

Special Interest & Leisure

Securing your Financial Future – Investment Series FREE Seminars for You

The following courses are presented by Brian Turner, ADFS (FP), Centrelink Financial Information Service Officer for Forster and Taree. Explore some ideas to help you to set yourself up to secure your financial future or review and refresh your financial plan. **Note:** Phone to enrol in one, or all, of these courses.

Wealth Creation

10 steps to start your plan for financial independence, a general overview and encouragement to start yes - a budget!

26. Wed, 18 Nov, 5.30pm - 6.30pm
Community College, Tuncurry

Understanding Shares

The nuts and bolts of buying, holding and selling shares. Sources of Information. Tax.

27. Wed, 25 Nov, 5.30pm - 6.30pm
Community College, Tuncurry

Understanding Property Investments

We look at the pros and cons of direct ownership of property such as your own home and investment property and then indirect investments in listed and unlisted property trusts.

28. Wed, 2 Dec, 5.30pm - 6.30pm
Community College, Tuncurry

DIY or Self-Managed Super Funds

This presentation is not intended as a technical training session but will make you aware of the issues that you need to consider when deciding if a self-managed superannuation fund is the right choice for you, and a refresher for people who have a fund.

29. Wed, 9 December, 5.30pm - 6.30pm
Community College, Tuncurry



River Cruise

Luxury Houseboat Hire, Bulahdelah

Spoil yourself, sit back, relax and take in the picturesque Myall River. There are plenty of birds and wildlife to observe and you will be welcome to take the helm under the skipper's supervision. If the weather is unfavourable the cruise will be rescheduled. Cruise leaves from Luxury Houseboat Hire, Myall Marina, 95 Crawford Street Bulahdelah at 10.30am.

30. Mon, 14 Dec, 10.30am - 12pm
Myall Marina, Bulahdelah

Cost: \$27.50 Incl. gst Includes morning tea.

Mediterranean Cooking

Raffi Perdedjian

Delicious & healthy Mediterranean Cooking can help to reduce cholesterol levels, or control rheumatoid arthritis. Learn to cook the traditional way with Raffi. Yoghurt, labneh, dips for mezes, fatouche, tabouli, falafel, houmos, kebbeh and other favourite Mediterranean dishes will be included. *Extra \$20 per week for ingredients.*

31. 4 Wks: Wed, 4 to 25 Nov, 5.30pm - 7.30pm
Great Lakes College, Tuncurry Campus
Cost: \$110 Conc: \$104.50 Incl. gst

Easy Summer BBQs

William Wedlock

Enjoy the experience of learning to use your BBQ to its full potential, creating easy and delicious fare. Includes seafood, poultry, meat dishes and even desserts! Also some quick and easy salads to complete your meal. *Extra \$20 per week for ingredients.*

32. 2 Wks: Tue, 17 & 24 Nov,
5.30pm - 7.30pm

Forster Surf Club, Main Beach
Cost: \$77 Conc: \$70.50 Incl. gst

Explore your Creative Mind & Nature

Elizabeth Christo

Life maps and journeys can provide us with a window into patterns that create our experiences of life. Our creative mind taps into and illuminates our view through that window. Using the knowledge you gain through this simple session, come and explore new choices for 2010. No art or writing experience necessary. Elizabeth has a Dip Education and Dip Transpersonal Art Therapy.

33. Fri, 4 Dec, 10am - 1pm
Community College, Tuncurry
Cost: \$66 Conc: \$60.50 Incl. gst

Tai Chi, Beginners - Healthy Joints

Di Kunzli

Learn techniques for increasing suppleness & flexibility. Maintaining healthy joints (& helping to alleviate joint conditions such as arthritis) is essential to ensure independence & high quality of life. *Suitable for all ages & fitness levels.*

34. 7 Wks: Thu, 5 Nov to 17 Dec,
11.15am - 12.15pm

Tunc. Memorial Hall, Point Rd, Tuncurry
Cost: \$104.50 Conc: \$99 Incl. gst

Tai Chi, Advanced - Level 4

Di Kunzli

This term provides the opportunity to continue the Tai Chi journey towards better health, longevity & joy of living, with greater confidence & skills. *Pre-requisite: Levels 1, 2 & 3 or equivalent.*

35. 8 Wks: Thu, 29 Oct to 17 Dec,
10am - 11am

Tunc. Memorial Hall, Point Rd, Tuncurry
Cost: \$110 Conc: \$104.50 Incl. gst

**Found the course but
the time doesn't suit?
Maybe the course you want
isn't in the brochure?
We can organise a course
at a time that suits you
for 6+ people.
Just ring the College today.**

Aroma-Reflexology

Karen Jenkins

Keep your feet healthy and happy for those extended Christmas shopping days! You will learn the basics of reflexology, which involves the stimulation of pressure points on the feet to treat many ailments eg. headaches, sinus, general aches and pains. It will incorporate use of essential oils to enhance the benefits. Karen is an accredited and qualified Holistic Remedial Therapist. *Extra \$4.00 for oils.*

36. Thu, 5 Nov, 10am - 1pm
Community College, Tuncurry
Cost: \$60.50 Conc: \$55 Incl. gst

Remembering How to Love Yourself

Ama'taria Watkins

'Re-remember' to be kind, accepting and loving of yourself! In this session you'll go on a journey to assist you in changing the things you do not really like about yourself. You'll look at what and why things keep happening, address them and start working towards being happy, to create a place to love yourself for all you have done and all that you do now.

37. Thu, 3 Dec, 9.30am - 1.30pm
Community College, Tuncurry
Cost: \$66 Conc: \$60.50 Incl. gst

Introduction to Driving (for 'L' Platers)

Jason Love & Darren Herbert

Save yourself some stress (and money) with lessons for the Learner Driver! This course, offered by two accredited Driving Instructors, is designed for the beginning Learner driver (0-50 hours). In a small group, each student will gain enough information and experience to feel confident enough to drive in light to moderate traffic, will be able to do basic vehicle checks, vehicle controls, observation checks, basic vehicle manoeuvres and maintain correct vehicle road position. Students must have current Learner's Licence and are to bring their log book. Driving Instructors' cars will be used. Students to identify if they want to learn on a Manual or Automatic car. *Limited No's.*
2 Days. Your choice of:

38. Fri & Sat, 13 & 14 Nov, 9am - 4.30pm

39. Fri & Sat, 11 & 12 Dec, 9am - 4.30pm
Community College, Tuncurry

Cost: \$160 Incl. gst

50's Rock 'n' Roll for Beginners

Pietro Sgarano, Sugar Shack Dance Studio

So you think you have 'two left feet'? This course has been developed for 'you'. It's easy, fun and healthy. Loosen those rusty joints, increase your flexibility and learn a skill for life. Dance the way it used to be. Pietro is a dance champion. Suitable for all levels of fitness.

40. 6 Wks: Mons,
9 Nov to 14 Dec, 7pm - 8pm

Forster Guide Hall,
Lake Street, Forster

Cost: \$55 Conc: \$49.50
Incl. gst



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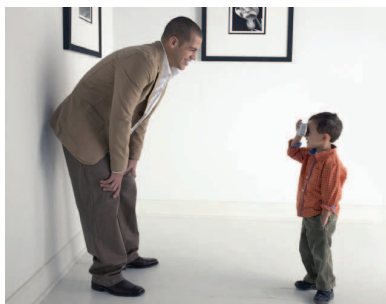
Understanding Digital Cameras and Photography

Mark Tyler

Do you have, or do you want to buy, a Digital Camera? Mark can give you lots of information. BYO Digital Camera & Instruction Book, if you have one.

Note: Unfortunately, in this short course there is not enough time to extensively cover information on how to download your photos from the camera to your computer or how to do photo editing.

41. Tue, 24 Nov, 7pm - 9pm
Forster Beach Photo Shop, Head Street
Cost: \$44 Incl. gst



Photography

Scott Calvin

Learn how to take photographs the way the professionals do. You will cover topics such as picture composition, shutter tricks and lighting. Make the most of your camera, either digital or film. Suitable for Beginners to Experts.

BYO Camera.

42. 6 Wks: Mon, 9 Nov to 14 Dec, 6pm - 9pm
Community College, Tuncurry
Cost: \$176 Conc: \$170.50 Incl. gst

French for Beginners

Julie Rees

Bonjour, Mesdames et Messieurs! Learn the basics of conversational French for general interest or travel purposes in a lively and relaxed atmosphere.

43. 5 Wks: Mon, 2 to 30 Nov, 6pm - 8pm
Chamber of Commerce, Forster Towers
Cost: \$115.50 Conc: \$110 Incl. gst

Spanish for Beginners

Julie Rees

Do you dream of going to Spain and soaking up the incredible history of this ancient and timeless land? Spanish is surprisingly easy to learn. Lessons will be based on practical conversation for the traveller, and *Olé!* Before you know it, you will be wanting to eat *Tapas* and dance the *Pasa Doblé* like a local!

44. 5 Wks: Wed, 4 Nov to 2 Dec, 6pm - 8pm
Chamber of Commerce, Forster Towers
Cost: \$115.50 Conc: \$110 Incl. gst

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The Forster Tuncurry Community College brochure is distributed to 13,000 people across Forster Tuncurry - Great Lakes area
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Contact Lorraine Barlow 6554 9215



It's Christmas
Cook up a treat...
Create a great gift...
Relax and enjoy!



Tiramisu for Christmas

Michelina Sirianni

This delicious Italian dessert, Tiramisu, literally means "pick me up" and is a decadent Italian Biscuit dessert. Join Michelina on a cultural experience where she shares her family secret. A great Christmas treat. *Extra \$10 for ingredients.*

45. Thu, 5 Nov, 5.30pm - 7.30pm
Great Lakes College, Tuncurry Campus
Cost: \$49.50 Conc: \$44 Incl. gst

Gourmet Christmas Treats

William Wedlock

Save money and treat your friends to delicious, mouth-watering, home-made Christmas treats. You will make delicious sauces, relishes, chocolates and biscuits. Includes how to present them as gifts for your family and friends. *Extra \$20 per week for ingredients.*

46. 2 Wks: Tues, 3 & 10 Nov, 5.30pm - 7.30pm
Great Lakes College, Tuncurry Campus
Cost: \$77 Conc: \$71.50 Incl. gst

Knife Sharpening

Alan Fairhurst

It's time to get those knives sharpened for carving the Christmas roast, so, come along and learn how to sharpen your knives the way professionals do. You can also sharpen scissors or secateurs. You'll save dollars, time and energy, ensuring a much safer kitchen. It may be the most useful two hours you'll spend! *Extra cost for materials.*

47. Sun, 8 Nov, 10am - 12pm
Community College, Tuncurry
Cost: \$49.50 Conc: \$44 Incl. gst

Massage Techniques

Kay Hartmann

Make the Christmas period more enjoyable for yourself, family and friends. Learn some techniques to help to relieve the build-up of stress and tension that we all feel at this time of the year, in our head, neck and shoulder areas. *Extra \$4.00 for oils.*

48. Sat, 21 Nov, 10am - 1pm
Community College, Tuncurry
Cost: \$60.50 Conc: \$55 Incl. gst

Healthy Eating in the Festive Season

Tony Roberts

Healthy eating can help you cope better through the busy Christmas period by allowing your body to remain balanced and functioning well with optimum nutrition. Maintaining your weight can also be achieved by learning what to avoid at all those parties, whilst allowing for the occasional 'guilt-free' treat. Tony has an Advanced Diploma in Nutrition, as well as Naturopathy and Herbal Medicine.

49. Wed, 11 Nov, 5.30pm - 7.30pm
Community College, Tuncurry
Cost: \$49.50 Conc: \$44 Incl. gst

Knitting With Wire and Beads- Bracelet

Sue Cordes

Yes, you can knit with wire and beads - let Sue show you how! You will create a wonderful and unique bracelet. Learn the correct tension to use for wire-work, how to put on a clasp and finish off. You only need to know how to do plain knitting - Sue will show you how to cast on using wire. *Extra \$12.00 for Kit.*

50. Sun, 22 November, 1.15pm - 4.15pm
Community College, Tuncurry
Cost: \$66 Conc: \$60.50 Incl. gst

Earrings Workshop

Sue Cordes

This workshop will introduce you to jewellery making, where you will make 3 pairs of earrings. You will learn how to use pliers and wire cutters. Also covered in this introduction is how to make a swirled bead, the use of eye pins, head pins, jump rings and shepherd hooks. Some jewellery making jargon will be explained. Suitable for absolute beginners. *Extra \$10 for kit.*

51. Sun, 22 November, 10am - 1pm
Community College, Tuncurry
Cost: \$66 Conc: \$60.50 Incl. gst

'Growing' Gifts

William Wedlock

Enjoy creating gifts for families and friends that are colourful, useful and will save money! You will learn about companion planting, to create wonderful pots of colour, which could include vegetables, herbs and flowering plants. Get plenty of ideas during this course, then you can create your own masterpieces, all on a budget, and be ready early with your Christmas gifts.

52. Sun, 29 Nov, 10am - 1pm
Community College, Tuncurry
Cost: \$66 Conc: \$60.50 Incl. gst

Don't know what to give
the person who has
everything?

What about a Gift Voucher
towards a course.

Gift Vouchers can be
purchased in your
nominated amount.

Contact us on 6554 9215,
or drop into our office.