Roads, Bowral
 Numbers: 20 to 65

NEWS IN REVIEW

Course Members will engage in two discussions of topics drawn from the Opinion and Editorial pages of news media such as The Australian or the Sydney Morning Herald ten days earlier. Over the next two terms each member of the class will be expected to select at least one op-ed piece on dates that will be scheduled, analyse these pieces and/or the issues they raise, make brief presentations on these, prepare questions to focus discussion on the issues, and facilitate the discussions. Members of the class will be expected to contribute to discussions in a non-combative manner and will hone their skills of critical analysis and public presentation. Alan Edwards (48617222) and George Morgan (48615111) will be Co-Leaders.

Leader: Ian Bowie (4861 5451)
 Email: ibbowie@bigpond.net.au
 When: Friday, 5 February 2016 and then fortnightly.
 Number of sessions = 5
 Time: 10:00 to 12:00
 Where: Kazcare Room 4, 15-17 Kirkham Road, Bowral
 Numbers: 8 to 14

THE OUTLOOK FOR GLOBAL ECONOMIES

John Abernethy, Chief Investment Officer of Clime Asset Management and a well-known commentator of global and Australian investments, will present his view on the macro-economic state of the major global economies and the outlook for investment markets.

Leader: David Reid (4862 5522)
 Email: drc3@bigpond.com
 When: Tuesday, 15 March 2016.
 Number of sessions = 1
 Time: 2:00 to 4:00
 Where: East Bowral Comm. Centre Main Room, Boardman & Rowland Roads, Bowral
 Numbers: 30 to 80

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, 28 January 2016 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

A fun course, usually in three parts. We will be reading from another new book this term, pause for Café, 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 Annie and demonstrate their adequate skill in French, before enrolling. For more information, please contact Annie.

Leader: Annie Chabert-McKay
 Email: achabert@bigpond.com
 Co-Leader: Pam Lindsay
 Email: pamatjindalee@gmail.com
 When: Wednesday, 27 January 2016 and then weekly.
 Number of sessions = 11
 Time: 10:00 to 12:00
 Where: Kazcare Room 4, 15-17 Kirkham Road, Bowral
 Numbers: 11 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. Please note the change in start time for Term 1.

Leader: John Blair (4861 6203)
 Email: john.blair01@bigpond.com
 When: Wednesday, 27 January 2016 and then fortnightly.
 Number of sessions = 6
 Time: 2:00 to 4:00
 Where: Member's Home
 Numbers: 4 to 13

PETANQUE CLUB 2

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. This is a second Petanque Club course, offered on different dates. Please note the change in start time for Term 1.

Leader: John Blair (4861 6203)
 Email: john.blair01@bigpond.com
 When: Wednesday, 3 February 2016, 16/2, 2/3, 16/3, 30/3.
 Number of sessions = 5
 Time: 2:00 to 4:00
 Where: Member's Home
 Numbers: 4 to 13

PERSONAL GROWTH WORKSHOP

I facilitate your exploring 'The Artists Way' by Julia Cameron. It invites you to examine your life in detail and perhaps awaken a part of yourself you've never known. Become your authentic self by creatively thinking, stimulating thoughtful conversations and having fun with the group. Enrich your life! No need to be an artist. It would be preferable to own your own copy of the book (approx \$35). **There will be a cost of \$15 to cover course materials and morning teas.** Please ring Annie if you would like more information, or look at the book on-line or in a shop.

Leader: Annie Jones (4872 2307)
 Email: lucky.joneses@gmail.com
 When: Thursday, 28 January 2016 and then weekly.
 Number of sessions = 11
 Time: 9:30 to 12:30
 Where: Member's Home - 11 Tyndall Street, Mittagong
 Numbers: 8 to 12

PINOCHLE CLUB

Come and enjoy a game of Pinochle and a cup of coffee at the Stumps Cafe Annex at Bradman Oval. The club is for people who already know the game. We play weekly but members are welcome to join us fortnightly or otherwise.

Leader: John Blair (4861 6203)
 Email: john.blair01@bigpond.com
 When: Friday, 29 January 2016, 5/2, 12/2, 19/2, 26/2, 4/3, 11/3, 18/3, 1/4, 8/4.
 Number of sessions = 10
 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: daltoe@y7mail.com
 When: Thursday, 28 January 2016 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 (4862 4732)
 Email: richard.hastings2@bigpond.com
 Co-Leader: John Benning (4861 3413)
 Email: sjben6@bigpond.com
 When: Tuesday, 2 February 2016 and then fortnightly.
 Number of sessions = 5
 Time: 10:00 to 12:00
 Where: Member's Home
 Numbers: 7 to 16

PLEASE wear your U3A name badge to all courses/ functions.

READING TOGETHER

Our group of dedicated readers, who meet on the fourth Tuesday of each month, will continue in 2016 with a new coordinator. After 10 years Judith is seeking a sabbatical. This is a long term group and it is preferred that only existing members enrol for Term 1.

Leader: Joanna O'Brien (4869 5917)
 When: Tuesday, 23 February 2016, 22/3.
 Number of sessions = 2
 Time: 10:00 to 12:00
 Where: Member's Home
 Numbers: 4 to 6

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, 3 March 2016 and then weekly.
 Number of sessions = 6
 Time: 10:30 to 12:30
 Where: Bowral Uniting Church - Hall, Cnr Bendooley & Boolwey Sts, Bowral
 Numbers: 26 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, 5 February 2016, 19/2, 4/3, 18/3, 1/4.
 Number of sessions = 5
 Time: 10:00 to 12:00
 Where: Members Home - 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. It is enlightening to get a range of views based on experience, interest or research and your views and experience and contribution will be welcome. A variety of facilitation methods will be used to obtain Socratic objectives. Each session will provide discussion on one or two topics selected by two presenters nominated at the previous session. All members of the group must be prepared to discuss/debate the selected topics. **Cost of morning tea and cake from the Lifestyle Cafe, or plunger coffee/tea, to be determined and payment at first session.**

Leader: Bruce Cowan (4862 4813)
 Email: bctwin44@gmail.com
 When: Friday, 29 January 2016, 12/2, 26/2, 11/3, 8/4.
 Number of sessions = 5
 Time: 9:30 to 11:30
 Where: Annesley Theatre Room, Second floor, Westwood Drive, Bowral
 Numbers: 10 to 25

SOUTH AFRICA: A REVISED HISTORY

We examine South African history from a 21st Century vantage point, looking at the events and circumstances that finally led to 40 years of apartheid followed by what was effectively a peaceful handover of power to the previously disenfranchised majority. The course will also examine the economic, social and political changes since 1994, including the way in which the former elites cope with their loss of power and privileges and the future of the African National Congress. James Saville has an in-depth knowledge of South Africa and its history and is the author of 'Rooibus Tea and Dust: A Travel Memoir of Post-Apartheid South Africa' published in 2012 by Common Ground Publishing.

Leader: James Saville (4889 4675)
 Email: saville@acenet.com.au
 When: Wednesday, 3 February 2016, 10/2, 17/2, 24/2.
 Number of sessions = 4
 Time: 10:00 to 12:00
 Where: East Bowral Comm. Centre Main Room, Boardman & Rowland Roads, Bowral
 Numbers: 20 to 65

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 will be collected at the first session.**

Leader: Heather Tredinnick (4861 6990)
 Email: heather.tredinnick@gmail.com
 When: Tuesday, 2 February 2016 and then weekly.
 Number of sessions = 10
 Time: 2:00 to 4:00
 Where: Bowral Uniting Church - Hall, Cnr Bendooley & Boolwey Sts, Bowral
 Numbers: 30 to 80

SPANISH

This course is for beginners in Spanish. Spanish is spoken by more people than all other languages, except English, and is perhaps the easiest to learn. A knowledge of another European language will help but is not essential. **It is expected that new members of the course will be required to purchase a Spanish textbook at a cost of more than \$50.** Modern Language classes offered by U3A this semester include Italian and Spanish. The Italian class is designed for those who have done the language before, whereas the Spanish class suits those who are starting either Castilian or the variants of the language spoken in South and Central America. Those intending to join either class are encouraged to phone Rosemary Thomas on 4886 4291 to discuss the details.

Leader: Rosemary Thomas (4886 4291)
 Email: cordial@iinet.net.au
 Co-Leader: Sue Causer (4885 1574)
 Email: daenerys@westnet.com.au
 When: Monday, 1 February 2016, 8/2, 15/2, 22/2, 29/2, 7/3, 14/3, 21/3, 4/4.
 Number of sessions = 9
 Time: 2:00 to 4:00
 Where: Moss Vale Uniting Church Small Room, Cnr Argyle and Spring Streets, Moss Vale
 Numbers: 12 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: yvette@hinet.net.au
 Co-Leader: Patti Holecek
 When: Monday, 1 February 2016, 8/2, 15/2, 22/2, 29/2, 7/3, 14/3, 21/3, 4/4.
 Number of sessions = 9
 Time: 3:30 to 5:30
 Where: Loseby Park Community Hall, Park Road, Bowral
 Numbers: 20 to 27

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: yvette@hinet.net.au
 Co-Leader: Keith Henshall
 When: Thursday, 28 January 2016 and then weekly.
 Number of sessions = 11
 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

Leader: John Deck (4861 4898)
 Email: johndeck@bigpond.com
 Co-Leader: Allan Jones (4862 3652)
 When: Monday, 1 February 2016, 8/2, 15/2, 22/2, 29/2, 7/3, 14/3, 21/3, 4/4.
 Number of sessions = 9
 Time: 9:30 to 11:00
 Where: Bowral Uniting Church - Common Room, 28 Bendooley Street, Bowral
 Numbers: 22 to 30

TRAVELS IN ROMANIA AND BULGARIA

Our illustrated armchair journey begins in Romania, where we visit the romantic cities of Brasov and Sibiu in Transylvania, the mighty Bran Castle (home of the quasi-mythical Dracula), the traditional folk culture of the Maramures region, the natural beauty of the Carpathian mountains, the painted monasteries of Bucovina, and spectacular mountain scenery. We end in Bulgaria, with its wonderful Orthodox churches and monasteries (including the 10th century Rila Monastery, the largest in the Balkans), the historic city of Plovdiv, a 4th century BC Thracian tomb, unspoiled alpine forests, and traditional village culture.

Leader: Patrick De Gabriele (4464 1289)
 Email: pdegabriele@shoal.net.au
 When: Monday, 8 February 2016.
 Number of sessions = 1
 Time: 2:00 to 4:00
 Where: Moss Vale Senior Citizens Hall, Queen Street, Moss Vale
 Numbers: 30 to 100

VENICE REVEALED

Ken has recently published a book on Venice, known to its citizens as La Serenissima, with a Foreword by Professor Vincenzo Cincotta, retired Professor of Italian from Wollongong University. The book opens a window into what most visitors to Venice never see or hear, the history of Venetian life, the music and theatre and the background to many of the events in the past, most of which is not apparent to the casual visitor. Ken will discuss the book, his memories of Venice and be happy to answer any questions about Venice.

Leader: Ken Wilder (4861 2792)
 Email: kwbuono@acenet.com.au
 When: Tuesday, 23 February 2016.
 Number of sessions = 1
 Time: 10:00 to 12:00
 Where: East Bowral Comm. Centre Main Room, Boardman & Rowland Roads, Bowral
 Numbers: 20 to 80

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

VISIT TO SUNNATARAM MONASTERY

In 1990 a small group of Thai Buddhist monks of the Theravadan Forest Tradition took up residence in an old machine shed on the property that had been donated for their use at Bundanoon. It has been transformed and is now both a place of meditation and teaching for all people who are interested in Buddhism. The monastery has acted as host to groups from U3A who have participated in courses given by the Abbot, the Ven. Phra Mana. It has been a most enjoyable experience and so is now being offered to all members. In the course of the visit we will be given a tour of the monastery and enjoy lunch with the monks before returning home at approximately 2:30pm. **A Prepayment of \$10 is required for this course and covers morning tea on arrival and lunch. This payment is required at the same time as enrolment.**

Leader: Jean de Hosson (4861 1055)
 Email: jeandehosson@gmail.com
 When: Wednesday, 9 March 2016.
 Number of sessions = 1
 Time: 10:00 to 2:30
 Where: Sunnataram Forest Monastery, 225 Teudts Road, Bundanoon
 Numbers: 25 to 50

WHAT IS HAPPENING IN THE SOUTHERN HIGHLANDS?

In this two-part series Ian will consider questions that will include: is our population exploding and swallowing up prime agricultural land? Are our house prices going through the roof? What's in store for our towns and people? What about the local economy? All questions considered in light of the evidence available to us in 2015. Each session will have a break in the middle for morning tea and there will be opportunities to discuss other topical questions during the second session.

Leader: Ian Bowie (4861 5451)
 Email: ibbowie@bigpond.net.au
 When: Wednesday, 2 March 2016, 9/3.
 Number of sessions = 2
 Time: 2:00 to 4:30
 Where: East Bowral Comm. Centre Main Room, Boardman & Rowland Roads, Bowral
 Numbers: 30 to 85

WINGECARRIBEE WALKS - CARRINGTON FALLS

This is a walk that can be easy or a bit harder if we visit both sides of the Falls. We park at Thomas Place before exploring by either the steps or wheelchair path the magnificent lookout over the falls. We return to the car park where you can choose to stop or to walk back down the road to discover the delights of Nellies Glen and the northern side of the Falls. Then we walk back up the hill to Thomas Place and have tea. You need to be able to walk just over an hour and up the hill to Thomas Place to attempt the full walk. Or you can just take part of the walk as we pass through the car park and you can stop there. **Please bring \$2 for morning tea.** Meeting place: Drive through Robertson and turn into Jamberoo Mountain Road (opposite Pie Shop). Drive 4km until you reach, on your right, the brown sign to Carrington Falls. Follow the signs to Carrington Falls Lookout, Budderoo National Park, go across the one-lane bridge and turn into Carrington Falls Lookout, Thomas Place - continue down dirt road to Thomas Place parking area.

Leader: Christine Vandine (4872 1607)
 Email: chris.g.vandine@gmail.com
 When: Friday, 8 April 2016.
 Number of sessions = 1
 Time: 10:00 to 12:30
 Where: Carrington Falls, Thomas Place carpark, Carrington Falls
 Numbers: 10 to 30

WINGECARRIBEE WALKS - MITTAGONG HERITAGE

Many people don't realise that Mittagong was at the heart of the birth of the Australian ironworks industry. A remnant of this can be seen under Mittagong Marketplace. We will park here and gather around the relics. From here we will follow the 12 storyboards scattered around Mittagong as we follow the trail of how the Ironworks and its demise has affected the township till this day. A map and explanatory notes will be available from our guide for 50 cents. We climb the hill from the Marketplace to the town clock tower and walk for about 1.5 hours, so you do need a certain level of fitness to attempt this walk. Of course, there will be 12 stops along the way where we stop and discuss this special part of Mittagong's history. As there are many cafes at the Mittagong Marketplace we suggest you stop at the end of our walk here for morning tea or lunch and or peruse the archaeological relics further.

Leader: Glen Vandine
 Email: glen.vandine@gmail.com
 Co-Leader: Christine Vandine (4872 1607)
 Email: chris.g.vandine@gmail.com
 When: Friday, 1 April 2016.
 Number of sessions = 1
 Time: 10:00 to 12:00
 Where: Mittagong Marketplace, Lower carpark near Ironworks, 197 Old Hume Highway, Mittagong
 Numbers: 10 to 30

WRITING FOR PLEASURE

An opportunity to engage your writing skills and imagination in a forum of sharing and interaction. Each session will include exercises to reflect, imaginary encounters, and exploring steps to story writing. Bring an exercise book to record your work. **NOTE CHANGE OF DAY.**

Leader: Liz Pattinson (4869 1020)
 Email: pattinsons@yahoo.com.au
 When: Tuesday, 2 February 2016 and then fortnightly.
 Number of sessions = 5
 Time: 10:00 to 12:00
 Where: Sturt Cottage, Range Rd, Mittagong
 Numbers: 10 to 15

COURSE NEWS

ITALIAN



This course has been going for 2 years and is led by Rosemary Thomas. Rosemary first learnt Italian in 1999 and has been teaching it ever since.

The group works from a text book, with each member making a contribution. Lively discussion is part and parcel of the learning experience and homework is also enjoyed. The members love all things Italian—the language, music and culture—and they have all visited Italy.

Pat Glading leads this enjoyable course with its group of keen artists. The experience level is varied, from beginner to long-time learner, and the styles and subject matter reflect the diversity of the group. Although the course is untutored members share ideas and knowledge, enabling everyone to gain in their understanding of the medium. Members commented on the friendliness of the group and said how they looked forward to it each week. They felt it made them more observant and gave them a focus of thought during the week.

FUN WITH WATERCOLOURS



THE HIGHLAND BUSKERS



Kerith Fowles is the super talent behind this group of enthusiastic musicians. She adapts the music to suit the ability of each player and provides much support with her in-depth knowledge of music. The musicians vary in talent from complete beginners to very experienced, but everyone has a fun time and love participating in a group.





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 COSTS

Must be paid with application for enrolment when indicated. For preference please **Direct Deposit** using the **Pay Anyone** facility on your bank's Internet Banking facility. **PLEASE NOTE:**

We have changed our U3A bank account. Please remember to change the Payee information in your bank's Internet Banking facility to include our new bank account details shown below:

Account Name: **U3A Southern Highlands Inc**

BSB: **802101**

Account Number: **357162**

Please **don't forget** to show just your **U3A ID Number and Surname** in the **Reference Box**. This will appear on our bank statement and is sufficient but essential for us to know who is paying for what!

OR Post a cheque or postal note to:

Treasurer, PO Box 421, BOWRAL NSW 2576

**Print your surname and ID Number
clearly on the back.**

U3A Southern Highlands Inc.

Course Enrolment Form for Term 1 2016

Please use the form on Page 20 to enrol in courses.

However, if you can access the internet, please enrol online at:

www.sohiu3a.org.au

Enrolments close:

9 pm— Wednesday 15 December 2015

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 marked on the enrolment form.

NB: Do not prepay for refreshments or other fees mentioned in the course descriptions. These are to be paid at the first session at the course venues.

Please pay in one of two ways:

PLEASE NOTE: We have changed our U3A bank account. Please remember to change the Payee information in your bank's Internet Banking facility to include our new bank account's BSB and Account Number shown below:

1. **Direct Transfer** using your Bank's internet banking to:

BSB 802101 A/c. No. 357162 A/c Name: U3A Southern Highlands Inc.

It is critical to include your SURNAME and U3A ID NUMBER in the online banking Reference Box so we can identify your payment on U3A's bank statement. Any problems please contact:

John Blair on 4861 6203 or email: treasurer@sohiu3a.org.au

2. A **cheque** made out to **U3A Southern Highlands Inc.** (your SURNAME and U3A ID NUMBER printed on the back of the cheque) and **posted to:**

Enrolments, U3A Southern Highlands Inc., PO Box 421, BOWRAL 2576

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

- ⇒ **Change of address, email address or phone number advise Roslyn Morgan on 4861 5111 or email: membership@sohiu3a.org.au**

WHAT'S ON WHEN AND WHERE IN TERM 1 — 2016

U3A SoHi Course Schedule for Mondays/Tuesdays/Wednesdays

DAY	TIME	SUBJECT	VENUE
MON	10.00 - 12.00	Biography Work-Weaving Life's Journey (2 S)	Kazcare Room 2
	10.00 - 12.00	Embroidery Plus (9 S)	Member's Home
	10.00 - 12.00	The Enneagram - Introductory Workshop (2 S)	Kazcare Room 2
	10.00 - 12.00	German for Beginners (9 S)	Kazcare Room 4
	9.30 - 11.30	The Highland Buskers (6 S)	Moss Vale Uniting Church Hall
	9.30 - 11.00	Talking Points (9 S)	Bowral Uniting Church - Common Room
	1.30 - 4.00	Art in the Afternoon (9 S)	Bowral BDAS Workshop
	2.00 - 4.00	French for Travellers (9 S)	Kazcare Room 4
	2.00 - 4.00	Iceland - A Traveller's Perspective (1 S)	Moss Vale Senior Citizens Hall
	2.00 - 4.00	Spanish (9 S)	Moss Vale Uniting Church Small Room
	3.30 - 5.30	Table Tennis on Monday (9 S)	Loseby Park Community Hall
	2.00 - 4.00	Travels in Romania and Bulgaria (1 S)	Moss Vale Senior Citizens Hall
TUE	10.00 - 12.00	Apple Mac Workshop (4 S)	EBCC Meeting Room
	10.00 - 12.00	Fair Ladies and Foul Scenes (2 S)	East Bowral Comm. Centre Main Room
	10.00 - 12.00	Give Golf A Go (W)	Craigieburn
	10.00 - 12.00	Intro to Digital Photography (4 S)	Bowral Baptist Church Hall
	10.30 - 12.00	Japanese: Spoken and Written (W)	Mittagong RSL Club
	10.00 - 12.00	Latin (Level 4) (W)	Kazcare Room 2
	10.00 - 12.00	Mystery of London's Lost Jewels (1 S)	East Bowral Comm. Centre Main Room
	10.00 - 12.00	Poetry on Tuesday (F)	Member's Home
	10.00 - 12.00	Reading Together (2 S)	Member's Home
	10.00 - 12.00	Venice Revealed (1 S)	East Bowral Comm. Centre Main Room
	10.00 - 12.00	Writing For Pleasure (F)	Sturt Cottage
	2.00 - 4.00	Educating the Investor (4 S)	East Bowral Comm. Centre Main Room
	2.00 - 4.00	History of Icons (1 S)	East Bowral Comm. Centre Main Room
	2.00 - 4.00	The Outlook for Global Economies (1 S)	East Bowral Comm. Centre Main Room
	2.00 - 4.00	Southern Highlands U3A Choir (W)	Bowral Uniting Church - Hall
WED	9.30 - 12.30	Board Games (F)	Kazcare Room 2
	10.00 - 12.00	Book Club (2 S)	Member's Home
	10.00 - 12.00	Decoupage - Decorative Collage (F)	Bowral Presbyterian Church Hall
	10.00 - 12.00	Electric Cars - Now and the Future (1 S)	East Bowral Comm. Centre Main Room
	10.00 - 12.00	Panorama of French (W)	Kazcare Room 4
	10.00 - 12.00	South Africa: A Revised History (4 S)	East Bowral Comm. Centre Main Room
	10.00 - 2.30	Visit to Sunnataram Monastery (1 S)	Sunnataram Forest Monastery
	2.30 - 4.30	Chess Club (W)	Kazcare Room 2
	2.00 - 4.30	Cinema On Wednesday (3 S)	Bowral Empire Cinema
	2.00 - 4.00	Meditation (7 S)	Kazcare Room 5
	2.00 - 4.00	Petanque Club 1 (F)	Member's Home
	2.00 - 4.00	Petanque Club 2 (5 S)	Member's Home
	2.00 - 4.30	What is happening in the S H? (2 S)	East Bowral Comm. Centre Main Room

This information is for University of the Third Age members only and may not be used for any other purpose.

WHAT'S ON WHEN AND WHERE IN TERM 1 — 2016

U3A SoHi Course Schedule for Thursdays & Fridays

THU	9.15 - 10.45	Gentle Yoga for Body and Soul (W)	Sangha Yoga Studio
	9.45 - 11.45	Henry's Women (5 S)	East Bowral Comm. Centre Main Room
	10.00 - 12.00	Ideas and Inventions (F)	East Bowral Comm. Centre Main Room
	10.00 - 12.00	Mindful Meditation (W)	Kazcare Room 5
	9.30 - 12.30	Personal growth workshop (W)	Member's Home - 11 Tyndall St, Mittagong
	10.00 - 12.00	Poetry Live (F)	Kazcare Room 4
	10.30 - 12.30	Scottish Country Dance for Seniors (W)	Bowral Uniting Church - Hall
	2.00 - 4.00	Apple iPad and You (F)	East Bowral Comm. Centre Main Room
	2.00 - 4.30	Cinema On Thursday (3 S)	Bowral Empire Cinema
	2.00 - 4.00	Computers Coffee and Chat (5 S)	East Bowral Comm. Centre Main Room
	1.00 - 2.30	Family History (3 S)	Mittagong RSL Club
	1.00 - 2.30	Family History for Beginners (4 S)	Mittagong RSL Club
	2.00 - 4.00	Italian (W)	Myra Vale Cottage
	12.15 - 2.00	Lunch Out Together (1 S)	Bangkok House, Mittagong
	1.30 - 4.00	Painting with Oils (W)	Bowral BDAS Workshop
	2.45 - 4.45	Table Tennis on Thursday (W)	Loseby Park Community Hall
FRI	9.30 - 11.30	Australian History to 1850 (F)	Annesley Theatre Room
	10.00 - 12.00	Britain since the Conqueror (10 S)	Bowral Uniting Church Hall
	9.30 - 11.30	Cribbage Club (10 S)	Stumps Cafe Annex
	9.30 - 12.30	Fun With Watercolour (7 S)	Bowral Presbyterian Church Hall
	10.00 - 12.00	News in Review (F)	Kazcare Room 4
	10.00 - 12.00	Sew and Yarn in Bundanoon (5 S)	Kareela Park, 56 Quarry Road, Bundanoon
	9.30 - 11.30	Socrates' Cafe (5 S)	Annesley Theatre Room
	10.00 - 12.30	Wingecarribee Walks - Carrington Falls (1 S)	Carrington Falls
	10.00 - 12.00	Wingec'bee Walks - Mittagong H'tage (1 S)	Mittagong Marketplace
	1.00 - 3.00	Cinematheque (5 S)	East Bowral Comm. Centre Main Room
	2.00 - 4.00	From Cave Art to Digital Photographs (4 S)	East Bowral Comm. Centre Main Room
	1.00 - 3.00	Latin (Level 1) (5 S)	Kazcare Room 4
	1.00 - 3.00	Latin (Level 2) (5 S)	Kazcare Room 4
	1.00 - 3.00	Latin (Level 3) (5 S)	Kazcare Room 2
	2.00 - 4.00	Pinochle Club (10 S)	Stumps Cafe Annex

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.

W = Weekly

F = Fortnightly

S = Sessions

This information is for University of the Third Age members only and may not be used for any other purpose.

*******SPECIAL COURSE PAYMENTS MUST BE RECEIVED BY Wednesday, 10 December**

U3A COURSE ENROLMENT FORM Term 1- 2016

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

Please use NUMBERS below—NOT ticks. YOUR telephone number _____

COURSE NAME NUMBER CHOICES—DO NOT TICK.	PRINT Initials * Person		COURSE NAME NUMBER CHOICES—DO NOT TICK.	PRINT Initials* Person	
	1	2		1	2
	*	*		*	*
Apple iPad and You			Latin (Level 1)		
Apple Mac Workshop			Latin (Level 2)		
Art in the Afternoon			Latin (Level 3)		
Australian History to 1850			Latin (Level 4)		
Biography Work - Weaving Life's Journey			Lunch Out Together		
Board Games			Meditation		
Book Club			Mindful Meditation		
Britain since the Conqueror			Mystery of London's Lost Jewels		
Chess Club			News in Review		
Cinema On Thursday			The Outlook for Global Economies		
Cinema On Wednesday			Painting with Oils		
Cinematheque			Panorama of French		
Computers Coffee and Chat			Petanque Club 1		
Cribbage Club			Petanque Club 2		
Decoupage - Decorative Collage			Personal growth workshop		
Educating the Investor			Pinochle Club		
Electric Cars - Now and the Future			Poetry Live		
Embroidery Plus			Poetry on Tuesday		
The Enneagram - An Introductory Workshop			Reading Together		
Fair Ladies and Foul Scenes			Scottish Country Dance for Seniors		
Family History			Sew and Yarn in Bundanoon		
Family History for Beginners			Socrates' Cafe		
French for Travellers			South Africa: A Revised History		
From Cave Art to Digital Photographs			Southern Highlands U3A Choir		
Fun With Watercolour			Spanish		
Gentle Yoga for Body and Soul			Table Tennis on Monday		
German for Beginners			Table Tennis on Thursday		
Give Golf a Go			Talking Points		
Henry's Women			Travels in Romania and Bulgaria		
The Highland Buskers			Venice Revealed		
History of Icons			Visit to Sunnataram Monastery		
Iceland - A Traveller's Perspective			What is happening in the Southern Highlands		
Ideas and Inventions			Wingecarribee Walks - Carrington Falls		
Introduction to Digital Photography			Wingecarribee Walks - Mittagong Heritage		
Italian			Writing For Pleasure		
Japanese: Spoken and Written					