

Course	Description	Sessions	Location	Contact
Apple Questions with Michael Gross	This course will be constructed on the fly purely from the Apple and associated technology related questions that you may have on the day. Contact: Michael Gross.	Thu 29-Oct 10:00 am - 11:00 am	Zoom online	Michael Gross 0401 993 788
Book Chat with Wendy Tucker	What's on your book shelf? Enjoy a stimulating and informative interactive session in the comfort of your own armchair. Contact: Wendy Tucker.	Fri 30-Oct, 20-Nov 10:00 am - 11:00 am	Zoom online	Wendy Tucker 0403 587 091
Breathing Exercises and Mindfulness with Sheila Brice	Each session will begin with breathing exercises followed by a guided mindfulness meditation time, all in the comfort of our own homes via Zoom. Deep breathing exercises can have a profound effect on our state of mind, improve cognitive function, increase lung capacity as well as improve the quality of our meditation practice. Latest research tells us that mindfulness meditation and living a mindful life helps with stress reduction, improves general health and can actually make us feel more positive. Combine these two beneficial practices in one class. Contact: Sheila Brice.	Tue 27-Oct, 3-Nov, 10-Nov, 17-Nov, 24- Nov, 1-Dec 10:00 am - 11:00 am	Zoom online	Sheila Brice 0422 142 685
Bushfires with Bruce Leaver	A word that invokes painfully fresh local memories. An event synonymous with fear, heavy media attention, fierce debate, misinformation and rank political opportunism. The course will cover the basic science behind bushfires and how a person can make their own assessments of risk and impending fire danger. Contact: Jan Rivers	Mon, Wed, Fri 2- Nov, 4-Nov, 6-Nov 10:00 am - 11:00 am	Zoom online	Jan Rivers 0409 901 672
CEP recognises NAIDOC week with Wendy Tucker	NAIDOC week was postponed this year and is now being held from 8th to 15th November. At this session we will look at the 2020 theme Always Was Always Will Be, at the art work of the poster, at the Black Lives Matter movement and some of the other significant events of this year. There may again be an event at Tilba, not yet decided, in which we can participate. Contact: Wendy Tucker.	Fri 13-Nov 10:00 am - 11:00 am	Zoom online	Wendy Tucker 0403 587 091
Critical Thinking with Arthur Gatley	The aim is to give you a grasp of the essences of critical thinking and reasoning which will enable you to a) effectively design, scrutinise and critically assess arguments; b) detect generic fallacious reasoning errors providing rational rebuttals, and c) think logically and creatively. We will discuss critical thinking principles in the first stage of each session. This will be followed by application of skills presented, with help from the teacher and session mates with answers being discussed and critiqued. Sources of arguments will be media, politics, philosophy and, attendees will be expected to bring copies of arguments that outrage or are identified as confidence tricks for session members to deconstruct and analyse. Critical thinking is invaluable. Max 12. Contact: Wendy Tucker.	Thu 12-Nov, 26-Nov 10:00 am - 11:00 am	Zoom online	Wendy Tucker 0403 587 091

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Demystifying Apple Technology with Michael Gross	Demystifying Apple Technology will cover a variety of everyday problems faced by users of Apple products, on iPhones, iPad, and Apple laptops and desktops. I also cover related technologies as required, eg NBN, and other broadband methods, printers and scanners and anything else that you can connect a Mac to. Contact: Michael Gross.	Thu 3-Dec 10:00 am - 11:00 am	Zoom online	Michael Gross 0401 993 788
Kissing Kitty with Gerry Hammerton	Lawn Bowls for Fun and Fitness. Min 2, no max. Cost: \$5 per person per week refunded as prize money. Contact: Jillian Taylor.	Wed 28-Oct, 4-Nov, 11-Nov, 18-Nov, 25-Nov 10:00 am - 12:00pm	Bermagui Country Club	Jillian Taylor 0409 783 106
Nashos in Papua New Guinea during the Vietnam war - an untold story with Greg Smith	This is an untold story about the hundreds of conscripts, myself included, who were posted to PNG during the time of the Vietnam war. It was prior to independence in PNG and the Australian Government and the Australian Army were engaged in many development projects, especially the establishment of very good military bases and training of indigenes for the army of PNG. Australian National Service provided many very useful, well-qualified young men for educating and training PNG recruits for their army. I will talk about interesting and challenging experiences and give an illustrated account of why I was posted to PNG; the training and experiences prior to the posting; my role in PNG and what other Nashos did in PNG, all interspersed with lots of memories, anecdotes and pictures of the stunning, beautiful and often rugged, tropical scenery. Contact: Jan Rivers.	Wed, Fri 25-Nov, 27-Nov 2:00 pm - 3:00 pm	Zoom online	Jan Rivers 0409 901 672
Oz Lit Chicks rule with Debra Cushion	Another opportunity to delve into the richness of writing by Australian women. We will look at a few short stories from different writers, and perhaps some sections of biographies written by women which will be sent out in plenty of time to read and enjoy them. Max 12. Contact: Jillian Taylor.	Wed 4-Nov, 18-Nov 2:00 pm - 4:00 pm	Zoom online	Jillian Taylor 0409 783 106
Sonnets with Kai Jensen	The sonnet is one of the most loved poetic forms, brief but eloquent, subtle yet passionate. Together let's explore 14 sonnets ranging down the centuries to the present. Contact: Sheila Brice.	Tue 24-Nov 2:00 pm - 4:00 pm	Zoom online	Sheila Brice 0422 142 685
Storywriting with Sarah Gardiner	In this course we will explore the techniques of making a great story. Bring along your own writing and/or we will create a piece and then examine how to improve it. Discover how to engage your reader from the very first line, build tension and create real characters. Find your voice to make your words sing. Max 5. Contact: Wendy Tucker.	Thu 29-Oct, 12-Nov, 26-Nov 2:00 pm - 4:00 pm	Zoom online	Wendy Tucker 0403 587 091

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Taboo Topics with Paul Strutynski	If you're interested in stimulating discussions about issues, then Taboo Topics may be for you. It's a weekly two-hour get-together via Zoom to listen to and learn from others, and maybe contribute your own ideas. The round table format will focus on current events and other topical issues which participants decide the week before. There is no limit to what sort of thing can be discussed, and an agreed set of ground rules ensures everyone gets a say in a friendly, non-judgemental and collegiate atmosphere. The goal is to have democratic and spirited discussions about the big issues of the day that don't descend into argumentation and polarisation; in other words, to show the polities how to do it. The Chairperson will be Paul Strutynski who will act as Speaker and ensure everyone gets a fair go. Details of the ground rules are on the website with the program. Max 12. Contact: Jan Rivers	Wed 21-Oct, 28-Oct, 11-Nov, 18-Nov, 25-Nov, 2-Dec 10:00 am - 12:00 pm	Zoom online	Jan Rivers 0409 901 672
Trekking back in time - Kashmir to Ladakh with Bev Holland	During the last few months how many of us have been sorting out old photos and reflecting on when we were young and fit and fabulous? I have, so join me as we travel back to that time. We'll trek from the Raj idyll of houseboats on a lake in Srinagar thru the rugged landscapes of Zanskar to old Buddhist Ladakh. During a time of rapidly changing world politics we'll cross 3 mountain ranges over 3 and a half weeks and walk 350kms reaching 18000 ft. Beautiful Kashmir to ancient Ladakh in turbulent Northern India. And then we may visit Kathmandu in its backpacker heyday – the 1980s. Contact: Bev Holland.	Tue, Thu 17-Nov, 19-Nov 2:00 pm - 3:00 pm	Zoom online	Beverly Holland 0408 280 024
Turbulent Times Four Years Later with John James	Planetary heat, planetary plague and planetary hope (Turbulent Times four years later). The plague was triggered by habitat loss, itself caused by too many people and too few restraints on manufacture, itself caused by 200 years of cheap access to cheap fuel and limitless energy. The plague has had a huge impact on the plight of the planet and its inhabitants, with outcomes yet to be realised. The young know their elder's stranglehold on policy makes their future hopeless, and so the brightest have gone off to play. What's left are we who made it happen over the past 70 years. Can we find hope in this impasse? Please note that this class will be held over 2 sessions on the same day. The first session runs from 10.00 until 11.00. We will take a 30 minute break and start the second session at 11.30 through until 12.30. Contact: Jan Rivers.	Fri 27-Nov 10:00 am - 12:30 pm	Zoom online	Jan Rivers 0409 901 672

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Ukraine with Don McDowell	Ukraine, inhabited since 3200 BC, has long been fought and ruled over by many ruling powers, Poles, Russians and Turks throughout its history. Gaining recognition in 1917 as a Republic, following the Russian Revolution, Ukraine eventually gained full independence in 1991 upon dissolution of the Soviet Union. Sitting alongside the Black Sea and buffered by various eastern European states, Ukraine has enjoyed its independence from its turbulent past up until renewed attacks on its sovereignty in recent years. Power plays within the Ukrainian government and loss of territory in the Crimea region to Russian invasion in 2014, have all created difficult times (again) for Ukraine. This presentation charts the growth of Ukraine from its origins, through the relative stability and prosperity of the 17th and 18th centuries. However, Ukraine's fortunes following independence and separation from the Soviet state has seen mixed results. We examine how the Russian invasion of Crimean territories came about and what is the current situation. And we explore too, possible likely outcomes for the future of this country. Contact: Jan Rivers.	Mon 16-Nov 10:00 am - 11:00 am	Zoom online	Jan Rivers 0409 901 672
Wild Nature with John Blay	Wild Nature tells of John Blay's epic journey of discovery into the heart of a vast and contested Australian wilderness. He laces up his walking boots and goes bush to explore Australia's rugged south east forests – stretching from Canberra to the coast and on to Wilsons Promontory – in a great circle from his one-time home near Bermagui. In Wild Nature, the bestselling author of On Track charts the forests' shared history, their natural history, the forest wars, the establishment of the South East Forests National Park and the threats that continue to dog their existence, including devastating bushfires. Along the way Blay asks the big questions. What do we really know about these wild forests? How did the forests come to be the way they are? What is the importance of wild nature to our civilisation? Contact: Wendy Tucker.	Tue 10-Nov 3:00 pm - 4:00 pm	Zoom online	Wendy Tucker 0403 587 091