

U3A Bermagui - Term 4 Program 2023

Course	Description	Sessions	Location	Contact
6 x 6 Christmas Crafting with Carol Hellmers	This workshop is offered just in time for the festive season! In one morning, using just three pieces of 6x6 patterned paper, you will use a clever template to make 4 or even 6 Christmas cards to give to special friends or family. Sounds like a lot of work? Don't worry, Carol will guide you through the easy cutting, designing and construction processes, and ensure you have a fun morning. All materials are supplied, including lots of ribbon and embellishments so that your cards are unique. All you need to bring is a metal ruler, cutting knife, scissors, glue stick and your enthusiasm. This workshop is suitable for everyone - no previous paper crafting skills are required. You will go home with finished cards and the template to make more! There are only 10 places available, so book early! This course will require prepayment. You will be invoiced via email when enrolments close. Cost: \$10. Min: 5. Max: 10. Contact: Carol Hellmers.	Wed 8-Nov 10am - 1pm	Art Room, Bermagui Country Club, Bermagui	Carol Hellmers 0439 426 405
Ancient British Stone Circles and Tombs with Ted Beardow	Britain is covered in ancient earthworks, tombs and stone circles. Everyone knows Stonehenge, but there are many, many more - and despite numerous theories, no one has ever satisfactorily explained what they mean or why they were built. Join Ted in exploring these ancient enigmas including Stonehenge, Newrange, Avebury and many others from the age of megaliths and mysterious monuments. Cost: \$3. Min: 12. Max: 50. Contact: Ted Beardow.	Mon 6-Nov 10:30 am - 12:30 pm	Hall, BCCentre Bermagui	Ted Beardow 0415 787 669
Apple Questions on the Fly with Michael Gross	Bring your questions to Michael for expert advice on all things related to Apple technology. Please note the change of venue for Michael's Term 4 sessions. Cost: \$2. Min: 4. Max: 15. Contact: Michael Gross.	Wed 25-Oct 10:30 am - 12pm	Bermagui Mens Shed	Michael Gross 0401 993 788
Artificial Intelligence: Hands-On With Some Current Tools with George Stone	Participants will have the opportunity to gain hands-on experience with modern tools in Artificial Intelligence (AI). Through interactive demonstrations and practical exercises, we will explore technologies such as machine learning, natural language processing and computer vision. The session aims to provide a practical understanding of these tools, empowering participants to leverage AI effectively in their own initiatives and endeavours. If possible, please bring along your own laptop, iPad or tablet. Cost: \$2. Min: 5. Max: 15. Contact: Ruth Perrett	Fri 20-Oct 10am - 11:30 am	Bermagui Mens Shed	Ruth Perrett 0408 786 546
Birds & Bush with Barry Virtue	Short, easy walks sharing observations and knowledge, and including two walks a half hour drive from Bermagui for something new and different. Min: 4. Max: 15. Contact: Barry Virtue	Mon 13-Nov, 20-Nov, 27-Nov, 4-Dec 8:30 am - 10:30 am	The meeting place will be advised before each walk.	Barry Virtue 0437 590 619
Bushfire Basics with Bruce Leaver	With the onset of El Nino, coupled with the heavy fuel accumulated in the last three wet years, the outlook for a worrisome fire season is unsettling. Whether it be protecting against fire or being able to understand what is happening, a basic knowledge of the elements of bushfire can help. The session will cover these basics. It will be available to members and any other interested person. Cost: \$3. Min: 10. Max: 50. Contact: Bruce Leaver.	Mon 23-Oct 10:30 am - 12:30 pm	Hall, BCCentre, Bermagui	Bruce Leaver 0400 374 927

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Conversation Cafe with Jo Medlin	For this final 2023 Conversation Café, you are in for a real treat ... actually, have you ever not been?! You may have watched SBS's program "Lost for Words", which was described as: Eight everyday Australians, who struggle to read and write, enter into a nine-week education program run by two expert adult literacy teachers with a bespoke approach centred around real-life challenges." Our guest speaker is Jo Medlin, who was in fact one of those expert adult literacy tutors who appeared in the program. You'll hear some of the behind-the-scenes anecdotes involved in making the series, and gain an insight into adults with literacy challenges. Jo has a raft of qualifications which make her an expert on anything that involves learning and literacy. You will love this morning spent in the company of the warm and very engaging Jo – so don't miss it. As always, there'll be a cuppa and delicious treat to enjoy at the café. "Lost for Words" is still available via SBS On Demand if you'd like to rewatch, or view for the first time, this excellent, thought-provoking program. Cost: \$5. Min: 10. Max: 40. Contact: Elizabeth Johnson.	Fri 17-Nov 10:30 am - 12pm	Bermagui Mens Shed	Elizabeth Johnson 0499 818 454
Demystifying Apple Technology with Michael Gross	This session covers a variety of everyday problems faced by users of Apple products, from iPhones to iPads to laptops and desktops. Please note the change of venue for Michael's Term 4 sessions. Cost: \$2. Min: 4. Max: 15. Contact: Michael Gross.	Wed 29-Nov 10:30 am - 12pm	Bermagui Mens Shed	Michael Gross 0401 993 788
First Friday Film & Lunch	Join this enthusiastic group of movie-goers to see some of the latest movies. Arrive at the Narooma Kinema, purchase your discounted ticket, sit back, enjoy the show, and then if you want, join the group for lunch afterwards. Details of the film and eatery will be emailed early in the week. Min: 2. Max: 50. Contact: Sheila Brice.	Fri 3-Nov, 1-Dec 10:30 am - 1:30 pm	Kinema, Narooma	Sheila Brice 0422 142 685
Flora of the Local Area - A Spring Walk with Rebecca Rudd	Find out about some of the plants from our own backyard. Local botanist Rebecca Rudd from Beauty Point Landcare will lead a flora walk-and-talk along the coastal walk. Park at the cemetery and meet opposite for this 3km walk. Min: 4. Max: 12. Contact: Sheila Brice.	Thu 2-Nov 9am - 11am	Coastal walk beside the Tathra/Bermagui Rd, opposite the Cemetery	Sheila Brice 0422 142 685
Fun French For Beginners with Valerie Holton	Fun French for Beginners and Forgetters is a class for people who are keen to speak French or refresh their existing knowledge. If you are a beginner, come and see how you go. If you have forgotten all the French you ever learnt you may surprise yourself. You will need a small English-French dictionary. There is some set homework each week. No cost. Tea/Coffee provided. Min: 2. Max: 10. Contact: Valerie Holton.	Tue 24-Oct, 31-Oct, 7-Nov, 14-Nov, 21-Nov, 28-Nov, 5-Dec 10am - 12:30 pm	At the presenter's home	Valerie Holton 0457 286 506
Intersex - A Human Rights Issue with Paul Payten	Each of us has probably met at least one Intersex person and not known about it. We notice redheads in our lives, yet across the world, Intersex are about as numerous, estimated at around 1.8% of the population. Historically known as Hermaphrodite, Intersex is the 'I' in the LGBTQIA+ grouping of sexual minority sectors of our society. The 'I' is the only sector that is a condition from birth. Often physically evident, though as often as not, the term refers to those people who are born with ambiguous genitalia, chromosome variations and other physical anomalies - not psychological or emotional variations. This session - a frank and open discussion led by Paul, aims to improve our understanding of the challenges faced by Intersex folk in their quest to gain recognition and understanding. Cost: \$2. Min: 5. Max: 20. Contact: Elizabeth Johnson.	Wed 18-Oct 10:30 am - 12:30 pm	Bermagui Mens Shed	Elizabeth Johnson 0499 818 454

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Intriguing Objects: A Meander Through the Past with John James	John and Hilary James invite a small U3A group into their Bega home to discuss the fascinating historic and artistic stories behind original items and paintings collected during their travels and while living in Europe and East Africa. John achieved international recognition as an architect-builder in Sydney and for research into French Gothic architecture. Both Hilary and John are published authors, environmental activists and psychotherapists. After the tour concludes at 1pm, we will enjoy lunch together. Please bring a plate of lunch food to share. John and Hilary's address will be emailed to attendees. Min: 8. Max: 12. Contact: Chris T.	Thu 16-Nov 11am - 2pm	Presenter's Home, Bega	Chris T 0481 171 400
Online Security Update (Repeat) with David and George	Only enrol for ONE of the classes. This is an update to classes previously held on Internet security, but this time focused on password security. We'll cover: what makes a good password; how to store your passwords securely; what 2-factor authentication is and how it improves the security of your information, and which 2-factor authentication service to use. The session will be led by David Monro and George Stone with demonstrations and questions and answers. Cost: \$2. Min: 4. Max: 40. Contact: David Monro.	Fri 10-Nov 10:30 am - 12pm	Bermagui Mens Shed	David Monro 0412 525 743
Online Security Update with David and George	Only enrol for ONE of the classes. This is an update to classes previously held on Internet security, but this time focused on password security. We'll cover: what makes a good password; how to store your passwords securely; what 2-factor authentication is and how it improves the security of your information, and which 2-factor authentication service to use. The session will be led by David Monro and George Stone with demonstrations and questions and answers. Cost: \$2. Min: 4. Max: 40. Contact: David Monro.	Fri 3-Nov 10:30 am - 12pm	Bermagui Mens Shed	David Monro 0412 525 743
Parlons Francais with Katrina Proust	This is a conversation group for those with a good working knowledge of written and spoken French. It is expected that you have a solid base of grammar and a good vocabulary to support conversation. Thinking on your feet is challenging in any language. Therefore, before each session you are encouraged to do some preparation on the topic of the day. We provide a conversation space where you can develop existing listening and speaking skills in a supportive and lively environment. It is not a course for beginners. Min: 4. Max: 8. Contact: Katrina Proust.	Wed 18-Oct, 25-Oct, 1-Nov, 8-Nov, 15-Nov, 22-Nov, 29-Nov, 6-Dec 10am - 12pm	At the presenter's home	Katrina Proust 0459 540 164
Santiago: the History Behind the Santiago de Compostela with Ashley Fuller	The pilgrimage to Santiago in Spain was one of the most dynamic social movements of the Middle Ages. The emergence of the pilgrimage to the shrine of St James - Santiago de Compostela - is rich in piety, politics and the enduring power of legend. Examining the history of its rise in popularity reveals the workings of the Mediaeval mind, the increasing power of the Christian church in Europe and its role in providing a safer existence for the people, and its role in the Reconquest of Spain. Cost: \$3. Min: 10. Max: 35. Contact: Ashley Fuller.	Mon 13-Nov 10:30 am - 12pm	Hall, BCCentre, Bermagui	Ashley Fuller 0409 385 839
The Art of Kissing Kitty with Gerry Hammerton	Lawn Bowls for fun and fitness. Wear flat-soled shoes, comfortable clothes, a hat and sunscreen. Bring your own water. Bowls, equipment and tuition provided. Cost: \$5 per session, which is returned as prize money. Min: 2. Max: 10. Contact: Gerry Hammerton.	Wed 1-Nov, 8-Nov, 15-Nov, 22-Nov, 29-Nov 10am - 12pm	Bermagui Country Club, Bermagui	Gerry Hammerton 0427 850 947

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The Cobargo Microgrid with Zena Armstrong	What's possible for the Cobargo area if we build a renewable energy microgrid? We've been exploring a REM since the fires. We are engaging in a whole-of-community conversation to see how we move forward together. Join Renewable Cobargo committee members Zena Armstrong, Debra Summer and Frank Muller to: learn more about microgrids; get to know what's happening in the project; explore the benefits and capacities of a potential microgrid; ask questions and explore specific aspects of the project, and learn how you can contribute to a renewable Cobargo and district. Everyone is welcome! Cost: \$3. Min: 10. Max: 50. Contact: Zena Armstrong.	Thu 26-Oct 10:30 am - 11:30 am	Hall, BCCentre, Bermagui	Zena Armstrong 0402 067 615
Whale Watching out of Bermagui	Ahoy fellow whale-watchers! We had such a wonderful morning on the water last year that we decided to give the cetacean-spotting another crack. Join us aboard the good ship Bubbles, departing Bermagui, as we keep our eyes peeled for these mighty creatures as they make their way southwards for the summer in Antarctica. This trip will be subsidised, so the cost will be a very appealing \$25 per person for members. Non-members are welcome to join us at the reduced group price of \$50. Prepayment is required for this outing and an invoice will be issued by email on October 21st. Payment of the invoice will secure your booking. Cost: \$25. Min: 10. Max: 25. Contact: Elizabeth Johnson.	Mon 30-Oct 9:30 am - 12pm	Fishermen's Wharf Bermagui	Elizabeth Johnson 0499 818 454
What Do I Say Next? with Sofia Majewski	You have been asked to "say a few words" at a family celebration, committee meeting ... or wherever you wish to speak. We will discuss tips to plan your talk, deliver it successfully and enjoy your audience interaction - yes enjoy! Our presenter Sofia Majewski has had vast work experience preparing a wide variety of people to speak in public. Take this chance to learn from her. There will be a break in the afternoon for a cuppa and bickie. Cost: \$3. Min: 5. Max: 25. Contact: Sheila Brice.	Fri 20-Oct 1pm - 4pm	Bermagui Mens Shed	Sheila Brice 0422 142 685