

Term Dates 2019

Term 3: Wed 31 July – Fri 27 Sep

Term 4: Tues 15 Oct – Wed 18 Dec

Term Dates 2020

Term 1: Thu 30 Jan – Thu 9 April

Term 3: Wed 29 July – Fri 25 Sep

Term 2: Wed 29 Apr – Fri 3 July

Term 4: Tues 13 Oct – Wed 16 Dec

Term 3

This week

Fri 27 September

Term 3 ends

Term 4

Tues 15 October

9.00am

Term 4 begins

Mon 21 October

1.30-2.30pm

Group 3 Surf Awareness Programme begins (***drivers needed**)

Tues 22 October

8.00-9.00am

School Photo Exhibition (Preschool and Primary photos)

Tues 22 October

2.15-3.00pm

Swimming lessons for Primary begin

Weds 23 October

All day

Friendship Day – Group 3

Fri 25 October

2.00 -4.00pm

Bazaar (***helpers needed**)

Weds 6 November

9.30-11.30am

Open Morning

Sun 10 November

10am -1pm

Kinma Care Day for all families

Mon 11 November

7.00pm

Board Meeting

Wed 13 November

Am

Bushlink

Thu 21 November

3.15pm

Preschool Parent Information Session

Mon 25 November

1.30-2.30pm

Last Group 3 Surf Awareness (***drivers needed**)

Tues 26 November

2.15-3.00pm

Last Swimming lessons

Weds 27 November

9am-11am

Preschool Morning Tea

Weds 4 December

9-10.30am

Kids Christmas Market – all welcome

Sat 7 December

4.00-7.00pm

Gratitude Gathering – all welcome

Wed 18 December

Lunchtime

BYO picnic followed by Farewells

Term 4 ends

Trivia Success

Not only did we:

- learn something that we previously did not know at Trivia
- have a wonderful night with community and family
- not have to wash up at the end, BUT

We also raised over \$13,500 towards the kitchen renovations.

Well done everyone!!

Elisha has been drawing up a storm for ideas on the kitchen that we are currently looking over.

Again I want to say a huge thank you to everyone who pulled this together and especially to Sarah Nicholas's (and Andy's) daughter Evie! Evie spent many a day and night keeping herself busy in the Kinma office while mum had meetings, met with staff and worked on making the event so seamless.

Hats off to Miss Evie for your patience.

Julie C

Traffic changes on Mona Vale Road between Mona Vale Cemetery and Foley Street from Monday 23 September

The NSW Government is investing \$140 million to upgrade Mona Vale Road between Manor Road, Ingleside, and Foley Street, Mona Vale, from two to four lanes to improve safety and traffic efficiency

Roads and Maritime Services started work on the eastern end of the project from Mona Vale Cemetery to Foley Street on 2 September 2019.

To continue our work, from **Monday 23 September 2019 to Tuesday 31 December 2020**, weather permitting, we will make a number of changes between Mona Vale Cemetery and Foley Street. The changes include:

- reducing Mona Vale Road from two lanes in each direction to one lane in each direction between Emma Street and Foley Street
- removing the right turn for westbound traffic on Mona Vale Road to Emma Street
- temporarily moving the bus stop near Pittwater RSL to a new location east of Foley street
- changing pedestrian paths and crossings in specific areas.

Map of traffic changes



Note: Shaded areas are not to scale. Map is for general information and illustrative purposes only

Reduced speed limit

A 60 km/hr speed limit has been in place between Manor Road, Ingleside and Foley Street, Mona Vale. This reduced speed limit will be in place for the duration of the project. During construction, the speed limit will be reduced in areas to **40km/h** to ensure the safety of motorists and workers. Traffic control and electronic message signs will be in place to notify and direct motorists.

Our standard working hours are between **7am** and **6pm** from **Monday** to **Friday** and between **8am** and **1pm** on **Saturday**. There will be times where out of hours works may be required due to temporary lane closure restrictions. Advance notifications will be provided to the affected community areas.

How will the work affect you?

Please use caution when travelling through the work zone and follow the directions of traffic controllers. Motorists are encouraged to plan ahead, allow extra time and travel outside the peaks where possible.

Any out of hours lane closure will allow one direction of traffic to flow through at a time under a stop/slow arrange.

For more information

For the latest traffic updates, you can call 132 701, visit livetraffic.com or download the Live Traffic NSW app.

We are committed to minimising the impact of construction on the community and will continue to keep you informed as the project progresses.

If you have any enquiries, feedback or concerns, or would like to sign up for our emailing list, please:

Call: 1800 413 640 (24 hour number)
Email: monavaleroad@georgiou.com.au
Website: www.rms.work/mvreast



Translating and Interpreting Service

If you need an interpreter, please call the Translating and Interpreting Service (TIS National) on **131 450** and ask them to telephone Roads and Maritime Services on 1800 413 640

Arabic

إذا كنتم بحاجة إلى مترجم، الرجاء الاتصال بخدمة الترجمة الخطية والشفهية (TIS National) على الرقم 1800 413 640، والطلب منهم الاتصال بوكالتكم Roads and Maritime Services على الرقم 1800 413 640

Cantonese

若你需要口譯員，請致電 **131 450** 聯絡翻譯和口譯服務署 (TIS National)，要求他們致電 1800 413 640 聯絡 Roads and Maritime Services。

Mandarin

如果你需要口譯員，請致電 **131 450** 联系翻译和口译服务署 (TIS National)，要求他们致电 1800 413 640 联系 Roads and Maritime Services。

Greek

Αν χρειάζεστε διερμηνέα, παρακαλείσθε να τηλεφωνήσετε στην Υπηρεσία Μετάφρασης και Διερμηνείας (Εθνική Υπηρεσία ΤΙΣ) στο **131 450** και ζητήστε να τηλεφωνήσουν Roads and Maritime Services στο 1800 413 640

Italian

Se desiderate l'assistenza di un interprete, prego telefonare al Servizio Interpreti e Traduttori (TIS National) al **131 450** chiedendo di contattare Roads and Maritime Services al 1800 413 640

Korean

통역사가 필요하시면 반역통역서비스 (TIS National) 에 **131 450** 으로 연락하여 이들에게 1800 413 640 번으로 Roads and Maritime Services 에 전화하도록 요청하십시오.

Vietnamese

Nếu cần thông ngôn viên, xin quý vị gọi cho Dịch Vụ Thông Phiên Dịch (TIS Toàn Quốc) qua số **131 450** và nhờ họ gọi cho Roads and Maritime Services qua số 1800 413 640

Board

Kinma is adding Solar!

Over the last 6 months, the Kinma board turned some attention to using some of our buildings to generate our own power, with the main aim to reduce what we spend on energy.

The Board have assessed a number of options and have approved the installation of a system on the Hall and Preschool roofs which will offset the majority of the school's electricity consumption over most of the year.

Electricity is Kinma's only energy source - the school doesn't use gas - so by switching to a renewable source of electricity, we get to minimise and almost eliminate our carbon footprint from energy use in one hit, as well as saving money in the long run. We expect this investment to pay back in around 5 years and last for much, much longer.

It should be a win-win for the school and the environment, with the power it produces reducing around 26,000 tons of CO₂ emissions annually.

What's happening, and when?

We have selected a local supplier to install and manage a system on the preschool and hall roofs. These will be put in place and tested during the October school holidays, so any disruption to usual school operations from the installation and to the school's power will be minimised.



The locations for the system were selected for their orientation to the sun, more recent build dates and (lower) exposure to shading.

The system will be around 5x the size and output of a typical home installation, so is a sizeable piece of infrastructure which for the sunnier months will also export the energy Kinma produces back to the grid.

Proposed placement of the system on the Hall and Preschool

The school is not going off-grid – so we have also switched our power supplier to one that's renewables friendly. Once the system is up and running Kinma should then be 100% renewably powered, whether Kinma is producing and consuming its own power or topping up from the grid.

Questions, or kind comment, – we'd be happy to hear them, so please direct to myself keith@newformula.org or Julie in Admin.

STOP PRESS - We are very excited to announce that we have just received \$10,000 from the NSW government to help us fund this project, **AMAZING!!**

Keith Mason, Treasurer

Early Childhood Education Update

Dear Services and Providers,

The Department is committed to improving the availability of quality before and after school care services and to do this well, we are asking parents and service providers to get involved.

Our objective is to provide access to quality out of school care for families of all children attending government primary schools and we're keen for your support on engaging your parent communities to have their say.

From 1 July, parents have been using the Have Your Say web form on Service NSW to let the department know how they are currently accessing care. Especially in areas where before and after school care services might not be available or where they have no vacancies.

Please share the **Have Your Say web form** with all your parents and carers to help us capture feedback from these important stakeholders, especially those with children starting primary school in 2020 and those with children attending non-government schools.

The survey is open **until 31 December**.

We have prepared **an information pack for schools and providers** which includes a newsletter article if you wish to include it in your parent newsletter. More information about the program is available on **our BASC hub**. If you'd like to speak with someone about before and after school care, please contact the team at **BASCreform@det.edu.nsw.au**.

Chloe Reid
Executive Director Learning and Business Systems
NSW Department of Education

Admin

SCHOOL FEES

Fees are due, please contact the office or make your payment by direct debit by the end of term.

PROGRESSIVE LUNCH

A reminder that we are finalising payments for the Progressive Lunch. Cost is \$15 per adult. Please call the office or pay by bank transfer – bank account details are shown on the bottom of your termly invoice. Please use your family name and P Lunch as your reference.

LOST PROPERTY

Please check lost property – we have a wide selection for you to choose from! Single shoes, jackets, shirts, socks, caps – there are plenty of items looking for a home. All unclaimed will be taken to the charity bin these holidays.

Julie, Claire, Carin, & Narelle

Preschool



The activities and experiences that we do at Kinma Preschool come about for a variety of reasons, on the one hand the children choose what they want to do, and on the other hand the teachers extend, scaffold and plan their learning. So there are planned and spontaneous, teacher directed and self-directed, the environment can be the teacher too, in Reggio Emilia terms, the environment can be the third teacher.

In this newsletter we will show some of the planned experiences, which may be leading on from a past experience or an extra 'offering' that is planned by the teachers to expand the children's experiences. We will also look at the spontaneous and self-directed experiences that children choose, they ask for activities showing their confidence, creativity and sense of agency and belonging here at Kinma.

Planned activities such as bushwalks, cooking date roti and banana dough balls, and yoga happen regularly, sometimes the children ask for these as well as offering them on a regular basis.



Activities that lead on from children's experiences and learning happen all the time, for example, Yvie was washing her hands with soap over and over and over again. So Nina planned an experience where they grated soap and turned it into slime. This was an extension on Yvie's exploration and it then involved others to investigate the sensorial slime too, with their hands and their feet!

Another example is continuing on with woodwork, where Eva had been practicing her newly found hammering skills and we had the woodwork out for several days which many children participated in to build their fine motor control, use of tools, and even risk taking



We always find it beneficial to have activities that have come from families like when Luca brought in the blood oranges, his Grandfather used to grow these types of oranges on the edge of Mount Etna in Sicily. Eva had also brought some in a couple of weeks before which the children tried saying they were juicy.

We have planned activities that involve the primary school as well like Basketball, Music and French and Snack Attack. This is a photo of the pre-schoolers collecting their pizza from the pizza van which was a special Snack Attack event.



The children who are transitioning went to Musica Viva where they heard songs that formed a picture in their minds like a waterfall and a chameleon walking. The home-made drums from pvc pipes were most popular and so effective.

Unplanned, spontaneous, self directed activities are also a huge part of the day. This can be described as an 'Emergent Curriculum' where the children design their own program. This is a very special part of Kinma, the time and space that the children have to explore, experiment, write, dance, build, make music, decorate eggs, make tea, have a show and much much more.



This is the sort of thing we were explaining to the Macquarie University students who came to observe our Preschool. They are all studying Education at different stages such as high school, primary and early childhood. The course aim is to give them a view of how we grow and develop and how all the stages are interrelated. Discussing how the preschool children source their own learning, explore and critically think, negotiate, ask questions, ask for assistance if they don't know how to work things out so as they are building a solid foundation of resilience, self knowledge and worth, and a sense of belonging and agency. These are skills that we not only want all students to have, but all people to aspire to, and the visiting students were able to experience this in action with our preschool children.

"Of course, a child may not know what they may need to know in ten years (who does?), but they know, much better than anyone else, what they want and need to know right now, what their mind is ready and hungry for."

~ John Holt



You may remember that earlier in the year we had a Ratings and Assessment visit from the Department of Education's Early Childhood Education and Care Directorate. Here is another excerpt from their final report which describes the officer's recognition of how Kinma Preschool staff plan opportunities for creativity and play.

National Quality Standard

Quality Area 1 - Educational Program and Practice

Standard 1.1 – Educators facilitate and extend each child's learning and development.

Educators plan activities in response to the children's interests and ideas and utilise teaching strategies to encourage the children to explore, hypothesise and solve problems. They use their knowledge to plan programs that support each child's learning and development. Activities, routines and environments are arranged to provide children with a range of choice and the opportunity to make decisions throughout the day. Educators reflect on children's dispositions and incorporate these into their planning. Spontaneous interactions are used by educators to question and challenge the children. Family members contribute information which is used in planning and engage in the program with the children.

From Karthi, Felicity, Nina, Pat, Lizzie, Teila and Kay

Group 1

Animal Inquiry

Our animal inquiries and investigations have been nearing completion! It has been a great learning journey for all of group 1 as we have had to navigate and collect facts and figures about our focus animals. Thank you to the Group 3ers as well as to Micha for coming in to assist us in our fact finding mission!

We have now progressed to the construction of our habitats for our focus animals using recycled materials. It is certainly a sight to behold, when our Group 1 kids are set on a making or creating task! What results is a beautiful creative chaos that brings about innovative and outside-of-the-box ideas. It has been suggested that we hold an exhibition to put all of this information and creative construction on display for our families to come and see.

Stay tuned!



As we near the completion of our animal inquiry task, it allows a perfect opportunity to reflect upon the learning processes involved and the journey of investigating and researching focus animals.

Progressive Lunch



Our Progressive Lunch day was a beautiful day when we welcomed families in for a chance to treat them and serve entrees as a form of gratitude. As always, it is all about the journey and the journey leading up to our Progressive Lunch day meant brainstorming what entrees we could serve, what quantities, procedure writing and of course taste testing! In order to stay in theme, it was chosen that sushi would be most appropriate, with Sigrid's last minute suggestion of seaweed chips as a side - absolutely delicious (and also a great way to use any leftover nori sheets)!

Music with Holly

This term has seen us continue to explore folk songs from around the world, which more recently saw us explore some stick tapping percussion-based folk songs from the Pacific Islands.



Open Space

Throughout our week, we have times that we refer to as 'Open Space' times. This involves a group discussion of activities/projects that are currently of interest, how we can plan for those activities and creating a space where we can make these projects a reality. This time allows for each and every child to engage in creative and often very innovative pursuits. It may be construction-based activities, puppet shows (with tickets of course!), friendship band making, creative drawing lessons, tending to gardens and more recently a tyre/sandpit construction.



It has been a beautiful term 3 with Group 1 as we have submerged ourselves within our ocean odyssey. We would love to throw a big shout out "Thank you!!!" to all of our parent/family contributors and helpers this term.

We wish for everyone to have a happy and restful break and we will see you refreshed and ready for an incredible Term 4!

Michelle, Tom & Group 1 :)

Group 2

We have been digging, planting, watering and nurturing, amongst other things, since we last wrote. We were lucky to have Dee come in a few times to help us build a No dig garden bed. We learnt about the importance of the different layers and looked at soil samples, compost, fertiliser and mulch.



We worked in groups to build the garden. Brickies - in charge of creating the structure for the garden bed, wormies - in charge of collecting worm-rich compost for the foundation of the garden and stickies - in charge of collecting sticks to build teepees as a climbing structure for the vegetables. We were really pleased with our efforts – we even used mud as concrete in the wall!



We planted our little seedlings in the soil. We've been caring for them since their first shoots and roots, so it was pretty special! We also planted a lot of seeds in egg cartons as well. They are a variety of vegetables and flowers we can use for companion planting. If you haven't seen it yet, our No dig garden is next to the garden sheds.



Group 2 students followed up on this project in the classroom. At our own pace we wrote a procedure about how to build a No dig garden bed, drew a cross-sectional diagram of it showing all the layers, we costed all the items that were purchased, worked out the volume of soil used, as well as the area and perimeter of the garden and drew a sketch of it.

Thank you to everyone who came to the Progressive Lunch. We took pleasure in being the ones to cook and serve. It's easy to take all the work that goes into the delicious meals that we get for granted, and was fulfilling to give back. In Group 2 we shared dessert suggestions, found recipes, did a couple of trial cooking sessions, very important taste testing and rounds of voting in the lead up to the event! The recipes we used are:

The Group 2 journalists have got together and interviewed the class about their lives in Group 2. What's your favourite thing about our theme and why? I like Etchy sketchy, because I love drawing – Hannah.

I like making the garden bed and planting our seed – Nate.

How challenging was it when you first moved in to Group 2? It was not very challenging but it is different to my old school – Hannah. It was quite hard - Hannah.

Who do you play with at break time and what do you play? I play with Mia, Zoe, Willow F and Piper. I talk, read and draw with my friends – Hannah.

I play whole school tip with Josh, Joe, Lenny, Diesel, Jonah, William and Etti – Nate.



What is your favourite thing about class? Literacy, because its creative – Willow MG. Doing work on computers because it's interesting and I like working with technology.



If you could change one thing about Group 2, what would you change? I'd like to have more lists of things to do and we do them in our own time – Willow MG.

I would change having projects that take super long. I like short tasks – Rafferty

Why do you like our theme? We get our own plants and we can go outside more – Willow MG.

It is interesting working with nature – R



What's your favourite maths game and why? Zip, zop, zap because you get to use times tables – Zoe. I like Strag 100 because it's a hard challenge.

What's your favourite literacy game? I love prefixes because I learn new words! – Zoe.

I like spell bean because I'm good at it – Etti.

We hope you've enjoyed the newsletter,

Kate, Kimberley and all of Group 2

Group 3

Spinning Around!

These last weeks in Group 3 have involved lots of collaboration in small groups- which has been challenging for us as we navigate the nuances of verbal communication, negotiation and compromise. Most of us agree that we are still learning and that working with others can be tricky at times. But despite these challenges, or perhaps because of them, we have created some amazing windmills based on the story 'The Boy who harnessed the Wind'.

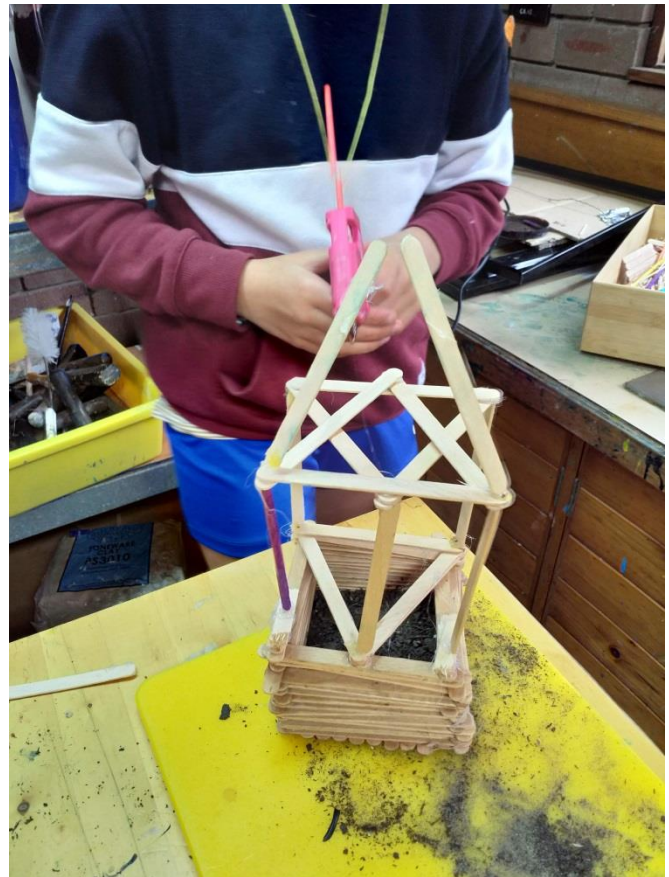
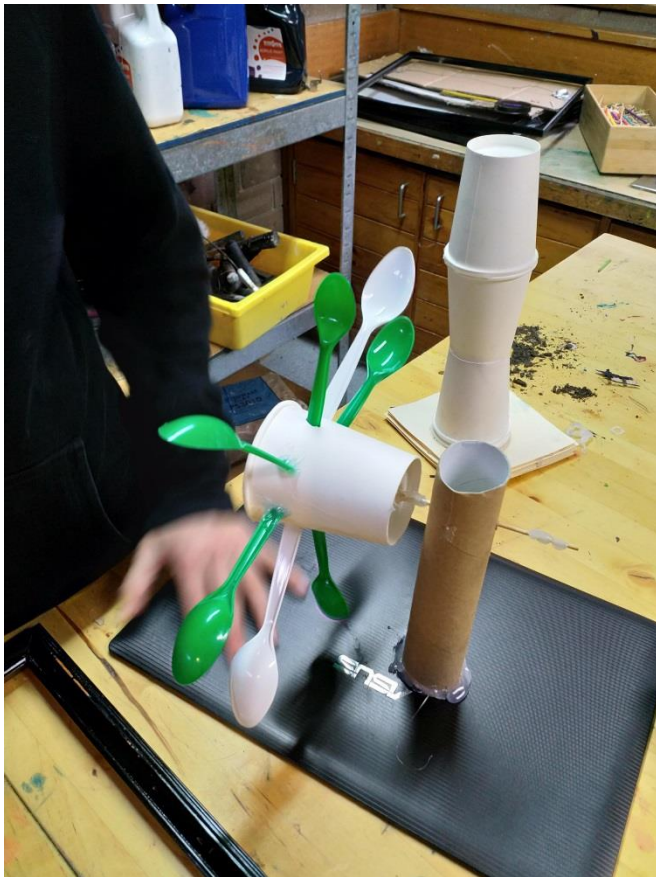
The goal was to create a working windmill by incorporating a simple circuit.

Following lots of trial and error (no scientist ever got it the first time!), we ended up with some fabulous windmills...

In case you were wondering, we used the hairdryer to check if the windmill blades were in working order!



Creating our prototype...



Some duper windmill structures

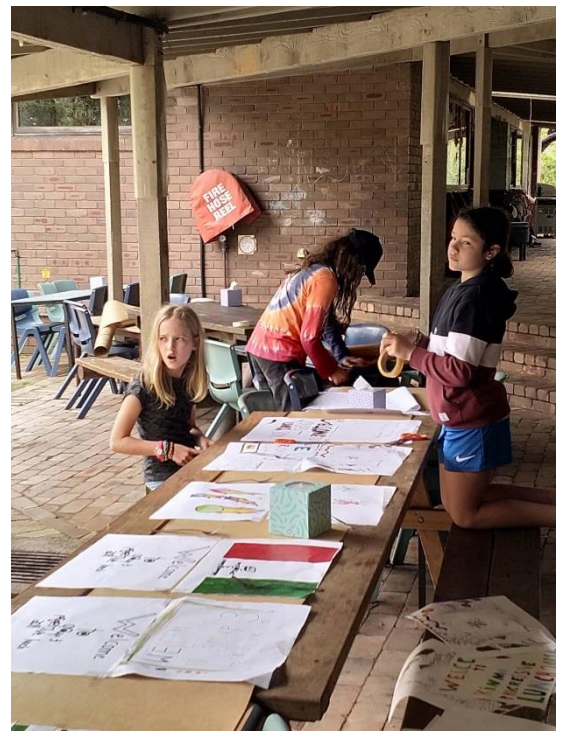
Superstar Culinary Skills- An Impressive Progressive Lunch

It was like an episode of MasterChef, everyone worked together like a beautiful cooking machine!

We peeled, chopped and diced (very finely - mostly) to create a delicious vegetarian chili served with corn chips, coriander and sour cream...judging by the empty plates, smiling faces and requests for more, we were very pleased to have created something everyone enjoyed

No event is complete without bunting!





The table is set...



How the professionals do it!



Yes, chef!



Let us entertain you!



Service up!

Your enjoyment is our priority!



And that's all folks! We will see you next term for more learning adventures in Group 3, have a fabulous holiday.

Katie, Deepika and Ilse x

Extras



MWBA HOLIDAY CAMP

Date: 8th & 9th Octobers 2019
 (2 day booking only)
Time: 9:30 to 1:30pm
 Includes a food break
 Please note **NO NUT** Products
Venue: Northern Beaches Indoor Sports Centre
Ages: 5 to 12 years (broken into age groups)
Cost: \$99 includes a singlet.
Professional guest coaches
Prizes

<https://www.trybooking.com/BESIV>




PINK BALL TERM 4
GIRLS ONLY BASKETBALL PROGRAM

FOR GIRLS 7-12 YRS WHO WOULD LIKE TO LEARN BASKETBALL SKILLS WITH FEMALE COACHES

DATES: SAT 19th October to 7th December, 2019 (8 WEEK PROGRAM)

TIME: 1:30-2:30 PM

VENUE: NORTHERN BEACHES INDOOR SPORTS CENTRE

COST: \$99 INCLUDES A PINK BALL OR SINGLET

TO BOOK: <https://www.trybooking.com/BESIK>

To use your Active Kids Voucher, simply email the voucher to mwba@manlybasketball.com.au with your child's DOB & we will send you the code to void payment.

WWW.MANLYBASKETBALL.COM.AU



BASKETBALL AUSTRALIA'S OFFICIAL JUNIOR GAME DEVELOPMENT PROGRAM FOR 5-10 YEAR OLDS AND THEIR FAMILIES

VICINITY CENTRES AUSSIE HOOPS

Vicinity Centres Aussie Hoops is all about learning to play basketball in a fun and safe environment. Our national coaching curriculum and sequentially developed program consists of warm-up games, skill activities and modified games all delivered by accredited coaches. We invite you to explore our website and welcome you to the Australian basketball community.

REGISTER NOW

DATES: 20th October to 8th December 2019
TIME: 9:30-10:30 am
AGES: 5 - 10 years old, boys & girls
COST: \$110 New Participant (includes welcome pack)
 Returning participant \$80
Venue: NBISC Jacksons Rd, Warriewood NSW, 2101
Coach: Jerome Lee
BOOKING: <https://www.aussiehoops.com.au/find-a-program/>



Manly Warringah Sea Eagles Basketball

Learn the skills of Basketball in a fun learning environment with qualified coaches.

Runs every Saturday during the school term. No need to book, just come along and join in the fun.

Ages: 5-7yrs., 1:30-2:30
7yrs and up, 2:30-3:30
Venue: Northern Beaches Indoors Sports Centre
Cost: \$10 per child.



Saturday Learn To Play
TERM 3: 3/8/19-28/9/19



EVOLVE TENNIS ACADEMY

Multi-Sport Holiday Camps

✓ CAMP DATES

Week 1: 30th – 4th October 2019
 Week 2: 8th – 11th October 2019

✓ CAMP PRICING

Full Week - 5 Day Camp

Full Week Full Days \$185 (EQUALS \$37 DAILY)
 Full Week Half Days \$145 (EQUALS \$29 DAILY)

Single Day Pricing

Full Day \$60 (9-3pm)
 Half Day \$45 (9-12pm)

✓ HOW TO BOOK

By email : evolvetenis@evolvetenisacademy.com

By Phone: 9971-0644

ONLINE : www.evolvetenisacademy.com

✓ WHAT TO BRING

- A racket, if they have one (if not, we have plenty spare)
- A hat & sunscreen + water bottle
- Morning Tea & Lunch (if staying full day)
- YES, we have Pro-Shops at each venue which sells treats, drinks etc...

✓ DETAILS & MORE INFO

- FREE Before & After Care (7.30 - 5pm)
- Ages 4 to 16yrs welcome
- Experienced, Qualified Coaches
- Hotshots Tennis & MULTISPORT Format
- Prizes, Fun & FREE Pizza Each Friday
- Camps run rain, hail or shine

✓ CAREEL BAY TENNIS CLUB - Hitchcock Park, AVALON

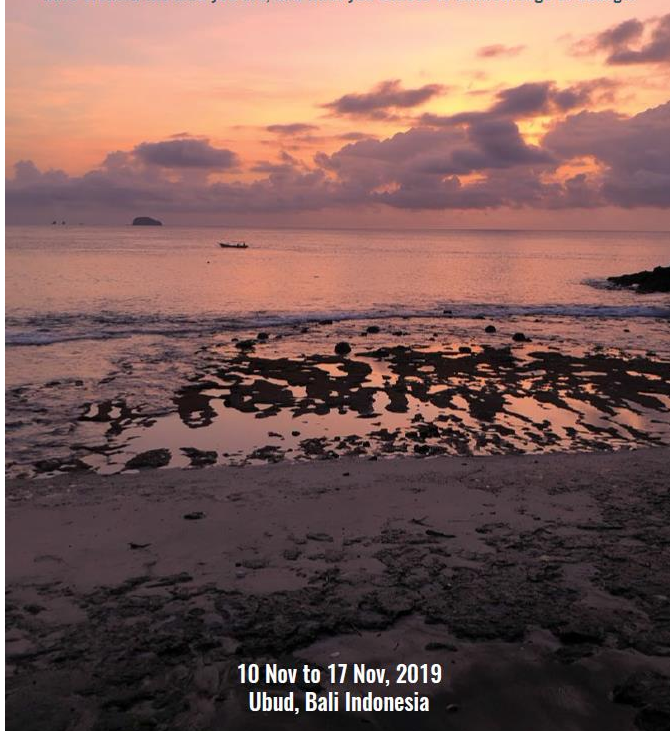
✓ COLLAROY TENNIS CLUB - Griffith Park, COLLAROY

✓ WYATT PARK TENNIS CENTRE - Wyatt Ave, BELROSE



A MAN'S JOURNEY 2019

A Man's Journey is an opportunity to explore the sources of life's experiences that have created the man you are, and what you choose to acknowledge or change.



10 Nov to 17 Nov, 2019
Ubud, Bali Indonesia

Pondok Saraswati, Ubud

Pondok means little house and **Saraswati** is the **Goddess of Wisdom and Learning**. Founded in 1991, this unique, family run retreat overlooking the rice fields in Silungun near Ubud, provides a perfect tranquil space for group work.

Participants enjoy all of the services and comfort of a small private hotel. Lovingly prepared beautiful food, a swimming pool, village walks and outstanding service from host Wayan Mandira and friendly staff.



To book

Contact John Broadbent on

+61 (0)417 645 536

or email

john@manunplugged.com.au

Since 2004 the Men in Bali retreats have provided an outstanding opportunity for men to explore their potential in a unique tropical setting. Over 160 men have participated in the past 36 programs. Limited to just 8 men per program, only in Bali can we give you the luxury of 8 days devoted just to you.

A Man's Journey is a program developed and co-ordinated by the WA-based community organisation *Menswork Project Inc.*

Man Unplugged are delighted to be involved in the facilitation of the A Man's Journey program in November 2019.

What happens at the retreat?

Lots of considerate, safe and respectful personal development group work, innovative workshop processes and sharing circles. Nothing boring! Some ritual work and plenty of reflection time. Great conversations and mate-ship. Plenty of village walks, meditation, bodywork, music and stunning local cultural events. We experience care, service, beautiful food, a few surprises and lots of fun! These unique group experiences offer men an authentic, safe opportunity to go to the essence of themselves, to share and explore as a potential springboard to the next part of your life's journey.

Why Bali?

Where else could you participate in an 8 days fully facilitated, all inclusive program with exceptional service and accommodation just sufficiently 'out of the way' to concentrate on just you! We offer a genuinely stunning adventure. (For those of you with partners, you could consider having them join you in Bali either before or after the Program. Many previous attendees have chosen this option, talk to us about this possibility).

What's in it for you?

Previous participants have reported that they experienced:

- A willingness to let go of past issues
- A clearer understanding of what they want to do in the future
- Enriched sense of family and place
- A willingness to know and accept their life's journey
- Self-respect and respect for others
- Enriched and deeper insight into their life's purpose
- A freedom to be with other men
- Ability to make time and space for themselves
- An appreciation of spirit
- Understanding of their place in community
- Respect from others
- A sense of purpose around creativity

Your program guides



Wes Carter OAM, Perth WA. Wes is a pioneer of the Men's movement in Australia, he has committed his life to exploring and contributing to the wellbeing of people. A recipient of the Order Of Australia Medal for his work in the field of men's health and wellbeing, his work has touched many hundreds of lives. From his deep source of life experience, he shares and facilitates with rich, resonate compassion. Wes is absolutely committed, he brings humour, challenge, support and life experience to this important work among men



John Broadbent, Sydney NSW. John is an engaged father to 2 sons, has actively been involved in men's work for almost 30 years, published 'Man Unplugged - Exploring The Inner Man' and continues to explore his own eldership by helping other men take their inward journey with purpose and support. He too has experienced the enhanced richness and fullness of life, resulting from men's work and how that has deeply supported his own unfoldment.



Program Costs

Program covers an all inclusive amount of A\$2,450* per man and includes:

INCLUSIONS

- 8 days and nights full accommodation (twin-share)
- Breakfasts, lunches and Balinese evening feasts at venue
- Airport transfers to and from venue in Ubud
- All group work sessions (42++ Hours)
- Local transport to and from venue & Ubud Balinese village walks
- Laundry at venue
- Staff gratuities
- Return transport across the island to Padang Bai Breakfast at Padang Bai
- A special treat in Ubud.
- Kecak dance and fire dance ceremony.

*An early-bird rate of A\$1,950 applies for deposits of A\$500 received prior to closing date of 30 Sep 2019).

EXCLUSIONS

- Airfares (check Garuda, Air Asia, Jetstar - Currently around A\$400 return)
- Travel Insurance
- A la carte meals in Ubud (Main course in Ubud from A\$15 to A\$20.)
- Alcohol and bar fridge expenses (A large Bintang beer will set you back around A\$4).
- Personal shopping (Most men would spend around A\$100 on gifts and personal items).
- Massages (One and a half hours of absolute bliss, around A\$25, A\$12 to A\$15 for one hour - can be quite addictive!)

Booking For A Man's Journey

We encourage you to plan ahead to claim your space well in advance. All bookings need to be accompanied with a A\$500 non-refundable deposit.

Cancellations

There are a limited number of places available on the retreats so we need to manage bookings carefully. Therefore, cancellations less than 60 days before the start date forfeit 100% of deposit payment. We will refund the deposit if we can fill the cancelled place. Cancellations between 60 and 90 days before start date forfeit 50% of deposit payment unless we can fill the cancelled place. If we cancel the retreat for any reason a full refund of your deposit will be made to all participants.

For further enquiries and bookings

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