

U3A Bermagui - Term 4 Program 2024

Course	Description	Sessions	Location	Contact
Am I OK? Signs of Good Mental Health with Peter Campbell	Note: Please book one of these sessions. In a world of negative messages and bad news, how can we find ways to be well? In this session we'll talk about the signs of good mental health and what we can do to keep ourselves in tip-top shape. We'll share what already works for us, and things that have helped others. We'll also look at current practice in mental health. NB: This isn't a counselling session, and won't cover psychosis and major disorders. Cost:\$3. Min: 3. Max: 12. Contact: Elizabeth Johnson.	Thu 14-Nov, 21-Nov 10:30 am - 12pm	CWA Cottage, Bermagui	Elizabeth Johnson 0499 818 454
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 5-Nov 10:30 am - 12pm	Room 1, BCCentre, Bermagui	Michael Gross 0401 993 788
Breath and Mindfulness Meditation 1 & 2 with Sheila Brice	Can taking slower, deeper breaths and sitting for mindfulness meditation really reduce the effects of chronic pain, ageing and stress? Together we will look at the latest research into breath work, mindfulness and stress reduction to see what it is telling us about its benefits. Each session will comprise of learning breathing techniques as well as a guided mindfulness and meditation time, with the aim of participants developing techniques to continue their practice. Please note: It would be ideal to attend both sessions, but even one will be of benefit. Cost: \$3. Min: 2. Max: 15. Contact: Sheila Brice.	Mon 4-Nov, 18-Nov 2pm - 3pm	Bermagui Mens Shed	Sheila Brice 0422 142 685
Building Relationships: Australia & Indonesia with Andrew MacIntyre	Some very interesting folk live in "the triangle". One of them is Emeritus Professor Andrew MacIntyre, a local who has had a deep and ongoing relationship with Indonesia from an early age. He's been on the faculty of Monash University and has recently been appointed as Chair of the Australian-Indonesian Centre. Before moving here to live at Bunga, he established and headed the first foreign university in Indonesia. Over a long career he has worked to build strong links between Australia and Indonesia for universities, researchers and business. Enjoy a delicious slice of cake and a cuppa as we listen to this warm, engaging speaker and learn about Andrew's background, work and desire to promote friendship, awareness and partnerships between Australia and our huge and often surprising near neighbour. Cost: \$5. Min: 10. Max: 50. Contact: Elizabeth Johnson.	Fri 22-Nov 10:30 am - 12pm	Bermagui Mens Shed	Elizabeth Johnson 0499 818 454
Bush, Birds and Bugs with Barry Virtue and Deb Taylor	Two short, easy walks in the local area with Barry and Deb to observe and share the natural world. These walks have been on before, but with a different season and emphasis, we should have some new experiences. Meet at 8:30. Details supplied before each walk. Min: 4. Max: 15. Contact: Barry Virtue.	Mon, Thu 4-Nov, 7-Nov 8:30 am - 10am	The meeting location will be advised before each walk	Barry Virtue 0437 590 619
Crusader Mysticism and the Holy Roman Church with John James	While in the Middle East, the first Crusaders had learned how to deepen mystic longing by joining in worship with the people living there. They then brought some of those rituals back to their homeland. Some are still preserved in the zikr (remembrance) which - I understand, from personal experience - can alter consciousness. It is the 'mystic pathway'. The backlash came when the Roman Church felt threatened by people wanting to commune with God - directly, and without clergy. This had to be stopped. Notre Dame bears the scars of that confrontation. Cost: \$3. Min: 1. Max: 50. Contact: Chris T.	Wed 30-Oct 10:30 am - 12pm	Bermagui Mens Shed	Chris T 0481 171 400

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End of Life Issues at Any Age with Christiane Violet	This course, presented by the knowledgeable and experienced Christiane, aims to bring people's fears and inhibitions about death and dying out into the open. In a relaxed and kind atmosphere, we'll investigate ways to enable us all to make better informed choices, plans and decisions. A detailed explanation of Advanced Care Directives will be discussed, questions will be answered and ACDs will be available to take with you. Find out how to position yourself securely and comfortably "in the driver's seat". Cost: \$3. Min: 10. Max: 40. Contact: Elizabeth Johnson.	Wed 13-Nov 10:30 am - 12:30 pm	Bermagui Mens Shed	Elizabeth Johnson 0499 818 454
French for Beginners & Forgetters with Valerie & Ron	Valerie and Ron will once again share the task of teaching French to their Beginners and Forgetters. If you would like to attend a friendly, fun session to attempt to grasp the intricacies of the French language, then please come along. Min: 2. Max: 8. Contact: Jillian Taylor.	Tue 29-Oct, 5-Nov, 12-Nov, 19-Nov, 26-Nov, 3-Dec, 10-Dec 10am - 12pm	Presenter's Home	Jillian Taylor 0409 783 106
Friday Film and Lunch	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 1-Nov, 6-Dec 10:30 am - 1:30 pm	Kinema, Narooma	Sheila Brice 0422 142 685
Gentle Yoga with Vera Van Der Slot	A yoga session for both men and women which will focus on the principles and practices of Hatha Yoga. In this class you can expect a slower-paced practice with standing & sitting postures, lying down on the belly or back, pranayama (expansion of the breath) and meditation as well. This form of yoga is beneficial for reducing stress, increasing flexibility, reducing high blood pressure, preventing heart disease and reducing anxiety and depression. Please wear comfortable clothing. Bring a towel and water bottle. Mats provided. Cost: \$3. Min: 3. Max: 12. Contact: Vera Van Der Slot.	Thu 7-Nov 11am - 12:15 pm	Good Vibes Studio, Bermagui	Vera Van Der Slot 0406 439 762
Introduction to Croquet with Chris T	On a sunny Sunday morning, come along and try your hand at the enjoyable and stimulating game of Croquet, on the lawn behind the Country Club. No prior experience is needed, just the ability to hit a stationary ball with a wooden mallet. Join us to gently stretch your legs and pick up new skills. Wear flat-soled shoes, bring water and a hat. All equipment provided. Cost: \$5. Min: 1. Max: 10. Contact: Chris T.	Sun 27-Oct 9:50 am - 12pm	Bermagui Country Club, Bermagui	Chris T 0481 171 400
Is Some Psychology Pseudoscience? with Ralph Cullen	As a retired psychologist I have seen the practical benefits of evidence-based psychology in real life. But some core topics in psychology parading as science, more closely resemble pseudoscience. Join me as I discuss examples in areas such as education and behaviour management. You may be surprised by what is "in" and what is "out" e.g. using psychology to measure IQ for counselling - or for diagnosing conditions - much depends on the questions asked and why those questions were chosen. Cost: \$3. Min: 5. Max: 40. Contact: Chris T.	Wed 23-Oct 10:30 am - 12pm	Bermagui Mens Shed	Chris T 0481 171 400
Murder & Madness: Hamlet with Kai Jensen	A discussion of one of Shakespeare's beloved plays, Hamlet, and the mayhem as the Prince of Denmark descends into madness. Kai will forward some discussion points prior to his session. Cost: \$3. Min: 2. Max: 20. Contact: Jillian Taylor.	Fri 1-Nov 10:30 am - 12:30 pm	Bermagui Mens Shed	Jillian Taylor 0409 783 106

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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 23-Oct, 30-Oct, 6-Nov, 13-Nov, 20-Nov, 27-Nov, 4-Dec, 11-Dec 10am - 12pm	Presenter's Home	Katrina Proust 0459 540 164
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 30-Oct, 6-Nov, 13-Nov, 20-Nov, 27-Nov 10am - 12pm	Bermagui Country Club, Bermagui	Gerry Hammerton 0427 850 947
The Benefits of Good Posture with Sunda Koeck	Please note: Priority will be given to those on the waiting list from the Term 3 session. In this workshop we'll explore ways to achieve better posture and learn about the fascia - the connective tissue that models and remodels constantly and shapes how we hold our bodies. We will investigate ways to walk, sit and lie down to support our fascia and posture, with the goal of returning it to its "primal position". We'll also look at some of the health benefits easily obtained by improved posture. It will be a fun and informative workshop for both men and women. Wear comfortable clothing. Bring a towel and water bottle. Mats are provided. Cost: \$3. Min: 3. Max: 12. Contact: Sunda Koeck.	Tue 29-Oct 12pm - 1pm	Good Vibes Studio, Bermagui	Sunda Koeck 0422 600 072
The Island of Flores with Bruce Leaver	Flores: one of Indonesia's 17,508 islands. Extending from near Bali in the west, to near Timor in the east. Home to the Komodo Dragon and "The Hobbit" - recently discovered pygmy hominid fossils. It is also host to eleven highly active volcanoes. On the Australian side of the Wallace line, Flores has native eucalypt forests, casuarinas and Kangaroo Grass. Settled by Melanesian people, it is predominantly Roman Catholic, reflecting early occupation by the Portugese (along with Timor) dating back to 1511. My presentation will cover a recent visit to this fascinating place. Cost: \$3. Min: 10. Max: 50. Contact: Bruce Leaver.	Mon 18-Nov 10:30 am - 12:30 pm	Hall, BCCentre, Bermagui	Bruce Leaver 0400 374 927
Walk, Talk and a Cuppa with Chris and Sheila	Meet at one of Bermagui's fabulous coffee shops, set off an easy 30 minute stroll then return to a cafe for a well-earned cuppa and chat. An opportunity to meet up with friends old and new, and enjoy a catch-up - disguised as exercise! Min: 2. Max: 20. Contact: Sheila Brice.	Mon 18-Nov, 25-Nov 9am - 10am	The meeting location will be advised before each walk.	Sheila Brice 0422 142 685
Wallacea and Raja Ampat with Barry Virtue	A couple of trip reports featuring some very special birds, animals and cultures, and including something of Charles Darwin and a few of his contemporaries in relation to my travel experiences. (Note from Elizabeth: Google Wallacea ... this should be an interesting talk!). Cost: \$3. Min: 5. Max: 40. Contact: Elizabeth Johnson.	Fri 8-Nov 10:30 am - 12pm	Bermagui Mens Shed	Elizabeth Johnson 0499 818 454