

U3A Bermagui - Term 2 Program 2024

Course	Description	Sessions	Location	Contact
Adventures of a Career Coach with Amanda Greedy	Amanda Greedy has been a career coach for 25 years. She's worked with thousands of people who have either lost their jobs through no fault of their own, or who have put their hands up for a career change after years of desperation working in a job they hate. She's also worked with young people finding their way in the world of work and older people who are transitioning into retirement. It would seem on the surface that they are a disparate bunch - and they are - but they all have one thing in common: when I ask them the question "How much do you know about yourself?" none of them know where to start! What they do get to learn from coaching is that the key to a dream job is understanding yourself. In this short talk and interactive workshop, she'll give you a taste of that journey. Come on an adventure with Amanda and you could find out more about yourself! Cost: \$3. Min: 10. Max: 25. Contact: Jane Mitchell.	Wed 5-June 10:30 am - 12pm	Bermagui Mens Shed	Jane Mitchell 0400 445 598
Apple Questions on the Fly with Michael Gross	Bring your questions to Michael for expert advice on all things related to Apple technology. Cost: \$3. Min: 4. Max: 14. Contact: Michael Gross.	Tue 18-June 10:30 am - 12pm	Room 1, BCCentre, Bermagui	Michael Gross 0401 993 788
Birds 'N Bush with Barry Virtue	Meet each week at 8:30am at the designated location for a short easy walk to share observations and experiences of nature in the local area. Min: 4. Max: 15. Contact: Barry Virtue.	Wed 8-May, 15-May, 22-May, 29-May 8:30 am - 10am	The meeting location will be advised before each walk.	Barry Virtue 0437 590 619
Bitter-Sweet - A Discussion of Shakespeare's Twelfth Night with Kai Jensen	Kai Jensen has a doctorate in English and is a widely published poet. In 2023 he gave performances of Shakespeare's sonnets in Tura Beach and Bermagui. So for those of you who love Shakespeare, come and join the discussion about "Twelfth Night". Cost: \$3. Min: 6. Max: 20. Contact: Jillian Taylor.	Fri 28-June 10:30 am - 12:30 pm	Bermagui Mens Shed	Jillian Taylor 0409 783 106
Celebrating Native Forests (A GSF Initiative) with Dr Ro Beaumont & Paul Payten	This course explores the magnificence of our precious native forests and the gifts they can offer in providing us with a sense of peace, calm and beauty. Ancient societies have always acknowledged this connection with nature as a source of reflection and a means of altering perceptions: perhaps our natural forests are the spaces we need in order to reconnect in an increasingly fraught world. Let's examine how native forests currently serve us - both here and across the world - and the possible alternatives to their current management. Cost: \$3. Min: 10. Max: 50. Contact: Paul Payten.	Fri 21-June 10:30 am - 12pm	Bermagui Mens Shed	Paul Payten 0466 013 153

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Conversation Cafe with Dr Deborah O'Connell	In the best traditions of Conversation Café, we have sourced yet another brilliant speaker who is sure to broaden our horizons, give us food for thought and capture our interest by allowing us a glimpse into her extraordinary life and career. Our guest is Dr Deborah O'Connell, a previous (for the last 20 years) principal Research Consultant for the CSIRO, and Lead Facilitator for Homeward Bound Leadership Program for Women in STEM (Science, Technology, Engineering and Mathematics) - amongst a myriad of other qualifications. And ... a "half-time" resident of Wallaga Lake: yet another talented local! Deborah describes herself as a person who loves working with people in order to build strong connections between scientists, those who make decisions in business, government and NGOs, and the communities that care about the key issues at stake. She has recently returned from her third trip to Antarctica with Homeward Bound. In this talk, she will cover some of the ongoing dramatic changes on the icy continent and the implications for all of us. How can you resist? Don't forget that a delicious morning tea is included. Cost: \$5. Min: 10. Max: 50. Contact: Elizabeth Johnson.	Wed 22-May 10:30 am - 12pm	Bermagui Mens Shed	Elizabeth Johnson 0499 818 454
First Aid Refresher with Nyrie Tickell	Has it been a while since you've brushed up on your First Aid skills? Nyrie Tickell from Haycon Training will conduct this course which will also include the use of a Defib/Automated External Defibrillator. Payable in advance upon receipt of invoice after enrolment. Cost: \$10. Min: 15. Max: 25. Contact: Elizabeth Johnson.	Fri 31-May 10am - 12pm	Bermagui Mens Shed	Elizabeth Johnson 0499 818 454
French for Beginners and Forgetters with Ron McCullagh	Whilst Valerie is on a well-deserved vacation, her very enthusiastic participants are keen to continue to learn and improve their French. So into the breach steps Ron, who will support the Beginners and Forgetters in their quest to grasp the intricacies of the French language during Valerie's absence. If you are keen to continue to improve your French or refresh your existing knowledge, please come along. Tea and coffee will be provided and there is no cost. You will need a small French/English dictionary. Min: 2. Max: 8. Contact: Jillian Taylor.	Tue 14-May, 21-May, 28-May, 4-June, 11-June, 18-June, 25-June, 2-July 10am - 12pm	Presenter's Home	Jillian Taylor 0409 783 106
Friday Film and Lunch at the Kinema	Join this enthusiastic group of moviegoers 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, screening time and eatery will be emailed early in the week. Min: 2. Max: 50. Contact: Sheila Brice.	Fri 10-May, 7-June, 5-July 10:30 am - 1:30 pm	Kinema, Narooma	Sheila Brice 0422 142 685
Howzat! Cricket for Novices with Rob Johnson	Crikey - it's cricket! During a recent U3A session with author Inga Simpson, the request was made by one of those attending that an introductory course on cricket - for complete novices - be offered. So if you're interested in a meander from W.G. Grace, to Bodyline, to World Series Cricket, to "It's a nick-nack Patty Whack ... give the frog a loan - his old man is a Rolling Stone", then this could be the best 2 hours you'll spend in 2024. An initial short description followed by a Q&A segment, will be positively reinforced by a game of backyard cricket complete with sledging. It's bound to keep you enthralled, engaged and entertained on a balmy June morning. Cost: \$3. Min: 4. Max: 20. Contact: Robert Johnson.	Fri 14-June 10am - 12pm	Bermagui Mens Shed	Robert Johnson 0408 870 138

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Improvisation - Theatre Games with Peta Burchell	The Improv/Theatre Games course we ran in Term 1 is back this term, so if you didn't get the chance to participate before, the opportunity presents itself again. Peta leads numerous highly enjoyable sessions designed to develop your confidence, improve your memory, make new friends, laugh a lot and have FUN! Improvisation involves making creative choices - which can be both challenging and rewarding - in a safe, friendly and inclusive atmosphere. No experience is necessary. New members are welcome to join the gang - but only if you're prepared to have a good laugh! Cost: \$3. Min: 4. Max: 10. Contact: Peta Burchell.	Mon 13-May, 20-May, 27-May, 3-June, 17-June, 24-June 2:30 pm - 4pm	Bermagui Mens Shed	Peta Burchell 0448 782 945
New Caledonia: Penal Colony, Free Settlers and Coffee with Katrina Proust	For millennia, the islands we call New Caledonia were inhabited by Melanesian and Polynesian people from Asia and the Pacific. In 1853 France annexed the territory for a penal colony from which labour was drawn to develop nickel mining. By the 1890s population growth was stagnant, and social development inhibited by the presence of the penal colony. Governor Paul Feillet (1894-1902) introduced a program to actively promote free settlement supported by coffee growing. In this talk, I outline the Plan Feillet. Using archival material from my family, I provide glimpses of life as a French colonist at the end of the 19th century. Cost: \$3. Min: 10. Max: 15. Contact: Katrina Proust.	Thu 13-June 10:30 am - 12pm	Room 1, BCCentre, Bermagui	Katrina Proust 0459 540 164
Parlons Francais with Katrina Proust	Please note - the venue may change during the Wallaga lake bridge closure. 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: 6. Contact: Katrina Proust.	Wed 8-May, 15-May, 22-May, 29-May, 5-June, 12-June, 19-June, 26-June, 3-July 10am - 12pm	Presenter's Home	Katrina Proust 0459 540 164
Pickleball - An Introduction with Shelley Rowlands	Has word of this modified sport with the quirky title reached your ears yet? No matter what your response, we have organized an introductory session run by the locals who play, and who are very much caught up in its active fun. So what is it? Pickleball is a sport that combines badminton, tennis and table tennis: a paddle sport created for all ages and skill levels. The rules are simple and the game is easy for beginners to learn, but can develop into a quick, fast-paced, competitive game for experienced players. Shelley will lead this introductory session for us, taking us through some warm-ups, then the basics of the game. Wear sports shoes, bring a towel and water bottle. Cost includes all equipment and stadium hire expenses. Cost: \$7. Min: 4. Max: 16. Contact: Elizabeth Johnson.	Tue 21-May 11am - 1pm	Bermagui Indoor Sports Stadium	Elizabeth Johnson 0499 818 454
Simple Basket Weaving with Carole Broadhead	When we offered this class with Carole in 2023, it booked out quickly, so hop to it if you want to obtain your spot this time around. Based on the indigenous Tjanpi style of basket weaving, participants will have fun creating a small basket using local grasses and natural materials. Morning tea and coffee will be provided, but please BYO lunch. Payable in advance upon receipt of invoice after enrolling. Min: 2. Max: 12. Cost: \$10. Contact: Carole Broadhead.	Thu 27-June 10am - 3pm	Presenter's Home, Bermagui	Carole Broadhead 0409 540 840

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The Art of Kissing Kitty with Gerry Hammerton	Come and learn lawn bowls for fun and fitness. Please wear flat-soled shoes, comfortable clothing, a hat, sunscreen and bring water. Bowls and tuition provided. Cost: \$5 per session, which is returned as prize money. Min: 1. Max: 10. Contact: Gerry Hammerton.	Wed 8-May, 15-May, 22-May, 29-May 10am - 12pm	Bermagui Country Club, Bermagui	Gerry Hammerton 0427 850 947
Your Inner Fish with Bruce Leaver	Many of the body structures and metabolic processes we think of as being distinctly human, are directly inherited from primitive fish that existed over 450 million years ago. This course explores those linkages and why we are what we are. Cost: \$3. Min: 10. Max: 50. Contact: Bruce Leaver.	Mon 17-June 10:30 am - 12:30 pm	Hall, BCCentre, Bermagui	Bruce Leaver 0400 374 927