



Mosman

Community College

Day :: Evening :: Weekend

Established 1949

spring

October to
December 2017



dare to learn

ENROLMENT CONDITIONS

AGE LIMIT: students must be over 15yrs unless specifically stated.

REFUNDS: Please chose carefully as the college does not give refunds if you withdraw from a course.

HOW TO ENROL:

BY PHONE 9968 4000

MAIL PO Box 186, Mosman NSW 2088

PAY cheques to **Mosman Community College**

ENROL ONLINE at www.mcc.nsw.edu.au

EMAIL: admin@mcc.nsw.edu.au

VISIT US: 8 Gladstone Ave, Mosman NSW 2088

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WELCOME



Welcome to the Spring term at Mosman Community College.

In this term's program you will find lots of exercise classes to help you get into shape after hibernating through winter. We also have more activities to relieve stress and otherwise improve your mental health or just set aside some me-time.

Are you ready for the Festive Season? Even though it's still a few months away it's good to be prepared. We have several card making cards with plenty of time for you to create before sending them out to impress your friends. Join us for a day of festive baking for ideas for Christmas day and learn how to take creative Christmas photos.

I encourage you to join in and Dare to Learn.

Jane Egan

Build Your Own Training

Computer Training

We offer training in a number of different computer software packages. Our training is tailored specifically to your individual needs. Training can be in just one software package, or in a number of packages to ensure your needs are met.

Please contact our office to discuss your requirements and we can help you put together a package to best suit you.

Computers and Wifi available or you may bring your own.

Please see our website for prices. Discounts available for small groups



OCTOBER

Fishing For Kids	03.10.2017	\$60	p. 42
Fishing For Kids	05.10.2017	\$60	p. 42
Reiki 1	14.10.2017	\$100	p. 29
Introduction To Zentangle	17.10.2017	\$60	p. 10
Living In A Strata Scheme Building	17.10.2017	\$90	p. 33
Spring Picnic Food	21.10.2017	\$150	p. 19
Garden Design	21.10.2017	\$130	p. 17
Crystal Power 1	21.10.2017	\$220	p. 26
Paper Crafts	22.10.2017	\$70	p. 11
Discovering The World Of Tea	25.10.2017	\$60	p.21
De-Stressing With Essential Oils	26.10.2017	\$100	p. 26
Introduction To Zentangle	28.10.2017	\$60	p. 10
Drawing With Rembrandt	28.10.2017	\$120	p. 7
Turning Life Into Fiction	28.10.2017	\$130	p. 34
Retire In Style Successfully	28.10.2017	\$150	p. 33
Give A Seated Massage	28.10.2017	\$60	p. 28
Artisan & Sourdough Bread	28.10.2017	\$150	p. 18
Feng Shui - Home & Garden	28.10.2017	\$130	p. 16
Introduction To Drawing &Painting	29.10.2017	\$120	p. 6
Zentangle - Beautiful Zendalas	31.10.2017	\$60	p. 10

NOVEMBER

De-Stressing With Essential Oils	03.11.2017	\$100	p. 26
Introduction To Financial Planning	04.11.2017	\$150	p. 33
Property Styling F. Living & Selling	04.11.2017	\$150	p. 17
Zentangle - Christmas	05.11.2017	\$75	p. 41
Backyard Beekeeping	05.11.2017	\$130	p. 16
Zentangle - Christmas	07.11.2017	\$75	p. 41
Personal Style Analysis	07.11.2017	\$200	p. 20
Christmas Paper Crafts	11.11.2017	\$70	p. 40
Drawing Fundamentals	11.11.2017	\$110	p. 6
Outdoor Painting And Drawing	12.11.2017	\$100	p. 8
Bloggng For Beginners	14.11.2017	\$60	p. 36

NOVEMBER

Getting Publicity For Your Club	14.11.2017	\$75	p. 36
Starting a B&B	14.11.2017	\$120	p. 32
Drawing With Rembrandt	18.11.2017	\$120	p. 7
Low Sugar Baking	18.11.2017	\$150	p. 19
Personalised Colour Analysis	18.11.2017	\$200	p. 20
Free Plants!			
Plant Propagation Workshop	19.11.2017	\$130	p. 16
Chocolate & Tea Pairing	21.11.2017	\$90	p. 21
Botanical Art	22.11.2017	\$110	p. 6
Zentangle - Beautiful Zendalas	25.11.2017	\$60	p. 10
Sweet & Savoury Pies	25.11.2017	\$150	p. 19

DECEMBER

Writing Crime Fiction	02.12.2017	\$60	p. 35
Writing A TV Drama	02.12.2017	\$60	p. 35
Festive Baking	02.12.2017	\$150	p. 40
Capture Christmas Lights	12.12.2017	\$60	p.41
Capture Christmas Lights	14.12.2017	\$60	p.41

LET'S BE FRIENDS

We invite you to become a College Friend

Your one-time Friendship payment of \$50 will entitle you to:

- One free one day workshop.
- Invitation to Friends Only Events. Become part of the College community and join us at various events throughout the year, with guest speakers and the opportunity to meet like-minded College Friends.
- Friends Price to other College Functions.
- Special Friend's Rate on selected courses.

Visit: www.mcc.nsw.edu.au for more details

GET CREATIVE

! Most of our Art and Creative Classes will be held in our new Art Space at 696 Military Road. See the map at the back of the brochure for details.

INTRODUCTION TO DRAWING AND PAINTING

David Pavich

Be guided through the versatile qualities of drawing & painting mediums in this fun and adventurous course with a number of demonstrations, whilst developing your own individual style.

1 x Sun, 29 OCT 10.00am - 4.00pm Code 40082 \$120
2/696 Military Road, Mosman

INTRODUCTION TO DRAWING AND PAINTING

David Pavich

Exploring a variety of subjects and mediums we will unleash your creative passion. Subjects include still life, portraiture, the life model and landscape. Covers the fundamentals of tone, form and perspective. You are welcome to enjoy a glass of wine from the bar whilst learning creative techniques in a relaxed environment.

8 x Mon, 16 OCT 7.00pm - 9.00pm Code 40081 \$265
Warringah Bowling Club Bradleys Head Rd

BOTANICAL ART at Mackie Lane Community Garden

Penny Walton

Mosman Community Gardeners is a community group committed to working together to create food gardens around Mosman to demonstrate promote, educate and advocate environmental sustainability through growing food locally. This art class offers an insight into the different ways of approaching a botanical painting, starting with black and white studies in pencil and moving onto watercolour to capture the beauty of plants.

1 x Wed, 22 NOV 10.00am - 2.00pm Code 41871 \$110
Mackie Lane Community Garden

DRAWING FUNDAMENTALS

Leonel Sanchez

Learn the secret and the fundamental skill to draw. After this course Leonel guarantees you will draw anything with confidence! It will open a new door for your creativity and expression in a very relaxing and fun atmosphere.

1 x Sat, 11 NOV 10.00am - 2.00pm Code 40132 \$110
2/696 Military Road, Mosman

GET CREATIVE

! Most of our Art and Creative Classes will be held in our new Art Space at 696 Military Road. See the map at the back of the brochure for details.

DRAWING WITH REMBRANDT Susan Bernasconi

Rembrandt's drawings reveal his great observation skills essential in capturing the moment. We draw with charcoal, pen as well as ink and wash following his own body of work. (In celebration of the exhibition at AGNSW Rembrandt and the Dutch golden age - masterpieces from the Rijksmuseum 11 November 2017 to 18 February 2018)

1 x Sat, 28 OCT 11.00am - 4.00pm Code 40158 \$120
1 x Sat, 18 NOV 11.00am - 4.00pm Code 40160 \$120
2/696 Military Road, Mosman

LIFE DRAWING

Karl Mattas

Drawing from life has formed the basis of communication since the dawn of time. We see, we experience, we communicate that experience, and through that we connect. Now it's your turn to experience and communicate what you see in life through drawing the human form. Each of these classes features a professional model posing live so you can use a variety of medium, including pencil and charcoal, to communicate what you see in real time. With professional tuition from a well-established artist, you'll develop your sense of seeing and expressing life, and learn how to make every line come alive. It will also provide a good introduction to the fundamentals of drawing any subject. Suitable for all levels.

8 x Tue, 17 OCT 7.00pm - 9.00pm Code 40116 \$300
Mosman High School



GET CREATIVE

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OUTDOOR PAINTING AND DRAWING David Pavich

Indulge in the magic of drawing or painting outdoors in natural light.

8 x Thu, 19 OCT 10.00am - 12.00pm Code 40106 \$265

1 x Sun, 12 NOV 10:00am - 4:00pm Code 40107 \$100

First Session meet at Balmoral Rotunda



PAINTING Leonel Sanchez

Learn the fundamentals of painting with acrylic in a relaxed fun atmosphere. Use still life settings learn to see and recreate the real world. We will cover capturing form, mixing colours, using shape and texture. These new skills will give you confidence to express your creative self and find your own style. For those with some experience.

9 x Wed, 18 OCT 10.00am - 12.00pm Code 40159 \$300

2/696 Military Road, Mosman

DRAWING WITH PEN & WASH Susan Bernasconi

Explore combining drawing with pencil, charcoal and inks with wash. Create evocative and imaginative pictures with this versatile art technique, including landscapes and portraits.

8 x Thu, 19 OCT 10.00am - 12.00pm Code 40164 \$265

2/696 Military Road, Mosman

THE STILL LIFE IN OILS Karl Mattas

Oils are a fantastic medium for any artist. They offer great flexibility and an ease of manipulation that can produce a wide range of varied effects and allow for a huge range of expressive styles. If you haven't tried it, you really should!

GET CREATIVE

! Most of our Art and Creative Classes will be held in our new Art Space at 696 Military Road. See the map at the back of the brochure for details.

In this course you'll be guided by a well-established artist, who will introduce you to and develop your understanding of oils, what materials are needed and practical exercises on how to go about painting in oils. Suitable for all levels.

8 x Mon, 16 OCT 7.00pm - 9.00pm Code 40150 \$265

2/696 Military Road, Mosman

WAYS WITH WATERCOLOUR Susan Bernasconi

Watercolours are transparent and brilliant! Create vibrant pictures following basic, simple steps; utilising brushstroke skills as you quickly learn how versatile this medium can be. Some experience required.

8 x Fri, 20 OCT 10.00am - 12.00pm Code 40157 \$265

2/696 Military Road, Mosman

WATERCOLOUR Karl Mattas

Watercolour is one of the artist's most delicate mediums. The way the pigment responds on your paper is intimately linked to your personal emotional response to your subject. In these exploratory classes you'll develop your creative and expressive skills, and have fun along the way. Under the guidance of a well-established artist, you'll learn step-by-step the art of colour mixing, composition, and wash and brush skills to build your own contemporary and unique style. Materials will be discussed at the first lesson, so bring any materials/equipment you already have to the first class. Suitable for all levels.

8 x Wed, 18 OCT 7.00pm - 9.00pm Code 40139 \$265

2/696 Military Road, Mosman





INTRODUCTION TO ZENTANGLE **Niki Lawrence**
Zentangle is an easy-to-learn and relaxing way to create beautiful images by drawing structured patterns. Learn from a certified Zentangle instructor. This class invites all levels and requires no artistic experience.

1 x Tue, 17 OCT 7.00pm - 9.00pm Code 40111 \$60
Mosman High School

1 x Sat, 28 OCT 12.00pm - 2.00pm Code 40113 \$60
2/696 Military Road, Mosman

ZENTANGLE - Beautiful Zendalas **Niki Lawrence**
Inspired by the ancient Mandala artform. Come and discover the beauty of the circular "Zendala". Revisit some familiar tangles and explore new ones using a circular format.

1 x Sat, 25 NOV 12.00pm - 2.00pm Code 40129 \$60
2/696 Military Road, Mosman

1 x Tue, 31 OCT 7.00pm - 9.00pm Code 40110 \$60
Mosman High School

See page 41 for
Christmas Zentangle

CANDLE MAKING WORKSHOP **Renna Danelutti**
Be inspired to make your very own soy candles. This hands-on course will give you insight into fascinating facets of soy wax candle making including: wick selection, dyes and additives, equipment and tools of the trade, colouring and fragrances, fragrance oils vs. essential oils, types of jars, tins and containers. You will take home all the candles you made on the day.

1 x Sat, 30 SEP 10.00am - 1.00pm Code 23146 \$120
2/696 Military Road, Mosman

PAPER CRAFTS WITH MARTHA STEWART PUNCHES

Shirley Hoffman

Love paper crafting? Join our class and learn all about Martha Stewart's high-quality, easy-to-use paper punches which can be used to create cards, gift boxes, scrapbooking items, party decorations and more. The different styles of punches can create decorative edges, photo corners, simple punched pieces, and more. A single sheet of paper is full of possibilities. Create 5 beautiful cards to take home. Includes all materials. Martha Stewart Punches will be available for you to use on the day.

1 x Sun, 22 OCT 10.00am - 1.00pm Code 40123 \$70
2/696 Military Road, Mosman

See page 40 for
Christmas Paper Crafts



KNITTING

Mel Martin

Australians are showing a resurgence of interest in knitting recently. Have you caught the urge to knit yet? Here is an introduction to this craft that can take you from an utter lack of knitting knowledge to becoming an advanced beginner in four weeks. It is also a great class if you are returning to knitting after a long break. In Week One you will become comfortable working with yarn and circular needles, learn a bit about the history of knitting, and learn to execute basic knit and purl stitches as well as to cast on and bind off in a small swatch before starting a sampler scarf. The Sampler Scarf teaches you to manipulate this basic knowledge to create 10 increasingly challenging stitch patterns including cables and working from a graph. There will be homework every week that will help your scarf grow. Along the way you will come to know the health benefits of knitting – an added bonus to help us relax in this otherwise hectic world! Fee includes a basic kit to start you off.

4 x Sun, 22 OCT 9.00am - 11.00am Code 40142 \$160
8 Gladstone Ave, Mosman

PHOTOGRAPHY

PHOTOGRAPHY 1 - Beginners

Richard Lynch

Learn to use your camera and its features to take better photos. Understand the creative aspects of Light, White Balance, Camera, Lenses, Aperture, Shutter Speed, Exposure, Flash, Composition, Image Size and Printing. Homework required. Receive constructive feedback.

6 x Tue, 7 NOV 6.30pm - 9.00pm Code 40124 \$300
Mosman High School

See page 41 for
Christmas Photography

STREET AND DOCUMENTARY PHOTOGRAPHY

Richard Lynch

This course contains the theory and content of street and documentary photography, incorporates image critique, encouraging feedback and peer review sessions, and drives momentum for excellence in your image quality.

6 x Thurs, 9 NOV 6.00pm - 9.00pm Code 40176 \$360
2/696 Military Road, Mosman

PHOTO EDITING WITH LIGHTROOM

Richard Lynch

For both professional and passionate photographers to digitally edit photos with a focus on producing high quality images. Learn techniques to edit and enhance images incorporating non-destructive processes with Adobe Lightroom. Learn to use powerful corrections and recovery techniques that are the essential tools for editing photos. Bring your laptop to work on your own photos.

6 x Tues, 7 NOV 2.00pm - 5.00pm Code 40141 \$450
2/696 Military Road, Mosman

FILM 101

Rachel Jordan

Have you got an idea for a film? Maybe you like the idea of entering TropFest, but have no idea where to start? Explore influences, learn about the craft of filmmaking, and devise, shoot and edit a short piece. Learn to construct a video from the concept to the final cut!

6 x Wed, 18 OCT 6.00pm - 9.30pm Code 40101 \$400
8 Gladstone Ave Mosman



YOGA AND PILATES



FREE FORM PILATES

Leon Pilates Studio

This class uses all your favourite Pilates exercises with the added challenge of a small dynamic piece of equipment called the FreeFORM board. Your entire body will feel the benefits of this workout as it challenges balance, flexibility, body control, joint mechanics and core stabilisation.

10 x Mon, 9 OCT 11.30am - 12.30pm Code 41820 \$250
Leon Pilates Studio level 2/12 Waters Road

PILATES ALLEGRO REFORMER CLASS

Leon Pilates Studio

These classes are a full body workout using spring loaded resistance on the Pilates reformer bed. Activate your core increase your flexibility, strength & balance. Not suitable for people with injuries.

10 x Mon, 9 OCT 6.30pm - 7.30pm Code 41798 \$300
10 x Wed, 11 OCT 7.00pm - 8.00pm Code 41811 \$300
10 x Thu, 12 OCT 10.30am - 11.30pm Code 41797 \$300
10 x Sat, 14 OCT 8.00am - 9.00am Code 41813 \$300
10 x Sat, 14 OCT 9.00am - 10.00am Code 41814 \$300
Leon Pilates Studio level 2/12 Waters Road

PILATES BARRE

Leon Pilates Studio

Pilates Barre is a fusion of ballet and the philosophies of Pilates. It is an overall conditioning class that will target the tone of the legs and gluteal muscles. Enjoy the rhythm and joy of a ballet class with a hint of Pilates fitness. No ballet or Pilates experience required, just bring your happy feet.

10 x Tue, 10 OCT 7.30am - 8.30am Code 41815 \$200
10 x Tue, 10 OCT 8.30am - 9.30am Code 41818 \$200
10 x Thu, 12 OCT 5.00pm - 6.00pm Code 41816 \$200

YOGA AND PILATES

PILATES

All Pilates classes are held at Warringah Bowls Club, Bradley's Head Road Mosman

Based on principles of breathing, flowing movement, stamina, concentration, precision and regimen, Pilates practise promotes a strong and toned body by performing a series of exercises using body weight and apparatus.

Sonia Forato

9 x Mon, 16 OCT 10.00am - 11.00am Code 41725 \$160

Anna McLeod

9 x Mon, 16 OCT 6.00pm - 7.00pm Code 41724 \$160

9 x Mon, 16 OCT 7.00pm - 8.00pm Code 41721 \$160

Joyce Subloo

8 x Wed, 18 OCT 6.00pm - 7.00pm Code 41728 \$140

8 x Wed, 18 OCT 7.00pm - 8.00pm Code 41730 \$140

8 x Wed, 18 OCT 8.00pm - 9.00pm Code 41731 \$140

YOGA AND PILATES

Joan Miller

A blend of Yoga and Pilates working on strengthening the core, stretching and sculpting the body, improving flexibility, circulation, posture and calmness of the mind. Conducted by a fully qualified teacher in both Yoga and Pilates.

9 x Tue, 17 OCT 6.00pm - 7.00pm Code 41800 \$175
Scots Kirk Hall, Belmont Rd Mosman

YOGA AND PILATES - For Backcare

Joan Miller

A workout concentrating on backcare.

9 x Tue, 17 OCT 7.00pm - 8.00pm Code 41801 \$175
Scots Kirk Hall, Belmont Rd Mosman

THERAPUTIC YOGA & PILATES

Joan Miller

Focus on developing ease of movement, safety and stability of joints and muscle structure. This course will include more detailed instruction and ways to modify Yoga Postures and certain Pilates exercises for better posture and core strength.

Focus: Lower Body

4 x Tue, 17 OCT 8.00pm - 9.00pm Code 41802 \$100

Focus: Upper Body

4 x Tue, 14 NOV 8.00pm - 9.00pm Code 41803 \$100

Come to both 8 weeks Code 41804 \$160

Scots Kirk Hall, Belmont Rd Mosman

YOGA AND PILATES

YOGA & RELAXATION

Patricia Wigley

9 x Wed, 18 OCT 10.00am - 11.30am Code 41761 \$175
Police & Community Youth Club

MINDFUL YOGA

Kathy Penn

9 x Wed, 18 OCT 4.15pm - 5.45pm Code 41767 \$175
Warringah Bowling Club Bradleys Head Rd

YOGA For the Over 40s

Bernadette O'Donnell

5 x Wed, 27 SEP 8.30am - 10.00am Code 41790 \$97

5 x Wed, 22 NOV 8.30am - 10.00am Code 41792 \$97

Warringah Bowling Club Bradleys Head Rd

YOGA For the Over 40s

Victoria Fisher

9 x Thu, 19 OCT 6.30pm - 8.00pm Code 41768 \$175

Scots Kirk Hall, Belmont Rd Mosman

YOGA For the Over 50s

Bernadette O'Donnell

5 x Mon, 25 SEP 11.30am - 1.00pm Code 41784 \$97

5 x Mon, 20 NOV 11.30am - 1.00pm Code 41786 \$97

6 x Tue, 26 SEP 10.00am - 11.30am Code 41787 \$117

5 x Tue, 21 NOV 10.00am - 11.30am Code 41793 \$97

Warringah Bowling Club Bradleys Head Rd

YOGA For the Over 50s

Bernadette O'Donnell

5 x Thu, 28 SEP 12.00pm - 1.30pm Code 41785 \$97

5 x Thu, 23 NOV 12.00pm - 1.30pm Code 41788 \$97

Scots Kirk Hall, Belmont Rd Mosman

YOGA For the Over 50s

Roslyn Tinker

9 x Thu, 19 OCT 10.00am - 11.30am Code 41794 \$175

Warringah Bowling Club Bradleys Head Rd



HOUSE AND GARDEN



BACKYARD BEEKEEPING

Judith Sleijpen

Learn about bees and the equipment needed to harvest your own honey, and products you can make from beeswax.

1 x Sun, 10 DEC 10.00am - 4.00pm Code 42628 \$130
2/696 Military Road, Mosman

FENG SHUI FOR YOUR HOME & GARDEN

Judith Sleijpen

Discover how to create the most harmonious environment in your home and garden to promote good health, wealth, happiness and a sense of well-being. Poor environments can make us prone to anxiety and illness. Implement the long-established principles of Feng Shui to ensure your home and garden are appealing sanctuaries to enhance your busy life.

1 x Sat, 28 OCT 10.00am - 4.00pm Code 42631 \$130
8 Gladstone Ave, Mosman

FREE PLANTS! PLANT PROPAGATION WORKSHOP

Judith Sleijpen

Experience the satisfaction and pleasure of learning the many methods of propagating plants, including cuttings, division, layering, grafting and more. Grow perennials, shrubs and trees, including fuchsias, frangipanis, hydrangeas, lavenders, roses, camellias, orchids and more.

1 x Sun, 19 NOV 10.00am - 4.00pm Code 42626 \$130
2/696 Military Road, Mosman

HOUSE AND GARDEN

GARDEN DESIGN FOR LARGE AND SMALL SPACES

Judith Sleijpen

From scratch or revamping, transform an open space into a haven for relaxed living. Topics include site analysis, use of colour and perspective, plant selection, types of containers, potting mix, mulch, watering, fertilising, maintenance, common pests and diseases and much more.

1 x Sat, 21 OCT 10.00am - 4.00pm Code 42625 \$130
2/696 Military Road, Mosman

INTERIOR DESIGN BASICS - CREATE YOUR MOOD, FIND YOUR STYLE

Fiona Barry

Planning to redecorate or simply refresh a living space or complete property? Prepare a number of style boards – not only as your anchor to keep you on track, but also to use as your navigation tool for communication to suppliers, architects and tradespeople. A strong focus is placed on colour theory, the effect of light, and finding ways to easily adopt property styling methods to your own home.

8 x Mon, 16 OCT 6.30PM - 8.30PM Code 42008 \$280
8 x Mon, 16 OCT 2.00pm - 4.00pm Code 42009 \$280
2/696 Military Road, Mosman

PROPERTY STYLING FOR LIVING & SELLING

Fiona Barry

If you are feeling overwhelmed by your house and its contents and just don't know where to start or simply looking to update, replan and add value to your property, then this workshop is for you. Styling your property is not about a full interior design project, but about making a difference to your home on a reasonable budget. Don't become paralysed by the number of choices available in colour, furnishings or accessories - whether you are working with your existing home contents or purchasing brand new items. Through careful implementation, and by utilising the techniques, stylist tips and information you will learn, you can transform your home into a welcoming, desirable and functional space which matches your lifestyle. This workshop is equally beneficial to those who are considering selling and preparing it for buyer inspection.

1 x Sat, 4 NOV 9.30am - 4.30pm Code 42006 \$150
2/696 Military Road, Mosman

ARTISAN & SOURDOUGH BREAD

Brigit Marx

Eat your way to better health with delicious, warm, home-baked sourdough bread! In sourdough bread the complex carbohydrates are broken down into more digestible simple sugars and protein is broken down into amino acids. It's good for you! It also tastes great and, to make it, all you need is flour, water, salt and yeast! In this demonstration class, you'll see how easy it is to mix and knead your bread for optimal flavour development, learn about resting, knocking back and proofing as well as shaping and baking. You'll also get to eat some freshly baked bread, along with cheese, cold meats, jams and tea for lunch. Find out the secret to making your home-baked bread look and taste as good, if not better, than a loaf from the bakery, and you might never want to buy bread again... not once you find out how satisfying and delicious it is to bake your own!

1 x Sat, 28 OCT 10.00am - 3.00pm Code 41824 \$150
Mosman High School

FESTIVE BAKING

Brigit Marx

The festive season is the perfect time for a little indulgence, celebration, and showing your loved ones that you care. Of course nothing says 'love' like home-baked goodies. We want to ensure your efforts are appreciated, so this course will show you how to perfect some festive favourites with a mix of demonstration and hands-on baking. Learn how to prepare a tender, sweet shortcrust pastry, baked until golden and crumbly, along with a home-made fruit mince filling to enjoy the best mini fruit mince pies ever! And what about chocolates as personal Christmas gifts for family, colleagues, neighbours and friends? You'll also get to enjoy a summer fruit pavlova as well as your delicious treats at a social sit-down afternoon tea, then take home your leftovers!

1 x Sat, 2 DEC 10.00am - 3.00pm Code 41825 \$150
Mosman High School

LOW SUGAR BAKING

Brigit Marx

Do you have a sweet tooth, perhaps an appreciation for cake, but also want to refrain from eating too much sugar? Then this course is for you! In this hands-on baking class you will learn how to reduce and replace refined sugar with less processed sweeteners and still achieve great results. And the best thing is: you get to take home a bunch of recipes and a box full of goodies. There are so many simple and easy ways to reduce, replace and even

eliminate white refined sugar from your baked goods. Find out in this class! Your friends, family and work colleagues will all love you for it!

1 x Sat, 18 NOV 10.00am - 3.00pm Code 41821 \$150
Mosman High School

SPRING PICNIC FOOD

Brigit Marx

Spring is here! It's time to get outdoors, enjoy the sunshine, and share some yummy food with loved ones. This menu is as healthy as it is tasty, and caters for picnics with no need for plates, knives or forks. Just pluck the sumptuous delights straight from the basket! Includes olive cake with ham & cheese, tomato, quinoa & cheese muffins, zucchini Madeleines, pecan & cranberry brownies and blueberry & cinnamon muffins. Yum!

1 x Sat, 21 OCT 10.00am - 3.00pm Code 41823 \$150
Mosman High School

SWEET & SAVOURY PIES

Brigit Marx

Food tastes better when hugged by pastry! Who doesn't like a nice pie or tart? They're also incredibly versatile, because you can fill them with whatever you like! You could use the finest and freshest local ingredients to create your pie masterpiece. You could also use leftovers from lunch or dinner! Do you like the sound of a yummy Sunday Roast Pie, or an easy Apple, Almond & Cinnamon Filo Pie? They're easy to make and, in this class, you get to learn new recipes and techniques, plus you get to eat lunch at the end of class!

1 x Sat, 25 NOV 10.00am - 3.00pm Code 41822 \$150
Mosman High School



ABSOLUTELY FABULOUS PERSONAL STYLE ANALYSIS**Sharron-Del Wakely**

This workshop analyses your body shape, proportions and style personality. Receive a personalised, web-based style guide to make shopping easier with fewer mistakes, saving both time and money.

1 x Tue, 7 NOV 6.00pm - 9.30pm Code 42420 \$200
Mosman High School

ABSOLUTELY FABULOUS PERSONALISED COLOUR ANALYSIS**Sharron-Del Wakely**

This comprehensive workshop includes analysis of your skin, eyes and hair colouring to find the type of colours that look fabulous on you. It also explains your ideal contrast level, patterns and fabrics. You will receive an individual Colour Swatch of 50-60 colours which you can keep in your handbag for easy reference.

1 x Sat, 18 NOV 9.30am - 1.00pm Code 42422 \$200
8 Gladstone Ave Mosman

**DRESSMAKING****Jennifer Ashpole**

This course is designed for all skill levels. Reading and understanding of commercial patterns will be explained. All aspects of machine sewing, including the use of an overlocker, will be developed. Any fabric may be used, but if you are a beginner please choose fabric carefully.

Evening (machines provided)

8 x Tue, 17 OCT 7.00pm - 9.00pm Code 42411 \$260
Mosman High School

Daytime (bring your own machine)

6 x Mon, 6 NOV 10.00am - 1.00pm Code 42412 \$210
2/696 Military Road, Mosman

**CHOCOLATE & TEA PAIRING****Liliana Algorry**

Tea and Chocolate Pairing - a match made in heaven. Experience flavours, aromas and textures of teas (Black, Green, Oolongs and herbal) paired with delicious citrusy, fruity, floral nutty and earthy chocolates, a true sensory appreciation.

1 x Tue, 21 NOV 6.00pm - 8.00pm Code 49070 \$90
Mosman High School

DISCOVERING THE WORLD OF TEA **Liliana Algorry**

Discovering the world of tea is the perfect introduction to tea for all people. Six styles from the legendary plant, discovering flavours and aromas while learning to make the perfect infusion.

1 x Wed, 25 OCT 1.00pm - 3.00pm Code 49068 \$60
2/696 Military Road, Mosman

BOOK GROUP - Reading for Pleasure **Margaret Baird**

This term we will be reading: The Wonder Emma Donoghue and Reader, I Married Him Tracy Chevalier.

8 x Tue, 17 OCT 10.00am - 11.30am Code 49051 \$140
St Lukes, Heydon Street Mosman

DISCOVER YOUR LIFE PURPOSE **Jacqueline Hofste**

Discover what you were born to accomplish in your life and how to enter the magnetic world of your individual archetypal design. Archetypal behaviour has magnetic strength and when understood it can accelerate life's progress, allows for a richer and more fulfilled life and will move you along the journey of empowerment.

6 x Wed, 18 OCT 7.00pm - 9.00pm Code 41720 \$260
8 Gladstone Ave Mosman



MAHJONG

Warringah Bowling Club Bradleys Head Rd

A game of strategy, probability and luck, originating from China 1,000 years ago. Not only is Mahjong fun, playing regularly can improve your memory. In fact studies have shown that Mahjong and Tai Chi can keep elderly minds sharp and showed evidence of long term benefits. In a paper published in the American Journal of Geriatric Psychiatry, the Hong Kong Institute of Education researchers suggest integrating mah-jong into regularly schedules activities can halt or slow down cognitive decline. Coffee, tea and cafe menu available at the Club.

MAHJONG - BEGINNERS

Ron Yap

Beginners learn the rules and strategies.

9 x Tue, 10 OCT 9.30am -12.30pm Code 49071 \$265

9 x Tue, 10 OCT 1.30pm - 4.30pm Code 49072 \$265

Warringah Bowling Club Bradleys Head Rd

MAHJONG - SOCIAL

Ron Yap

A social game for those who already know the rules but just require a bit of assistance. Social players need two terms experience or equivalent.

9 x Tue, 10 OCT 9.30am - 12.30pm Code 49073 \$160

9 x Tue, 10 OCT 1.30pm - 4.30pm Code 49076 \$160

Warringah Bowling Club Bradleys Head Rd

dare to learn

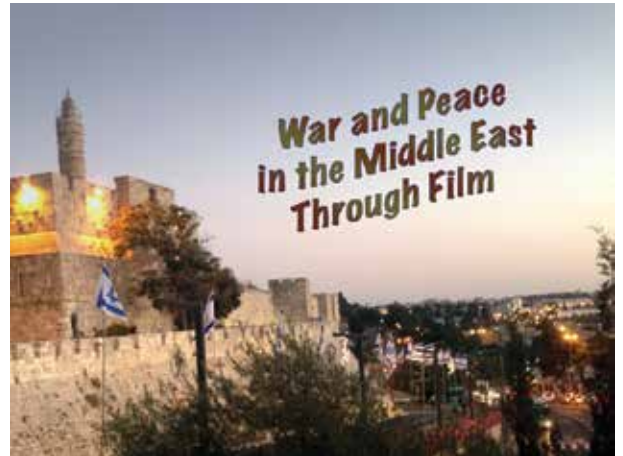
THE HISTORY OF SONG

Rita Bratovich

From Gregorian Chant to troubadours, opera, Broadway, jazz, folk, pop; the genius of Col Porter, the experimentalism of The Beatles and so much more. Discover the amazing history of song.

8 x Mon, 16 OCT 4.30pm - 6.30pm Code 41212 \$160
2/696 Military Road, Mosman

NEW



WAR & PEACE IN THE MIDDLE EAST THROUGH FILM

Shahar Burla and Limor Fayena

Explore the history, culture and politics of modern Israel, Palestine and the Middle East by critically viewing contemporary Israeli films. We will discuss issues such as the memory of the Holocaust, the Arab-Israeli conflict, immigration and religious extremism. A thoughtful and interactive course.

17/10/2017: God's Neighbours (2012), 24/10/2017: Restoration (2011), 1/10/2017: Fill the Void (2012), 07/11/2017: Arna's Children (2004), 14/11/2017: Short Films, 21/11/2017: Yellow Asphalt (2001), 28/11/2017: Over the Ocean (1991), 05/12/2017: Forever Pure (2016)

8 x Tue, 17 OCT 7.00pm - 9.00pm Code 42001 \$120
2/696 Military Road, Mosman

attend just one night for \$30

ENROLMENT FORM

Enrolment No.
(Office use only)

first name, family name

street

suburb, postcode

date of birth

phone home

phone work

mobile

email

course code 1

course name 1

course code 2

course name 2

course code 3

course name 3

NOTE: Your contact details may be forwarded to your tutor should this facilitate the holding of your course.

ENROLMENT FORM

course fee 1	\$ _____
course fee 2	\$ _____
course fee 3	\$ _____
college membership (optional)	\$ 10.00
college friends	\$ 50.00
TOTAL	\$ _____

See page 6 for benefits.

PAY cheques to Mosman Community College
MAIL PO Box 186, Mosman NSW 2088
ENROL ONLINE at www.mcc.nsw.edu.au

Conditions of enrolment: please note **no refunds unless course cancelled, see full details on page 2.**

I have read and agree to the enrolment conditions.

date, signature

credit card details:

Mastercard Visa CVC _____

credit card number

expiry date

cardholder's name

cardholder's signature

BECOME A COLLEGE MEMBER

Mosman Community College is run by its members. Become a member by paying a small \$10 fee as indicated on the enrolment form. You will then be entitled to attend meetings where policies are voted on.

HEALTH AND FITNESS

INTRO TO AERIAL ARTS Sydney Trapeze School
5 x Tue, 10 OCT 7.00pm -8.00pm Code 41104 \$210
5 x Tue, 14 NOV 7.00pm - 8.00pm Code 41103 \$210
Sydney Trapeze School, St Peters

AQUACISE Mosman Swim Centre
Have fun and get fit in the pool. A great alternative to traditional exercise for all levels of health and fitness.
10 x Mon, 16 OCT 6.30pm - 7.15pm Code 41706 \$165
Mosman Swim Centre

CRYSTAL POWER 1 Claudia Boymouchakian Seijas



Learn all about crystals, their power and benefits: healing, protection, manifestation. Balance your chakras and your energy field, create powerful grids, receive and give a crystal balancing session. Fee includes a workbook and crystals kits

1 x Sat, 21 OCT 10.00am - 5.00pm Code 49123 \$220
2/696 Military Road, Mosman

DE-STRESSING WITH ESSENTIAL OILS

Claudia Boymouchakian Seijas

A relaxing, fun and hands-on workshop to help you discover the power of essential oils and how you can use them to de-stress, unwind and relax. Create your own perfume using a blend of 100% pure essential oils and take it home in an elegant roll-on bottle. Learn easy ways you can use essential oils to de-stress.

1 x Thu, 26 OCT 6.00pm - 9.00pm Code 49125 \$100
1 x Fri, 3 NOV 6.00pm - 9.00pm Code 49124 \$100
2/696 Military Road, Mosman

NEW

DOSUN-FABULOUS ABS QI GONG Angela Tian Zhu
Lose your stomach and trim your waist with low-impact exercise, using ancient Chinese arts to assess your body condition from a holistic perspective.
8 x Tue, 17 OCT 8.00am - 9.00am Code 41799 \$120
Scots Kirk Hall, Belmont Rd Mosman

HEALTH AND FITNESS

DRAGON BOATING

Combining athleticism with ancient traditions, dragon boat racing is a great way to get fit for all ages and fitness levels. Work out in a team and enjoy scenic views of Sydney's skyline.

3 x Sat, 14 OCT 7.00am - 9.15am Code 41776 \$90
FFB Dragonboat Club, Bank Street Pyrmont

FFB Dragon Boat Club



FLYING TRAPEZE

Sydney Trapeze School

Fly and experience the rush of adrenaline from swinging 8 metres above the ground and getting caught in mid-air! Have fun and get fit.

4 x Tue, 10 OCT 7.00pm - 9.00pm Code 41199 \$240
4 x Tue, 21 NOV 7.00pm - 9.00pm Code 41198 \$240
Sydney Trapeze School, St Peters

GOLDEN GIRLS - Fitness for over 55's

Tina Pollard

A fitness class designed especially for the over 55's. Combining Pilates, movement balance & toning, it is a safe, effective and functional workout with a vision of fitness with fun! Suitable for mature women with no serious medical issues who want to move! Your instructor is a qualified Pilates teacher with extensive experience, and a passion to keep people of all ages mobile and flexible.

8 x Tue, 17 OCT 10.30am - 11.30am Code 42415 \$150
Bootique Barre, 8/271 Military Rd, Cremorne

LEARN KICKBOXING AND ENJOY IT

Nik Forster

Master the techniques of kick boxing. Beginners will concentrate on stances, jabs, crosses, and hooks. This is a non-contact course, using kick shields and focus mitts. You will be working with a partner in pre class exercises for fitness. More experienced students will apply learned techniques and combinations whilst improving skills.

8 x Mon, 16 OCT 8.00pm - 9.30pm Code 41712 \$225
Warringah Bowling Club Bradleys Head Rd

dare to learn

HEALTH AND FITNESS

LAWN BOWLS

Mosman Bowling Club

5 x Sat, 4 NOV 10.00am - 11.00am Code 41713 \$70

5 x Wed, 1 NOV 10.00am - 11.00am Code 41714 \$70

Mosman Bowling Club, 15 Belmont Rd Mosman

GIVE A SEATED MASSAGE

Elizabeth Vincent

Learn to ease shoulder tension, neck aches and back pain with a short, seated-massage routine.

1 x Sat, 28 OCT 10.00am - 1.00pm Code 41770 \$60

2/696 Military Road, Mosman

MINDFULNESS for beginners

Alison Hutchens

Mindfulness Meditation is widely recognized for its calming, healing, and restorative effects. Mindfulness can help you relieve stress, regulate your emotions, achieve focus and clarity, strengthen your communication skills, and cultivate an appreciation for what is important to you. Fee includes course notes and meditation recordings to practise each week

4 x Tue, 17 OCT 6.30pm - 7.30pm Code 41886 \$85

Mosman High School

MINDFULNESS for beginners - Part 2 Alison Hutchens

This course is for those students who have already attended Mindfulness For Beginners and would like to learn more.

4 x Tue, 28 NOV 6.30pm - 7.30pm Code 41888 \$85

Mosman High School

MINDFULNESS for reconnecting

Alison Hutchens

These four weeks are for those people who have already attended Mindfulness For Beginners Part 1 and 2 who wish to enhance their practice. Come along and ask questions. We will focus on cultivating empathy and compassion so that we can increase positive emotions, connect more easily with others and be healthier.

4 x Tue, 17 OCT 5.30pm - 6.30pm Code 41887 \$80

Mosman High School

STAND UP PADDLE BOARDING

Balmoral Sailing School

A major 'all-body' workout which is low impact and heaps of fun.

3 x Sat, 14 OCT 9.00am - 10.00am Code 43012 \$185

3 x Sat, 11 NOV 9.00am - 10.00am Code 43011 \$185

HEALTH AND FITNESS

NORDIC WALKING

Merike Viigisalu

If you enjoy walking, socialising and being outdoors or want to lose weight, then you should come and try walking with poles. Suitable for a wide range gender and



fitness levels. It is ideal for people who dislike traditional sports, running and indoor gym activities or have not exercised for a while. Poles available for purchase or hire.

5 x Sun, 15 OCT 10.00am - 11.30am Code 41700 \$75

Rawson Park Oval Carpark

REIKI 1

Claudia Boymouchakian Seijas

This Reiki 1 training will assist you to understand and experience the Universal Healing Energy. Reiki is a gentle relaxation/health technique provided through the practitioner's hands to assist the individual with improvement of their whole health: body, mind, heart and spirit.

1 x Sat, 14 OCT 9.30am - 4.30pm Code 49126 \$100

2/696 Military Road, Mosman

NEW

ADULT LEARN TO SWIM - Beginners

Mosman Swim Centre

Focuses on staying afloat and stroke improvement.

10 x Mon, 16 OCT 6.30pm - 7.00pm Code 41701 \$165

10 x Wed, 18 OCT 6.00pm - 6.30pm Code 41702 \$165

Mosman Swim Centre

ADULT LEARN TO SWIM - Intermediate

Mosman Swim Centre

Improve your technique in the pool, for all fitness levels.

10 x Mon, 16 OCT 6.00pm - 6.30pm Code 41703 \$165

10 x Wed, 18 OCT 6.30pm - 7.00pm Code 41705 \$165

Mosman Swim Centre

TAI CHI

Angela Tian Zhu

8 x Tue, 17 OCT 9.00am - 10.00am Code 41743 \$120

Scots Kirk Hall, Belmont Rd Mosman

TAI CHI ~ at Balmoral

Angela Tian Zhu

8 x Sat, 28 OCT 8.00am - 9.00am Code 41739 \$120

Balmoral - Hunter Park

DANCE AND MUSIC

BALLET - For adults

Penny Houston

A ballet class perfect for those who have done some ballet before (even if it was a long time ago). Great way to get fit while having fun!

8 x Mon, 16 OCT 7.00pm - 8.30pm Code 41120 \$190
Bootique Barre, 8/271 Military Rd, Cremorne

BALLET - For Over 55's

Penny Houston

Learn the basic positions, movement and technique of ballet. A fun way to improve your posture, balance, strength and fitness.

8 x Mon, 16 OCT 11.30am - 1.00pm Code 41121 \$190
Bootique Barre, 8/271 Military Rd, Cremorne

BURLESQUE MUSICAL THEATRE

Olivia Santa

Learn to dance burlesque musical theatre! A fun dance class where you learn the character of the dance, movement technique and have a great workout. A fun and free style of dance and self-expression.

10 x Tue, 17 OCT 7.30pm - 8.30PM Code 41115 \$200
49A Yeo Street Neutral Bay

CEROC MODERN JIVE PARTNER DANCING

Ceroc & Modern Jive Dance Company

Ceroc is great fun, really easy to learn, a fantastic way to keep fit and an incredibly social activity done to a wide range of music from swing/blues to popular and modern chart hits!

8 x Thu, 19 OCT 7.30pm - 9.30pm Code 41112 \$90
Club Willoughby- 26 Crabbes Ave, Willoughby

JIG STEPS AND REELS

McMahon School of Irish Dancing

Looking for a dance class and want to try something new? Then try Jig Steps and Reels Irish dance classes. Our programme is perfect for absolute beginners and those who have Irish danced previously.

9 x Wed, 11 OCT 6.30pm - 8.00pm Code 41118 \$130
Studio 5/21-23 Best Ave, Mosman

TAP DANCING - For over 55's

Penny Houston

Learn to tap dance like Fred Astaire or Ginger Rogers. An upbeat, fun class for Over 55's who are looking for a different way to keep fit. No experience needed for this beginner class, just a pair of tap shoes.

8 x Thur 19 OCT 9.30am - 11.00pm Code 41122 \$190
Freeston Hall, Upper Spit Road, Mosman

DANCE AND MUSIC

WEDDING DANCE - PARTNER DANCE CLASS

Olivia Santa

Learn to partner dance for your big day! Learn fun and achievable moves to the music that you like for you to perform at your wedding or special event. (fee per couple)
10 x Tue, 17 OCT 8.30pm - 9.15pm Code 41117 \$490
49A Yeo Street Neutral Bay



GUITAR Beginners 1

Learn all you need to know for a firm basis of the guitar, including tuning, basic chords and shapes, as well as some scales, notes and beginner music theory. Learn a variety of strumming and finger picking techniques in different styles. Please bring your own guitar.

8 x Tue, 17 OCT 7.00pm - 9.00pm Code 41211 \$280
Mosman High School

LYRIC WRITING

Rita Bratovich

Learn the rhyme and reason behind writing a song: how to choose a title, using the right language, getting ideas, different styles, putting words to music plus music business basics.

8 x Tue, 17 OCT 7.00pm 9.00pm Code 41214 \$200
Mosman High School

dare to learn

BUSINESS AND FINANCE

B&B IS A GREAT WAY TO EARN MONEY FROM YOUR HOME

Stewart Whyte

Earning money from your home by listing with international reservation platforms like Airbnb, Stayz is very affordable as there is very little capital outlay. This course shows you what you need to furnish your spare room/s for guest use, how to manage breakfast and how to set the room rate, about local government regulations, tax obligations, fire safety and public liability cover. This course is very comprehensive and deals with all issues as they apply to responsible hosting. Stewart has published many books on running a B&B. His latest book will be available for purchase on the night for \$10.

**1 x Tue, 14 NOV 6.00pm - 9.00pm Code 40703 \$120
Mosman High School**

BOOKKEEPING & REPORTING

Mark Chouman

This course suits accounts employees, small business owners or simply people who are looking to improve their bookkeeping & GST knowledge. Learn manual bookkeeping and receive practical help to understand the fundamentals and various applications such as completing a cashbook, bank reconciliations, journal entries, general ledger, GST and management reporting. This course is useful to understand the basics if you are using a computerised accounting system.

**8 x Tue, 24 OCT 6.30pm - 9.00pm Code 40690 \$480
Mosman High School**

FINANCIAL PLANNING

Melissa Gilbert

Learn from an experienced financial planner how to build and structure your financial plan. Topics covered include goal setting, asset allocation, how to utilise it, wealth creation strategies, taxation strategies, maximising your superannuation and more.

**1 x Sat, 4 NOV 9.30am - 4.30pm Code 40722 \$150
8 Gladstone Ave Mosman**

RETIRE IN STYLE SUCCESSFULLY

Melissa Gilbert

Find out how you can reduce your tax on your salary before you retire; how you can reduce (or eliminate) your tax bill in retirement; whether you can access any age pension under the new rules and how you can transition to retirement through part-time employment enjoying more free time but without taking a pay cut!

**1 x Sat, 28 OCT 9.30am - 4.30pm Code 40719 \$150
8 Gladstone Ave Mosman**

BUSINESS AND FINANCE



LIVING IN A STRATA SCHEME BUILDING

Paul Miller

Currently more than a quarter of NSW's population lives in, owns or manages strata. Whether you are an owner or renting this course will explain your rights and responsibilities. Get a better understanding of what is common property and what you own. Covers questions such as repairs and maintenance, whether you can have a pet, the duties of the Executive Committee, by-laws, breaches and disputes. Covers the new Strata laws

**1 x Tue, 17 OCT 6.00pm - 8.00pm Code 42005 \$90
Mosman High School**

COMMUNICATION AND WRITING

7 HABITS OF HIGHLY EFFECTIVE PEOPLE

Steve Clack

These seven habits of highly effective people are at the heart of personal effectiveness. You will learn how to effectively lead yourself, influence, engage, and collaborate with others—and continuously improve and renew your capabilities.

**8 x Tue, 17 OCT 7.00pm - 9.00pm Code 49127 \$260
Mosman High School**

NEW

CREATIVE WRITING FOR BEGINNERS

Zena Shapter

A beginner's guide to creative writing, including overviews and exercises to get you started. All levels welcome! Learn from an award-winning author!

**2 x Tue, 21 NOV 6.00pm - 8.00pm Code 40203 \$100
Mosman High School**

COMMUNICATION AND WRITING

DEMYSTIFYING WRITING - How To Do It

Saul Lockhart

It is not magic, just work. This course enables you to start writing that book you've been dreaming of, a novel or your life story or family history. It hones your ideas, providing a strong foundation.

4 x Tue, 17 OCT 7.00pm - 8.30pm Code 40216 \$120
Mosman High School

GET IT DOWN NOW - Writing Tips For Seniors

Saul Lockhart

Whether a novel or a memoir or family history, this course tells you how to start and sets you on the path. Fulfil the dream of a lifetime.

4 x Thu, 19 OCT 12.45pm - 2.00pm Code 40217 \$100
2/696 Military Road, Mosman

TURNING LIFE INTO FICTION

Zena Shapter

Have you had an interesting life, which would make a good book? Get started with a course to inspire and guide you! No writing experience necessary! Designed for all levels, this course will show you how to take those fascinating details of your life, spin them around, and weave them into a work of fiction that readers will absolutely love.

1 x Sat, 28 OCT 9.00am - 3.00pm Code 40210 \$130
8 Gladstone Ave, Mosman

WRITING A TV DRAMA

Keith Whelan

With advice in all aspects of scriptwriting from plotting and technique to finding an agent, this workshop has all the information you need to turn your ideas into successful scripts.

1 x Sat, 2 DEC 9.00am - 11.00am Code 40212 \$60
2/696 Military Road, Mosman

NEW

WRITING CRIME FICTION

Keith Whelan

Whatever your fictional crime, this course has got you covered! The course is full of inspirational advice, acute insights and practical exercises that allow you to write convincing characters that commit crimes!

1 x Sat, 2 DEC 11.30AM - 1.30PM Code 40211 \$60
2/696 Military Road, Mosman

NEW

COMMUNICATION AND WRITING

WRITING SCIENCE FICTION & FANTASY Zena Shapter

Discover how to transform your ideas into stories, and craft tales of wonder that will amaze readers. Develop effective worldbuilding tools. Set the stage with worlds that are convincing, authentic & original. Create memorable characters whose compelling stories stay with readers long after they've finished reading. Discuss modern publishing, industry insights, and tips on pitching to publishers.



2 x Sun, 5 NOV 9.30am - 12.30pm Code 40202 \$240
2/696 Military Road, Mosman

WRITING YOUR LIFE STORY

Caroline Fox

What story could be more important than the story of your life? Whether it is for your family, friends or for you, this course will inspire and guide you. Regardless of your age or experience, this course will assist you in recording and weaving your story together. No writing experience required.

2 x Sat, 21 OCT 11.00am - 2.00pm Code 40171 \$130
8 Gladstone Ave Mosman

WRITE YOUR BOOK IN A YEAR

Zena Shapter

Writing a book is an enormous undertaking. Don't do it alone! This year-long course will take you step-by-step through planning, writing and developing a full-length book. The course includes classes, homework and private tutorials, as well as an overview of the publishing industry and where your writing might fit. Practical writing exercises, critical feedback, and the expertise of a professional tutor and published author!

11 x 2 hr group workshops + 10hrs one-on-one mentorship per student, tailored to what you and your book need: email support, chapter reviews, structure analysis, individual guidance.

11 x Tue, 20 FEB 6.00pm - 8.00pm Code 10212 \$1,500
Mosman High School

www.mcc.nsw.edu.au

COMMUNICATION AND WRITING

BLOGGING FOR BEGINNERS **Zena Shapter**
 Whether you're thinking of developing a personal blog, business blog, or a blog that simply represents your point of view, you'll leave this seminar armed with enough knowledge and tips to get started straight away.
1 x Tue, 14 NOV 6.00pm - 8.00pm Code 40208 \$60
Mosman High School


GETTING PUBLICITY FOR YOUR CLUB, CHARITY OR CHURCH **Saul Lockhart**
 Communicating with the media is THE key element to publicity. This course will teach you how to get your message across to the media.
1 x Tue, 14 NOV 6.00pm - 9.00pm Code 40215 \$75
Mosman High School


PODCASTING - for beginners **Jon Moore**
 The basics of recording, editing and post production techniques to get you "on the air" and building your community. You'll develop social media tools to keep your community informed of new episodes and receive feedback.
2 x Sat, 25 NOV & 9 DEC 9.00am - 1.30pm Code 49106 \$220
2/696 Military Road, Mosman





LANGUAGES


Please see our website for textbooks.


ENGLISH AS A SECOND LANGUAGE INTERMEDIATE **Mary MacDonagh**
8 x Tue, 17 OCT 7.00pm - 9.00pm Code 41418 \$300
Mosman High School 


FINNISH **Matt Barret**
8 x Tue, 17 OCT 7.00pm - 9.00pm Code 41545 \$300
Mosman High School 


FRENCH A1 Beginners 2 **Nicole Laugier**
9 x Wed, 18 OCT 7.00pm - 9.00pm Code 41531 \$315
8 Gladstone Ave Mosman 


FRENCH A1 Beginners 2 **Olivia De Bergerac**
9 x Fri, 20 OCT 1.00pm - 3.00pm Code 41569 \$315
2/696 Military Road, Mosman 

FRENCH A1 Beginners 4 **Dominique Partridge**
9 x Wed, 18 OCT 12.30pm - 2.30pm Code 41567 \$315
8 Gladstone Ave Mosman 

FRENCH A2 Beginners 1 **Nicole Laugier**
9 x Mon, 16 OCT 7.00pm - 9.00pm Code 41637 \$360
8 Gladstone Ave Mosman 

FRENCH A2 Intermediate 3 **Dominique Partridge**
5 x Wed, 15 NOV 10.00am - 12.00pm Code 41555 \$175
8 Gladstone Ave Mosman 

FRENCH A2 Intermediate 3C **Kathleen Beaubois**
7 x Tue, 31 OCT 7.00pm - 9.00pm Code 41573 \$280
Mosman High School 

FRENCH B2 Intermediate 3 **Nicole Laugier**
9 x Tue, 17 OCT 12.30pm - 2.30pm Code 41537 \$360
Cammeray Golf Course, Park Ave, Cammeray 

FRENCH C1 Advanced **Nicole Laugier**
9 x Tue, 17 OCT 9.30am - 12.00pm Code 41507 \$450
Cammeray Golf Course, Park Ave, Cammeray 

LANGUAGES

Please see our website for textbooks.

FRENCH Intermediate A2 Book & Movie Study

Dominique Partridge

For those with at least 2 years French study. Conversational expressions will be the focus of this class with an insight into occupied France during the Second World War. We will read, watch and discuss Au revoir les enfants. 4 x **Wed, 18 OCT 10.00am - 12.00pm Code 41556 \$150**
8 Gladstone Ave Mosman



NEW LANGUAGE EXTENSION

FRENCH C1 Book Club

Nicole Laugier

For those who can interact in a fairly fluent manner in French and who wish to discover some classic and modern French literature through various writers. Each month read a different book at your own pace before we all come together to discuss the book, its story, its various elements and the style of the author. What an interesting way to improve your vocabulary and put into practice your grammar!

1 x **Wed, 1 NOV 3.30pm - 6.30pm Code 41508 \$80**
8 Gladstone Ave Mosman



GERMAN A2 Beginners 2 **Wolfgang Mueller**
8 x **Tue, 17 OCT 6.00pm - 8.00pm Code 41535 \$20**
Mosman High School



GERMAN C1 Conversation **Wolfgang Mann**
8 x **Sat, 21 OCT 10.00am - 12.00pm Code 41522 \$320**
Warringah Bowling Club Bradleys Head Rd



ITALIAN A1 Beginners 1 **Laura Lennon**
8 x **Thu, 19 OCT 2.30pm - 4.30pm Code 41552 \$280**
Mosman RS Club



ITALIAN A1 Beginners 2 **Laura Lennon**
8 x **Thu, 19 OCT 10.00am - 12.00pm Code 41553 \$280**
Mosman RS Club



ITALIAN A1 ELEMENTARY 2 **Laura Lennon**
8 x **Thu, 19 OCT 12.00pm - 2.00pm Code 41558 \$300**
Mosman RS Club



ITALIAN A1 Intermediate 3 **Laura Lennon**
8 x **Wed, 18 OCT 12.00pm - 2.00pm Code 41526 \$300**
St Lukes, Heydon Street Mosman



LANGUAGES

Please see our website for textbooks.

ITALIAN B2 ADVANCED **Laura Lennon**
8 x **Wed, 18 OCT 10.00am - 12.00pm Code 41524 \$300**
St Lukes, Heydon Street Mosman



SEMINAR ON ITALIAN VERBS **Laura Lennon**
For those students who need some revision consolidating rules on Italian verbs. A varied range of oral and written exercises covering the following tenses: Present tense of regular and irregular verbs, Past tense of regular and irregular verbs, Past tenses such as Passato Prossimo, Imperfetto and Trapassato Prossimo and also Future tenses as Futuro semplice and Composto.

1 x **Thu, 21 SEP 10.30am - 1.30pm Code 41568 \$60**
Mosman RS Club



ITALIAN TRAVEL, SHOPPING AND FOOD WORKSHOP

Laura Lennon

For students intending to travel to Italy who wish to learn the basic fundamentals for travelling within Italy, shopping and indulging in fine and varied cuisines. Includes an overview of culture and customs.

1 x **Mon, 9 OCT 6.00pm - 9.00pm Code 41572 \$60**
2/696 Military Road, Mosman



SPANISH A1 Beginners 2 **Elizabeth Holgado-Vente**
8 x **Tue, 24 OCT 1.00pm - 3.00pm Code 41560 \$280**
2/696 Military Road, Mosman



SPANISH A1 Beginners 3 **Elizabeth Holgado-Vente**
8 x **Tue, 24 OCT 10.00am - 12.00pm Code 41559 \$280**
2/696 Military Road, Mosman



SPANISH A1 Beginners 4 **Lucrecia Strickland**
9 x **Tue, 17 OCT 7.00pm - 9.00pm Code 41580 \$320**
Mosman High School





CHRISTMAS PAPER CRAFTS WITH MARTHA STEWART PUNCHES

Shirley Hoffman

Paper crafting - think you need to be creative, talented, or crafty? Think again. Create beautiful Christmas cards with Martha Stewart Punches and easy instructions. Just in time for Christmas, these cards will delight everyone who receives one. These punches are easy to use, foolproof and create professional results. Make 4 cards + 4 gift tags to take home. Martha Stewart punches allows you to create beautiful things easily and effortlessly. Release your creativity!

1 x Sat, 11 NOV 10.00am - 1.00pm Code 40125 \$70
2/696 Military Road, Mosman



FESTIVE BAKING

Brigit Marx

The festive season is the perfect time for a little indulgence, celebration, and showing your loved ones that you care. Of course nothing says 'love' like home-baked goodies. We want to ensure your efforts are appreciated, so this course will show you how to perfect some festive favourites with a mix of demonstration and hands-on baking. Learn how to prepare a tender, sweet shortcrust pastry, baked until golden and crumbly, along with a home-made fruit mince filling to enjoy the best mini fruit mince pies ever! And what about chocolates as personal Christmas gifts for family, colleagues, neighbours and

friends? You'll also get to enjoy a summer fruit pavlova as well as your delicious treats at a social sit-down afternoon tea, then take home your leftovers!

1 x Sat, 2 DEC 10.00am - 3.00pm Code 41825 \$150
Mosman High School

ZENTANGLE - Christmas

Niki Lawrence

A great class to learn some new tangles that work beautifully for the Christmas season. With these patterns under your belt you can then go on to create your own gorgeous handmade Christmas cards, decorations and gift tags.

1 x Sun, 5 NOV 1.00pm - 3.00pm Code 40131 \$75
2/696 Military Road, Mosman
1 x Tue, 7 NOV 7.00pm - 9.00pm Code 40130 \$75
Mosman High School

CREATIVELY CAPTURE CHRISTMAS LIGHTS WITH CHRIS

Chris Maait

Ever wondered "How can I make Christmas lights look good in a photograph?" Wonder no more. Take a guided tour around decorated streets and creatively capture Christmas lights, under the guide of a professional photographer.

1 x Tue, 12 DEC 7.00pm - 9.30pm Code 41053 \$60
1 x Thu, 14 DEC 7.00pm - 9.30pm Code 41054 \$60
Meet at 8 Gladstone Ave, Mosman



CLASSES FOR CHILDREN

BUTTERFLY DANCE KIDS CLASS

Olivia Santa

Learn dance technique and the joy of movement with other kids who love to spin, jump and move to the music!
10 x Mon, 16 OCT 3.30pm - 4.15PM Code 41130 \$120
49A Yeo Street Neutral Bay

FISHING FOR KIDS

Chris Maait

A holiday workshop to teach kids basic fishing skills and care for the marine environment. Learn knots and gain an understanding of fish and their bait. A fun morning learning good catch and release ethics that can be carried through life. Fishing equipment provided. Age minimum 8 years.

1 x Tue, 3 OCT 8.00am - 12.00pm Code 41182 \$60

1 x Thu, 5 OCT 8.00am - 12.00pm Code 41183 \$60

Chowder Bay

TYPING SKILLS FOR CHILDREN - Primary School

Margaret Dellosa

Being able to touch type is an essential and useful skill for school and the workplace. This course is aimed at children wishing to learn the correct techniques to touch type. Exercises will be given to help improve speed and accuracy. This class is for Primary School aged children. Computers will be provided. Homework recommended.

2 x Wed, 4 OCT Wed + Thu 9am-12pm

Code 41061

\$200

2/696 Military Road, Mosman

TYPING SKILLS FOR CHILDREN - High School

Margaret Dellosa

Being able to touch type is an essential and useful skill for school and the workplace. This course is aimed at children wishing to learn the correct techniques to touch type. Exercises will be given to help improve speed and accuracy. This class is for High School aged children. Computers will be provided. Homework recommended.

2 x Wed, 4 OCT Wed + Thur 1pm - 4pm

Code 41062

\$200

2/696 Military Road, Mosman



Build Your Own Training

Computer Training

We offer training in a number of different computer software packages. Our training is tailored specifically to your individual needs. Training can be in just one software package, or in a number of packages to ensure your needs are met.

Please contact our office to discuss your requirements and we can help you put together a package to best suit you.

Computers and Wifi available or you may bring your own.

Please see our website for prices. Discounts available for small groups



FRENCH CRUISING!

Immerse yourself in the French language while enjoying a little piece of France in the Pacific!

P&O Cruise departs Sydney 16 April 2018

for 8 Nights
ISLE OF PINES – MARE - NOUMEA

Conversation and survival skills to enjoy your holiday in a French speaking country with Dr. Olivia de Bergerac. Total Immersion Program.

Free Info session dates: 20/10, 4/11 & 8/12 at 6pm 2/696 Military Road, Mosman



COURSE LOCATIONS



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www.pefc.org

COURSE LOCATIONS

MHS: Mosman High School, Gladstone Ave entrance
 On Mosman and Balmoral bus routes. Many Evening and Saturday courses are held in High School premises.

Parking: see Mosman Council's website for details www.mosman.nsw.gov.au/mosman/transport/parking
 Limited parking available in High School grounds. Please do not obstruct driveways.

Guidance: College staff are on the premises during all classes to guide you to your rooms.

Access: wheelchair access is available. Ask for assistance.

MPS: Mosman Public School Hall, Belmont Rd

Next to the Primary School in Belmont Road.

Parking: there is a parking lot outside the hall.

SK: The Scots Kirk Hall, Belmont Road

Belmont Road, opposite the High School. The Hall is located down the pathway on the right of the Church.

696: Art Annex 2/696 Military Road, Mosman

Many art classes are held on these premises. Located on the Mosman side of Spit Junction. Close to public transport and carparks.

Access: Premises are on the first floor, via a flight of stairs. Please ask for assistance if needed.

St LK: St Lukes Hall, Heydon Street

Located at the rear of Bridgepoint Shopping Centre.

WBC: Warringah Bowling Club, 74 Bradleys Head Rd

Off street parking available.

MBC: Mosman Bowling Club, 15 Belmont Road

Located between the Primary School and the Scots Kirk.

MCQ: Mosman Croquet Club, Alexander Ave

Located next to Rawson Park

St JH: St Josephs Hall, Lindsay Street, Neutral Bay

Behind Neutral Bay Primary School in Yeo Street. Off street parking available.

POOL: Mosman Swim Centre, 90 Vista Street.

Located at the rear of Bridgepoint Shopping Centre.

PCYC: PCYC Falcon Street, North Sydney

224-230 Falcon Street, near the junction with Moodie Street and opposite St Leonards Park.

Please Note \$20 membership fee per year required.

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NOTES

HOW TO ENROL ONLINE

Go to our website: www.mcc.nsw.edu.au

- **Find your course.** If you know the name or code of your course enter it in the search box. If you only know part of the name you can enter a part word followed by “@”.
Start by clicking on the Course Category Picture on the home page and then clicking on the subcategory. You can search by course code in the search box on the left of the screen.
- **Click on [Enrol & pay](#)** (found under the course details)
- **Click on [ENROL NOW](#) to enter your name and email address.** If you are new to the College you will be asked for further contact details.
- **Scroll down and click on [GO TO PAYMENT](#)**
- **Enter your MasterCard or Visa details**
Payments made through our website are secure.
- **Tick the box to indicate you have read and understood the terms and conditions and click on [MAKE PAYMENT](#)**
- You'll receive an email confirming your enrolment.

LET'S BE FRIENDS

We invite you to become a College Friend

Your one-time Friendship payment of \$50 will entitle you to:

- One free one day workshop.
- Invitation to Friends Only Events. Become part of the College community and join us at various events throughout the year, with guest speakers and the opportunity to meet like-minded College Friends.
- Friends Price to other College Functions.
- Special Friend's Rate on selected courses.

Visit: www.mcc.nsw.edu.au for more details