

Phone: 9339 3964 Office hours: Monday - Friday 8am - 4pm Email: admin@glvdein.org.au Web: www.givdein.org.au



42 Glvde Street, East Fremantle WA 6158 ABH: 12 477 460 811

PROGRAMME TERM 2 2021 - Tuesday 27 April - Sunday 4 July

Enrolments begin Wednesday 21 April, 8.30am in person, 9.00am online

Evening and weekend courses are highlighted with a yellow star

SPEAKERS UNLIMITED

THE ULURU STATEMENT from the Heart AS1 **Anne Zevis**

Friday 30 April, 9 - 10.30am

'We were right to gift the Uluru Statement from the Heart two years ago to the people of Australia, rather than to the politicians or the government', said Aunty Pat Anderson, co-chair of the Referendum Council, back in 2019. 'Just as with the long campaign that led to the successful 1967 vote dealing with First Nations in the constitution, people are standing up ready to join us on this journey.' Anne Zevis, a white Australian long committed to social justice, explains her understanding of our responsibility. She explains how the Statement came about, what's happened since, and the possibilities it offers to all of us.

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

A DAY IN TUDOR ENGLAND **Pat Baker**

Monday 3 May, 9 – 10.30am

Any shipwreck can be aptly described as a time capsule; a representation of a precise moment in time. The shipwreck 'Mary Rose', one of the world's great archaeological investigations, is a prime example. Sunk in 1545, in sight of her owner King Henry VIII, a full half of the ship lay buried and preserved in The Solent sea bed until its discovery by divers 426 years later. It is now displayed in a magnificent museum alongside Nelson's 'Victory' in Portsmouth Naval Dockyard. Patrick Baker, specialist maritime archaeological photographer, has enjoyed a 50 year involvement with the 'Mary Rose' project and will show and tell of the history, discovery, excavation, salvage and years of preservation work involved.

Members \$12 / \$8 conc. Non-members \$17 **MELANOMA OR MOLE?**

Mel Ziman

Tuesday 4 May, 9 – 10am

Learn to monitor your own skin. Find out about the latest treatments and how modern technology can help with diagnosis and prognosis of melanoma using a simple blood test. Professor Mel Ziman will explain the difference between melanoma, other skin cancers and moles, and what causes them. She will discuss modern personalised treatments for melanoma and explain new techniques in detection and monitoring.

Members \$12 / \$8 conc. Non-members \$17 SPIRIT OF THE NIGHT SKY

a mix of scientific fact, myth and story from Australia

Laksar Burra Friday 7 May, 10 – 11.30am

Laksar is an award winning guide and storyteller who spent 15 years in Central Australia. He brings together

and around the world. He shows you how to orientate to the night sky and describes something of the vastness of space, distance, colour and brightness of stars, and how to find your star sign in the sky. Members \$12 / \$8 conc. Non-members \$17

OUR VIOLENT UNIVERSE Stephen Holtz

Monday 10 May, 9 - 10.30am

There are many dangerous objects and events in the universe; supernovas, black-holes, quasars and gamma-ray bursts. This talk will explore the more extreme aspects of the universe and what effect they could have on us. Stephen is a member of the WA Astronomical Society.

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

INFECTION AND IMMUNITY Megan Lloyd Wednesday 12 May, 9 - 10am

AS6

AS5

Human immune systems are amazing, they have the resources to respond to anything, with different layers of protection that work together to ensure we stay healthy. The response may not always be sufficient to save your life, but your immune system will have a red hot go! Come and learn about the boy in the bubble (someone who lived with a diminished immune system) and hear how he would be treated today. Learn about some viral infections *not* called coronavirus and how we can best protect ourselves from communicable diseases.

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

Continued on next page



Happy Gut talk with Nick Nation

AS2

AS3

AS4

MIGRATORY SHOREBIRDS: A TALE OF SURVIVAL Vicki Stokes AS7

Friday 14 May, 9 – 10am

Shorebirds are a diverse group of elegant birds, some of which carry out the most amazing migrations in the natural world. Unfortunately they are also one of the most threatened group of birds globally. Hear about some of the shorebirds that migrate and spend the summer in the Perth region and the amazing migratory feat they undertake every year to breeding grounds in the northern Arctic. Also learn what BirdLife Australia is doing to better understand and protect these birds. **Members \$12 / \$8 conc. Non-members \$17**

PALESTINE & ISRAEL, THE GREAT CONFLICT AS8 Jafar Ramini

2 Saturdays 15 & 22 May, 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 Palestinian writer and political analyst who will first explore the history, then the Greater Israel Project.

Members \$24 / \$16 conc.

BHUTAN AND BEYOND: HIMALAYAN KINGDOM OF HAPPINESS AS9

George Burns Wednesday 10 May 0 - 10 20a

Wednesday 19 May, 9 - 10.30am Join George on a virtual journey to Bhutan, discover a little about this stunningly scenic landlocked Himalayan Kingdom, share in some of his privileged volunteer work and learn about how Bhutan is influencing world thinking with its policy of Gross National Happiness. Members \$12 / \$8 conc. Non-members \$17

BEE-KEEPING IN EAST FREMANTLE John McLoughlin

Friday, 21 May, 9 – 10.30am

Come and hear John share his expertise as a beekeeper. He will explain where bees fit in nature, the important part they play in our lives and the problems that bees are facing in the world today. John will explain the steps to becoming a beekeeper and best practices for beekeeping in an urban environment. He'll bring along a hive (minus bees!) and explain its construction and components, and discuss some of the types of man-made hives currently in use.

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

THE PLANET SATURN Stephen Holtz Monday 24 May 9 - 10 30a

AS11

AS10

Monday 24 May, 9 - 10.30am

The solar system's most beautiful planet, Saturn, has intrigued us since Galileo's day. Apart from its complex and spectacular ring system, it also has an enormous retinue of fascinating moons. Come and hear more from Stephen, a member of the WA Astronomical Society.

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

PAPUA NEW GUINEA,'land of the unexpected' Jane Cousins AS12

Monday 24 May, 1 - 2pm

Our northern neighbour often hits the news for the wrong reasons – violence, corruption, political crises, dubious deals with China. Yet as its tourism motto proclaims, PNG is full of wonderful surprises - stunning natural scenery, extraordinary biodiversity, complex cultures and a fascinating history. Let's take an armchair tour through the past, present and potential future of this new nation.

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

VOICE SAFARIS Laksar Burra

Tuesday 25 May, 9 - 10am

A light-hearted and helpful session, where Laksar, an award winning storyteller, describes some of his experiences speaking and singing in front of others. He demonstrates how we can all overcome our fears when we use our voice to speak and sing using our breath, body and exercise.

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

HAPPY GUT Nick Nation Monday 31 May, 9 - 10am

AS14

AS16

Astonishingly, we each carry approximately 2kg of gut bacteria around with us. Our understanding of what constitutes a healthy gut is evolving. Rather than increasing so called 'good' bacteria and decreasing 'bad' bacteria we now know that the key is in the diversity and balance of our gut microbiome. When that balance is disturbed, we suffer the effects generally in the loo in the form of either constipation or diarrhoea. Hear how to keep or restore this vital balance.

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

MORE THAN PARKING AND BARKING! AS15 Karen Dore, Town of East Fremantle Wednesday 9 June, 9 - 10am

To ensure the safety and amenity of residents and visitors, the town's Ranger Services team are authorised to enforce seventeen different acts, regulations and local laws. Come along to meet the team and hear about: responsible pet ownership; parking dos and don'ts; being a great neighbour; bush fire safety and more.

No charge for this talk but bookings essential.

NATURE & LITERATURE Tom Wilson Two sessions: Friday 11 & Monday 14 June, 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. Members \$24 / \$16 conc.

OFFSHORE PROCESSING – LIVES IN LIMBO AS17 Dawn Barrington

Monday 14 June 9 - 10.30am

Dawn Barrington is a contemporary singer songwriter with a social conscience. She has twice visited Manus Island, and kept in touch with the asylum seekers she met there. Dawn will introduce them to you - some still in PNG, and others onshore - in detention or in the hotel-prison for over a year or now released into the community on bridging visas. Dawn is based in Fremantle and holds a street vigil every Friday calling for the end of indefinite detention of refugees. As we approach World Refugee day on 20 June come and hear more from this informed and engaging speaker. Members \$12 / \$8 conc. Non-members \$17

BOAT ARRIVALS, EIGHT YEARS ON... AS18 Betty McGeever

Wednesday 16 June 9 - 10.30am

Betty is a retired public librarian, now heavily involved with advocacy and practical help for refugees. She will talk about the current status of refugees, both offshore and onshore, temporary protection visas, stories from those sent to USA under the Obama/Turnbull agreement, and the happy story of linking into the Canadian resettlement scheme via some young ex-pat

SPEAKERS UNLIMITED ... Continued

Aussies. All interspersed with stories of the men, women and children who came to us for protection. Members \$12 / \$8 conc. Non-members \$17

AFRICA: MYTHS AND MISCONCEPTIONS AS19 David Robinson

Saturday 19 June, 2 - 3pm

Africa was called the Dark Continent because its interior was unknown to Europeans until the late 19th Century. Myths and misconceptions about every period of African history persist, and this lecture will address a variety of these with enlightening facts, and sometimes challenging interpretations.

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

AS20

Ken Nosaka 2 Tuesdays: 22 & 29 June, 9 - 10am

We know that exercise is good for us - but now the types of movement matter too! Can you believe that walking down the stairs is better than walking up. When descending, front thigh and hip muscles are lengthened to stop the body moving forward, in which you perform a typical 'eccentric exercise'. Prof Ken Nosaka of ECU's School of Medical & Health Sciences is leading the research into eccentric exercise and has developed a home-based eccentric exercise program. They're less challenging metabolically but require more brain-power, so they could help ward off dementia. Hear about their effects in Session 1, and try more eccentric exercises in Session 2. Members \$24 / \$16 conc. +\$5 materials.

NOT-SO-TRIVIAL PURSUITS

PHILOSOPHY OF THE 20TH CENTURY **Meera Finnigan**

BN1

9 Thursdays, 29 April-1 July, 1.30 - 3.30pm(excl 10 June) We'll explore some of the major developments of 20th century Western philosophy, locating prominent philosophers in the century's turmoil as well as its accomplishments. We'll look at contemporary works of Karl Marx, Bertrand Russell, Martin Heidegger, Hannah Arendt, Jean-Paul Sartre and Simone de Beauvoir. The ethics of Peter Singer will be included as well as the works of Foucault and Deleuze who analysed power, sexuality, madness, and knowledge. If you enjoy engaging in thoughtful discourse, please join us for this exploration of diverse and enthralling philosophical approaches of our own time. Members \$144 / \$116 conc.

UKULELE ONGOING Shirley Guy

BN2

5 Mondays: 3 & 10 May, 14, 21 & 28 June,

(excl.17,24,31 May & 7 June) 11.30am - 1pm In this ongoing group we will continue strumming favourite songs and pursue our quest of playing melodies.

Members \$60 / \$48 conc.

UKULELE FOR BEGINNERS Shirley Guy

5 Mondays: 3 & 10 May, 14, 21 & 28 June, (excl.17,24,31 May & 7 June) 1.30 - 3pm

Bring or borrow a uke and start strumming. No musical experience needed, come and give it a try! Members \$60 / \$48 conc.

MANDOLIN **Robert Schulz**

BN4

BN3

8 Sundays, 9 May - 04 July, 3 - 4pm (excl 6 June)

Do you have a mandolin? And if you have a basic music reading ability, then come and join our ongoing mandolin class. The emphasis will be on improving your technique through easy in-class exercises,

NOT-SO-TRIVIAL PURSUITS

followed by playing together as an ensemble with very accessible pieces. Home practice is advised, but nothing too onerous! An opportunity to enjoy the sound of massed mandolins in a friendly environment. Members \$64 / \$52 conc.

EISA: OKINAWAN DRUMMING Junko Takatsuki

5 Wednesdays: 19 May - 16 June, 5.30 - 6.30pm

Okinawans are known for the extraordinary health that they carry into old age. One of the many paths to this famed longevity could be energetic Okinawan dance and drumming. Junko is a member of a group which performs around Perth. Try your hand on small drums and learn some easy dance steps, to the backdrop of traditional Okinawan folk music. Members \$40 / \$32 conc.

LADY MACBETH: Reputation rehab **Mary Ellen Macdonald** Friday 21 May, 10am - 12noon

Lady Macbeth is one of Shakespeare's most famous and frightening female characters. When we meet her, she is already plotting Duncan's murder, and she is stronger, more ruthless, and more ambitious than her husband. She is often seen as a symbol of evil, but she finally falls victim to evil just as her husband did. Can we better understand her today, and even sympathise a little? Mary Ellen taught literature and brings new depths of understanding to Shakespeare. Please bring the text if you can.

Members \$16 / \$13 conc. Non-members \$21.

POETRY FOR NEW PRESIDENTS Mary Ellen Macdonald

BN7

BN5

BN₆

Friday 28 May, 10am - 12noon America's first Inaugural Poet was Robert Frost, an older white man, and the latest was the young black woman poet Amanda Gorman. Frost's poem 'The Gift Outright' was read at the inauguration of John F. Kennedy in 1961, and Amanda read for Joe Biden's just recently. While Frost's poem reflects on England's colonisation of America and its fight for independence, Gorman's 'The Hill We Climb' exhorts unity and a sense of personal and communal responsibility. To her, poetry is art, instrument and weapon combined. Let's explore the poets' different responses to times of turmoil and change. Please bring the text if you can. Members \$16 / \$13 conc. Non-members \$21.

WILD WRITING Mihaela Nicolescu

5 Tuesdays, 1 - 29 June, 9 - 11am

Enjoy the power of words as you practise the happy art of making things up. Use your pen to be provocative, imagine situations and describe thoughts, emotions and feelings. Write with abandon and create believable characters and powerful dialogue. Read your work out if you wish. Mihaela will provide exercises to help your pen flow and your imagination run riot. No writing experience is necessary. Bring pen and notebook. Members \$80 / \$64 conc.

GUITAR for absolute beginners Steve Coleman

BN9

RN8

7 sessions, 4 Saturdays and 3 Wednesdays 12, 16, 19, 23, 26, 30 June & 3 July, 1 - 2pm

Learn to strum a few basic chords and then how to 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 notes or theory in this stress-free small group for beginners. You will 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 \$56 / \$45 conc.

OUT 'N ABOUT

Our bus trips are brought to you by volunteer organisers, drivers and hosts. Buses depart on time from the East Freo Football car park, cnr Moss and Marmion Streets. Return times are approximate. If you can't make it on the day please let us know – 93393964.

LAW COURTS AND LAW COURTS HISTORY MUSEUM Jono Farmer

Thursday 29th April, 9.45am - 2pm

Meet at the Law Courts, 28 Barrack Street Perth. Let's see what a live court looks like. See a court session in action, then observe a re-enactment of a famous trial at the Law Museum, as well as many interesting historical pieces. Then we'll go for lunch, venue to be advised (at own cost).

CO1

CO2

Members \$18 / \$15 conc. Non Members \$23

PARLIAMENT HOUSE AND GALLERY Jono Farmer

Friday 7 May 2021, 12pm - 4.30pm Bus trip. After our lunch at the Zamia café, Kings Park (at own cost), we will visit Parliament House for a short tour before enjoying the extensive Parliament House art gallery.

Bus departs at 12pm. Members: \$25 / \$21 conc. Non-members \$30

DRYANDRA VILLAGE & BARNA MIA NOCTURNAL MARSUPIAL TOUR CO3 Jono Farmer

Overnight, Wednesday & Thursday 19 & 20 May. 12:30pm Wed - 11.30am Thurs.

Bus Trip: Join us for an overnight cottage stay at Dryandra forest near Wandering via Tanglefoot winery. We'll stay in three adjoining renovated timber workers' cottages (6 people per cottage, 2 to a 4-bunk room) at the Dryandra Lion's Village. We'll prepare and enjoy a shared dinner as we watch kangaroos grazing in front of our porch, and later we'll take an unforgettable close-up evening tour of Barna Mia, a sanctuary for endangered marsupials. Finally, a nightcap back on the porch. Next morning our volunteer chefs in each cottage will organise breakfast before we leave. We will share our own food as we renew old friendships and make new ones. Cottages have kitchens and fireplaces. Bring linen (incl pillows and doonas or sleeping bags) and enclosed shoes for the tour; our bus has a luggage trailer. Maximum 18 people. Pre-trip planning meeting Wed 5 May 2pm at Glyde-In. Bus departs 12.30pm Wednesday 19 May. Members \$106 / \$88 conc. Non-members \$116.

BICKLEY OBSERVATORY NIGHT SKY TOUR CO4 Saturday 22 May, 4 - 10.30pm Julie Robertson

Bus Trip: Our evening begins with dinner at the historic Kalamunda Hotel (at own cost). Then at the observatory volunteers will take you on a grand tour of the most stunning objects in the Southern Hemisphere; nebulae, dying stars, enormous star clusters, the Moon and the planets. We have chosen a half-moon night so we can see lunar details and other celestial objects. Browse the observatory museum and see historical instruments, the meteorite exhibit, astrophotographs & artwork. Bring a coat and wear comfy flat shoes because we may be walking outside. Concession card may need to be shown. Those waitlisted in term 1 have first option for this tour, any remaining spots will be open on enrolment day. **Bus departs 4.15pm.**

Members \$61 /\$51 conc. Non-members \$71

OUT 'N ABOUT ... Continued

WA BALLET SCHOOL TOUR Julie Robertson

Friday 28 May, 8.30am - 2.30pm

Bus Trip: The West Australian Ballet Centre is a stunning art deco building in Maylands. 'Open Friday' is a WA Ballet event that includes viewing the morning practice session. Watch in awe as you witness the athleticism and supreme conditioning of the dancers as they take their morning class. This is the only experience of its kind in WA, inspiring and affordable for all. Afterwards, we lunch at the Inglewood Hotel (at own cost).

Bus departs at 8.45am. Members \$55 / \$46 conc. Non-members \$65

BILYA KOORT BOODJA CENTRE Tess May

Wednesday 2 June, 8.30am - 4.30pm

Bus Trip to Northam: The Bilya Koort Boodja Centre for Nyoongar Culture and Environmental Knowledge is located on the foreshore of the Avon River. Enjoy a leisurely bus ride to Northam with a coffee stop on the way. Experience a guided tour of the centre with its interactive displays recognizing the rich Aboriginal and environmental presence in the Nyoongar Ballardong region. We'll then take a 45-minute walk along the river with an Aboriginal guide. Lunch at the Duke's Inn Northam (at own cost)

Members \$74 /\$62 conc. Non-members \$84

HOTHAM VALLEY RAILWAY Mal Christison Sunday, 13 June, 8.15am - 4.15pm

CO7

CO8

CO5

CO6

Bus and Train Trip: Join us for a ride on the historic Hotham Valley Steam Train. Upon departing Dwellingup the pace is leisurely as the train rolls along westward, down to Isandra Siding. On the return journey enjoy the magnificent sights and sounds of a steam locomotive hard at work climbing WA's steepest and most spectacular section of railway, through the Darling Range Escarpment. This steeply graded and tightly curved railway was manually carved into the Darling Range, and once served the timber industry and the agricultural areas of Dwellingup and beyond. You are welcome to bring a picnic morning tea to eat on the train. The bar and restaurant are also open. Afterwards we lunch at the historic Dwellingup Hotel (at own cost).

Bus departs at 8.15am. Members \$94 / \$78 conc. Non-members \$104

THE AQUARIUM OF WA Tess May

Wednesday 16 June, 10am - 2.30pm

Bus Trip: Discover more of our spectacular marine life as you go on an armchair underwater journey along our coast, from the icy-cold waters of the Southern Ocean to the tropical wonderland of coral reefs in the Far North. Lunch beneath the sea at the AQWA café (at own cost).

Bus departs at 10am.

Members \$58 /\$48 conc. Non-members \$68

Courses continued on page 9...



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

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WHO WE ARE

Glyde-In Community Learning Centre began in 1981.

We offer 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.

Glyde-In is a not-for-profit organisation managed by a volunteer management committee. Most of our funding is generated through membership and course fees. We are also supported greatly by the Town of East Fremantle, through provision of our building under a peppercorn lease and ongoing operational funding.

HOW TO ENROL

Enrolments begin Wednesday 8.30am-3pm in person (or online from 9.00am) 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 wait list and of course we'll let you know. All courses require a minimum number of enrolments to proceed; we'll inform you if a course is cancelled.

Please choose carefully as refunds or credits are not



issued if you cancel after enrolment week. 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 on the day.

Our enrolment form is on the next two pages and lists 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 wait list, as well as a list of things you might need to bring on the day, say for an art course.

Term 1 began with an unexpected lockdown on Enrolment Day that caused us to hurriedly shift from in-person enrolments to phone and online. Nicky and Jacqui managed enrolments remotely and despite inevitable delays in response time the process passed relatively smoothly. It was unfortunate that we had to delay the commencement of term by one week and reschedule talks and classes but this could not be avoided.

The rapid lockdown led us to take steps to prepare in case it happens again. Craig Johns, our brilliant IT volunteer, has modified our call back system to allow more volunteers to return calls remotely on days of high activity.

We are happy to see that space restrictions were eased from 15 March meaning more people can attend our courses. Wherever possible when there is a long waitlist we repeat talks or schedule them again the following term.

This term I particularly want to thank Kerry Donovan for her work as our volunteer Treasurer. Our finances are well managed and we remain financially viable. I'm sad to report our previous Treasurer, Gordon Whitmore has resigned from the committee due to ill health. We thank Gordon for his many years of excellent service and his generous contribution to Glyde-In.

Jono has been busy organising carpentry repairs and additions including the replacement of lattice on the front side fence adjoining Glasson Park, solid roofing over the sideway next to the cottage and renewal of the cottage gutters. We formed a subcommittee (well Sandra did) to consider suitable paint colours for the cottage and surrounding structures. They have presented the committee with a colour palette that will refresh the cottage.

We recently farewelled a long-time friend, Denise Versteeg. A wake for Denise at Glyde-In was a wonderful tribute to her devoted service to the centre. Nik and Sandra went above and beyond to prepare the centre for the family, as one member said exemplifying what Glyde-In is all about and why so many people come, go and stay over the years.

Your Out & About Committee consisting of Julie, Tess, Jono and myself, have been busy arranging outings for Term 2. Check the details in the programme and come join us on an outing.

As always there is plenty of activity at Glyde and much to enjoy in Term 2. We look forward to seeing you here.

Please stay safe.

Yours Sincerely

Mal Christison Chair

							ENROLM	IENT	5				
Title		Miss	s/Ms/Mrs/M	1r/Dr	First	name				Last name			
Please only complete the next three lines if anything				s if anything ha	s chang	ed	Emergency						
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	AS	1	THE ULU	RU STA		NT from	the Heart	30 Apr	il	\$12.00	\$8.00	\$17.00	-
	AS	2	A DAY IN TUDOR ENGLAND					3 May		\$12.00	\$8.00	\$17.00	_
	AS	3	MELANOMA OR MOLE?					4 May		\$12.00	\$8.00	\$17.00	-
	AS	4	SPIRIT OF THE NIGHT SKY					7 May		\$12.00	\$8.00	\$17.00	-
	AS	5	OUR VIOLENT UNIVERSE				10 May	/	\$12.00	\$8.00	\$17.00		
	AS	6	INFECTIO	ON ANI	D IMM	IUNITY		12 May	/	\$12.00	\$8.00	\$17.00	-
	AS	7	MIGRATORY SHOREBIRDS					14 May	/	\$12.00	\$8.00	\$17.00	—
	AS	8 PALESTINE & ISRAEL, The Great Conflict					15 May	/	\$24.00	\$16.00	_	-	
	AS	9	BHUTAN	AND B	EYON	D		19 May	/	\$12.00	\$8.00	\$17.00	-
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	AS1		HAPPY G					31 May		\$12.00	\$8.00	\$17.00	-
	AS1		MORE TH				ARKING!	9 June		No	charge		-
	AS1	-	NATURE & LITERATURE					11 Jun	-	\$24.00	\$16.00	_	-
	AS1	.7	OFFSHORE PROCESSING					14 Jun	e	\$12.00	\$8.00	\$17.00	-
	AS1	.8	BOAT AR	RIVALS	S, EIG	HT YEA	RS ON	16 Jun	е	\$12.00	\$8.00	\$17.00	-
	AS1	19	9 AFRICA: MYTHS AND MISCONCEPTIONS					19 Jun	е	\$12.00	\$8.00	\$17.00	-
	AS2	20	ECCENTR	RIC EXI	ERCIS	ES		22 Jun	e	\$24.00	\$16.00	—	\$5.00
	BN	1	PHILOSO	PHY O	F THE	20™ CEI	NTURY	29 Apr	il	\$144.00	\$116.00	_	-
	BN	2	UKULELE	ONGC	DING			3 May		\$60.00	\$48.00	_	-
	BN	3	UKULELE	FOR E	BEGIN	NERS		3 May		\$60.00	\$48.00	—	-
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	BN	5	EISA: OK	(INAW)	AN DF	RUMMIN	G	19 May	/	\$40.00	\$32.00	—	-

21 May

28 May

1 June

12 June

29 April

7 May

19 May

22 May

28 May

2 June

13 June

16 June

27 April

27 April

Total cost for this page

\$16.00

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BN6

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CO8

DM1

DM2

LADY MACBETH: Reputation rehab

GUITAR FOR ABSOLUTE BEGINNERS

LAW COURTS AND HISTORY MUSEUM

BARNA MIA NOCTURNAL MARSUPIAL TOUR

BICKLEY OBSERVATORY NIGHT SKY TOUR

PARLIAMENT HOUSE AND GALLERY

WA BALLET SCHOOL TOUR

HOTHAM VALLEY RAILWAY

Yoga on Tuesday, 4.30pm

Yoga on Tuesday, 6.00pm

THE AQUARIUM OF WA

BILYA KOORT BOODJA CENTRE

POETRY FOR NEW PRESIDENTS

WILD WRITING

-						
Code	Course/Talk/Event	Start date	Memb.	Conc.	NonMem	Materia
DM3	Yoga on Saturday	1 May	\$100.00	\$80.00	-	-
DM4	Qi Gong	6 May	\$32.00	\$26.00	-	-
DM5	The Listening Space	12 June	No charge	Call fo	enrolment	-
EC1	WASO Latine Fiesta	27 May	\$35.00	-	\$40.00	-
EC2	WASO Mahler's Fifth	1 July	\$35.00	-	\$40.00	-
FB1	DRAWING FOR FUN	28 April	\$128.00	\$103.00	-	\$5.00
FB2	SAND, SEA AND SURF IN WATERCOLOUR	14 May	\$64.00	\$51.00	-	*TtBri
FB3	LET'S MAKE SUSHI	17 May	\$10.00	\$8.00	\$15.00	\$8.00
FB4	NATIVE PLANT LINO PRINTING	23 May	\$48.00	\$38.00	\$55.00	\$17.0
FB5	BORO JAPANESE STITCHING	26 May	\$32.00	\$26.00	-	\$15.0
GL1	SPANISH, beginners, Mondays	3 May	\$128.00	\$102.00	-	\$4.00
GL2	SPANISH on Tuesdays, basic A1	27 April	\$160.00	\$128.00	-	\$4.00
GL3	SPANISH on Fridays, basic A1	30 April	\$160.00	\$128.00	-	\$4.00
GL4	SPANISH on Mondays, basic A2	3 May	\$128.00	\$102.00	-	\$4.00
GL5	SPANISH, intermediate B1	27 April	\$160.00	\$128.00	-	\$4.00
GL6	ITALIAN, beginners	29 April	\$120.00	\$96.00	_	\$4.00
GL7	ITALIAN, beginners advanced	29 April	\$120.00	\$96.00	_	\$4.00
GL8	ITALIAN, intermediate	27 April	\$120.00	\$96.00	_	\$4.00
GL9	ITALIAN, on Saturdays	1 May	\$120.00	\$96.00	_	\$4.00
GL10	FRENCH, more advanced	29 April	\$160.00	\$128.00	_	\$4.00
GL11	FRENCH, ongoing	27 April	\$120.00	\$96.00	_	\$4.00
GL12	ITALIAN, ongoing	28 April	\$120.00	\$96.00	_	\$4.00
GL13	FRENCH on Friday	30 April	\$120.00	\$96.00	_	\$4.00
HC1	iPHONE / iPAD STARTER	27 April	\$16.00	\$13.00	\$21.00	-
HC2	PERSONALISE YOUR IPHONE / IPAD	27 April	\$16.00	\$13.00	\$21.00	_
HC3	ANDROID PHONE / TABLET STARTER	4 May	\$16.00	\$13.00	\$21.00	_
HC4	IPAD APPS FOR EVERYDAY LIVING	,	\$16.00	\$13.00	\$21.00	_
HC5	ONLINE MARKETPLACE	4 May	\$16.00	\$13.00	- · · · · · · · · · · · · · · · · · · ·	_
HC5 HC6		10 May			\$21.00	_
HC8 HC7	ORGANISE YOUR ONLINE PHOTOS, Apple ORGANISE YOUR ONLINE PHOTOS, Android	10 May	\$16.00	\$13.00	\$21.00	
		17 May	\$16.00	\$13.00	\$21.00	-
HC8	ORGANISE YOUR ONLINE PHOTOS, Windows	24 May	\$16.00	\$13.00	\$21.00	-
HC9	INTRO TO FACEBOOK	11 May	\$32.00	\$26.00	-	_
HC10	MACBOOK BASICS	17 May	\$16.00	\$13.00	\$21.00	-
HC11	WHERE DID I FILE THAT?	18 May	\$16.00	\$13.00	\$21.00	-
HC12	ONLINE SUDOKU	24 May	\$16.00	\$13.00	\$21.00	-
HC13	iPHONE /iPAD PHOTOGRAPHY	25 May	\$16.00	\$13.00	\$21.00	-
HC14	COMPUTER HELP DESK Phone	to book	\$20.00	_	\$25.00	-
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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. All welcome, books not provided. Jill Brown, 0433 402401 or Glyde-In 93393964.

COMMUNITY QUILTING: 3rd Monday/month, 8.30am – 12.30pm, supporting the WAQA Community Group which donates quilts to charities. If you can, bring a sewing machine. Lyn 0405124618.

CYCLING GROUPS: Monday and Wednesday mornings. Sorry our Monday group is full. Phone Marilyn Carosella 0407082038 for our Wednesday group.

GLYDE-IN SINGERS @ SULLIVAN HALL: with Digby Hill. All welcome to sing a variety of world folk, early music and classical, alt. pop, African etc. Tuesdays, 4-6pm; \$15/session (cash only). Just come along.

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

SCRABBLE: Wednesdays, 9.30-12noon. 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.

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.

RELAX AND REJUVENATE WITH GYROKENISIS:

Breath and flowing movement combine to increase flexibility and core strength, energy and well-being. Thursdays, 6-7pm, \$20/\$18 conc. 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 followed by a friendly gathering, Sundays 10am-12noon. Adrian 0450 732100

SOUND OF SOUL:HU is a sacred sound and ancient mantra, it works for all. It brings alignment with your true purpose and highest good as Soul. It is simple and easy to do. Presented by Eckankar WA, 7.30pm, 3rd Wed/month, gold coin, 0408 957 514 (Mark).

PARKING

It's street parking, and there is plenty of space in neighbouring streets.

Please never ever ever park across neighbours' driveways, no matter how late you may be for your class.



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.

MIND & BODY

YOGA

Uwe Oswald

Three separate classes see below)

Learn yoga postures and the art of relaxation. All ages and levels welcome. Suitable for anyone who can move from standing to floor with relative ease. Wear a smile and loose comfy clothing.

10 Tuesdays, 27 April – 29 June, 4.30-5.45pr	n.
\$100 / \$80 conc.	DM1
10 Tuesdays, 27 April – 29 June, 6-7.15pm, \$100/ \$80 conc.	DM2
10 Saturdays, 01 May – 03 July, 8-9.15am, \$100/ \$80 conc.	DM3
Continuing students need to re-enrol.	

QI GONG Toni Weston

4 Thursdays, 6 - 27 May, 4 - 5pm

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

Members \$32 / \$26 conc.

Continuing students need to re-enrol.

THE LISTENING SPACE DM5 Marianna Garaboni One of 3 Saturdays 12, 19 or 26 June, 10.30 -11.15am

Feeling sad, troubled and out of sorts? Like someone to talk to? Sometimes getting things off your chest can help you feel lighter. Marianna is a gualified psychologist and counsellor and a mindfulness teacher. She will listen with compassion and without judgement. Marianna respects your confidentiality and helps you develop insights into how to overcome a difficult situation. Sessions are individual. **No charge but bookings essential. Please call the office to book.**

CULTURE CLUB

Meet others and enjoy wonderful entertainment. Meet 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 performances.

WASO Latine Fiesta Thursday 27 May, 11am - 12pm Conductor Jessica Gethin

Welcome to the most fiery and exhilarating concert of the year! As winter approaches and the weather turns chilly, the WA Symphony Orchestra turns up the heat with a Latin-inspired celebration. We'll set your pulse racing with music of driving rhythms, exotic orchestral colours and sultry melodies.

Collect your unallocated choir stalls tickets at 10.30 – 10.45am, Perth Concert Hall foyer, opposite coffee station. Members \$35. Non-members \$40. Booking deadline 3pm Wed 12 May

WASO Mahler's Fifth

DM4

EC2

EC1

Thursday 1 July, 11am - 12pm Following her sensational WASO debut in 2018, Karina Canellakis returns with Mahler's magnificent Fifth, a symphony that embraces a world of human emotions from despair, longing, triumph, anguish and tenderness. At its heart is the famous Adagietto, Mahler's outpouring of love to his new wife, Alma, expressed in music of overwhelming beauty. Collect your unallocated choir stalls tickets at 10.30 – 10.45am, Perth Concert Hall foyer, opposite the coffee station. Members \$35. Non-members \$40, Booking deadline 3pm Wed 16 June



Learn more about the shipwreck 'Mary Rose' in talk AS2 by Patrick Baker, specialist maritime archaeological photographer



BY HAND



DRAWING FOR FUN Mal Cunningham 8 Wednesdays, 28 April - 30 June

(excl 12 & 19 May), 1 - 3pm Drawing is the basis of visual art and a direct way of explaining ideas, recording information and expressing the visible world. We will explore observational drawing and use your drawings to investigate other areas such as painting or printmaking as well as pastel. Please bring an A3 cartridge pad, sharpener, eraser and a range of pencils HB to 6B. Beginners and experienced students are welcome.

Members \$128 / \$103 conc. + \$5 for additional materials.

SAND, SEA AND SURF IN WATERCOLOUR FB2 Jane Lidbetter

4 Fridays, 14 May – 4 June, 1.30 - 3.30pm

A course for anyone who is drawn to the ocean in its many moods. Jane will teach you the fundamental techniques in using watercolours - laying down washes, colour theory and the use of different paper and brushes to experiment with.

Things to bring: Paints in cobalt blue, ultramarine blue, viridian green, raw sienna, burnt umber; size 6 round watercolour brush, medium size flat hake brush; one large sheet of watercolour paper 300gsm rough white or size A5 watercolour pad Members \$64 / \$51 conc.

LET'S MAKE SUSHI Junko Takatsuki

FR3

FB4

FB1

Monday 17 May, 10 - 11am

Junko will show you how to make some interesting vegetarian sushi. She will demonstrate the secrets of making tasty sushi, such as choosing the right ingredients and preparing the rice. After, join her in some sushi tasting.

Members \$10 / \$8 conc. Non Members \$15. + \$8 for ingredients.

NATIVE PLANT LINO PRINTING **Bridget Seaton**

Sunday 23 May, 10 - 4pm

Come and try native plant lino printing with chine collé. Bridget will supply images and plants for inspiration and show you how to simplify shapes to make your chosen design. This design will then be traced and carved into easy-carve lino. The lino is then inked up and printed multiple times and you will use chine colle technique (embedded coloured tissue paper) to add some colour. Everyone will take home a set of prints. Bring lunch.

Members \$48 / \$38 conc. Non-members \$55. + \$17 for materials.

BORO JAPANESE STITCHING Kerry Moore

FB5

Wednesday 26 & Thursday 27 May, 1.30 - 3.30pm

Boro is a time honoured tradition in Japanese stitching. Traditionally used to mend clothing and household goods, it has taken on a new and ontrend look with its random stitching and simple construction. We will stitch a needle-book first and then construct it. All work will be by hand. Kits provided.

Members \$32 / \$26 conc. + \$15 for materials.

LANGUAGES



SPANISH

SPANISH, Beginners, Mondays **Ruperto Nunez**

8 Mondays, 3 May - 28 June (excl 7 June), 4 - 6pm For the ongoing beginner, continue to learn the basics of this melodious language. Members \$128 / \$102 conc. + \$4 materials

SPANISH on Tuesdays, Basic A1 GL2

Ruperto Nunez 10 Tuesdays, 27 April - 29 June, 11.30am - 1.30pm

If you know pronouns, present and simple past tenses and basic dialogue, this course will help you understand and use everyday expressions and very basic phrases, introduce yourself and others, and ask and answer personal questions.

Members \$160 / \$128 conc. + \$4 materials

SPANISH on Fridays, Basic A1 Ruperto Nunez 10 Fridays, 30 April – 2 July, 1-3pm.

If you can understand present tense, now you can

learn to understand sentences and familiar expressions and describe your background and matters of immediate interest.

Members \$160 / \$128 conc. + \$4 materials

SPANISH on Mondays, Basic A2 Ruperto Nunez

8 Mondays, 3 May - 28 June (excl 7 June), 1.30 - 3.30pm If you understand present and simple past tenses and basic travel vocabulary, join this class to expand your vocabulary and improve fluency.

Members \$128 / \$102 conc. + \$4 materials

SPANISH, Intermediate B1 **Ruperto Nunez**

10 Tuesdays, 27 April - 29 June, 9 - 11am

For those who have a grasp of vocab and grammar. Here you'll learn to understand main points on work, school, family & leisure, deal with most travel situations, describe experiences and events, and give brief reasons and explanations.

Members \$160 / \$128 conc. + \$4 materials

ITALIAN

ITALIAN, Beginners GL6 Francesca Cardoni 10 Thursdays, 29 April - 1 July, 11.15am - 12.45pm For the ongoing beginner – we'll continue to learn the basics of colourful Italian. Members \$120 / \$96 conc. + \$4 materials

ITALIAN, Beginners advanced

GL7

GL8

Francesca Cardoni 10 Thursdays, 29 April - 1 July, 9.30 - 11am For those who know the basics and are able to have an easy conversation in the present tense. Members \$120 / \$96 conc. + \$4 materials

ITALIAN, Intermediate Francesca Cardoni

10 Tuesdays, 27 April - 29 June, 1.30 - 3pm For those who can hold and understand a simple Italian conversation in present and past tenses. Members \$120 / \$96 conc. + \$4 materials

GL3

GL4

GL5

LANGUAGESContinued

ITALIAN, on Saturdays Francesca Cardoni

10 Saturdays, 01 May - 03 July, 10am - 11.30pm. For the ongoing beginner, in a friendly class. If you have the raw basics, you're welcome to join. Members \$120 / \$96 conc. + \$4 materials

FRENCH

FRENCH, more advanced **GL10 Paddy Glasgow** 10 Thursdays, 29 April - 1 July, 1 - 3pm Students with good grammar and conversation who want to improve fluency are welcome. Members \$160/ \$128 conc. + \$4 materials

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

ITALIAN, Ongoing GL11 10 Wednesdays, 28 April - 30 June, 10.45am - 12.15pm. Members \$120 / \$96 + \$4 materials **GL12 FRENCH**, Ongoing 10 Tuesdays, 27 April - 29 June, 10.45am -12.15pm.

Members \$120/ \$96 + \$4 materials

FRENCH on Friday Millie Kursar

GL13

GL9

10 Fridays, 30 April - 02 July, 10.45am - 12.15pm There are a few spaces available in this ongoing class if you have basic French grammar and vocabulary come join this friendly group.

Members \$120 / \$96 conc. + \$4 materials



Teach - Who me?

If you have a special interest, topic, hobby or art form that you 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 Jacqui Reeves, 9339 3964. And if you like the idea but are hesitant about your teaching skills, come and speak to us about that too; we're keen to help.

COMPUTERS & TECHNOLOGY

You will need to bring your own device.

Please ensure that it is fully charged and bring your passwords.

Our classes are small and friendly, our tutors are patient. Courses are based on demand so, if you need help on a particular topic, let us know.

You can also use the one-on-one sessions through the Computer Help Desk to get individualised support or advice.

iPHONE / iPAD STARTER Kris Metcher Tuesday 27 April, 10am - 12noon

A helpful overview of Apple phones and tablets, both for those who have a device or are pondering a purchase. This introduction will set you up for our other iPad courses. Bring your device if you have one. Members \$16 / \$13 conc. Non-members \$21

PERSONALISE YOUR iPHONE / iPAD HC2 **Kris Metcher**

Tuesday 27 April, 12.30 - 2.30pm Now that you're familiar with your iPhone/iPad, learn to set it up for your personal use. Change the "wallpaper"

on your home screen. Activate Siri and learn how to use voice recognition. Edit your App Icons and more. Members \$16 / \$13 conc. Non-members \$21

ANDROID PHONE / TABLET STARTER HC3 **Kris Metcher**

Tuesday 4 May, 10am - 12noon

A helpful overview of Android phones and tablets, both for those who have a device or are pondering a purchase. Bring your device if you have one. Members \$16 / \$13 conc. Non-members \$21

iPAD APPS FOR EVERYDAY LIVING Kris Metcher

Tuesday 4 May, 12.30 - 2.30pm

There are 1000s of free apps in the App Store. Discover apps that help you use a library, find a fuel station or café, listen to the radio and keep in touch with friends and family. Use your library, find a café or keep in touch with friends at no cost. You need a basic understanding of iPhones/ iPads for this course. Members \$16 / \$13. Non-members \$21

ONLINE MARKETPLACE

HC5

HC4

HC1

Fav Gerhard Monday 10 May, 8.45am - 10.45am

Gumtree, eBay, Facebook marketplace and others 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.

Members \$16 / \$13 conc. Non-members \$21



Continued on next page

COMPUTERS & TECHNOLOGYContinued

ORGANISE YOUR ONLINE PHOTOS	
Fay Gerhard	
Three sessions as follows;	
Apple devices: Monday 10 May,	
11.15am - 1.15pm	HC6
Android devices: Monday 17 May,	
11.15am - 1.15pm	HC7
Windows laptops: Monday 24 May,	
11.15am - 1.15pm	HC8

Join one of the above sessions. Learn how to create folders for your photos, download photos from your phones, and share your photos with others. Bring your device and cable for downloading.

Members \$16 / \$13 conc. Non-members \$21

INTRO TO FACEBOOK Kris Metcher

2 Tuesdays: 11 & 18 May, 12.30 - 2.30pm

Create a Facebook account for your private use, and be wise about security and privacy. Add or change your photo and cover, send and accept friend requests, remove friends, upload or tag photos and create a post. You need an existing email address (and password) to create your profile. If you already have a Facebook profile, have its email and password ready. Members \$32 / \$26 conc.

MACBOOK BASICS Fay Gerhard

HC10

HC₉

Monday 17 May, 8.45 - 10.45am

Do you have an Apple MacBook laptop, and have trouble operating it? This course will help you familiarise yourself with the Mac's tools and functionalities. Members **\$16 / \$13 conc. Non-members \$21**

WHERE DID I FILE THAT? Kris Metcher

HC11

Tuesday 18 May, 10am - 12pm Are you forever trying to locate things on your computer? Do you know the difference between a file and a folder? This might be the class for you. Learn how to save files on your computer so you can find them again, how to create, name and rename folders. This course is designed for computers (not tablets or phones) so bring along your charged laptop. **Members \$16 / \$13. Non-members \$21.**

ONLINE SUDOKU Fay Gerhard Monday 24 May 8 45 - 10 45a

Monday 24 May, 8.45 – 10.45am

Do you like to challenge your mind? If so come along and learn how to play this highly addictive number game online, from easy to expert level. Bring your charged device.

Members \$16 / \$13 conc. Non-members \$21

iPHONE /iPAD PHOTOGRAPHY HC13 Kris Metcher

Tuesday 25 May, 10am - 12pm OR 12.30 - 2.30pm Learn to get the best out of the camera app, then use the photos app to edit, crop and enhance your photos. Learn how albums work and create and name your albums. Bring your charged device. **Members \$16 / \$13. Non-members \$21.**

COMPUTER HELP DESK Fay Gerhard

HC14

HC12

A one-on-one 30 minute session. Book a session to deal with a particular issue or for individualised support in making the most of your device. Phone or book in person at the office. **Members \$20. Non members \$25.**







Some photos from a recent Glyde-In tour to Penguin Island

