



42 Glyde Street, East Fremantle WA 6158 ABN: 12 477 460 811

PROGRAMME TERM 1 2020 - Monday 10 February to Thursday 9 April  
Enrolments begin Wednesday 5<sup>th</sup> February 8.30am in person, 9.30am online

Evening and weekend courses are highlighted with a yellow star

## SPEAKERS UNLIMITED

### WHO WAS ST VALENTINE?

AS1

Elton Brown

Tuesday 11 February, 10-11am

Myth and legend surround the patron saint of love, and today we continue to celebrate St. Valentine's Day using ancient customs and traditions. Let's look at what is known factually about the saint and then at the myths and legends surrounding his life. Elton is an historian and story-teller; come for an absorbing morning.

Members \$12 / \$8 conc. Non-members \$17.

### TRAPDOOR SPIDERS

AS2

Leanda Mason

Friday 14 February, 9-10am

Leanda has long been fascinated by trapdoor spiders and loves nothing more than walking in the bush looking at the ground. She has spent inestimable hours around webs and burrows, and is dedicated to conserving our local trapdoor spiders, some species of which are facing extinction. You'll love arachnids after this talk.

Members \$12 / \$8 conc. Non-members \$17.

### A BRIEF HISTORY OF POISONS

AS3

Barry Chesson

Tuesday 18 February, 10-11am.

We trace the use of poisons from ancient times. We'll explore the deadly practices of the Romans and in the Renaissance, the gases used in WWI, and chemical release disasters of today. We'll look at poisonings of the devious kind through to those caused by human error or lack of controls. Barry is Adjunct Associate Professor in health and medical fields at Curtin and Edith Cowan Universities.

Members \$12 / \$8 conc. Non-members \$17.

### BEHIND THE MIDDLE EAST CRISES

AS4

David Robinson

Saturday 22 February, 10-11.30am.

We look at the driving forces in the region's history and the factional rifts - religious, social and cultural - that have caused deep strife over the centuries. This rich background will help us understand the devastating conflicts of today. David is an international politics analyst who has taught in the areas of global history, conflict, human rights and political ideology.

Members \$12 / \$8 conc. Non-members \$17.

### WA IN SPACE

AS5

Phil Bland, Professor of Planetary Science, Curtin University

Tuesday 25 February, 10-11.30am

Phil Bland has an asteroid named after him. He shared the 2019 WA Scientist of the Year award, he's established a partnership between NASA and Australia in planetary, space and exploration science, and his team is building the first WA spacecraft with a goal to get to the moon by 2040. Come and hear about Phil's work and about WA's space explorations.

Members \$12 / \$8 conc. Non-members \$17.

### FLYING DOCTORS

AS6

Michael Bleus

Wednesday 26 February, 2-3pm.

WA's longest-serving Royal Flying Doctor Service pilot, Michael Bleus, began his 43 year stint in Carnarvon back in 1973. This will be an eye-opening talk about our 'emergency room in the sky', and the changes in the service over its 90-plus years of flying.

Members \$12 / \$8 conc. Non-members \$17.

### WALKING IN IRELAND, The Wicklow Way

AS7

Deb Mickle

Saturday 29 February, 2-4pm.

Parkland, forests, wild mountain landscape and rolling countryside; this is an 8-10 day 130 km hike for a hill-walker of average fitness. There are plenty of rest options and choices of BnBs, hotels and luggage

Continued on next page....

## EASY ENROLMENTS

Please turn to the centre spread, where you'll find a list of courses and fees.

Simply put an X alongside the courses you want, circle the fees (use a coloured pen or highlighter if you can) and complete your membership and payment details. Bring it on Enrolment Day or post or email to us. We'll email your receipt with all your bookings and any other information you'll need.

A separate form is needed for each person, so let us know if you need more.

transport. The route passes by memorials to historic events and remains of the early Christian monastic settlement in the beautiful Glendalough valley. Find out more about this walk.

**Members \$12 / \$8 conc. Non-members \$17.**

**PALESTINE / ISRAEL CONFLICT AS8**

**Jafar Ramini**

**Tuesday 3 March, 10-11.30am.**

What is now called the 'world's most intractable conflict' began over 100 years ago, and the ongoing Israeli occupation of the West Bank and the Gaza Strip has lasted more than 50 years. Jafar is a London-based Palestinian writer and political analyst who is visiting Perth.

**Members \$12 / \$8 conc. Non-members \$17.**

**THE ARK BEFORE NOAH AS9**

**Tom Vosmer**

**Thursday 5 March, 2-3.30pm.**

On a 4000-year-old clay tablet from Mesopotamia, British Museum's Dr Irving Finkel found a description of the building of an enormous 'ark' and of animals being loaded 'two by two'. It pre-dates the Biblical story by a millennium and describes a vessel vastly different to that of Noah. Maritime archaeologists and shipwrights set out to recreate it. Tom Vosmer describes the research, the construction struggles and the launch of this most mythical of ships.

**Members \$12 / \$8 conc. Non-members \$17.**

**NATURE & LITERATURE AS10**

**Tom Wilson**

**2 Fridays, 6 & 20 March, 9.30-11.30am.**

Humans have been telling stories about nature for millennia. We look at some of the most significant and imaginatively compelling books that do just this, in poetry, fiction and nonfiction. Discover, or re-discover, works of Wordsworth, Thoreau and Powers, and the poetry of Wang Wei, Mary Oliver and others. Tom is a university tutor and author.

**Members \$24 / \$16 conc.**

**SYRIA & the Middle East Crisis AS11**

**David Robinson**

**Saturday 7 March, 10-11.30am**

We look at the historical development of the war in Syria, the role of the great powers, and the current regional conflicts. David is an analyst of African politics and will explain the background to the strife.

**Members \$12 / \$8 conc. Non-members \$17.**

**TRAVELS WITHOUT A DONKEY AS12**

**Deb Mickle**

**Saturday 7 March, 2-4pm.**

In 1878 Robert Louis Stevenson walked 252 kms in the French Cevennes region. The walk inspired his first book *Travels with a Donkey in Cevennes* (1879). It's a great 10-12 day village to village walk now and in much more comfort. Deb explains how the route can be tailored to include rest days and luggage transport.

**Members \$12 / \$8 conc. Non-members \$17.**

**NATIVE ARC AS13**

**Dean Huxley**

**Tuesday 10 March, 9-11am.**

This remarkable centre in Bibra Lake provides medical care and rehab for 4000 injured, sick or orphaned native wildlife a year. Come and hear how it works, and be delighted by several lively and wriggling recuperating animals. While you're here, find out what

to do if you find baby birds or injured wildlife. Then get involved if you like.

**Members \$12 / \$8 conc. Non-members \$17.**

**RADIO ASTRONOMY AS14**

**Natasha Hurlley-Walker, Curtin Institute of Radio Astronomy**

**Tuesday 10 March, 2-3pm.**

Powerful radio telescopes work in remote locations to give us a new view of the universe. Learn about remarkable discoveries by WA's radio astronomers, and how we're building the world's largest telescope. Natasha is a WA Tall Poppies Scientist of the Year, an ABC Top 5 Scientist, an Australian Research Council Future Fellow, and is helping to commission a new radio telescope.

**Members \$12 / \$8 conc. Non-members \$17.**

**TRAUMA & THE BRAIN AS15**

**Alan Harvey**

**Friday 13 March, 9.30-11am.**

What happens when the brain or spinal cord is injured? Is the damage and functional loss permanent, or are therapies on the horizon that may one day boost plasticity and repair? Alan Harvey is a leading neuroscience researcher and an Emeritus Professor in UWA's School of Human Sciences. His book *Music, Evolution and the Harmony of Souls* was published by Oxford University Press in 2017.

**Members \$12 / \$8 conc. Non-members \$17.**

**SWANS & SEAGRASS AS16**

**Caitlyn O'Dea**

**Tuesday 17 March, 9-10am.**

Estuaries are precious places where the land meets the sea. They support an extraordinary variety of animal and plant life. The seagrasses of our estuarine waters are a vital food source, particularly for swans. Caitlyn is a Masters student at ECU and has been researching swans and their impact on these grasses. Learn more about these beautiful birds, and about the possible future of their food source.

**Members \$12 / \$8 conc. Non-members \$17.**

**MEMORY, IMAGINATION AND WRITING AS17**

**Ian Reid**

**2 Tuesdays, 17 & 24 March, 2-3.30pm.**

This will appeal both to those who are or want to be writers and to those who simply enjoy reading. Memory and imagination are sources of many kinds of writing. Sometimes one predominates: memory for autobiography and family history, and imagination for particular forms of fiction. But successful contemporary literature usually blends the two in complex ways, which is often the key to a winning piece. Ian, a writer and Adjunct Professor in English & Literature at UWA, explains.

**Members \$24 / \$16 conc.**

**THE PROCEEDS OF CRIME AS18**

**Natalie Skead**

**Friday 27 March, 10-11am.**

Who wins? Australian states have introduced laws aimed at stripping those involved in criminal activity of their ill-gotten gains. However these laws could undermine legal principles and protections. Let's look at the attitudes to, and impact of, WA's proceeds of crime legislation, and see why ours could be the most far-reaching and inequitable criminal property confiscation scheme in Australia. Natalie is Dean and head of UWA's Law School.

**Members \$12 / \$8 conc. Non-members \$17.**

## NOT-SO-TRIVIAL PURSUITS

### MAHJONG for Beginners

Maureen Hislop

**8 Mondays, 10 February – 6 April (excl 2 March), 9am-12noon.**

Fast and mentally stimulating, the charm of mah-jong is in its apparent but deceptive simplicity. Learn the game and then, if you like, join a regular Glyde-In group.

**Members \$192 / \$154 conc.**



BN1

### UKELELE

Shirley Guy

**8 Mondays, 10 February – 6 April (excl 2 March), 3.30-5pm.**

Our ukulele class has been going one term now and is strumming away. You need to be familiar with the basics of playing to join this class.

**Members \$96 / \$77 conc.**

BN2

### STORYTELLING for grandparents, parents, carers

Marie Finlay

**Saturday 29 February, 1-3.30pm.**

Reading and storytelling with your child touches magic. It promotes imagination and brain development, teaches your child about language and emotions, and definitely strengthens your relationship. This is an opportunity to craft stories from your own life and theirs, and also to re-tell a story from a book. You will take away at least one story, and you'll touch magic straight away.

**Members \$20 / \$16 conc. Non-members \$25.**

BN3

### YOUR LIFE WISHES

Carol Scott

**Tuesday 3 March, 2-3pm.**

Few people have talked about how they want to live out the final stages of their lives or how they'd like to be remembered. It can be a worthwhile conversation though, a relief to know that your loved ones know what you want, and it takes away their guesswork. Conversation-starter cards will prompt a lively discussion in a small friendly group.

**Members \$8 / \$6 conc. Non-members \$12.**

BN4

### THE KEYS TO SPELLING

Georgina Mavor, The Reading (& Spelling) Coach

**2 Wednesdays, 4 & 11 March, 10am-12.30pm.**  
Many of us have long struggled with spelling. There's a simple way to understand how it works and to improve, even a little. Sounds and syllables are the key. And although some words defy the rules, they are limited and learnable, and each has its own story. Curious? Come along and have some fun learning about spelling (at last). It will never look the same.

**Members \$40 / \$32 conc.**

BN5

### BLACK SHEEP & KISSING COUSINS

Marie Finlay

**Saturday 7 March, 1-4pm.**

Our family stories shape us. Families teach us who we are and how to be, for example in money matters, relationships and life transitions. We see the world through these stories. They connect us and carry in them the seeds of both harmony and of discord. We will touch lightly on our family stories, looking at what we share, what's different and what, if anything, we'd like to change.

**Members \$24 / \$19 conc. Non-members \$29.**

BN6

### GUITAR, Beginners

Steve Coleman

**6 sessions: 3 Tuesdays 10 – 24 March 11.30am-12.30pm & 3 Fridays, 13 – 27 March, 12-1pm.**

Learn to strum a few basic chords and then string them together to play a few tunes. You'll be amazed how far three chords will get you. Then we'll add more. No theory in this stress-free small group. You'll need an acoustic guitar (a classical one is easier on the fingertips as three strings are nylon). Previous students welcome to come and brush up.

**Members \$48 / \$38 conc**

BN7

## MIND & BODY

### YOGA

**9 Saturdays, 8 February – 4 April, 8-9.15am with Chinmaya Saraswati.**

**Members \$90 / \$72 conc.**

CM1

**OR 9 Tuesdays, 11 February – 7 April, 6-7.15pm with Uwe Oswald.**

**Members \$90 / \$72 conc.**

CM2

**Or 8 Fridays, 14 February – 3 April, 7.15-8.15am.**

**A new gentle beginners class with Marianna Garaboni.**

**Members \$64 / \$51 conc.**

CM3

Learn about yoga postures (asanas) and the art of relaxation. All ages and all levels welcome. Reduce stress and tension and learn simple techniques to take home. Suitable for anyone who can move from standing to floor with relative ease. Wear a smile and loose comfy clothing.

### THE LISTENING SPACE

Marianna Garaboni

**Individual sessions: One of 4 Tuesdays, 18 February – 10 March, 6-6.50pm.**

Feeling sad, troubled, out of sorts? Like someone to talk to? Sometimes getting things off your chest can help you feel lighter. Marianna is a qualified psychologist and counsellor and a mindfulness teacher. She will listen with compassion and non-judgment. She is impartial, respects your confidentiality and helps you develop insights on how to overcome a difficult situation. Sessions are individual.

**No charge, bookings essential.**

CM4

### MINDFULNESS & confidence for women

Jane Morton-Zumbuhl

**2 Saturdays, 22 & 29 February, 9.30am-12noon.**

Mindfulness and positive psychology can be hugely powerful, not only to cope but to feel more in control, empowered, calm and content. In a light-hearted way we will explore and share theory and practices that will help us feel more accepting and comfortable within our own skin. Please bring a cushion and an open, curious mind.

**Members \$40 / \$32 conc.**

CM5

### QI GONG

Toni Weston

**5 Thursdays, 27 February – 26 March, 4-5.30pm**

For beginners and ongoing students. The 'Eight Pieces of Silk' is a classic ancient Qi Gong method. It cultivates the body's life force to calm the mind, help blood circulation, improve organ function, strengthen bones and much more. Toni is a dedicated Qi Gong practitioner and teacher involved in the art for 14 years.

**Members \$48 / \$38 conc.**

CM6

## MIND & BODY .....Continued

### TAI CHILL

CM7

Roz Luce

**4 Wednesdays, 4 – 25 March, 5-6pm.**

A modified, shorter and simpler version of traditional Tai Chi, Tai Chill has similar benefits for flexibility, strength, balance and peace of mind, says Roz. It can be done standing or seated. It's fun, worthwhile, and for beginners.

**Members \$32 / \$24 conc.**

### SPIRITUAL EXPLORATIONS: Gnosticism CM8

Ruperto Nunez

**5 Fridays, 6 March – 3 April, 3.30-5.30pm.**

The New Testament gospels were not the only ones known in the first centuries of Christianity. Others were discovered in 1945, in a cave in Nag Hammadi, Egypt. They included the Gospel of Thomas, the Exegesis of the Soul and the Apocalypse of Paul, and they add a more esoteric slant to the Christian message, as well as details about Jesus' childhood. The texts have been called gnostic, meaning knowledge. This is an invitation to dust off your copy of the New Testament and find out whether Christianity has something new to tell us.

**Members \$80 / \$64 conc.**

## OUT 'N ABOUT

*Our bus trips are brought to you by volunteer organisers, drivers and hosts. Our buses seat 20 passengers and depart on time from the East Freo Football Club car park, cnr Moss and Marmion Streets. We have space for just one walking-frame, so tell us if you wish to take one. And if you can't make it on the day, please let us know – 9339 3964*

### WA BALLET SCHOOL

DO1

Glenda Burns

**Friday 14 February, 10.45am-4.15pm.**

Bus Trip: The WA Ballet Centre lives in a stunning art deco building in Maylands. Witness the athleticism and supreme conditioning of the dancers as you watch them take their morning class in a practice session. This is inspiring, affordable and the only experience of its kind in WA. Afterwards, we lunch at the Inglewood Hotel (not included).

**Members \$ 55 / conc \$46. Non-members \$65.**

### MANDURAH SUNSET CRUISE

DO2

Sandra Bantoft

**Saturday 22 February, 4.45-8.45pm**

Bus and Boat Trip: A superb outing. Cruise canals and inland waterways at sunset, sipping a drink from the on board bar (not included). The 45-minute cruise drops us at Bar Therapy where a beer, wine or soft drink awaits us, then we'll cruise back to Catch 22 for a tapas meal. Price includes the bus, cruise, drink at Bar Therapy & meal at Catch 22.

**Members \$131 / \$109 conc. Non-members \$141.**

### PENINSULA FARM

DO3

Glenda Burns

**Friday 28 February, 8.30am-3.30pm.**

Bus trip: Tranby House on Peninsula Farm is an historic farm cottage overlooking the Swan River opposite Kuljak Island. Built in 1839, it's one of the oldest surviving buildings from the early settlement of the Swan River Colony. Enjoy morning tea on arrival, followed by a fascinating tour of the farm. Then on to lunch at the luxurious International On The Water Hotel for the special price of \$15/head (not included).

**Members \$43 / \$36 conc. Non-members \$48.**

## OUT 'N ABOUT ...Continued

### GUILDFORD MARKETS

DO4

Glenda Burns

**Sunday 15 March, 8.10am- 2.30pm.**

Train Trip: Meet on Freo Station, 8.15am for the 8.25 train to Guildford. The Stirling Square Markets are then a short walk. There are handcrafted wares, local food products, vintage treasures, live entertainment and plenty of food options, all in a beautiful shaded park. Lunch there or at a nearby cafe (not included).

**Members \$14 / \$12 conc. Non-members \$19.**

### KOOMBANA BAY DOLPHINS, BUNBURY DO5

**Thursday 19 March, 7.30am-5.30pm.**

Glenda Burns

Bus & boat trip: We'll take a leisurely drive to Bunbury with a coffee stop on the way, before a 90-minute dolphin cruise in Koombana Bay. See bottlenose dolphins frolicking and feeding. Then we'll tour the new dolphin interpretive centre with its beautiful aquariums that tell the story from freshwater river to offshore reef. Lunch at the centre café (not included).

**Members \$109 / \$99 conc. Non-members \$119.**

### BASSENDAN TRAIN MUSEUM

DO6

**Wednesday 25 March, 11am-3.30pm.**

Mal Christison

Bus trip: We begin with lunch at the historic Bayswater Hotel (not included) then go to the Rail Transport Museum with its superb collection of locomotives and railway memorabilia. See WA's most comprehensive collection of engines and rolling stock in superb original condition. The Model Railway Club is based here too, and the entry fee includes those displays.

**Members \$40 / \$36 conc. Non-members \$45.**

### BODHINYANA BUDDHIST TEMPLE, SERPENTINE

Colin Beasley

DO7

**Thursday 2 April, 9am-1pm.**

Bus trip: A Buddhist monk's life is simple and virtuous; he seeks inner peace and the light of wisdom. His day revolves around meditation, study and a single meal. Join our privileged visit to the Bodhinyana Monastery where 17 monks live in 242 acres of tranquillity. Partake of a blessing, a simple meal and a talk. Bus departs 9am sharp. Please dress appropriately, and be prepared to remove shoes indoors.

**Members \$53 / \$48 conc. Non-members \$63.**

### BILYA KOORT BOODJA, Northam

DO8

**Wednesday 15 April, 8.15am-4.15pm.**

Mal Christison

Bus Trip: This centre for Nyoongar Culture and Environmental Knowledge sits on the foreshore of the Avon River. It offers an interactive experience recognising the rich Aboriginal and environmental presence in the Nyoongar Ballardong region. Take a guided tour and then a 45-minute walk along the river with an Aboriginal guide. Lunch at Duke's Inn Northam (not included).

**Members \$68 / \$62 conc. Non-members \$78.**

*Courses continued on page 9...*



## WHO WE ARE

Glyde-In Community Learning Centre began in 1981. It offers courses, talks and activities that we hope will enrich members' enjoyment and knowledge, and foster a healthy community life. We aim to be a source of learning that doesn't cost the earth, that doesn't need prior knowledge or qualifications, and asks only a small commitment of time. Our courses are non-competitive and informal.

Tutors are from all walks of life, and we welcome more.

Our staff members work part time, and our volunteers play a significant role in the life of the Centre.

Most of our funding is generated through membership and course fees. We are supported greatly by the Town of East Fremantle which provides our building under a peppercorn lease, and very substantial funding.

Glyde-In is a not-for-profit organisation managed by a volunteer Management Committee.

## HOW TO ENROL

**Enrolments begin Wednesday 5<sup>th</sup> February, 8.30am-3pm in person (or online from 9.30am) and continue through the term, spaces permitting.**

If you mail your booking in and require a posted receipt or other information, please include a self-addressed stamped envelope. Otherwise, detailed receipts are emailed.

Any enrolments received early are processed on Enrolment Day along with the others. If your choice of activity is full, you will be placed on a cancellation list and of course we'll let you know. Consider yourself enrolled unless you hear otherwise.

Please choose carefully as refunds or credits are not issued if you cancel after the first week of term. However

if you find that you can't attend, you're welcome to transfer your booking to another person; just let us know if you do.

We appreciate notification if you are not able to attend after all on the day.

Our new enrolment form is on the next two pages and has a complete list of all courses and activities. Simply put a big X against the ones you want. Circle the fees that apply (use a coloured pen or highlighter if you can), complete your name, membership and payment details, and hand it to us.

Your receipt will list everything you're booked into and any for which you're on a cancellation list, as well as a list of things you might need to bring on the day, say for an art course.



*Healing the river - Alfred Cove*



*Community Quilters*



*Ukelele Session*



*Rottneest trip November 2019*

# ENROLMENTS

Title	Miss/Ms/Mrs/Mr/Dr	First name	Last name
Phone		Mobile	Emergency No.
Please only complete the next two lines if anything has changed			Please indicate how you would like to receive your Glyde-In programme
Address		Email	<input type="checkbox"/> <b>Posted</b> <input type="checkbox"/>
Suburb		Postcode	Email

Please indicate the courses that you are enrolling in by marking a cross in the **FIRST** column & circling the fees that apply

<b>X</b>	<b>Code</b>	<b>Course/Talk/Event</b>	<b>Start date</b>	<b>Memb</b>	<b>Conc.</b>	<b>NonMem</b>	<b>Materials</b>	
<input type="checkbox"/>	AS1	WHO WAS ST VALENTINE?	11 February	\$12.00	\$8.00	\$17.00	—	
<input type="checkbox"/>	AS2	TRAPDOOR SPIDERS	14 February	\$12.00	\$8.00	\$17.00	—	
<input type="checkbox"/>	AS3	A BRIEF HISTORY OF POISONS	18 February	\$12.00	\$8.00	\$17.00	—	
<input type="checkbox"/>	AS4	BEHIND THE MIDDLE EAST CRISES	22 February	\$12.00	\$8.00	\$17.00	—	
<input type="checkbox"/>	AS5	WA IN SPACE	25 February	\$12.00	\$8.00	\$17.00	—	
<input type="checkbox"/>	AS6	FLYING DOCTORS	26 February	\$12.00	\$8.00	\$17.00	—	
<input type="checkbox"/>	AS7	WALKING IN IRELAND, The Wicklow Way	29 February	\$12.00	\$8.00	\$17.00	—	
<input type="checkbox"/>	AS8	PALESTINE/ISRAEL CONFLICT	3 March	\$12.00	\$8.00	\$17.00	—	
<input type="checkbox"/>	AS9	THE ARK BEFORE NOAH	5 March	\$12.00	\$8.00	\$17.00	—	
<input type="checkbox"/>	AS10	NATURE & LITERATURE, 2 sessions	6 March	\$24.00	\$16.00	--	—	
<input type="checkbox"/>	AS11	SYRIA & the middle east crisis	7 March	\$12.00	\$8.00	\$17.00	—	
<input type="checkbox"/>	AS12	TRAVELS WITHOUT A DONKEY	7 March	\$12.00	\$8.00	\$17.00	—	
<input type="checkbox"/>	AS13	NATIVE ARC	10 March	\$12.00	\$8.00	\$17.00	—	
<input type="checkbox"/>	AS14	RADIO ASTRONOMY	10 March	\$12.00	\$8.00	\$17.00	—	
<input type="checkbox"/>	AS15	TRAUMA & THE BRAIN	13 March	\$12.00	\$8.00	\$17.00	—	
<input type="checkbox"/>	AS16	SWANS & SEAGRASS	17 March	\$12.00	\$8.00	\$17.00	—	
<input type="checkbox"/>	AS17	MEMORY, IMAGINATION AND WRITING, 2 sessions	17 March	\$24.00	\$16.00	--	—	
<input type="checkbox"/>	AS18	THE PROCEEDS OF CRIME	27 March	\$12.00	\$8.00	\$17.00	—	
<input type="checkbox"/>	BN1	MAHJONG for beginners	10 February	\$192.00	\$154.00	—	—	
<input type="checkbox"/>	BN2	UKELELE	10 February	\$96.00	\$77.00	—	—	
<input type="checkbox"/>	BN3	STORYTELLING for parents & grandparents	29 February	\$20.00	\$16.00	\$25.00	—	
<input type="checkbox"/>	BN4	YOUR LIFE WISHES	3 March	\$8.00	\$6.00	\$12.00	—	
<input type="checkbox"/>	BN5	THE KEYS TO SPELLING	4 March	\$40.00	\$32.00	—	—	
<input type="checkbox"/>	BN6	BLACK SHEEP & KISSING COUSINS	7 March	\$24.00	\$19.00	\$29.00	—	
<input type="checkbox"/>	BN7	GITAR, Beginners, 3 Tuesdays & 3 Fridays	10 March	\$48.00	\$38.00	—	—	
<input type="checkbox"/>	CM1	YOGA with Chinmaya Saraswati, Saturday am	8 February	\$90.00	\$72.00	—	—	
<input type="checkbox"/>	CM2	YOGA with Uwe Oswald, Tuesday pm	11 February	\$90.00	\$72.00	—	—	
<input type="checkbox"/>	CM3	YOGA with Marianna Garaboni, Friday am	14 February	\$64.00	\$51.00	—	—	
<input type="checkbox"/>	CM4	THE LISTENING SPACE, Single sessions, Tuesdays from 18 Feb, 6-6.50 pm	No charge, please book					
<input type="checkbox"/>	CM5	MINDFULNESS & confidence for women	22 February	\$40.00	\$32.00	—	—	
<input type="checkbox"/>	CM6	QI GONG	27 February	\$48.00	\$38.00	—	—	
<input type="checkbox"/>	CM7	TAI CHILL	4 March	\$32.00	\$24.00	—	—	
<input type="checkbox"/>	CM8	SPIRITUAL EXPLORATIONS: Gnosticism	6 March	\$80.00	\$64.00	—	—	
<input type="checkbox"/>	DO1	WA BALLET SCHOOL	14 February	\$55.00	\$46.00	\$65.00	—	
<input type="checkbox"/>	DO2	MANDURAH SUNSET CRUISE	22 February	\$131.00	\$109.00	\$141.00	—	
<input type="checkbox"/>	DO3	PENINSULA FARM	28 February	\$43.00	\$36.00	\$48.00	—	
<input type="checkbox"/>	DO4	GUILDFORD MARKETS	15 March	\$14.00	\$12.00	\$19.00	—	
<input type="checkbox"/>	DO5	KOOMBANA BAY DOLPHINS, BUNBURY	19 March	\$109.00	\$99.00	\$119.00	—	
<input type="checkbox"/>	DO6	BASSENDAN TRAIN MUSEUM	25 March	\$40.00	\$36.00	\$45.00	—	
<input type="checkbox"/>	DO7	BODHINYANA BUDDHIST TEMPLE, SERPENTINE	2 April	\$53.00	\$48.00	\$63.00	—	
<input type="checkbox"/>	DO8	BILYA KOORT BOODJA, NORTHAM	15 April	\$68.00	\$62.00	\$78.00	—	
<b>Total cost of this page</b>							—	

# ENROLMENTS

X	Code	Course/Talk/Event	Start date	Memb	Conc.	NonMem	Materials	
	EC1	ABSOLUTE BEETHOVEN, WASO	5 March	\$35.00	—	\$40.00	—	
	EC2	SENIOR MOMENTS II; Remember, Remember	25 March	\$60.00	—	\$65.00	—	
	EC3	BREAKFAST AT TIFFANY'S	29 March	\$25.00	—	\$30.00	—	
	FB1	DRAWING, Beginners	10 February	\$64.00	\$51.00	—	**	
	FB2	FUN WITH COLOUR	28 February	\$96.00	\$77.00	—	**	
	FB3	BIRDS, BLOSSOM, BAMBOO	4 March	\$40.00	\$32.00	—	\$10.00	
	FB4	DRAWING, Continuing	16 March	\$64.00	\$51.00	—	**	
	FB5	SAND, SEA, SURF in pastels	17 March	\$80.00	\$64.00	—	**	
	FB6	FROM REALISM TO ABSTRACTION	18 March	\$84.00	\$64.00	—	**	
	FB7	LINO & MONO PRINTS, Beginners	21 March	\$48.00	\$38.00	—	\$56.00	
	GL1	SPANISH, Year 2	10 February	\$128.00	\$102.00	—	—	
	GL2	SPANISH, Beginners	10 February	\$128.00	\$102.00	—	—	
	GL3	SPANISH, Intermediate	11 February	\$144.00	\$115.00	—	—	
	GL4	SPANISH, More advanced	11 February	\$144.00	\$115.00	—	—	
	GL5	SPANISH, Year 3	14 February	\$128.00	\$102.00	—	—	
	GL6	ITALIAN, Beginners advanced, with Francesca, Thursdays	13 February	\$108.00	\$86.00	—	\$4.00	
	GL7	ITALIAN, Intermediate, with Francesca, Thursdays	15 February	\$108.00	\$86.00	—	\$4.00	
	GL8	ITALIAN, Term 3 beginners, with Francesca, Saturdays	13 February	\$96.00	\$77.00	—	\$4.00	
	GL9	ITALIAN, Ongoing (Full class), with Millie, Wednesdays	12 February	\$108.00	\$86.00	—	—	
	GL10	FRENCH, Ongoing (Full class), with Millie, Tuesdays	11 February	\$108.00	\$86.00	—	—	
	GL11	FRENCH, Avanced beginners, with Paddy, Wednesdays	12 February	\$72.00	\$58.00	—	—	
	GL12	FRENCH, New beginners, with Paddy, Wednesdays	12 February	\$72.00	\$58.00	—	—	
	GL13	FRENCH, More advanced, with Paddy, Thursdays	13 February	\$144.00	\$115.00	—	—	
	GL14	FRENCH on Friday, Continued, with Millie, Fridays	14 February	\$96.00	\$77.00	—	—	
	HC1	CLEVER PHONE SETTINGS: Androids	10 February	\$16.00	\$13.00	\$21.00	—	
	HC2	CLEVER PHONE SETTINGS: iPhones	23 March	\$16.00	\$13.00	\$21.00	—	
	HC3	MESSSENGER	10 February	\$16.00	\$13.00	\$21.00	—	
	HC4	iPAD/iPHONE Q & A	13 February	\$12.00	\$8.00	\$17.00	—	
	HC5	COMPUTING for complete beginners	13 February	\$64.00	\$51.00	—	—	
	HC6	ONLINE SEARCHES: Finding what you want	17 February	\$32.00	\$26.00	—	—	
	HC7	WHAT'S APP	17 February	\$16.00	\$13.00	\$21.00	—	
	HC8	ANDROID Q & A	20 February	\$12.00	\$8.00	\$17.00	—	
	HC9	iPAD APPS for everyday living	26 February	\$36.00	\$29.00	—	—	
	HC10	TV & FILMS ONLINE	27 February	\$12.00	\$8.00	\$17.00	—	
	HC11	BROWSE, BUY, SELL	9 March	\$48.00	\$36.00	—	—	
	HC12	YOUR PHOTOS	9 March	\$32.00	\$26.00	—	—	
	HC13	ONLINE HOLIDAYS	12 March	\$12.00	\$8.00	\$17.00	—	
	HC14	MS WORD, Beginners	12 March	\$32.00	\$26.00	—	—	
	HC15	BEST iPAD PHOTOGRAPHY	18 March	\$16.00	\$13.00	\$21.00	—	
	HC16	iPHONE/iPAD STARTER	19 March	\$12.00	\$8.00	\$17.00	—	
	HC17	EXCEL, Beginners	26 March	\$32.00	\$26.00	—	—	
		COMPUTER HELP DESK - PLEASE PHONE TO BOOK	VARIOUS	\$20.00	—	\$26.00	—	
		Computer help desk are individual sessions and we ask you to book them by phone or in person at the office						
		** Things to bring - check when enrolling & on your receipt						
		<b>Total cost this page</b>						
		<b>Page 1 cost</b>						
		<b>Membership(if due): 12 months \$35/\$30 Centrelink Conc.; \$20 E Freo residents; \$15 one term</b>						
		<b>GRAND TOTAL COST</b>						
	<b>PAYMENT</b>	<input type="checkbox"/> Cheque	<input type="checkbox"/> Cash	<input type="checkbox"/> Card	<b>Visa or MasterCard only</b>			
	<b>Card No:</b>			<b>Expiry date</b>			<b>CVV</b>	
	<b>Signature</b>							

## YOU'RE INVITED.....Regular Groups

### GLYDE-IN GROUPS FOR MEMBERS:

Phone the group convener for more information. If no phone is listed just come along. Most simply share the cost of room hire (\$20 per hour).

**BOOK CLUB:** 2nd Monday/month, 3.45-5.45pm. Books not provided, all welcome. Jill Brown, 0433 402401 or Glyde-In 93393964.

**CHESS:** Mondays 1-3pm including holidays, \$5 per session. All welcome to join our non-competitive social group. Marg Dewar 0400 523874.

**COMMUNITY QUILTING:** 2nd Thursday/month, 3.45-5.45pm, supporting the WAQA Community Group which donates quilts to charities. If you can, bring a sewing machine. Lyn 0405 124618.

**CYCLING GROUPS:** Monday and Wednesday mornings. Sorry our Monday group is full. Phone Marilyn Carosella 0407 082038 for our Wednesday group.

**GLYDE-IN SONGSTERS:** with Digby Hill. All welcome to sing a variety of world folk, early music and classical, alt. pop, African etc. Tuesdays from 11 February, 4-6pm; \$12/session. Just come along.

**MAHJONG:** For experienced players. Monday & Friday afternoons, Margaret Gill 93355665. Thursday mornings, Maureen Hislop 94941451.

**SCRABBLE:** Wednesdays, 9.30-12noon from 12 February. All welcome including beginners, \$5 + \$1 cuppa. Warren Kimble 0407 171442.

**THURSDAY WALKERS:** weekly, 8am sharp from Glyde-In for an hour's walk then coffee.

## MEMBERSHIP

12 months \$35/ \$30 concession or \$20 East Fremantle resident. Single term \$15.

Concession is for holders of a Pension or Health Care Card (not seniors HCC) or DVA Gold Card.

You don't have to be an East Fremantle resident - everybody is welcome.



### ROOM HIRE

Our comfortable rooms are available for hire, depending on availability which is often limited to evenings and weekends. Room costs: \$20/hour for groups initiated and run by Glyde-In members, \$23 for non-profit groups not affiliated with us, and \$30 otherwise. Groups charging a participant fee require their own public liability insurance. Please phone us for details of availability.

### PRIVATE GROUPS & WORKSHOPS

These are privately-run services and are not part of Glyde-In's regular programme. To book or enquire please phone the conveners.

**FRIDAY RIDERS:** departs Left Bank café Fridays, 8am. For those able to cruise at 20kms/hour. Gordon MacNish 0419 858960.

**GYROKINESIS:** Breath and flowing movement combine to increase flexibility and core strength, energy and rejuvenation. Thursdays, 6.30-7.30pm, \$20/session. Christine 0452364316.

**PROSTATE CANCER SUPPORT FOUNDATION:** 3rd Mon / month, 7.30-9pm. Information and support for men with prostate cancer, their families and partners. Richard Flanagan 0418 858 003 email: prostate@rfmc.com.au .

**QUAKERS (Religious Society of Friends):** All welcome to our mainly silent meetings for worship, Sundays, 10am-12noon.

**SOUND OF SOUL:** "The person singing HU tunes in to a higher spiritual awareness" - Harold Klemp, "HU The Most Beautiful Prayer". 7.30pm, 4th Fri/month, gold coin. 0408 957514.

**SVAROOPA YOGA @:** Thurs, 6.30-8pm. A less-active, nurturing yoga for all levels, with lots of personal attention. Core release and spinal decompression give pain relief. \$150/term or \$20 casual first session. Mimi 0407 927259.

## PARKING

It's street parking, and there's plenty in neighbouring streets. Please never ever ever park across neighbours' driveways, no matter how late you may be for your class.

Please arrive on time, and let us know if you can't make a class after all.

### Teach - Who me?

If you have a special interest, topic, hobby or art form that you would think would interest others, we're keen to hear from you.

Our tutors are not all necessarily highly specialised or qualified. They simply enjoy their subjects, are pretty good at it and wish to share what they know. Some are former teachers, some are keen hobbyists, others retired professionals. And some are trying out new-found skills.

Please talk to Ann Reeves, 9339 3964 about your thoughts. And if you like the idea but are hesitant about your teaching skills, come and speak with us about that too; we're keen to help.

## CULTURE CLUB

Meet others and enjoy wonderful entertainment. Meet Gloria Lorenz at the venue well before curtain up to collect your ticket; look for the Glyde-In sign (sorry, we can't wait if you're late). Bookings are essential and public transport is easiest. Most venues have street meter parking, so allow time. There is no late entry for any performances.

### **ABSOLUTE BEETHOVEN, WASO** EC1 **Thursday 5 March, 11am-12noon.**

(Book by Wednesday 19 February) *Beethoven's Consecration of the House, Overture: Coriolanus Overture: and Symphony No. 7.* Beethoven's powerful overtures set the scene for this most thrilling symphony. Collect your unallocated choir stalls ticket 10.30-10.45am at the info desk, Perth Concert Hall, opp coffee station.

**Members \$35. Non-members \$40.**

### **SENIOR MOMENTS II; Remember, Remember** EC2 **Wednesday 25 March, 1-4pm.**

(Book by Friday 14 February) At Heath Ledger Theatre see the sequel to the smash hit *Senior Moments*. Our showbiz legends Max Gillies, Tony Barber and Normie Rowe have more senior moments in this comedy revue with sketches, songs and fun from performers old enough to know better. Collect your ticket 12.30-12.45pm in the foyer, State Theatre Centre, 174-176 William Street, Northbridge,

**Members \$60. Non-members \$65.**

### **BREAKFAST AT TIFFANY'S** EC3 **Harbour Theatre** **Sunday 29 March 2-5pm.**

(Book by Friday 28 February) This wonderful musical is based on the film of the same name about a free spirit named Holly Golightly, a country girl turned New York cafe society woman. Collect your tickets 1:30 - 1:45pm at the foyer Camelot Theatre, 16 Lochee Street, Mosman Park.

**Members \$25. Non-members \$30.**

## BY HAND



### **DRAWING, Beginners** FB1 **Mal Cunningham**

**4 Mondays, 10 February -9 March (excl 2 March), 10am-12noon.**

Apparently most people reckon they can't draw. But three ingredients can make a world of difference to raw beginners - learning to really 'see', a bit of practice, and a good tutor. Come and draw with us. Things to bring.

**Members \$64 / \$51 conc. + things to bring.**

### **FUN WITH COLOUR** FB2 **Sean Corr**

**6 Fridays, 28 February - 3 April, 1.30-3.30pm.** If you think you can't paint, if it's been a while, or if you're looking for an encouraging place to paint, come along. Sean has spent years helping people find their creativity and teaching the skills to mix colour and to really look at a subject. Things to bring.

**Members \$96 / \$77 conc. + things to bring.**

## BY HAND .....Continued

### **BIRDS, BLOSSOM, BAMBOO** FB3

**Jane Lidbetter**  
**2 Wednesdays, 4 & 11 March, 12.45-3.15pm.**

Sumi-e Japanese brush painting has a wonderful meditative quality in its simple illustration of gesture. Learn to depict bamboo, leaves, plum blossom, and birds. then try Chinese brush painting using colour and more detail.

**Members \$40 / \$32 conc. Plus \$10 all materials.**

### **DRAWING, Continuing** FB4 **Mal Cunningham**

**4 Mondays, 16 March - 6 April, 10am-12noon.**

Drawing implies a searching rather than a finishing, with spontaneity being the defining factor. This continuation of our exploration of drawing is for the more advanced student.

**Members \$64 / \$51 conc. + things to bring.**

### **SAND, SEA, SURF in pastels** FB5

**Jane Lidbetter**  
**4 Tuesdays, 17 March - 7 April, 1-3.30pm.**

Using just a few colours in soft pastels you will learn to depict the vibrancy of seascapes, be they calm and meditative or wild and turbulent. Pastels are forgiving and fun to use. Things to bring; Jane will supply paper at a small cost.

**Members \$80 / \$64 conc. + things to bring.**

### **FROM REALISM TO ABSTRACTION** FB6 **Laurie Cochrane**

**4 Wednesdays, 18 March - 8 April, 1-3.30pm.**

This will be exciting! Bring two of your old watercolour paintings to recycle and reinvent. Laurie will show you how, using layers of watercolour, collage and mixed media, you can move from a realistic painting to abstraction. Things to bring; Laurie will provide colour sticks, pencils, acrylics, inks and other media.

**Members \$84 / \$64 conc. + things to bring.**

### **LINO & MONO PRINTS, beginners** FB7 **Mal Cunningham**

**3 Saturdays, 21 March - 4 April, 2-4pm.**

Monoprint is a one-off impression made by applying printing ink to a flat surface and transferring it to paper. Lino printing is made by carving a design into lino using special cutters and printing with a press. You'll learn both, they're fun. Bring an apron or old shirt.

**Members \$48 / \$38 conc. + \$56 all materials.**

## LANGUAGES

### **SPANISH**

**SPANISH, Year 2** GL1

**Ruperto Nunez**  
**8 Mondays, 10 February-6 April (excl 2nd March), 1.30-3.30pm.**

Our second year begins; newcomers with the basics are welcome.

**Members \$128 / \$102 conc.**

**SPANISH, Beginners** GL2  
**Ruperto Nunez**

**8 Mondays, 10 February-6 April (excl 2nd March), 3.45 - 5.45pm.**

For the real beginner; come and learn this melodious language.

**Members \$128 / \$102 conc.**

## LANGUAGES .....Continued

**SPANISH, Intermediate** GL3  
**Ruperto Nunez**  
**9 Tuesdays, 11 February – 7 April, 9–11am.**  
 Those with a good grasp of Spanish vocabulary and grammar and can hold a relaxed conversation about family, cities, etc, are welcome.  
**Members \$144 / \$115 conc.**

**SPANISH, More Advanced** GL4  
**Ruperto Nunez**  
**9 Tuesdays, 11 February – 7 April, 11.30am – 1.30pm.**  
 Newcomers who know pronouns, present and simple past tenses, and basic dialogue are welcome.  
**Members \$144 / \$115 conc.**

**SPANISH, Year 3** GL5  
**Ruperto Nunez**  
**8 Fridays, 14 February – 3 April, 1-3pm.**  
 For those with two years part-time or equivalent experience and who have an understanding of present tense and basic grammar.  
**Members \$128 / \$102 conc.**

**ITALIAN**  
**ITALIAN, Beginners advanced** GL6  
**Francesca Cardoni**  
**9 Thursdays, 13 February – 9 April, 9-10.30am.**  
 Term 4 begins for those with the basics.  
**Members \$108 / \$86 conc. (+ \$4 materials).**

**ITALIAN, Intermediate** GL7  
**Francesca Cardoni**  
**9 Thursdays, 13 February – 9 April, 10.45am-12.15pm.**  
 For those who can hold and understand a simple Italian conversation in present and past tenses.  
**Members \$108 / \$86 conc. (+\$4 materials)**

**ITALIAN, Term 3 beginners** GL8  
**Francesca Cardoni**  
**8 Saturdays, 15 February – 4 April, 11am-12.30pm.**  
 Term 3 for the beginner, in a friendly class. If you have the raw basics, you're welcome to join.  
**Members \$96 / \$77 (+ \$4 materials).**

### FULL CLASSES, with Millie Kursar (Ongoing students please re-book)

**ITALIAN, Ongoing** GL9  
**9 Wednesdays, 12 February – 8 April, 10.30am-12noon.**  
**Members \$108 / \$86.**

**FRENCH, Ongoing** GL10  
**9 Tuesdays, 11 February – 7 April, 10.30am – 12noon.**  
**Members \$108 / \$86.**

**FRENCH**  
**FRENCH, Advanced beginners** GL11  
**Paddy Glasgow**  
**9 Wednesdays, 12 February – 8 April, 4-5pm.**  
 Starting our second year of this part-time course. For those with a smattering of French.  
**Members \$72 / \$58 conc.**

**FRENCH, New beginners** GL12  
**Paddy Glasgow**  
**9 Wednesdays, 12 February – 10 April, 5.15-6.15pm.**  
 For the real beginner.  
**Members \$72 / \$58 conc.**

**FRENCH, More advanced** GL13  
**Paddy Glasgow**  
**9 Thursdays, 13 February – 9 April, 1–3pm.**  
 Students with good grammar and conversation who want to improve fluency are welcome.  
**Members \$144 / \$115 conc.**

**FRENCH on Friday, Continued** GL14  
**Millie Kursar**  
**8 Fridays, 14 February – 3 April, 10.30am-12noon.**  
 A few spaces are available for those who can hold a basic conversation in French.  
**Members \$96 / \$77.**

## COMPUTERS & TECHNOLOGY

Our classes are small and friendly, our tutors are patient. Our PCs use Win10 and suit Windows and Apple and Android as well; just ask if it's not clear. Please bring your own device if you can, fully charged.

### CLEVER PHONE SETTINGS

**Fay Gerhard**  
**Androids: Monday 10 February 10am-12noon; HC1**  
**Or, iPhones: Monday 23 March, 1.30-3.30pm. HC2**  
 Set your phone up the way you want. Improve your privacy settings, security, backup, display, sounds, wallpaper, vision and hearing improvements.  
**Members \$16 / \$13 conc. Non-members \$21**

**MESSENGER** HC3  
**Fay Gerhard**  
**Monday 10 February 1.30-3.30pm.**  
 Facebook Messenger is a free mobile app used for instant messages, sharing photos, videos, audio recordings and for group chats. You can communicate with your friends on Facebook and with your phone contacts. It works on android and apple phones and tablets.  
**Members \$16 / \$13 conc. Non-members \$21**

**iPAD/iPHONE Q & A** HC4  
**Kris Metcher**  
**Single session: Thursday 13 February 11.15-am-12.15pm;**  
 Bring one or two questions about your device and Kris will try to resolve them. Shared questions in a group can be very useful. Bring your iPad and log-in details such as User IDs and Passwords. Note this is a group discussion, not a troubleshooting session.  
**Members \$12 / \$8 conc. Non-member \$17.**

**COMPUTING for Complete Beginners** HC5  
**Kris Metcher**  
**4 Thursdays, 13 February – 5 March, 12.45-2.45pm.**  
 Get comfortable with your computer, and find you can't break anything. Learn where things are and what they're for, and you'll feel more in charge. Not for Macs.  
**Members \$64 / \$51 conc.**

**ONLINE SEARCHES: Finding what you want HC6****Fay Gerhard****Monday 17 & 24 February, 10am-12noon.**

Online searches can be frustrating! We get side tracked and lose our place. Learn how to distinguish at a glance genuine sites from advertising, and zero in on the sites you're really after. Use bookmarks to find it again. Ensure the site is safe, use tabbed browsing, learn about add-ons and cookies, and discover clever shortcuts.

**Members \$32 / \$26 conc.****WHAT'S APP****HC7****Fay Gerhard****Monday 17 February, 1.30-3.30pm.**

What's App lets you send messages, pictures, videos and voice recordings over the internet, rather than your mobile network. It works for iPhone users communicating with Android users, and vice versa. Come and learn how it works.

**Members \$16 / \$13 conc. Non-members \$21.****ANDROID Q & A****HC8****Kris Metcher****Single session: Thursday 20 February 11.15am-12.15pm.**

Bring one or two questions about your tablet and Kris will try to resolve them. Shared questions in a group can be very useful. Bring your tablet and log-in details such as User IDs and Passwords. Note this is a group discussion, not a personal session.

**Members \$12 / \$8 conc. Non-member \$17.****iPAD APPS for Everyday Living****HC9****Isobel Pearson****3 Weds, 26 Feb – 11 Mar, 1.30-3pm.**

Learn to be cloud-savvy, take charge of your digital footprint and manage storage on your device and iCloud. Use your tools to organise and enhance your photos and discover ways to share them. Use your library, find a café, read news, buy an eBook or keep in touch with friends at no cost. You need a basic understanding of iPad.

**Members \$36 / \$29.****TV & FILMS ONLINE****HC10****Kris Metcher****Thursday 27 February, 11am-12noon.**

Find out how you can watch your favourite films and tv shows, either free and legal or through a paid service. Both are easy and convenient; learn more in this talk with Kris.

**Members \$12 / \$8 conc. Non-member \$17.****BROWSE, BUY, SELL****HC11****Fay Gerhard****3 Mondays, 9 – 23 March, 10am-12noon.**

Check out Facebook Marketplace, E-Bay, Gumtree, Buy Nothing and Freo Massive. They're treasure troves of local news and goods offered free or for sale. Have fun online and know how to be safe there.

**Members \$48 / \$36 conc.****YOUR PHOTOS****HC12****Fay Gerhard****2 Mondays, 9 & 16 March, 1.30-3.30pm.**

Take photos off your device and onto your computer. Edit them – lighten, darken, re-size, change colours, put them where you want them, and find them again. We'll use free Windows software for photos. Bring your

device and laptop if you have one (or use ours), charged and with connecting cables.

**Members \$32 / \$26.****ONLINE HOLIDAYS****HC13****Kris Metcher****Thursday 12 March, 11.15am-12.15noon.**

Reduce the anxiety as you plan your holiday. Research and book what you need before you leave home. Find accommodation, flights and best fares, and get tips about what to look for and what to avoid. This is a presentation, not hands-on.

**Members \$12 / \$8 conc. Non-member \$17.****MS WORD, Beginners****HC14****Kris Metcher****2 Thursdays, 12 – 19 March, 12.30-2.30pm.**

Do you find MS Word confusing? Learn to create a document, name it, close it and find it again. Cut out words and put them elsewhere. Spell-check, change the layout, undo a mistake. Learn how to file documents on your PC so you can find them again.

**Members \$32 / \$26 conc.****BEST iPAD PHOTOGRAPHY****HC15****Isobel Pearson****Wednesday 18 March, 1-3pm.**

Learn to use the camera app well, then use the photos app to edit, crop, brighten and enhance your photos. Create and name your albums, find on the world map where your photos were taken, and tag people so you can find them easily. We'll also look at other photo apps on the App Store. Bring your charged iPad; familiarity with it is essential.

**Members \$16 / \$13. Non-members \$21.****iPHONE / iPAD STARTER****HC16****Kris Metcher****Thursday 19 March, 11.15am-12.15noon.**

A helpful overview of Apple phones and tablets, both for those who have either device and for those pondering a purchase. Learn more about all the things these devices can do. This is a talk, not hands-on.

**Members \$12 / \$8 conc. Non-member \$17.****EXCEL, Beginners****HC17****Kris Metcher****2 Thursdays, 26 March & 2 April, 12.30-2.30pm.**

Excel is an all-round handy programme. It's a clever way to play with numbers, to keep lists, your budgets and accounts, in fact anything that's in columns. It can add, subtract, sort, multiply: you name it.

**Members \$32 / \$26 conc.****COMPUTER HELP DESK****A one on one 30 minute session.****Note, phone or in-person bookings only, please.**

**PCs, phones, android phone or tablet:  
Craig Johns, Times to be arranged.**

**iPads: Isobel Pearson, Wednesdays 3.15-3.45pm, 26 February – 18 March.**

**Android devices / Smartphones / Windows: Fay Gerhard, Mondays 4-4.30pm from 10 February.**

**Members \$20. Non members \$25.**

## A Word from the Chair



As I write in late November, I'm aware that you will be reading this in January. So I hope you had an enjoyable Christmas and the New Year holds good promise.

What a surprising and extraordinary year we have had. Our committees, staff, volunteers, tutors and speakers all worked hard to respond to a record number of members, outings, courses and bookings.

Annual course enrolments increased by 25% in a single year: 925 people booked into 4798 activities. This increase is due in part to the improved capacity of our Garden Room, the success of our Summer School and our reintroduced Out & About programme. Our 2019 programme was also 30% larger than in 2018 with 83 more activities and 21 more talks. These dry figures represent the real human experience for our members, providing social interactions, learning opportunities, friendship and enjoyment. Therefore, it is fair to say that we make a substantial and growing contribution to the happiness and well-being of our community.

I want to thank Ann and Nicky for helping to make Glyde-In such an enjoyable place to visit. The quality and diversity of our programmes are unique and extraordinary and a credit to both. I also want to thank Joanna, Sue and Lesley for their devoted and essential assistance.

The Town of East Fremantle continues to provide significant annual financial support, for which we remain extremely grateful. They also helped us last year with a grant to complete the Garden Room and again this year to re-clad and partially re-roof our lovely cottage. We are lucky to receive such valuable support from our Council. In October, a valued member of our committee, Kerry Donovan stood and won the Council Election for the Woodside Ward. Congratulations Kerry and well done. Cliff Collinson will remain our Councillor Liaison as Kerry will declare a conflict of interest in any discussion involving Glyde-In/Council business.

I want to thank our committee who give their time and support to make the centre the best that it can be. Everyone volunteered for another year in September which is unusual and wonderful. I want to welcome the fabulous Sandra Bantoft back to our committee. Sandra has worked tirelessly for Glyde-In over many years. She retired last year but missed us so much that she couldn't stay away. It's great to have her back.

I want to thank our Out&About Committee, Glenda, Sandra, Jono and I suppose I'll have to thank me as I'm on this committee too. I now know how much work is involved in organising eight outings per term. It is gratifying to see so many of our members enrolling on these tours,



so it seems we are providing a service that many enjoy. Thank you to all our members who have participated, particularly those brave souls who travelled with us to Penguin Island in a rain storm with high winds. That was true grit in adversity.

I want to thank Jan Machin for her many years of service as head gardener. Jan our beautiful garden is a credit to you and your small army of volunteers. It's the garden that makes Glyde-In such a lovely place to be. Recently Jan handed the role to Lynn Christison, someone I know very well. Lynn is a dedicated gardener and we know our garden is in good hands. Lynn recently wrote a garden report for our committee meeting. We were delighted with her report so I will repeat some of it here. Lynn wrote:

*In my new role as team leader of the Glyde-In gardeners, I hope that I can continue Jan's excellent work in creating and caring for the garden. She has encouraged and taught me so much since I joined the team. Thank you, Jan.*

*I have my Dad to thank for lighting the spark that started my gardening enthusiasm. He was always in trouble with my Mother for pruning too much. I have inherited the same problem, so you can blame him if I over-prune. It's in the genes. Since taking on my new position I have observed how the garden plays an important role in welcoming everyone who walks through our front gate. I enjoy hearing the many comments from people saying the garden feels cool, peaceful and calming.*

Last I want to thank all our volunteers, tutors, speakers and members for your generous support and participation. Without you we are nothing. Please spread the word. Like us on Facebook, tell your friends and most of all, enjoy coming to Glyde-In in 2020. From everyone at Glyde-In we wish you a happy and healthy New Year.

**Mal Christison**