

# SUMMER SCHOOL AT GLYDE-IN

Monday 8 to Sunday 21 January 2024

42 Glyde Street, East Fremantle, WA 6158

Glyde-In Community Learning Centre is a not for profit organisation that offers courses and activities that are informal, non-competitive and open to everyone. The centre is generously supported by the Town of East Fremantle.



*Activities are open to all, membership is not required for Summer School.*

*However concession eligibility applies to current Glyde-In members only who have a Centrelink pension/health card or a DVA gold card (not senior HCC).*

*To book phone 9339 3964, pop in, or book online at [www.glydein.org.au/programme](http://www.glydein.org.au/programme)*

*Minimum numbers apply to each course*

*Weekend and evening activities are marked with a coloured star*

## SPEAKERS UNLIMITED

### **SAVING THE WORLD'S RAREST MARSUPIAL**

**Tony Friend, Department of Biodiversity,  
Conservation and Attractions Albany**

**Monday 8 January, 9 - 10am**

Learn about the discovery of the Gilbert potoroo, its apparent demise and then rediscovery of the only remaining, tiny population at Two Peoples Bay, east of Albany. Hear the progress of the desperate fight by government scientists and community members over 30 years to increase the chances of the species' long-term survival, resulting in its persistence today even after the disastrous bushfire of 2015.

**\$14 / \$11 member conc.**

### **BUILD A BETTER BRAIN**

**Greg Diamond**

**Tuesday 9 January, 10 - 11am**

Join us as we discuss the latest research on how anyone can maximise brain function, stave off dementia, improve memory and re-wire for new skills in just one hour a day. Greg is a physiotherapist with a special interest in what contributes to our mental as well as bodily well-being.

**\$14 / \$11 member conc.**

**SS1**

### **HISTORY OF ITALIAN FOOD, from antiquity to globalisation**

**Fausto Buttà**

**Wednesday 10 January, 11am - 1pm**

Why do Italians eat pasta? Is it true that Marco Polo imported spaghetti from China? What is traditional Italian cuisine? Dr Fausto Buttà (UWA) will answer these questions through this historical and cultural journey. Then you'll be treated to delicious Italian food prepared by chefs at Parlapa, a local Italian cafe-trattoria.

**\$45 / \$40 member conc.**

**SS3**

### **SKIMMING THE SURFACE**

**Jane Cousins**

**Thursday 11 January, 10 - 11am**

Ever wondered about the Arctic? Where - or even what - it is? Jane Cousins wondered for a long time and finally decided to go and find out. The closer she could get, she thought, the better. And what better way to experience those icebergs up close (this being pretty much all she knew about it before she went) than to kayak among them! Come with Jane on her journey in search of the Arctic, and hear of the surprising history, present and future of Svalbard in the Arctic Ocean.

**\$14 / \$11 member conc.**

**SS4**

# SPEAKERS UNLIMITED

## MEETING GERONIMO

Friday 12 January, 10 - 11am

Gillian Rodoreda

The Spanish Benedictine monk Salvado and his association with the monastic town of New Norcia is familiar to many West Australians. Little is known, however, of the dozens of would-be monks who arrived from Europe to the Swan River Colony in the mid-1800s to assist Salvado with his endeavours. For most, aspirations for religious life were thwarted, resulting in them leaving the colony. But some remained to lead secular lives. The epic tale of one of these men, Geronimo Rodoreda, is told by his great-great granddaughter Gillian Rodoreda.

**\$14 / \$11 member conc.**

SS5

## QUAKERS ON PEACE

Monday January 15, 10 - 11.30am

Elizabeth 'PO and Adrian Glamorgan

Quakers are few in number but very active. They opposed slavery, campaigned for women's rights, made chocolate instead of alcohol, pioneered modern education (from Hobart to Palestine), argued for justice for Indigenous people (in Fremantle in 1838!), opposed war, helped found Greenpeace, Oxfam and Amnesty, lobbied at the UN, and won a Nobel Peace Prize in 1948. To sustain their faith in action, Quakers insist on stillness in action. Find out how listening to the 'still small voice within' can give blessed guidance and how sometimes in cases of emergency the best thing to do might be to sit and listen inwardly.

**\$14 / \$11 member conc.**

SS6

## WA's FOSSIL SECRETS

Professor Lyn Beazley AO

Tuesday 16 January, 10 - 11am

WA is replete with wonders, as diverse as deserts, spectacular forests, waterways and coasts that fringe vast oceans. Attractions are cultural too, with human history stretching back at least 50,000 years, a geology with ancient rocks, and an extensive fossil record. Lyn is a former Chief Scientist for WA, 2015 WA Australian of the Year and current WA Parks Ambassador.

**\$14 / \$11 member conc.**

SS7

## PELEGRINO ARTUSI'S COOKBOOK - a culinary journey through Italy

Fausto Buttà

Wednesday 17 January, 11am - 1pm

First published in 1891, *Pellegrino Artusi's La scienza in cucina e l'arte di mangiar bene* (Science in the Kitchen and the Art of Eating Well) has come to be recognised as the most significant Italian cookbook of modern times. It showcases the cultural richness of Italian cuisine and its regional variety. By exploring Artusi's work of unification on a culinary level, we can better understand the social aspect of food and its centrality in human relationships. Following the talk enjoy traditional regional food prepared by the chefs at Parlapa, according to Artusi's original recipes.

**\$45 / member \$40 conc.**

SS8

# SPEAKERS UNLIMITED

## LADY MARMALADE

Shani Graham and Tim Darby

Friday 19 January, 10 - 11am

Hear about a new book for children aged 3-8 years, written and illustrated by two well-known local personalities. Lady Marmalade is a goat who lives happily in the country, but when she moves to the city she finds herself lonely and hungry. She goes for a walk in her new neighbourhood and discovers neighbours growing the kinds of good food that she loves to eat. Hear about the book's genesis, Tim and Shani's family of goats, and see Tim's gorgeous illustrations. The book will be for sale (\$25).

**\$14 / \$11 member conc.**

SS9



## A PILGRIM BUT DEFINITELY NOT A MARTYR

Susan Herbert

Friday 19 January, 2 - 3.30pm

If you missed it last time come along to Susan's talk and visually accompany her as she re-walks hundreds of kilometres on The Camino of St Frances or The Way of St James across the Iberian Peninsula, from the Basque region at the foot of the Pyrenees in France, to Santiago de Compostela in Galicia. The traditional Camino cake Torte de Santiago, baked by the erstwhile pilgrim is included with tea or coffee for we 'virtual pilgrims'.

**\$14 / Member concession \$11 / + \$4 for pilgrim cake**

SS10

## WA: WALKING THE INTERNATIONAL TIGHTROPE

David Robinson

Saturday 20 January, 2 - 3pm

The world seems increasingly complex and dangerous, and the growing global influence of China looms large. The Western-led Quad and AUKUS alliances represent a reconfiguration of international diplomatic structures that coordinate politically and militarily to contain China in the Indo-Pacific. This year we entered an agreement with AUKUS for the development of a nuclear submarine force that will be largely built and based in WA. Meanwhile China remains our largest export market, contributing around a third of our state's annual economic product. David will discuss the changing place of China in the world, how WA is navigating the change, and alternative pathways.

**\$14 / \$11 member conc.**

SS11

# NOT SO TRIVIAL PURSUITS

## VOICES IN HARMONY

SS12

Digby Hill

4 sessions:

**Monday 8 & 15, Tuesday 9 & 16 January, 1 - 3pm**

Singing with others is a buzz, and doing it with just your voice is the ultimate in feel-good music making, as seen in its popularity in so many cultures. We'll work through the wonders of unaccompanied singing with simple easy-to-sing arrangements of jazz, world folk, early music, and pop/R&B, as well as a bit of background on a cappella, and skills you can use in any singing situation. No experience necessary.

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

## EVANGELISM

SS13

Ruperto Nunez

**6 Sessions: Monday 8 & 15, Wednesday 10 & 17 & Friday 12 & 19 January, 1.30 - 3.30pm**

Evangelicalism is rapidly becoming one of the most significant religious movements in the modern world, encompassing many Protestant denominations that share core tenets of Christianity. It considers the Bible as the ultimate moral and historical authority, desires to evangelise or spread the faith, and values religious conversion, being 'born again'. It has also gained political influence in the USA and Africa. Let's examine the heart of the phenomenon. Is there such a (single) thing as evangelicalism? Where are the evangelicals going? And what in the world do they want?

**\$120 / \$96 member conc.**

## MUSIC & PICNIC; SCOTTISH STRAMASH

SS14

**Thursday 18 January, 7 - 9pm**

Come for a wonderful evening of Scottish music. 'Stramash' means excitement or chaos, yet this group promises a relaxed evening of music from all over Scotland, with traditional songs, fiddle, whistle, flute, and of course pipers. We'll be outdoors, bring a picnic, a blanket and enjoy a musical summer evening with us. You're invited to bring acoustic instruments and your voice to join in when you can.

**\$15 / \$12 member conc. / children free**

# MIND & BODY

## MINDFULNESS MEDITATION

SS15

Margaret Wilkes

5 sessions:

**Mon 8 & 15, Wed 10 & 17, Fri 12 January, 9 - 10am**

Start the new year with a gift to yourself. Learn some calming mindfulness practice and discover ways to create a quiet space in a hectic world and become more present in your everyday life.

**\$50 / \$40 member conc.**

## IN-SPIRAL FLOW MOVEMENT

SS16

Christine Jaroszewski-Consani, ballet/dance teacher

4 sessions:

**Monday 8 & 15 January, Wed 10 & 17 January, 4 - 5pm**

These classes, using elements of the Gyrokinesis® method and free-form movement, will focus on the gentle, restorative aspects of breath and circular, flowing movement. Feel rejuvenated, with increased vitality and

# MIND & BODY

well-being. Classes are gentle and rhythmic, suitable for those seeking gentle, safe and low-impact exercise, including those with pain or restriction of movement. Christine is an experienced ballet, creative dance/movement and Gyrokinesis® teacher. Wear loose comfy clothing.

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

## YOGA daily for 5 days - General (hatha)

SS17

Uwe Oswald

**5 sessions: Monday to Friday, 8 - 12 January, 5 - 6.15pm**

All ages and all levels welcome. Suitable for anyone who can move from standing to floor with relative ease. Reduce stress and tension and learn simple techniques to take home.

Wear a smile and loose comfy clothing.

**\$62 / \$50 member conc.**

## YOGA daily for 5 days - Restorative

SS18

Uwe Oswald

5 sessions:

**Monday to Friday, 15 - 19 January, 5 - 6.15pm**

Regenerate. For those who want to experience deep relaxation with the aid of yoga postures. No experience necessary.

**\$62 / \$50 member conc.**

## SOUND HEALING AND MEDITATION

SS19

Sian Brown

**Sunday 14 January, 2 - 4pm**

In the ancient practise of sound healing, the sound frequencies slow down brain waves to a deeply restorative state, and this activates the body's system of self-healing. Harmonious tones wash over you in this deeply rejuvenating and soothing experience. Come and enter a meditative sound bath of crystal singing bowls and gongs, with operatically trained sound healer Sian Brown. You can enjoy this from a chair or on a yoga mat, so come as you are, bring a blanket, a yoga mat and a bottle of water.

**\$20 / \$16 member conc.**

# OUT 'n ABOUT

## POINT WALTER PICNIC

SS20

Barbara Saba

**Friday 12 January, 11am onwards**

**Meet there.** You are invited to a picnic under the shady trees of the Point Walter reserve, opposite the River Café. Please bring your own picnic food, drinks, table and chairs. Food is also available at the café. There'll be some outdoor games in case you feel like a little activity. Bathers might be handy if you'd like to cool down and wet your toes. Barbara will set up across from the Café as the meeting place. Don't forget your hat and sunscreen. Join us to celebrate summer and the holiday season with friends. Children welcome.

**Book by 1 January**

\$5 registration fee per person

*We acknowledge with thanks, the continuing support of the Town of East Fremantle*

# OUT 'n ABOUT

## MURRAY RIVER CRUISE

SS21

Barbara Saba

Wednesday 17 January, 9am – 4.30pm

**Bus and boat trip.** The Mandurah Estuary, Peel Inlet, and Creery Wetlands are some of the best spots for wildlife watching along the Murray River. See bottlenose dolphins dancing on the boat wake. See blue swimmer crabs and exotic birds. This 4.5 hour cruise from Mandurah includes morning coffee, buffet lunch and dessert, all served on-board (bring your own coffee cup). Included is a visit to historic Coopers Mill on Cooleenup Island. On the return trip, there'll be fun with a Bingo competition. Please wear comfortable shoes, a hat and sunscreen. Children welcome.

Meet at Prinsep Road, Melville at 9am for 9.15am departure.

**Book by 1 January**

**\$148 / \$143 member conc. / \$90 children under 12**

# BY HAND

## BEAUTIFUL HANGING BASKETS

SS22

Lynn Christison

Friday 12 January, 1 - 4pm

What makes for a luxuriant hanging basket? Our garden green thumb Lynn knows how to make them beautiful, by planting top and sides for extra fullness, selecting plants that work best, and using floral colour to advantage. She'll demonstrate and help you create your own beautiful hanging baskets. Plants, baskets etc supplied.

**\$30 / \$24 member conc. / + \$20 materials**

## JAPANESE AND CHINESE BRUSH PAINTING

SS23

Jane Lidbetter

2 Thursdays 11 & 18 January, 1.30 - 4pm

Explore the beautiful art of Sumi-e Japanese brush painting and its meditative qualities as you work. Then learn about Chinese brush painting using colour and more detail. Depict bamboo, leaves, plum blossom and birds. You will learn special brush skills and make cards to take away with you.

**\$50/ \$40 member conc. / + \$10 materials**

## IN THE TREES -ACRYLIC PAINTING WORKSHOP

SS24

Bridget Seaton

Saturday 13 January 10am - 4pm

Learn how to use a limited palette and several experimental techniques in this full day workshop where Bridget teaches you how to simplify the complex subject of painting a forest scene. All materials provided but BYO brushes if you have them.

**\$60 / \$48 member conc. / + \$15 materials**

# LANGUAGES

## SPANISH FOR FUN, General

SS25

Ruperto Nunez

6 sessions: Monday 8 & 15, Wednesday 10 & 17 & Friday 12 & 19 January, 11am - 1pm

An immersion - informal and enjoyable, for those who have learned some Spanish.

**\$120 / \$96 member conc.**

# LANGUAGES

## ITALIAN for beginners

SS26

Gavin Neilson

4 sessions: 2 Mondays & 2 Fridays, 8, 12, 15 and 19 January, 2 - 3.30pm

A gently intensive program to have you speaking and understanding Italian in everyday situations. Establish the language fundamentals so you can take your learning to the next level.

**\$60 / \$48 member conc.**

## SPANISH for Beginners

SS27

Ruperto Nunez

4 sessions:

Tuesday 9 & 16, Thursday 11 & 18 January, 1 - 3pm

Immerse yourself in an informal, intensive intro to this beautiful melodic language.

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

# COMPUTER & TECH

## PHOTOBOOKS

SS28

Fay Gerhard

Monday 15 January, 9 - 11am

Learn about the options and templates available to create your photo book. Bring along your laptop or tablet/iPad with some pictures saved on the device to get started.

**\$20/ \$16 member conc.**

## FACEBOOK MARKETPLACE

SS29

Fay Gerhard

Monday 15 January, 11.30am - 1.30pm

Facebook Marketplace can be a good source for treasures or to sell your unwanted goods. Discover how easy it is to market your items, and to buy too. And learn how to be safe and secure.

**\$20/ \$16 member conc.**

## COMPUTER HELP DESK

SS30

Fay Gerhard

Monday 15 January,

either: 2 -2.30pm, 2.45 - 3.15pm, 3.30 - 4pm.

Book a one-on-one 30 minute session for individualised support. Please let us know what device you are using and an idea of what you need help with. Other times may be available. Phone or book in person at the office.

**\$25 / \$25 member conc.**

