



Volume 16, No. 3
June 2010

THE WISE OWL

NEWSLETTER AND COURSE INFORMATION
U3A SOUTHERN HIGHLANDS Inc.
Term 3, 2010 — 19 July—25 September

FROM THE PRESIDENT



So, hi again U3A and a cheery welcome to Term Three! From my presidential *bird's-eye* view of how our association functions, I have been so impressed with the amount of warm-hearted co-operation offered from our members. For instance, during Term 2 alone over 65 U3A members have officially assisted

in making the various courses run smoothly. They have acted as tea/coffee providers, Course Assistants and helpers who assist by putting out the tables and chairs and any other equipment. If you were one of these people, we all say thank you and acknowledge that such a generous co-operative spirit is what we are all about; with all members contributing what they can. Well done!

As you peruse the varied courses listed for Term 3, you will find some very interesting courses on offer which we hope you will enjoy. Also, believe it or not, we have already started planning for Term 4 and have a few vacancies available for new courses. If you have ever considered offering to present a course, or you know someone who does, now is the time to contact our Course Co-ordinator, Geoff Byrne, and just have a chat about what you would like to offer. We would love to have you.

Robyn Karakasch

WHAT'S NEW IN TERM THREE?

New courses in Term 3 are certainly going to excite many of our members. Just to wet your appetite, here are only a few samples of what you can expect in the months ahead.

1—A Suitable Pursuit for Gentlemen

What drove people to be scientists in the old days? John Benning will tell you all.

2—Active Lifestyles

Improving fitness for seniors, and how to live longer. Jenny Duncan has the secret.

3—Bartering in the Southern Highlands

Learn how to exchange goods and services without money. Faye Horn is the leader.

4—Behind the Scenes of your Local Council

How the local council operates. By Max Powditch

5—Books, Printing, Publishing & Censorship
Ken Wilder is going to talk about the history and future of publishing.

6—Complementary Health Matters

Health advice from experts in Acupuncture, Naturopathy, Pilates etc. Leader: Virginia Ross.

7—Exploring Antiques

In Café Chat. By Mary Jo Smart.. Discussions of antique glass, pottery and jewellery.

8—Food Gardening for Beginners

Growing your own vegetables. Faye Horn will tell you how.

9—The Retirement Living Industry

Retirement living and Aged Care. A concern for us all. Leader: Barbara Carstairs.

10—The Royal Family of Europe

How the Royal families of Europe are interlinked. Susan Nagy will give the answers.

11—With the Future in Mind

The brain, our mental capacities and electronic devices. Bill Buykx has the latest information.

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

This information is for U3A members only and may not be used for any other purpose.

YOUR COMMITTEE FOR 2010

PRINCIPAL OFFICERS (Executive)

Robyn Karakasch	President
Marcus McInnes	Vice President and Enrolments
Faye Horn	Secretary
Susan Williams	Treasurer
Geoff Byrne	Course Co-ordinator

GENERAL MEMBERS

Barbara Carstairs	Course Leader Liaison
Trish Cole	Publicity
Jaap de Haan	Editor
Joan Lawrence	Membership Co-ordinator
Nikki McAdoo	Member Involvement
Noella Muir	Venues
Martin Pronk	Equipment

DELEGATIONS

Bill Buykx	Public Officer
Toni Buykx	Data entry
Bert de Hosson	Webmaster
Jean de Hosson	Archivist
Hays Griffin	Data entry
Judith Harrington	Caretaker
Margaret Mackay	Asst. Caretaker

MUSIC LOVERS!

Our very own talented
U3A RECORDER ENSEMBLE
is performing in a
lunchtime concert
led by
Vanessa Woodhill

It will be held on *Wednesday 18 August 2010*
starting at *1.15 p.m.* in
St. Judes Church, Bendooley Street, Bowral

All U3A members are welcome.
See you there to support this accomplished
group and to enjoy their music!

***Don't miss our website,
it's great!***

Go to: www.sohiu3a.org.au

You won't regret it!



“No sir, we are innocent. We didn't push any buttons.”
Our visit to the Blue Circle Southern Cement works at
Berrima had many interesting moments.

COURSE ENROLMENTS

You may apply for enrolment by completing and *posting the printed form* or by using the *on-line enrolment* facility. If you possibly can, use the on-line method, as this saves a great deal of work by the committee. *Our website is <www.sohiu3a.org.au>*

After making your choices online, check your selection by re-opening the enrolment web page. If your entries are still there, then you know that your application has been sent. You may also change your choices any time before the *closing date which is:*

Wednesday 30 June 2010

N.B. Couples who would like to attend the same course should indicate the same order of preference.

If you wish to *enrol after the closing date* you must contact the Course Leader who will then advise you if any positions for the course are still available.

All members with an *email address* will receive their course acceptance advice by email, even if they enrolled by mail. These acceptances will be sent out a day after the enrolment closing date, so you should receive your acceptances within a few days. Check your email or the website. Please advise the Membership Co-ordinator of any change in your email address.

Please make sure your email address is correct when you enrol on line. Members without an email address will receive their acceptances via the postal service.

The Term dates for the remainder of this year are:

Term	Start	Finsh	No. of weeks	Enrol. close	Accept. sent
3	19 Jul	25 Sep	10	30 Jun	7 Jul
4	11 Oct	4 Dec	8	22 Sep	29 Sep

If you have not received your acceptances within seven days after mailing, please contact:

Marcus McInnes

When using the internet to transfer money to U3A, give as much detail as you can for identification. Our deposit details are:

Account Name: U3A Southern Highlands Inc
BSB: 032-716
Account Number: 19-3537

PROPOSED COURSES

Looking into the future, which means Term 4 in 2010 and Terms 1 to 4 in 2011, we are trying to assess whether there is sufficient interest to run certain courses. We all understand that course preparation can take a considerable amount of time and effort and prospective course leaders are obviously keen to know if it will be worth their while to get a new course ready for presentation. It is no good to run a course if too few people are interested. So we ask you to indicate, without committing yourself, if you would like to attend any of the courses mentioned below (in no specific order).

1— **“Facets of Self-Funded Retirement”**. A repeat course by Eleanor Dartnall.

2— **“Estate Planning”** by Eleanor Dartnall.

3— **“The Origin of the Universe”** a revised and updated course originally held in 2009 by Jaap de Haan.

4— **“Coach Tour to Eden and the South Coast”**
Tentative arrangements have been made for a 5 night 6 day coach tour to Eden and the South Coast commencing on Monday 31st January 2011. Travel will be by luxury air conditioned coach and comfortable accommodation at a family operated motel, which will be our base for the whole time. There will be no packing and unpacking of bags! A fascinating array of one day excursions is included, as are all meals and morning and afternoon teas. Highlights include: Breakfast on the beach, Killer Whale Museum, Two-fold Bay cruise, Merimbula and Wheelers Oysters, Tathra, Bega Valley and Historic Kameruka Estate and a day trip to Mallacoota in Victoria. Based on personal experience this will be a week of relaxation, education and a lot of fun. There is a limit of 46 participants. Cost of the tour is \$785 per person, twin share, (\$200 single supplement, limited places.) A \$100 deposit is required to be paid by July 31, 80% refundable up to 4 weeks before travel. The balance is payable directly to the motel on arrival. Reservations are transferrable and a waiting list will be maintained to facilitate transfer to another member in unforeseen circumstances. Interested members are asked to contact the Course Leaders, Geoff & Maree Byrne as soon as possible and a full itinerary and further details will be forwarded.

Please register your interest in either of the proposed courses 1, 2 and/or 3 by ringing 02 9990 6650. For the coach trip please contact the course leaders as indicated above.

WE NEED YOUR HELP!

We need more volunteers to run our growing organisation and need help in the following areas:

1—Course assistant: Co-ordinate the room set-up (seating etc) . Collect monies for morning/afternoon teas. Ensure roll is marked. Generally assist Course Leader as required, helped by other class members.

2—Function/catering assistant: Assist in morning/afternoon teas for courses you attend. Assist with food preparation (sandwiches, slices) for a function or two during the year.

3—Clerical assistant: Assist in mailouts of newsletters, enrolments etc during the year.

To volunteer please give us a ring at 02 9990 6650, **OR go to the Members' pages of the website, click to edit your voluntary tasks and click on YES/NO beside each kind of task. Please consider volunteering in two capacities.**

Remember, U3A Southern Highlands Inc is a co-operative organisation.

OUR COURSES FOR TERM 3

A SUITABLE PURSUIT FOR GENTLEMEN

This course will explore the lives and times of some of the “gentleman scientists” of 17th, 18th and early 19th centuries. This was a period in which the “professional” scientist did not yet exist. Yet in this period lies the origin of modern science. Many fundamental discoveries in all branches of “natural philosophy” were made by men (and some women) who had the leisure and the money to follow their interests. What were the circumstances in society that drove these enthusiasts? Subjects of these biographies will include Newton, Lavoisier, Cuvier, Herschel, Davy and others.

Leader: John Benning

When: Tuesday 10.00 – 12.00 fortnightly from July 20

Where: Main Hall, East Bowral Community Centre, Cnr. Boardman and Rowland Roads, Bowral
Numbers: 15 to 45

ACTIVE LIFESTYLES

Don't let your retirement go to waist! A fun, low impact class designed specifically for the senior population. Every class has a cardio section for a healthy heart, a strength component for strong muscles and bones and balance work for falls prevention. This class will burn body fat, increase your strength and

bone density and improve your fitness and flexibility. Participants are able to exercise at their own pace with lots of options given for all exercises. Please call into the Bowral Health Club during the week before the term commences to complete the pre-exercise questionnaire and a blood pressure check.

Requirements: Tracksuit / comfortable clothes and runners, towel & water. Cost \$6 per session.

Leader: Jenny Duncan

When: Tuesday 10.30 – 11.30 weekly commencing July 20

Where: Bowral Health Club, Station Street, Bowral

Numbers: 4 to 25

ARCHAEOLOGICAL BUDDHIST HISTORY

For some time, members have expressed an interest in the teachings of Buddhism and in our own Buddhist Communities. It is therefore most pleasing that Venerable Phra Mana, the Abbot of Sunnataram Forest Monastery, has consented to giving a series of talks on Buddhism this term. During the five week course he will be examining various influences on the development of Buddhist History, Art and Religious Symbolism. Our Journey will take us from ancient Egypt to the Indus Valley Civilisations and onto the Silk Road. The fifth session will comprise a visit to and lunch at Sunnataram Monastery at Penrose. Each session will include a short meditation period.

Leader: Phra Mana (U3A Contact Jean de Hosson)

When: Thursday 9.30 – 11.30 weekly from July 22 (first 4 weeks)

Where: Main Hall, East Bowral Community Centre, Cnr. Boardman and Rowland Roads, Bowral

Numbers: 20 to 60



“No, we point blank refuse. We are **not** going to crawl into that pipe!”

ART IN THE AFTERNOON

For those who enjoy painting, drawing, discussing, experimenting or just doing your own thing. We use most mediums, including pastels, watercolours and mixed media. If using oils, an odourless solvent must be used. Membership of the BDAS is a requirement.

Leader: Irene Davis . Co-course Leaders Sandra Gillespie and Pat Lewis

When: Monday 1.30 – 4.00 weekly
commencing July 19
Where: BDAS Workshop, Short Street, Bowral
Numbers: 12 to 16

BARTERING IN THE SOUTHERN HIGHLANDS—*SPECIAL EVENT*

Learn how to exchange goods and services in our community without using cash - use CESH (Community Exchange Southern Highlands)! In this system, the unit of exchange is the “Gib”. Everyone has something to offer, e.g. tuition, crafts, companionship. You set your own charges, and use your Gibs for something you want. For example, an hour of gardening could earn (or cost) you 30 Gibs; hemming a skirt, 20 Gibs. Come to this 90 minute session to learn how this non-profit community organisation works, and to join if you want to – a lifetime single membership is \$25 and 20 Gibs.

Leader: Faye Horn
When: Friday 2.00 – 3.30 July 30 only
Where: The Gallery, Uniting Church Hall,
Cnr. Bendooley and Boolwey Streets, Bowral
Numbers: 6 to 50

BEHIND THE SCENES OF YOUR LOCAL COUNCIL

A look at the day to day operations

This course is offered to interested people on the internal operation of our local Council. The course will cover topics such as the legislative framework in which local government sits, being a Councillor, the minefield of development applications, finances, what services local government provides and why, planning for the future and much more. There will also be two bus field trips to Council infrastructure sites of interest. Cost will be \$25 payable with enrolment to cover bus hire and morning teas. Members who enroll but neglect to pay will be excluded prior to processing.

Leader: Max Powditch and Geoff Goodfellow
When: Tuesdays 10.00 – 12.00 weekly from
July 20 (Field trips August 3 & 31 at 8.30 – 12.30)
Where: Council Theaterette, Donkin Avenue,
Moss Vale
Numbers: 20 to 40

BOOKS – PRINTING, PUBLISHING & CENSORSHIP

The extra-ordinary story of the invention of printing in the 15th century and the enormous social and political consequences which followed and how it changed the world. An account of the fight for freedom of expression ever since and which never ends. How, even in our own time, censorship has been imposed in

some places with fanatical cruelty. The advent of universal International Copyright Law and the consequences. The new information technology, the greatest revolution since the invention of printing and its likely impact on our lives. Coffee may be purchased if required.

Leader: Ken Wilder,
When: Wednesday 10.00 – 12.00 fortnightly
from July 21 for 5 sessions
Where: Garden Room, Annesley, off Westwood
Drive, Bowral
Numbers: 20 to 40

CHESS CLUB

How does Lewis Carroll's *Through the Looking Glass* relate to Chess? It is in fact, the game which has been played for over 1500 years, with its origins in India. It is beloved of the worlds famous from Canute to Dickens, Shakespeare to HG Wells. Now it is your chance to revisit and revitalize your game in a relaxed and friendly atmosphere. Beginners are welcome, but please contact the Course Leader prior to enrolment.

Leader: Rosemary Cork
When: Wednesday 2.30 – 4.00 weekly
commencing July 21
Where: Anthem, Retford Road, Bowral
Numbers: 10 to 20

CINEMA ON THURSDAY

This is an excellent way to make sure you see some of those really good movies you “just don't seem to get around to getting to”, and with a cup of excellent coffee shared with fellow members after the show at Coffee Culture downstairs. Great movies and great value. As usual, Gerard and Richard will be sorting through their current releases to pick an interesting selection for us. (We'll inform you of our first movie at the same time as your acceptances are notified.) Term

Cost: Combined Cinema and Coffee afterwards \$25
Money is to be paid at the time of enrolment
Members who enroll but neglect to pay will be excluded prior to processing
If you cannot attend a movie you may transfer the use of your ticket to another member BUT money cannot be refunded.

Leader: Jean de Hosson
When: Thursday 2.00 pm, July 22, August 19,
September 16
Where: New Empire Cinema, Bong Bong Street,
Bowral
Numbers: 20 to 60



*We have some vacancies left
for Term 4 Course Leaders*

CINEMA ON WEDNESDAY

Please see *Cinema On Thursday* entry for details. Term Cost: Combined Cinema and Coffee afterwards \$25, payable with enrolment.

Leader: Kay Moore

When: Wednesday 2.00 pm, July 28, August 25, September 22

Where: New Empire Cinema, Bong Bong Street, Bowral

Numbers: 20 to 60

COMMUNITY RADIO – PROGRAMMING & PRESENTING

This course is for people who are interested in constructing and presenting a community radio program on a voluntary basis. All aspects of volunteering, broadcasting rules, regulations, ethics and protocol will be studied. Participants are expected to become proficient in operating the studio equipment and panel. A cost of \$15 includes the “Friends of HFM” annual membership fee, photocopies, tea/coffee etc.

Leader: Martin Pronk

When: Friday 10.00 – 12.00 weekly commencing July 23

Where: Highland FM 107.1 studios, Heydon Cottage, Bong Bong Road, Mittagong

Numbers: 4 to 8



Prospective employees are being shown around their new workplace at Blue Circle Southern Cement works.

COMPLEMENTARY HEALTH MATTERS

There will be five sessions, each one presented by a different practitioner. The presenters are all currently practicing in their particular field of expertise. Areas covered will be Osteopathy (Suzanne McCleary), Naturopathy (Nyema Hermiston), Acupuncture (Dr Peter Chen), Psychotherapy (Cecile Barral) and Pilates (Anne Waithman). Members are advised that presenters have undertaken to talk about their field in general terms only and that individual health advice is a matter between individuals and their health practitioner(s).

Leader: Virginia Ross

When: Wednesdays 2.00 to 4.00 fortnightly from July 28

Where: Uniting Church Hall, Cnr. Bendooley and Boolwey Streets, Bowral

Numbers: 20 to 60

COMPUTERS COFFEE & CHAT

The course is designed to remove much of the anguish of computer ownership by the exchange of skills and experiences. We try to keep up-to-date with what is new and useful to us. Some of this news and information is found in our own website:

<http://sites.google.com/site/computerscoffeeandchat/home>.

CCC is a light hearted look at ourselves and how we use our computers and associated technologies. While not designed for beginners, beginners will glean quite a lot from our mistakes and discoveries.

Leader: Wal Glading

When: Friday 2.00 – 4.00 fortnightly from July 23

Where: Main Hall, East Bowral Community Centre, Cnr. Boardman and Rowland Roads, Bowral

Numbers: 10 to 35

CRIBBAGE IN TWO EASY LESSONS

Cribbage is a card game for 2, 3 or 4 players. It's very entertaining and not nearly as difficult or as serious as Bridge. You are guaranteed to be able to play competently after this course. You will need to bring a pack of cards (1 pack between 2 is enough) and a crib board (again 1 board will do 2 people). For information on how to get boards contact course leader.

Leader: Dick Honor

When: Monday 10.00 – 12.30, August 30 and September 13

Where: Presbyterian Church Hall, Bendooley Street, Bowral

Numbers: 8 to 16

CRYPTIC CROSSWORDS – Second level

A 2 session course designed for those who are already into cryptic crosswords. You don't have to be an expert but the course will not be suitable for the raw beginner, a beginners course will be held in Term 4. This course will involve hands-on solving of cryptic crosswords from different sources.

Leader: Dick Honor

When: Monday 10.00—12.30, August 23 and September 6

Where: Presbyterian Church Hall, Bendooley Street, Bowral

Numbers: 14 to 30

EMBROIDERY PLUS

A friendly group of people who meet each Monday morning to work on a project of their choice while enjoying one another's company. The Course Leader (with many sewing skills) is available to help with several different styles of embroidery, including candlewicking and cross stitch. Beginners are welcome.

Regular members of the group are also willing to share their skills. It is never too late to learn to knit or crochet! Please bring your own scissors, needles, pins and any other appropriate sewing or knitting items.

Leader: Maureen Hawkins
When: Monday 10.00 – 12.00 weekly
from July 19

Where: CWA Hall, Old Hume Highway,
Mittagong (next to Winifred West Park)
Numbers: 12 to 20

“Look, a flying cement truck.”
Oh, the things we saw during our visit to the Blue Circle Southern Cement works at Berrima.



EXPLORING ANTIQUES

This course is being offered by Mary Jo Smart of TAO – About, and will look at three categories of antiques in detail. The format will be a talk given by an expert in the field, discussion and then a light lunch of finger sandwiches, scones and jam followed by tea or coffee – all conducted in “Café Chat”. The three topics will be Antique Glass, Moorcroft Pottery and Antique (Georgian) Jewellery. Participants are welcome to bring along favourite pieces to the appropriate session for an estimate of value. A “door prize” is offered as an added inducement. Cost will be \$36, payable with enrolment. Enrolments without payment will be excluded.

Leader: Mary Jo Smart
When: Tuesday 10.45 – 1.30, July 27,
August 17 and September 21
Where: Café Chat, Antique Centre,
85-87 Main Street, Mittagong
Numbers: 22 to 25

EXPLORING BEL CANTO OPERA

Opera, as an art form, has been around for over 400 years. What has made it enduring? What has been its appeal? How has it changed and been modified over time? What we propose is an exploration of this “exotic and irrational entertainment” as Samuel Johnson once described it. What we suggest is something part history, part anecdote, part gossip, part celebration, part story, part universal themes, part performance, part suspension of belief, but above all exposure to the most sublime music that lifts and transcends beyond the ordinary. Come and be enchanted.

Leader: Jeremy Pearce
When: Wednesday 10.00 – 12.00 fortnightly
commencing August 4

Where: Main Hall, East Bowral Community
Centre, Cnr. Boardman and Rowland Roads, Bowral
Numbers: 20 to 40

FOOD GARDENING FOR BEGINNERS

If you’ve never grown your own vegetables, but would like to try, come along to this small friendly group and eat your first harvest by Labor Day. The course will include site visits, seedling selection and speakers who will share their passion and knowledge. There will be a charge of \$7 payable at the first session for morning tea (home cooked) and a “starter kit”. Please note this does not constitute one of the up to 5 courses for which members can apply.

Leader: Faye Horn
When: Friday 10.00 – 12.00 weekly for four
weeks from September 3
Where: Member’s home
Numbers: 4 to 8

FRENCH CONVERSATION

This course is for those who have reasonable reading and oral skills with the French language – until they land in Paris! It will be conducted to impart sufficient knowledge and confidence in spoken French, so that on your next visit you are not tongue tied and revert in fright to English and pointing. Participants will be encouraged to converse only in French during the course, and there may even be some homework. French music and films will provide variety. If doubtful of your ability, please phone course leader before enrolling.

Leader: Beatrice Botvinic
When: Monday 1.30 – 3.30 weekly from July 19
Where: Mittagong RSL Club
Numbers: 5 to 10

FUN WITH WATERCOLOUR

Watercolourists at varying stages of development meet to paint, exchange ideas and pass on skills learned in order to improve techniques and knowledge of this challenging medium. Demonstration DVDs will be shown occasionally during the term. There is no tutor for this course.

Leader: Patricia Glading
When: Friday 9.30 – 12.30 weekly from July 23
except July 30 and first Friday of each month.
Where: Presbyterian Church Hall, Bendooley
Street, Bowral
Numbers: 12 to 16.

ITALIAN

An advanced course in which we study Italian texts. Conversation in Italian is an integral part of the class and continual revision of grammar is carried out.

Leader: Rosemary Thomas

When: Saturday 9.00 – 11.00 weekly from July 24

Where: Myra Vale Lodge, HarbisonCare, Charlotte Street, Burradoo

Numbers: 6 to 10

JAPANESE – SPOKEN AND WRITTEN

In this continuing course, students will progress with their learning to read and write the basic Japanese script Hiragana (just 46 symbols) in a fun, innovative way, as well as use greetings, everyday expressions and other essential phrases for getting about in Japan. This is the second term of a 2 term course, and hence no new enrolments can be accepted.

Leader: Adrienne Bradney-Smith,

When: Wednesday 2.00 – 3.30 weekly for 6 weeks from July 21

Where: Mittagong RSL Club, Bessemer Street, Mittagong

JAZZ – ITS GREAT PERFORMERS

Getting ready for another jazz session.

Louis Armstrong became famous because he had great talent and because he received the commercial breaks. In this second term of a two term course we will look at the lives and music of many other traditional jazz musicians who had great talent too, but sometimes did not get their deserved commercial recognition. Plenty of music and handouts each week. New students are welcome but should contact the Course Leader in relation to costs for tea/coffee and photocopying.

Leader: Jaap de Haan

When: Tuesday 2.00 – 4.00 weekly from July 20

Where: Main Hall, East Bowral Community Centre, Cnr. Boardman and Rowland Roads, Bowral

Numbers: 10 to 50

KNIT-IN AFTERNOON SPECIAL EVENT

All U3A knitting enthusiasts are invited to an afternoon of knitting and entertainment to support the WRAP WITH LOVE organization, which distributes knitted blankets to the needy in Australia and other countries. Even if you don't know how to knit, we can teach you! If you would like to come, please bring size 4mm Knitting Needles and your own 8 ply yarn to knit the 25cm X 25cm squares. Any extra balls of wool that you can donate would also be appreciated. We intend to have an afternoon of industrious knitting activity, entertainment provided by the fabulous U3A Choir and a delicious Devonshire Tea/Coffee to keep our energy levels going. The Bar will also be open if you would like to purchase anything stronger. A special Men's Knitting Table will also be provided. It should be both fun and purposeful! So register now and come along. Cost: \$10 for Devonshire Tea (to be paid at the door on entry) Please note this does not constitute one of the up to 5 courses for which members can apply.

Leader: Robyn Karakasch

When: Friday, 1.00 – 4.00 pm, August 6

Where: Carrington Room, Mittagong R.S.L. Club

Numbers: 50 to 150

MODERN EUROPEAN HISTORY

Complete the history of the Kingdom of Italy. Possibly progress to France – Second Empire and Third Republic.

Leader: Ken Saxby

When: Friday 10.00 – 11.30 weekly commencing August 13

Where: Common Room, Uniting Church, Cnr. Bendooley and Boolwey Streets, Bowral

Numbers: Maximum 29

NEWS IN REVIEW

This course provides opportunities for members who want to discuss current issues in some depth. At each class, two members will make brief presentations on a chosen topic, which has been notified to the class in advance. Following each presentation, the presenter will lead discussion on the topic.

Leader: Ian Bowie

When: Friday 10.00 – 12.00 fortnightly commencing July 23

Where: The Gallery, Uniting Church, Cnr. Bendooley and Boolwey Street, Bowral

Numbers: 10 to 20

PAINTING WITH OILS

We aim to provide a friendly atmosphere where members can paint with oils or acrylics and share their ideas and experience. Members must provide all their own materials and equipment and work on their own

projects – it is not a tutored group. Membership of BDAS is a requirement and odourless solvent must be used.

Leader: Ian Pye
 When: Thursday 1.30 – 4.00 weekly
 commencing July 22
 Where: BDAS Workshop, Short Street, Bowral
 Numbers: 8 to 16

POETRY LOVERS' GROUP

If I read a book and it makes my whole body so cold that no fire can ever warm me, I know that is poetry. If I feel physically as if the top of my head were taken off, I know that is poetry. These are the only ways I know. Is there any other way? – Emily Dickenson. Each session we will read and discuss poems selected by group members. The emphasis will be on the enjoyment of poetry, but poetry forms and methods will also be discussed, always remembering that there is no right or wrong way to love a poem.

Leader: Richard Hastings
 When: Wednesday 2.00 – 4.00 fortnightly
 commencing July 21 for 4 sessions
 Where: The Gallery, Uniting Church,
 Cnr. Bendooley and Boolwey Streets, Bowral
 Numbers: 6 to 16



“Can anyone explain why cement trucks fly?”

READERS THEATRE DRAMA GROUP

Readers Theatre is a script-in-hand style of performance which is fun to do and does not require costumes, lighting, props, or memorizing lines for it to be successful. As the voice is mainly used to convey the meaning and to entertain, our sessions will include some dramatic voice work exercises. We will also rehearse and present different styles of scripts each week for our own enjoyment. It is lots of fun! So if Drama is your interest then why not give Readers Theatre a try?

Leader: Robyn Karakasch
 When: Thursday 10.30—12.30 weekly
 from August 5
 Where: Anthem, Retford Road, Bowral
 Numbers: 18 to 27

READING FOR PLEASURE

A monthly discussion group on books of various genres chosen by the members. In 2010 we will be reading **Australian authors**. We meet in members' homes on the first Wednesday of each month and conclude the afternoon with a delicious afternoon tea.

Leader: Jeanette Flanagan
 When: Wednesday 2.00 – 4.00, August 4,
 September 1
 Where: Members' homes, to be advised
 Numbers: Maximum 12

READING MONDAY GROUP

This group regularly meets on the second Monday of each month. The members of the group are encouraged to select the books and every effort is made to obtain books in an economical way.

Leader: Robin Strachan
 When: Monday 2.00 – 4.00, August 9,
 September 13
 Where: Member's home
 Numbers: 6 to 8

READING TOGETHER

A group of dedicated readers who meet monthly and discuss current and classic works by Australian authors. Last year we read *The Fortunes of Richard Mahoney* and *For the Term of his Natural Life* as well as current titles by Helen Garner, Chris Tsiolkas, Alex Miller, Kate Grenville and David Malouf. Books are selected by the group.

Leader: Penny Bendeich
 When: Tuesday 10.00 – 12.00 monthly, July 27,
 August 24, September 28
 Where: Member's home
 Numbers: Maximum 12

RECORDER ENSEMBLE

The regular members of the Recorder Ensemble will continue to explore and perform music from Renaissance to the 21st century. Minimum standard for new players wishing to join this group is Grade 3-4. The beginners group will continue to meet at a time suitable for participants.

Leader: Vanessa Woodhill
 When: Friday 1.00 – 3.30 fortnightly
 commencing July 23
 Where: Member's home
 Numbers: 5 to 12

Photos of our visit to the
 Blue Circle Southern Cement works were kindly
 provided by
 Sheila Benning and Jill Newell.

SCOTTISH COUNTRY DANCING FOR SENIORS

Do you want a new experience? Then try Scottish Country Dancing. The aim is to have fun and social interaction while exercising the mind and body with movement, to the stimulating music of Scotland. As 'seniors', we are encouraged to 'stay active'. SCD provides mental stimulation and gentle exercise with a friendly social spirit – you will not be expected to do the 'Highland Fling'! It is an activity enjoyed by both men and women. The course is now in its fifth year and new folk are always welcome to join this enthusiastic group. No special dress is required, just soft-soled flat shoes.

Leader: Helen Wales

When: Thursday 10.30 – 12.30 weekly from July 22

Where: Uniting Church Hall, Cnr. Bendooley and Boolwey Streets, Bowral

Numbers: 12 to 40



Change of shift at Blue Circle Southern Cement

SOCRATES' CAFÉ

The focus of Socrates' Café is to provide a venue for U3A members to discuss and enquire about current/problem issues that are considered important. Each session will provide discussion on two topics which will be selected by two presenters. At the last session of Term 2 two volunteers will be nominated to present the first session of Term 3. Those selected as presenters will advise course members of their topic two weeks before the first session on July 21. All members of the group must be prepared to discuss / debate the selected topics. Tea / Coffee and petit fours will be served at the Café. Cost \$25 for the term to be paid on the first morning.

Leader: Bruce Cowan

When: Wednesday 9.30 – 11.30 fortnightly, commencing July 21

Where: Milk Factory Gallery Café

Numbers: 10 to 18

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. Each session is led in turn by John Deck, Allan Jones and Peter Collyer

Leader: John Deck

When: Monday 9.30 – 11.00 weekly commencing July 19

Where: Common Room, Uniting Church, Cnr. Bendooley and Boolwey Streets, Bowral

Numbers: 20 to 30

THE HIGHLAND BUSKERS

How many people of U3A age – and younger! – have you heard say "I wish I'd kept on playing the ...". Are you one of the "used to's" of the world? The Buskers exists for you, offering the opportunity to resume your playing of whatever instrument you 'used to' play. Dust off that lonely instrument which has languished under the bed all these years, let Kerith know what notes you still remember, and join in. Music is written especially for each member of the group, suiting individual musical experience and confidence. The range of music tackled by the Buskers is truly mind-blowing. Everything from early German dances to South American folk, film themes, Mozart and Vivaldi, Jazz – even the fussiest musician has to find something to enjoy. And most important of all, we're wonderfully supportive of each other and our individual efforts. Senior moments are our specialty. So don't go on as a "used to" – let's do it, now.

Leader: Kerith Fowles,

When: Monday 9.30 – 11.30 weekly from July 19

Where: Uniting Church Hall, Cnr. Argyle and Spring Streets, Moss Vale

Numbers: Maximum 30

THE RETIREMENT LIVING INDUSTRY AND CENTRELINK SUPPORT

The first section of the course, over three weeks, will cover: Independent Retirement Living, Financial Aspects of Retirement Living and Aged Care (low – high care and respite care) and how it all works. Aspects of "The Act" and Government legislation will be included. The second section will be three presentations of Centrelink advice covering: Pension Entitlements, Home Equity Loans for Seniors (Reverse Mortgages) and Investing with Safety. The objective of the course is to be better informed of options for future living and to be aware of the entitlements available to seniors through Centrelink.

Leader: Barbara Carstairs
 When: Tuesday 2.00- 4.00 weekly
 from August 17
 Where: Anthem, Retford Road, Bowral
 Numbers: 15 to 50

THE ROYAL FAMILY OF EUROPE

The royal families of Europe are in fact one extended family who met on a regular basis in the late 19th and 20th centuries, and still do. Five sessions will bring to life this network of cousins, their romances and marriages, and their commitments to public service. Some personalities capture the imagination more than others, and we will focus on them. Power point presentations and DVDs will provide the atmosphere for a Ruritanian experience.

Leader: Susan Nagy
 When: Thursday 2.00 – 4.00 fortnightly
 from July 22
 Where: Main Hall, East Bowral Community Centre, Cnr. Boardman and Rowland Roads, Bowral
 Numbers: 5 to 50



“That’s got nothing to do with us.
 We’re non-smokers!”

TULIP TIME PARADE —SPECIAL EVENT

This year the Southern Highlands is celebrating 50 years of Tulip Time – the Golden Anniversary. As we in U3A are also in our “Golden Years” we have been invited to help celebrate this occasion by marching in The Tulip Time Street Parade with other Community Groups. We plan to walk down the main street behind our U3A Banner, smiling and waving at the crowd. Do you think you can do this? It would be

great to have a large contingent of U3A members. We would love to have you. Please register if you can make it. Please note this does not constitute one of the up to 5 courses for which members can apply.

Leader: Robyn Karakasch
 When: Saturday 25th September, 3pm start
 Where: Bong Bong Street, Bowral
 Numbers: 50 to ?

VOICES IN HARMONY

Voices in Harmony is a course for men and women who enjoy the challenge of singing a wide variety of music – folk, spiritual, jazz and musicals – in harmony. Ability to read music is essential. Also essential is a sense of humour! There will be a small charge for photocopying.

WANTED: Tenors —Male or Female
 Leader: Alison Attwater
 When: Tuesday 2.00 – 4.00 weekly
 commencing July 20
 Where: Uniting Church Hall, Cnr. Bendooley and Boolwey Streets, Bowral
 Numbers: 30 to 45

WITH THE FUTURE IN MIND

In this course we will look in more detail at questions raised in previous courses such as: Is brain damage (whether from an accident or stroke) always permanent, or can the brain recover from such damage or be repaired? Can we improve our mental capacities (e.g. memory) by means of electronic devices? Will we ever be able to control a computer or an artificial limb by means of our thoughts only? Is it possible to build a robot that is intelligent, self aware and has feelings? This course will run for 2 terms. Attendance at previous courses not essential.

Leader: Bill Buykx
 When: Thursdays 2..00 – 4.00 fortnightly
 commencing July 29
 Where: Main Hall, East Bowral Community Centre, Cnr. Boardman and Rowland Roads, Bowral.
 Numbers: 15 to 50

Please wear your name tag to
 all our courses and functions.

Editor: Jaap J. de Haan,

DAY	TIME	SUBJECT	VENUE
MONDAY	9.30 - 11.00	Talking Points (W)	Common Room, Uniting Church, Bowral
	9.30 - 11.30	The Highland Buskers (W)	Uniting Church Hall, Moss Vale
	10.00 - 12.00	Embroidery Plus (W)	CWA Rooms, Mittagong
	10.00 - 12.30	Cryptic Crosswords - Refresher (CN)	Presbyterian Church Hall, Bowral
	10.00 - 12.30	Cribbage - In two easy lessons (CN)	Presbyterian Church Hall, Bowral
	1.30 - 3.30	French Conversation (W)	Mittagong RSL Club, Mittagong
	1.30 - 4.00	Art in the Afternoon (W)	BDAS Studio 1, Short Street, Bowral
	2.00 - 4.00	Reading Group Monday (M)	Private Home, Bowral
TUESDAY	10.00 - 12.00	Behind the scenes of your local Council (W)	WSC Theatre, Moss Vale
	10.00 - 12.00	A Suitable Pursuit for Gentlemen (F)	East Bowral Community Centre
	10.30 - 11.30	Active Lifestyles (W)	Bowral Health Club, Station Street, Bowral
	10.00 - 12.00	Reading Together (M)	Private Home, Burradoo
	10.45 - 1.30	Exploring Antiques (CN)	Antiques Centre, Main Street, Mittagong
	2.00 - 4.00	The Retirement Living Industry & Centrelink Support (CN)	Anthem, 12 Retford Road, Bowral
	2.00 - 4.00	Jazz - Its Great Performers (W)	East Bowral Community Centre
	2.00 - 4.00	Voices in Harmony (W)	Uniting Church Hall, Bowral
WEDNESDAY	9.30 - 11.30	Socrates' Café (F)	Milk Factory Café, Station Street, Bowral
	10.00 - 12.00	Books - Printing, Publishing, Censorship (F)	Annesley, Westwood Drive, Bowral
	10.00 - 12.00	Exploring Opera (F)	East Bowral Community Centre
	2.00 - 3.30	Japanese - Spoken and Written (W)	Mittagong RSL Club, Mittagong
	2.00 - 4.00	Reading for Pleasure (M)	Members' homes
	2.00 - 4.00	Poetry Lovers Group (CN)	Gallery, Uniting Church, Bowral
	2.00 - 4.00	Complementary Health Matters (F)	Uniting Church Hall, Bowral
	2.00 start	Cinema on Wednesdays (CN)	New Empire Cinema, Bowral
THURSDAY	2.30 - 4.00	Chess Club (W)	Anthem, 12 Retford Road, Bowral
	9.30 - 11.30	Archaeological Buddhist History (CN)	East Bowral Community Centre
	10.30 - 12.30	Readers Theatre Drama Group (W)	Anthem, 12 Retford Road, Bowral
	10.30 - 12.30	Scottish Country Dancing for Seniors (W)	Uniting Church Hall, Bowral
	1.30 - 4.00	Painting with Oils (W)	BDAS Studio 1, Short Street, Bowral
	2.00 start	Cinema on Thursdays (CN)	New Empire Cinema, Bowral
	2.00 - 4.00	The Royal Family of Europe (F)	East Bowral Community Centre
	2.00 - 4.00	With the Future in Mind (F)	East Bowral Community Centre
FRIDAY	9.30 - 12.30	Fun with Watercolour (CN)	Presbyterian Church Hall, Bowral
	10.00 - 11.30	Modern European History (W)	Common Room, Uniting Church, Bowral
	10.00 - 12.00	News in Review (F)	Gallery, Uniting Church, Bowral
	10.00 - 12.00	Community Radio - Programming and Presenting (W)	Heydon Cottage, Bong Bong Road, Mittagong
	10.00 - 12.00	Food Gardening for Beginners (CN)	Member's Home
	1.00 - 3.30	Recorder Ensemble (F)	Private Home, Mittagong
SATURDAY	2.00 - 4.00	Computers, Coffee and Chat (F)	East Bowral Community Centre
	9.00 - 11.00	Italian (W)	Myra Vale Lodge, HarbisonCare, Burradoo
SPECIAL ONE DAY EVENTS			
FRI. 30 JULY	2.00 - 3.30	Bartering in the Southern Highlands (CN)	Gallery, Uniting Church, Bowral
FRI. 6 AUG	1.00 - 4.00	Knit-In Afternoon (CN)	Mittagong RSL Club, Mittagong
SAT. 25 SEPT	3.00 start	Tulip Time Parade (CN)	Bong Bong Street, Bowral
W = WEEKLY F = FORTNIGHTLY M = MONTHLY CN = COURSE NOTES			
<i>This information is for U3A members only and may not be used for any other purpose</i>			