

SUMMER SCHOOL AT GLYDE-IN

Monday 6 to Sunday 19 January 2020

Welcome to our **Summer School**



Glyde-In Community Learning Centre is a not for profit group that offers courses and activities that are informal and non-competitive.

The centre is supported generously by the Town of East Fremantle.

Let us know if you would like to receive our regular term programme.

Concession prices are available to holders of a Pension, Centrelink Health Care or DVA Gold card



Open to everyone - Bookings are essential

Bookings: 9339 3964 or online at www.glydein.org.au/programme, or in person - Enrol now to be sure of a place

Glyde-In Community Learning Centre Inc. 42 Glyde Street, East Fremantle WA 6158

After hours/weekend courses are marked with a coloured star and those for young people with a donut

TALKS

THE POWER OF APOLOGY

**Alfred Allan, Professor of Psychology, ECU
Monday 6 January, 11.30am-12.30pm.**

We intuitively accept apologies as beneficial. Alfred examines the reasons we feel distressed by violations to the norm, and how an apology can serve as remedy. But while they can appear to be simple actions, apologies are actually very complex sets of behaviour that occasionally do more harm than good. He will consider how apologies function, and some practical implications of research into the act of saying sorry. You might be surprised.

\$12 / \$8 conc.

**THE SECRET AGENT'S GUIDE to staying safe online
David Glance, UWA Centre for Software and Security Practice**

Tuesday 7 January, 9.30-10.30am

Imagine how a secret agent would behave online. He'd use a false name and special credit cards to hide his true identity. He'd leave no trace of personal information and set little traps to see if he was being followed. Most importantly, he would trust no one. After this talk you'll certainly be sufficiently conscious of online dangers to avoid pitfalls.

\$12 / \$8 conc.

SS1

ARTIFICIAL INTELLIGENCE

Graham Mann, Applied Artificial Intelligence Laboratory, Murdoch University

Tuesday 7 January, 11am-12.30pm

We are told that artificial intelligence and robots are poised to destroy jobs, distort the economy, change warfare and ultimately take control. Let's talk about the veracity of such claims, and look at the new technology that is driving these machines. We'll examine the remarkable potential for good and the considerable potential for harm of the new breed of smart machines.

\$12 / \$8 conc.

DEMOCRACY IN SOUTH-EAST ASIA

Richard Robison, Asia Research Centre, Murdoch University

3 sessions, Wednesday to Friday, 8 - 10 January, 9-10am.

What's behind the rise and fall of authoritarian and democratic political regimes in Southeast Asia? How do we explain the resurgence of dictatorial ideas and the rise of such figures as Joko Widodo in Indonesia, Rodrigo Duterte in the Philippines, Hun Sen in Cambodia and Prayut Chan-o-cha in Thailand? Will populism, including

Continued on next page.....

TALKS *Cont...*

religious populism, extend its influence there? And what does all this mean for Australia's relations with the region? Richard Robison, Emeritus Professor in Politics at Murdoch University, investigates.

\$36 / \$24 conc.

CRIME INVESTIGATION: Strengths & pitfalls SS5 **Bob Mead, Forensic Toxicologist and Biochemist, Murdoch University**

3 sessions, Wednesday to Friday, 8 - 10 January, 11am-12.30pm.

Evidence from a crime scene is paramount in solving a homicide. What needs to be established is when, where and how the death occurred, the weapon (if any) used and, most importantly, the perpetrator's identity. It needs a multidisciplinary approach: blood pattern analysis and forensics in pathology, entomology (insects), odontology (teeth) and palynology (pollen). Then there's fingerprint analysis and DNA profiling. Some methods involve subjective assessment, and experts often disagree in their interpretation. Bob offers an overview of the approaches, and gives case histories that show ambiguities and the risk of wrongful conviction.

\$36 / \$24 conc.

RUSSIA then and now SS6

Alexey Muraviev, National Security & Strategic Studies, Curtin University

3 sessions, Monday to Wednesday, 13 - 15 January, 11am-12.30pm.

Russia's 1000-year-old history is turbulent, fascinating and full of intrigue. Alexey takes us through the past 100 years, from the time of the autocratic Tzarist regime to the rise of Russia as a world empire. He will describe the mighty 1917 revolution by war-weary and hungry workers and peasants, and the rise of the Communist Bolsheviks. Learn about Stalin's years of repression from the mid-20s that were followed by the bloody war with Nazi Germany and imperialist Japan, the rise of the Soviet Union as a victorious power, the opening of space and the 'era of stagnation', before the breakup of the USSR and the beginning of post-Soviet Russia.

\$36 / \$24 conc.

WOMEN IN RURAL VIETNAM SS7

Jane Hutchison, Asia Research Centre, Murdoch University

Tuesday 14 January, 9-10.30am.

Ethnic minority women in remote areas often shoulder heavy workloads and entertain few prospects of earning their own income. Murdoch University researchers are investigating an international development project that aims to empower Thai women working in Vietnam's Arabica coffee industry. The project works closely with couples to bring about small changes in deeply entrenched gender attitudes. Jane is one of the researchers and explains the project's gender-transformative approach.

\$12 / \$8 conc.

HEAD, HEART, HEALTH AND HAPPINESS SS8

Greg Diamond, physiotherapist

3 sessions, Wednesday to Friday, 15 - 17 January, 9-10.30am.

Greg is a well-known physiotherapist with a special interest in what contributes to mental as well as bodily well-being. He will describe three pathways toward optimal health in older age. Muscle-power has a

TALKS *Cont...*

profound effect on head and heart, he says, so we'll begin there. Then we move onto our digestive system. It's now seen as our 'second brain', an idea which is revolutionising our understanding of its influences on thoughts, emotions and immune system. Finally we'll look at sleep, the wonder element that can stave off dementia and improve creativity and productivity.

\$36 / \$24 conc.

DNA TESTS & your family history SS9

Mike Murray, Timetrackers.

2 sessions, Thursday & Friday 16 & 17 January, 11am-12.30pm

The growth in autosomal (or numbered chromosome) DNA testing has inspired many people to try and trace ancestors and find living relatives. Mike will explain the types of testing available and which might best suit different needs. Then he'll describe how to get the most out of the results and how to use the raw data. And he'll offer tips and tools in using various ancestry websites. Bring your curiosity and your questions.

\$24 / \$16 conc.

HANDWORK

CARTOONS & CARICATURES, for grown-ups

Chanthira Suppiah

SS10

2 sessions, Monday & Tuesday, 6 & 7 January, 10am-12noon.

For adults: Learn the secrets of clever cartooning, and in a few strokes you'll be able to bring humorous characters to life on the page. And when you've got the hang, Chanthira will teach you the surprising art of caricature. It's easier than you think. Amaze yourself and delight your friends! Materials are supplied.

\$32 / \$26 conc.

PORTRAITURE for beginners SS11

Peter McIntosh

2 Fridays, 10 & 17 January, 1.15-3.15pm

The human face is a wonderful form to draw once you have a few techniques. Peter will teach you facial proportion, then how to create contours and bring in light and shadow to bring life to your work. You'll finish off your piece with a touch of colour. Creating a likeness becomes easier.

\$32 / \$26 conc. + things to bring.

MINDFULNESS DRAWING IN NATURE SS12

Mish Mustac

2 Saturdays, 11 & 18 January, 10am-12noon

Trees, bees, butterflies and birds; changing clouds, warm sun, gentle breeze: nature's life and colours can move us to create art and to find rest. Enjoy some simple creative and mindfulness practices as you become inspired by the wonder of our natural surrounds. Beginners and practised drawers are welcome.

\$32 / \$26 conc. + things to bring.

PIÑATA FUN SS13

Nik Macdougall

2 Saturdays, 11 & 18 January, 10am-12.30pm.

A piñata is a container made of papier-maché and filled with small toys or sweets. It is hung from a tree and then broken as part of a riotous celebration. They can be any shape, and making your own is easy, messy and hilarious, and kids love the ritual of trying to

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HANDWORK *Cont...*

smash it with a stick later to discover the treats inside. Wear comfy old clothes and be ready to make a mess. This is a class for adults; the kids' fun comes later when you take your piñata home.

\$40 / \$32 conc. + \$8 materials + things to bring.

HAND-STITCHED NEEDLE CASE SS14

Margaret Lofthouse

2 Saturdays, 11 & 18 January, 10am-12noon

This interleaved handmade booklet is a clever and pretty way to store your sewing needles. Hand-stitch and decorate felt pieces in colours of your choosing, then sew them into a fine-looking miniature booklet. Your needles are safe and protected inside and you can see at a glance the one you want. It's a really useful gift or a treasure to keep and use. Please bring scissors and thimble.

\$32 / \$26 conc. + \$10 all materials.

SUPERHEROES, MONSTERS, MANGA, ANIME, for ages 10-15 SS15

Chanthira Suppiah

3 sessions, Monday, Tuesday & Friday, 13, 14 & 17 January, 10am-12noon.

For ages 10-15: See how easy it can be to draw your superhero. Then surprise your friends as you learn to draw lifelike monsters, and then move on to manga or anime. Chanthira will teach you some skills that will astonish you. Materials are supplied.

\$48 / \$38 conc.

WEAVING for kids SS16

2 sessions, Tuesday & Thursday, 14 & 16 January, 10am-12noon.

Ages 6 upwards: bring your imagination and use a range of fabric and materials to create your very own woven wall-feature masterpiece. This will develop your skills in both design and modelling, so bring your creative streak; everything else is supplied.

\$32 / \$26 conc. + \$7.50 all materials.

NATURAL WEAVING for adults SS17

Leisa Antonio

3 sessions, Tuesday, Wednesday, Thursday, 14 - 16 January, 1-3.30pm

Using fabric, jute twine and cotton fibres, you'll learn a gorgeous woven coil basketry technique. It's fun and easy, and you'll make two small or one larger basket that you'll love. The finish is natural and very special.

\$60 / \$48 conc. + \$20 materials.



MIND & BODY

YOGA intensive **With Marianna Garaboni** SS18

5 sessions, Monday to Friday, 6-10 January, 7.15-8.15am. \$40 / \$32

Or with Uwe Oswald SS19

5 sessions, Monday to Friday, 13-17 January, 7-8.15am. \$50 / \$40

Postures, breath awareness, meditation and relaxation. All ages welcome. Reduce stress and tension and learn simple techniques to use at home. Suitable for anyone who can move from standing to floor with relative ease. Wear loose comfy clothing.

More MIND & BODY

FRENCH intensive, beginners SS20

Rosanne Tuynman

6 sessions: 2 Mondays, 2 Wednesdays, 2 Fridays, 6 - 17 January, 9.30-11am.

Immerse yourself in melodic French. Rosanne's lessons are fun, interactive, dynamic, and taught purely in French. Learn the basics; how to introduce yourself, introduce another, ask questions, count, place your café order, describe your city, and more. You'll be ready for a weekend in France!

\$72 / \$58 conc.

MOVE WITH GRACE AND BALANCE SS21

Dorothea Bassett

4 sessions: 2 Mondays & 2 Thursdays, 6 - 15 January, 4-6pm.

Develop more mobility, clarity and vitality. You will learn strengthening exercises for the lower body and activities that challenge both balance and brain. Dorothea is a qualified physio and kinesiologist and believes we can always improve our balance, be centred and aware. So join in to stay fit, flexible and mentally sharp.

\$64 / \$51 conc.

FRENCH intermediate SS22

Millie Kursar

4 sessions: 2 Tuesdays & 2 Thursdays, 7 - 16 January, 8-9.30am.

Build on your French conversation and grammar in this small interactive group for those who can hold a basic discussion. Sorry, not for beginners.

\$48 / \$38 conc.

SACRED GEOMETRY SS23

Daniel White

6 sessions: 2 Tuesdays, 2 Wednesdays, 2 Thursdays, 7 - 16 January, 1.30-3pm

Be absorbed in the pursuit of pure beauty using just a pencil, ruler and compass. No mathematical knowledge is needed as you explore the pure world of sacred geometry. Link patterns, shapes, relationships, all related to the numbers one to ten. From the organic spirals of Fibonacci to the wisdom of the Platonic solids, you'll gain profound insights into nature's design and its representation in architecture.

\$72 / \$58 conc. + things to bring.

TAI CHILL SS24

Roz Luce

4 sessions, Wednesday to Saturday, 8 - 11 January, 4-5pm.

A taster! Four sessions to acquaint you with this modified, shorter and simpler version of traditional Tai Chi. It has similar benefits for flexibility, strength, balance and peace of mind, says Roz, and it can be done standing or seated. It's fun and definitely worthwhile. Those with some experience are also welcome.

\$32 / \$26 conc.

OILS FOR SUMMER SS25

Dorothea Bassett

2 Thursdays, 9 & 16 January, 4-6pm

Essential oils can help bring calm and balance to seasonal extremes. Dorothea says they support good sleep, lessen sadness or pain, promote alertness, and in summer can greatly ease the effects of excess heat and light. You'll make a delicious and effective sunscreen and an after-sun lotion, and make blends for the household that are cool, garden-fresh and healthy. (\$5 per item, please pay tutor on the day).

\$32 / \$26 conc.

Even more **MIND & BODY**

WHITE TIGER QI GONG

SS26

Toni Weston

5 sessions, Monday to Friday, 13 - 17 January, 4-5.30pm.

This 2,000 year old Daoist Medical Qigong offers movements that cultivate the body's life force (qi) and calm and feed the spirit. They help to heal trauma, improve mobility, blood circulation and organ function, and strengthen bones. Toni is a dedicated Qigong practitioner and teacher who has been involved in the art for 16 years.

\$60 / \$48 conc.

MINDFULNESS MEDITATION

SS27

Marianna Garaboni

Saturday 18 January, 4.30-6pm.

Put mindfulness into practice as you gain an understanding of how to become more aware and content in everyday life. Marianna will guide you through a 30-minute meditation focusing on the body, and you will have the chance to share your experience and discuss any challenge you may have met. The workshop will finish with a gentle loving-kindness meditation. Expect increased awareness and a more harmonious way to relate to others.

\$12 / \$8 conc.



COMPUTER & IT

iPad APPS FOR EVERY DAY

SS30

Isobel Pearson

2 sessions, Tuesday 7 and Thursday 9 January, 10am-12noon.

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

\$32 / \$26 conc.

EDIT YOUR PHOTOS

SS31

Fay Gerhard

2 Tuesdays, 7 & 14 January, 10am-12noon.

All those festive photos! Take them off your device, onto your computer and edit them – lighten, darken, re-size, change colours – and then keep them wherever you want. We'll use the free Windows 10 Photos. Bring your device and laptop if you have (or use ours), all fully charged and with connecting cables.

\$32 / \$26 conc.

ONLINE SEARCHES: Finding what you want

Fay Gerhard

SS32

2 Tuesdays, 7 & 14 January, 1.30-3.30pm.

Online searches can be frustrating! We get side-tracked, lose our place and feel like giving up. Is the site genuine or an ad? Learn how to distinguish at a glance one from another, and zero in on the sites you're really after. Use bookmarks to find that page again. Ensure the site is safe, use tabbed browsing, learn about add-ons and cookies, and discover clever shortcuts that can save fuss.

\$32 / \$26 conc.

CLEVER PHONE SETTINGS

SS33

Fay Gerhard

For Androids: Wednesday 8 January, 10am-12noon.

For iPhones: Wednesday 8 January, 1.30-3.30pm.

Set your phone up the way you want it. Improve your privacy settings, security, backup, display features, sounds, wallpaper, vision and hearing improvements.

\$16 / \$13 conc.

BEST IPAD PHOTOGRAPHY

SS34

Isobel Pearson

Friday 10 January, 1-3pm.

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

\$16 / \$13 conc.



OUT'N ABOUT

MURRAY RIVER CRUISE

SS28

Mal Christison

Saturday 11 January, 8.30am-4pm.

Book before 2 Jan.

Bus trip to Mandurah and then enjoy a cruise on the picturesque waterways of the Murray River. See bottlenose dolphins, wetlands abounding with birdlife, and an array of flora and fauna along the way. Lunch at the Sandy Cove Tavern (not included) or take a picnic to enjoy in the riverside park. Wear comfy clothes and please take your seniors' card. Bus departs from the East Freo Football Club, Cnr Moss & Marmion Streets, 8.30am on the dot.

\$109 / \$99 conc.

LITTLE FERRY CRUISE

SS29

Sandra Bantoft

Tuesday 14 January, 12noon-4pm.

Book before 6 January.

Ferry trip: Cruise in the beautiful solar-powered Ellie J and hear about the history of our magnificent Swan River and the city. Then it's a leisurely lunch at Soul on the Point (included) before cruising back to the quay. Meet 11.30am at Elizabeth Quay (details will be provided). Book quickly as seats are definitely limited.

\$60 / \$50 conc.

**Open to everyone - Bookings are essential 9339 3964 or www.glydein.org.au
Or in person at 42 Glyde Street, East Fremantle - BOOK NOW**

Would you like to receive our term time programme? We operate four terms per year with an even wider range of talks, cultural and leisure activities, language and computer classes, outings and much more.

We also have regular groups who meet for singing, chess, cycling, walking and other activities.

Ask in the office, phone or visit our website or Facebook page