



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

PROGRAMME TERM 2, 2023 - Monday 1 May to Sunday 2 July

Enrolments open Wednesday 26 April, 8.30am in person, 9.00am online

Evening and weekend courses are highlighted with a yellow star

SPEAKERS UNLIMITED

PRESERVING OUR URBAN BUSHLAND AS1

Marg Owen, OAM, Urban Bushland Council

Wednesday 10 May, 9 - 10am

The Urban Bushland Council was formed in 1983 as the peak body for bushland conservation groups, and is this year celebrating its 30th anniversary. It is a strong public voice for protecting what remains of our urban bushland and wetlands, especially on the Swan Coastal Plain. Come and learn more about what the Urban Bushland Council, local groups and others are doing to preserve our urban bushland.

Members \$14 / \$11 conc. Non-members \$18

HOW AI WILL TRANSFORM THE WAY WE WRITE AS2

Alan Hancock

Monday 15 May, 10 - 11am

Thanks to generative AI, there is a revolution in the writing world. While some writers are wondering whether software like Chat GPT will replace them, AI writing tools such as Sudowrite and Wordtune offer us all an inexpensive digital assistant that can make the work of writing easier. So is AI the writer's best friend, or nemesis? Remember the days of carbon copies and tippex? Who can now imagine the work of the professional writer without computers? And there's no going back. If AI doesn't replace writers, it's clear that those who use AI will replace those who don't. Come and learn more from Alan, an experienced writer and teacher.

Members \$14 / \$11 conc. Non-members \$18

RIVER GUARDIANS AS3

Jason Menzies

Wednesday 17 May, 9 - 10am

As with other waterways around the world, our iconic Swan Canning Riverpark is showing signs of environmental stress. The River Guardians programme engages the community through a range of volunteering projects, including Dolphin Watch, and by presenting sustainable river-wise



gardening workshops. Come and learn more about the work of the River Guardians and how we can all have a positive impact on the health of our waterways.

Members \$14 / \$11 conc. Non-members \$18

FOODS TO FIGHT INFLAMMATION AS4

Nick Nation

Friday 19 May, 9 - 10.15am

Inflammation can be both good and bad. It helps your body defend itself from infection and injury. However, chronic long-term inflammation is at the core of most chronic diseases that we're trying to manage and avoid. But what is inflammation, and how does what you eat make it better or worse? Join accredited practicing dietitian Nick Nation to learn more about the anti-inflammatory foods that you should be including within your normal meal pattern, as well as pro-inflammatory foods to avoid.

Members \$14 / \$11 conc. Non-members \$18

AN AUSTRALIAN HEAD OF STATE AS5

Mal Christison

2 sessions: Tuesday 23 & Friday 26 May, 9 - 10am

In 2022 Mal gave a talk in which he made the case that an Australian Head of State is fundamental to our identity as a nation, and proposed a way to achieve this. Mal returns this term with a two-part update. In the first session he'll recap his proposal and update any changes, then in the second session he'll introduce an eminent legal opinion addressing the concepts raised and offering some additional insights.

Members \$28 / \$22 conc.

HUMAN RIGHTS IN ISRAEL AND PALESTINE AS6

Melissa Parke

Monday 29 May, 10 - 11am

Melissa Parke was awarded the Jerusalem Peace Prize in November 2022 for her work in championing respect for human rights in Israel and Palestine. She will talk about the ongoing challenges to peace and rights, and a way forward.

Members \$14 / \$11 conc. Non-members \$18

TRAVEL WITH YOUR IPHONE/IPAD AS7

Kris Metcher

Tuesday 30 May, 12.30 - 1.30pm

Are you planning on travelling sometime soon? Mobile technology such as iPads and iPhones can enhance your trip, allowing you to stay connected while away, providing entertainment and giving you access to some great travel apps as you go. Kris will show you how to make the most of your mobile device without incurring unexpected costs or risking your privacy or security. Come and have all your questions answered!

Members \$14 / \$11 conc. Non-members \$18

WHY I BECAME A MARXIST AS8

Peter Woodward

Thursday 1 June, 9 - 10am

Long time secretary of the Musician's Union in WA, Peter is sometimes asked how a working class boy from East Victoria Park came to be a Marxist. What led him down the path of left-wing politics and, ultimately, a Marxist world view? In this talk, Peter seeks to answer that question and also why this perspective still holds true for him. It will be based on his own experience and personal reflection, rather than an academic approach to political ideology and Marxism.

Members \$14 / \$11 conc. Non-members \$18

THE WAR IN UKRAINE TAKE TWO - UNDERSTANDING WHY, HOW AND WHAT'S NEXT AS9

Alexey Mureyev

3 Fridays: 2, 9 & 16 June, 9 - 10.15am

Russia's aggression against Ukraine, launched on 24 February 2022, has accelerated several debates of global political and military importance. These include the renewed role of conventional military power in contemporary and future conflicts, the nature of near future warfare, and the transformation of the world order triggered by the crisis of the established international rules based order. As the prolonged Russia-West rivalry has now transformed into a quasi-open war over Ukraine, understanding adversarial failures and successes is essential to avoid the risk of making a strategic error of judgment in times of conflict. In this series Alexey will provide an overview of the war in Ukraine, and the current state of play on the battlefield and beyond. He will consider possible future courses of action by major actors involved in this conflict, including Vladimir Putin's political future, and draw some preliminary conclusions on what key take-away lessons can be learned from the unfolding tragedy in Eastern Europe.

Members \$42 / \$34 conc.

FIRST AID FOR SENIORS AS10

St John's Ambulance

Monday 19 June, 9 - 11am

Join trainers from St John's Ambulance for a demonstration on basic first aid. They'll cover common injuries and illnesses that can occur in everyday life. The course combines both theory and practical



demonstrations, including the recovery position, cardiopulmonary resuscitation (CPR) and fracture management.

Members \$25 / conc. \$20. Non-members \$30.

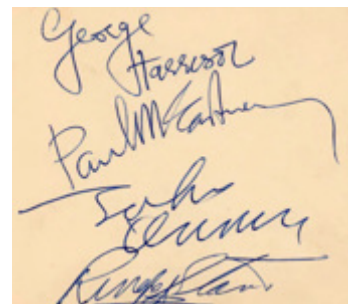
LAND OF THE PARROTS AS11

Lou Scampoli, Birdlife WA

Wednesday 21 June, 9 - 10am

Australia has long been known as the 'Land of Parrots', with scores of bright, iridescent birds distributed across the continent. There are 56 species of parrot found in Australia, including cockatoos, lorikeets, rosellas, ring-necks and budgerigars. Lou will talk about species that we see in Western Australia - where they can be found, their diet and breeding behavior, and why some (including introduced species) are thriving and others are threatened or endangered. Lou's presentation will include wonderful photos and bird call recordings along with interesting and little known facts about parrots in WA.

Members \$14 / \$11 conc. Non-members \$18



The Beatles signatures

EXPLORING YOUR SIGNATURE AS12

Christian Long, psychotherapist

Friday 23 June, 9 - 10am

Join Christian for an interactive presentation exploring what we can learn from the way we sign our name. What does it mean if you underline your name, or sign it in full? Do you put a dot at the end, do you only use your initials, is your signature illegible? And what can these things tell us about our personality or perhaps our needs?

Members \$14 / \$11 conc. Non-members \$18



Healthy eating at Freo Food Bank

NOT-SO-TRIVIAL PURSUITS

UKULELE: Glyde Sing, Strum & Pick, Level 3 BN1 Shirley Guy

8 Mondays: 1 May – 26 June, 1 – 2.30pm
(no class 5 June)

An ongoing class, suitable for those able to play Lil Rev's Ukulele Method Book 2.

Members \$120/ \$96 conc.

UKULELE: FOR NEW BEGINNERS BN2 Shirley Guy

9 Wednesdays: 3 May – 28 June, 1 – 2.30pm

Bring or borrow a uke and start strumming. No musical experience needed, come and give it a try! Shirley will provide the music book the first week which will cost \$25 – please pay direct to the tutor.

Members \$135/ \$108 conc. + cost of songbook

MAHJONG FOR BEGINNERS BN3 Maureen Hislop

9 Fridays: 5 May - 30 June, 9.30am - 12pm

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 \$225 / \$180 conc.

LEARN AND ENJOY CONTRACT BRIDGE BN4 Bill Turner

6 Wednesdays: 10 May - 14 June, 3 - 5pm

Do you know there are 52 cards and 4 suits in a pack? Then you can learn and enjoy 'the greatest game of all'. Bill joins us from the bridge group at the East Fremantle Croquet Club.

Members \$120 / \$96 conc.

HEALTHY EATING BN5 Eamon Barron

Four Thursdays: 11 May - 1 June, 10.30am - 1pm

Meet there. Back by popular demand! Participate in a four-week nutrition education and cooking programme at Foodbank WA's Healthy Eating Hub in the Sunshine Harvester Building in Fremantle. Each session is 2.5 hours and covers topics of healthy eating, label reading, budgeting and meal planning, and more. In the first hour of each session the nutrition theme of the week will be covered and then you'll jump into the purpose-built kitchen to create easy and healthy recipes to enjoy eating as a group. Each week you'll receive free resources and recipe booklets to help you on your healthy journey.

All sessions held at **Healthy Eating Hub, Sunshine Harvester Works, 5/1 James Street, Fremantle.**

Members \$20 / \$16 conc.

SCIENCE AND RELIGION BN6 Ruperto Nunez

8 Wednesdays: 10 May - 28 June, 1 - 3pm

Debates between science and religion are common, for example around the topics of evolution, medicine, and ethics. How old is the universe, really? When I want guidance as to what is ethical, should I follow the Bible or a scientific perspective? How far should we go in prolonging life (or not), and how far should we tinker

NOT-SO-TRIVIAL PURSUITS

with what god/nature has given us in terms of health and beauty? In this course we will look at how strongly beliefs are held, and also how, increasingly, people are beginning to see that these two areas of human thinking may indeed be complementary rather than in opposition.

Members \$160 / \$128 conc.

HOW TO WRITE A STORY – FICTION AND LIFE-STORY BN7

Alan Hancock

3 Mondays: 22 & 29 May & 12 June, 10am – 12.30pm (no class 5 June)

Is there a part of you that wants to write, or write with greater ease and fluency? Do you have a story you'd like to tell – fiction or life-story? Then this course could be for you. You'll learn how to write freely, how to structure a story, and how to engage a reader. We'll put the ideas into practice with writing exercises to open up creativity and imagination. And we'll have a look at the way AI can help you at every stage of the writing process. It will be hands-on, practical, and fun. Alan is a published author who has written for the ABC and BBC.

Members \$75 / \$60 conc.

SINGING, SOUND HEALING AND MEDITATION BN8

Sian Brown

Sunday 28 May, 2 - 4pm

Part singing lesson, part meditation, part vocal jam – these sessions are fun and deeply relaxing. Learn to use your voice to **relax and refresh yourself**. Enjoy crystal singing bowls, gongs and the incredible healing power of your voice. Sian Brown, operatically trained singer, songwriter and **sound healer**, is passionate about the wisdom and musicality in us all.

Members \$20 / \$16 conc. Non-member \$25

ADVANCED CARE PLANNING WORKSHOP BN9



Sabena Lund, Palliative Care WA

Monday 12 June, 9.30 - 11.30am

We all want to have a say in what happens in the last part of our lives. By making plans that cover our future care, lifestyle, health and finances, we're not only working out what we want, but also making things easier on those around us. In this workshop you'll find out what's involved in Advance Care Planning, how to get started, and how to talk about your wishes for the last stage of your life with your family, loved ones and health care providers. The workshop is suitable for everyone – you can be any age or have any level of health. All participants will receive a resource pack from PCWA.

No charge but bookings essential.

MIND & BODY

If possible please bring your own yoga mat and other props to your yoga class

YOGA RESTORATIVE CM1 Uwe Oswald

9 Tuesdays: 2 May - 27 June, 4.30 - 5.45pm

This class will be relaxing and restorative, wonderful for sore backs. Bring your own bolster and blocks if you have them. Continuing students will need to re-enrol.

Members \$112/ \$90 conc.

YOGA GENERAL CM2 Uwe Oswald

9 Tuesdays: 2 May - 27 June, 6 - 7.15pm

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. Continuing students will need to re-enrol.

Members \$112/ \$90 conc.

YOGA RESTORATIVE CM3 Penny Caputti

9 Thursdays: 4 May - 29 June, 4.30 - 5.45pm

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 loose comfy clothing. Continuing students will need to re-enrol.

Members \$112/ \$90 conc.

SATURDAY YOGA CM4 Uwe Oswald

9 Saturdays: 6 May - 1 July, 8 - 9.15am

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. Continuing students will need to re-enrol.

Members \$112/ \$90 conc.

FRIDAY GLYDERS WALKING GROUP CM5 9 Fridays: 5 May - 30 June, 8 - 9am

Make friends and get to know new people whilst getting a bit of exercise. The walks will vary each week and start from different locations. Walkers can choose to walk for a shorter time and then head back to the designated café to meet the group upon their return. A walking programme will be available on registration. Meet at 7.50am for a 8am start. For Glyde-In members only.

Members \$15 / \$12 conc. (Fee for 9 weeks)

MINDFULNESS-BASED STRESS REDUCTION, A TASTER CM6

Lauren Webster

**6 Mondays: 8 May - 19 June, 3 - 4.30pm
(no class 5 June)**

Research shows that mindfulness-based stress reduction can be as effective as anxiety medication. Join Lauren, a certified mindfulness-based stress reduction (MBSR) and yoga teacher for an introduction. You'll be in a therapeutic space where as a group you'll practice gentle yoga, body scans, walking, sitting and open awareness meditation. Learn what practices work best for you when you need grounding and inner

support. This course is an invitation to practice with the mind of a scientist - open, curious and seeing for yourself what this experiment in cultivating awareness in daily life is all about.

Members \$90 / \$72 conc.

ALEXANDER TECHNIQUE CM7 Sandra Dobbs

4 Thursdays: 11 May - 1 June, 1 - 2.30pm

Improve your balance and poise, reduce postural pain and find joy in everyday movement. Through the exploration of simple daily movements such as sitting, walking and working on the computer we'll be introduced to the principles of the Alexander technique, a learned skill to improve our coordination, movement and general well-being. We'll spend some time in the semi supine position on the floor, so wear loose comfortable clothing. Sandra was first introduced to the Alexander Technique as a professional actress in the UK. She has worked in private practice for over 30 years, and at WAAPA for the last seven years.

Members \$60 / \$48 conc.

IN-SPIRAL FLOW MOVEMENT CM8 Christine Jaroszewski-Consani

5 Thursdays: 1 - 29 June, 4.30 - 5.30pm

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 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.

Members \$50 / \$40 conc.

OUT 'N ABOUT

Our bus trips are brought to you by volunteer organisers, drivers and hosts. Buses depart on time from Prinsep Road, Melville. Please park in Prinsep Road. Return times are approximate. If you can't make it please let us know beforehand on 93393964 or, on the day, use the contact number of your Glyde-In host.

ENDERSLEA FARM DO1 Mal Christison

Friday 5 May, 9.45am - 6pm

Bus Trip. We'll make our way to Bindoon and start our tour with a light lunch and coffee at the Bindoon Bakehaus (at own expense). A short drive brings us to historic Enderslea Farm (c 1853) where we can tour this homestead on beautiful grounds in the heart of the scenic Chittering Valley. We will enjoy a live play, *Swan Valley Stories*, performed in a classic convict-built stone barn. Through their stories told in journals, letters and popular songs of the day, the play will bring to life the joys, struggles, hardships and friendships of early white settlers. The barn provides the perfect location to evoke

these stories. A generous 'farm fare' afternoon tea is included. The weather in May can be cold so please dress suitably.

Meet at Prinsep Road, Melville at 9.45am for 10am departure.

Book by 28 April

Members \$79 / conc. \$72. Non-members \$84

CAVERSHAM WILDLIFE PARK

DO2

Viveca Rains

Wednesday 10 May, 8.45am – 5.30pm

Bus trip. Caversham Wildlife Park has 200 different species of gorgeous Australian animals, housed in award-winning surroundings. Daily attractions include the Farm Show, Wombat and Friends, Feed the Kangaroos, Meet the Koalas, Molly's Farm, Penguin Feeding and the Reptile House. We will have time to visit all these attractions. On entry, everyone will receive a map including viewing times, so you can plan your day. We will lunch on site at the Village Café (at own expense).

Meet at Prinsep Road, Melville at 8.45am for 9am departure.

Book by 28 April

Members \$53 / conc. \$48. Non-members \$58.

OP-SHOP TOUR

DO3

Barbara Saba

Wednesday 17 May, 8.45am – 4.30pm

Bus trip. Join us as we visit various Op-Shops including Solaris Cancer Care in Cottesloe, Vinnies in Claremont, Earthwise in Subiaco, Sweet Charity in Scarborough Beach Road and Salvos in Myaree. Times at each location will depend on the group choosing to stay on or go. Lunch will be at Al Fornetto Ristorante and Pizzeria in Doubleview (at own expense). A great opportunity to find some high-quality clothes at bargain prices and to enjoy shopping and lunching with friends.

Meet at Prinsep Road, Melville at 8.45am for 9am departure.

Book by 3 May

Members \$28 / conc. \$25. Non-members \$33

WA ARMY MUSEUM

DO4

Barry Ross

Thursday 25 May, 9:45 am - 1pm

Meet there. Meet at the WA Army Artillery Barracks for a guided tour of the Army Museum. The museum has a number of galleries, each reflecting the Army's involvement in Western Australia and the military service of Western Australians from the colonial period through to the present day. The tour will take approximately 2 hours, after which we can enjoy a light lunch or coffee (at own expense) at the Gesha Coffee Co. in James St, a 5 minute walk from the museum.

Meet at WA Army Artillery Barracks, 6 Burt St Fremantle at 9.45am.

If coming by bus, take any bus along Canning Highway towards Fremantle and get off at bus stop 10281 in Queen Victoria St before James St. It is then a 3 minute walk to the museum.

Book by 11 May

Members \$19 / conc \$17. Non-members \$24

HOLEY MOLEY MINI GOLF

DO5

Barbara Saba

Thursday 8 June, 10.30am - 1.30pm

Meet there. Get ready for a crazy round of mini golf. No experience necessary. There are 18 uniquely themed holes across two courses. Something to have fun with and brag about to the grand-children.

Afterwards take a short walk to a local Italian restaurant, Parlapa, to have some gnocchi with a choice of meat or vegetarian sauce. Lunch is included in the price, drinks and dessert are at your own expense.

Meet at 10.30am, 2 Newman Court Fremantle (located in FOMO)

Book by 25 May

Members \$57 / conc. \$52. Non-members \$62

WA BALLET OPEN FRIDAY

DO6

Julie Robertson

Friday 16 June, 8.30am - 2.30pm

Bus trip. Join us on a trip to the West Australian Ballet Centre in Maylands. Be inspired by how dancers from the company prepare their mind and body for the full day of rehearsals ahead. Daily class is how the dancers start their day, working through exercises from the barre to more complicated routines. Accompanied by beautiful live piano, witness the sheer dedication that goes into acquiring the purity of classical ballet technique. We will then adjourn to the Inglewood Hotel in Beaufort St, for lunch (at own expense).

Meet at Prinsep Rd, Melville at 8.30am for 8.45am departure

Book by 2 June

Members \$46 / conc \$42. Non-members \$51

FUNKY URBAN ART TOUR OF FREMANTLE

DO7

Eileen Burns

Thursday 22 June, 10.15am - 12.30pm

Meet there. Find your art mojo and get your creative vibe on - it's time to hit the streets in search of Fremantle's vibrant, urban art scene. Fremantle is renowned for its street art, with the latest count listing up to 40 artists who use the urban realm as their backdrop. Splashed with spectacular colours, the streets, back alleys and historical buildings have become the canvas for both local and international artists. We'll uncover some of the most iconic pieces: from stencils to paste-ups, graffiti to murals, legal and illegal pieces plus large-scale commissions. Fremantle has it all. We begin our tour in the West End, wander uptown, stopping for coffee at the Grumpy Sailor (at own expense), then saunter down to the Cappuccino Strip and finish up at the Bistrot Cafe on Marine Terrace. Tucked beneath lush, green trees, it's the perfect place to enjoy a delicious lunch (at own expense) while we relax and reflect on Fremantle's funky, urban street art.

Meet at 10.15am for 10.30am start at WA Shipwreck Museum, corner of Marine Terrace and Cliff Street, Fremantle.

Book by 15 June

Members \$11 / \$10 conc. Non-member \$13

CULTURE CLUB

Meet others and enjoy wonderful entertainment. You will be advised when to collect your tickets from the Glyde-In office. Please be at the theatre before curtain up. Remember there is no late entry for performances. For ticketing, please advise on enrolment if booking to go with a friend.

QUIZ – MELVILLE THEATRE EC1 Sunday 21 May, 2 – 4pm

Directed by Vanessa Jensen, *Quiz* is a highly entertaining play by English playwright, James Graham. This provocative re-examination of the case of Charles Ingram, the coughing Major, convicted for cheating his way to a million dollars. It will make you sit back and ask: *Was he guilty? Did he get a fair trial? Was it trial by media? How real is reality TV? Do ratings overrule everything, even the truth?* Full of the razzmatazz of TV quiz shows, and the not dissimilar drama of courtrooms, *Quiz* was nominated for two Oliver Awards in the West End and will be making its Australian community theatre debut at Melville Theatre.

Venue: Melville Theatre, 393A Canning Hwy (cnr Stock Rd), Palmyra

Book by 8 May

Members \$23 Non-members: \$28

SURVIVING JEANETTE – HARBOUR THEATRE EC2 Sunday 11 June, 2 - 4pm

Jeanette abandoned her family for a lover when her four children were young, taking Elisha but putting Helena in a home and leaving Nola and Belinda with their father. Returning to the family farm three years later, she refuses to speak about it. It is a wound carried by all four of her daughters and, 35 years later, Helena's return to the family and the mother she hasn't seen since she was 13 cracks the family wide open, revealing the terrible damages beneath the surface. Written and directed by Lis Hoffman.

Venue: Harbour Theatre @ Camelot's Indoor Theatre – 16 Lochee St, Mosman Park WA 6012

Book by 15 May

Members \$25 Non-members \$30

WASO Morning Symphony EC3 Thursday 29 June, 11am

Spirited masterworks, with Elena Schwarz conductor. Stravinsky's *Pulcinella* is one of the first great masterpieces of the Neo-Classical era and oozes with style and enthusiasm. Shostakovich's *Ninth Symphony* may be one of his shortest and most neo-classical, but it sparkles with wit and subversive irreverence.

Venue: Perth Concert Hall, St Georges Terrace, Perth.

Book by 30 May

Members \$35 Non-members \$40.

BY HAND

SPECTACULAR SUNSETS IN PASTELS FB1 Jane Lidbetter

4 Fridays: 12 May - 2 June, 1 - 3pm

Pastels lend themselves to vibrant colours, and what better way to express this than in our wonderful sunsets over the ocean here in Perth. Using soft pastels, Jane will demonstrate the techniques used in pastels and guide you in using different surfaces for your work.

Things to bring: soft pastels in oranges, yellows, red, ultramarine blue, cobalt blue, turquoise. Jane will provide paper at a small cost.

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

ECO-PRINTING WITH EUCALYPTUS FB2 Evelyn Bach

2 Fridays: 9 June 1 - 3pm & 16 June, 1 - 5pm

In this 2-part workshop we will experiment with eco-printing. We'll use Eucalyptus leaves of various kinds, different fabric treatments and cooking processes and see what magic happens. We should all come away with a unique length of printed fabric. In the first session (2 hours) we'll prepare the fabric, gather leaves and make rust water. In the second session (four hours) we'll make bundles, cook them and unbundle them – to reveal our unique design! Nothing to bring, all materials supplied.

Members \$70 / \$56 conc.

TRANSFER MONOTYPE - PRINTMAKING FB3 Bridget Seaton

Sunday 25 June, 10am - 2pm

Learn the simple but effective printmaking method of transfer monotype and explore playful line drawing and mark making techniques. Use professional oil based printing inks and papers and add a splash of colour with pigmented inks. Bridget will share her tips and techniques for loose drawing and will demonstrate each part of the printing process. Suitable for any level - even if you find drawing a challenge. Create images of loose flowers and quirky birds or if you prefer you can bring your own subject matter to class. All materials provided.

Members \$40 / \$32 + \$15 materials



LANGUAGES

Note to ongoing students - please re-book your classes to avoid missing out

SPANISH

SPANISH, beginners ongoing (Wednesdays) GL1
Ruperto Nunez

9 Wednesdays: 3 May - 28 June, 3.30 - 5.30pm

For those who have completed a term of Ruperto's new beginners class or equivalent, continue your Spanish learning journey. Not suitable for complete beginners.

Members \$180 / \$144 conc. + \$4 materials

SPANISH, beginners ongoing (Mondays) GL2

Ruperto Nunez

8 Mondays: 1 May - 26 June, 4 - 5.30pm

(no class 5 June)

For the ongoing beginner, continue to learn the basics and build your vocabulary and confidence. Not suitable for complete beginners.

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

SPANISH, Basic A1 GL3

Ruperto Nunez

9 Tuesdays: 2 May - 27 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 basic phrases, introduce yourself and others, and ask and answer personal questions.

Members \$180 / \$144 conc. + \$4 materials

SPANISH on Mondays, Basic A2 GL4

Ruperto Nunez

8 Mondays: 1 May - 26 June, 1.30 - 3.30pm

(no class 5 June)

If you understand present and simple past tenses and basic travel vocabulary, join this class to expand your vocabulary and improve fluency.

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

SPANISH, Intermediate B1 GL5

Ruperto Nunez

9 Tuesdays: 2 May - 27 June, 9 - 11am

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

Members \$180 / \$144 conc. + \$4 materials

FRENCH

FRENCH, ONGOING BEGINNERS (Wed) GL6

Pierrette Joseph

9 Wednesdays: 3 May - 28 June, 11am - 12.30pm

For those who have completed a term of Pierrette's beginners class or equivalent. Not suitable for complete beginners.

Members \$135 / \$108 conc. + \$4 materials

LANGUAGES *Continued.....*

FRENCH, ONGOING BEGINNERS (Thurs) GL7

Pierrette Joseph

9 Thursdays: 4 May - 29 June, 10.30am - 12pm

For those who have been learning for a little while or who have learnt the basics of French in the past. Not suitable for complete beginners.

Members \$135/ \$108 conc. + \$4 materials

FRENCH INTERMEDIATE GL8

Pierrette Joseph

9 Wednesdays: 3 May - 28 June, 1 - 3pm

For those who can hold a basic discussion, build on your French conversation and grammar in this small interactive group.

Members \$180 / \$144 conc. + \$4 materials

FRENCH, MORE ADVANCED GL9

Pierrette Joseph

9 Thursdays: 4 May - 29 June, 1 - 3pm

If you have a good grasp of grammar and conversation and want to improve your fluency talk to us about joining this ongoing group.

Members \$180 / \$144 conc. + \$4 materials

ONGOING FRENCH & ITALIAN CLASSES, with

Millie Kursar

(Currently no places available in these classes, ongoing students please re-book)

FRENCH, Ongoing GL10

Millie Kursar

9 Tuesdays: 2 May - 27 June, 10.45am - 12.15pm

Members \$135/ \$108 conc.

ITALIAN, Ongoing GL11

Millie Kursar

9 Wednesdays: 3 May - 28 June, 10.45am - 12.15pm

Members \$135 / \$108 conc.

FRENCH on Friday GL12

Millie Kursar

9 Fridays: 5 May - 30 June, 10.45am - 12.15pm

Members \$135/ \$108 conc.

LATIN

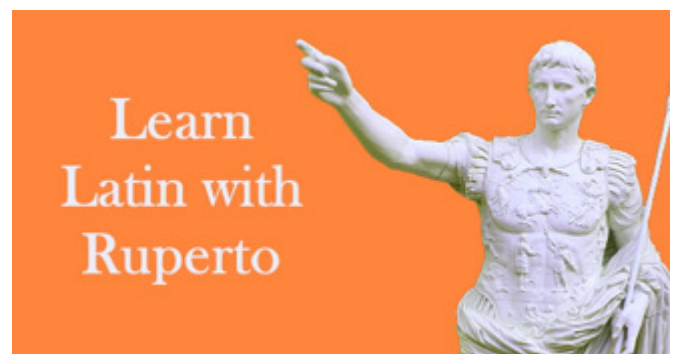
INTRO TO LATIN, ONGOING GL13

Ruperto Nunez

8 Tuesdays: 9 May - 27 June, 2 - 4pm

For those who have completed the first term of Ruperto's Intro to Latin or equivalent, continue your Latin journey.

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



COMPUTERS & TECHNOLOGY

Our classes are small and friendly, our tutors 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 for individualised support or advice. Please bring along your fully charged device and know your login details including passwords.

FACEBOOK MARKETPLACE

HC1

Fay Gerhard

Monday 8 May, 8.45am - 10.45am

Facebook Marketplace can be a good source of 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 \$20/ \$16 conc. Non-members \$25

PHOTO BOOKS

HC2

Fay Gerhard

Monday 8 May, 11.15am - 1.15pm

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

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

iPHONE PHOTOGRAPHY

HC3

Kris Metcher

3 Tuesdays: 9, 16 & 23 May, 10am - 12pm

Gain confidence to create your own photo-masterpieces. In this 3-week course Kris will share tips and techniques to ensure you get the best use you can from the camera on your iPhone. You'll cover composition, lighting, camera angles and editing, and you'll have the opportunity to try everything out.

Members \$60 / \$48 conc.

INTRO TO FACEBOOK

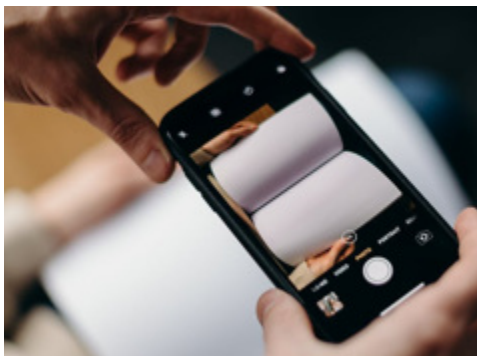
HC4

Kris Metcher

2 Tuesdays: 9 & 16 May, 12.30 - 2.30pm

Learn about Facebook and how it works. If you wish, 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 will 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 \$40/ \$32 conc.



iPhone photography

ZOOMING IN

HC5

Fay Gerhard

Monday 15 May, 8.45am - 10.45am

Do you have friends and family living around Australia or the world? Then come along to this informative session to get savvy with zoom and be able to stay in touch online with family and friends. It's easy, free, and a handy communication tool.

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

STORING YOUR DATA

HC6

Fay Gerhard

Monday 15 May, 11.15am - 1.15pm

Not sure how to safely store your documents, photos or data? Or not quite sure what the 'cloud' is? Come along and learn about the easiest and safest ways to store your valuable data.

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

CREATING FOLDERS FOR YOUR EMAILS

HC7

Fay Gerhard

Monday 22 May, 8.45am - 10.45am

Find out how to create and manage email folders, move emails from inbox to folders for easy storage, use flags and the search option to retrieve your emails and other helpful tips. Fay will use gmail to explain the processes, but the principles will apply to most email programs.

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

THE WONDERFUL WORLD OF PODCASTS

HC8

Kris Metcher

Tuesday 23 May, 12.30 - 2.30pm

Do you enjoy listening to the radio, but want to focus on specific themes or topics? Podcasts cover a wide range of topics from true crime to sports and world news. Let's explore podcasts and how to access them on your digital device. Make sure to bring your tablet or smartphone, and you'll soon be listening to your new favourite podcast!

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

eBOOKS

HC9

Kris Metcher

Tuesday 30 May, 10am - 12pm

Calling bookworms! Did you know that one eBook reader can hold thousands of eBooks, saving a lot of space in your home and in your bag? Kris will explain the various ways to access ebooks (portable eBook readers / on a laptop or computer / tablet or phone, etc.) and where to access eBooks, both free options and paid. Bring your library card and PIN number (if applicable).

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

COMPUTER HELP DESK

HC10

Fay Gerhard

A one-on-one 30 minute session to deal with a particular issue or for individualized support in making the most of your device. When enrolling please let us know what device you are using and an idea of what you need help with.

Phone or book in person at the office.

Members \$25. Non-members \$30

WHO WE ARE

Glyde-In Community Learning Centre has been operating since 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 grateful for the support of the Town of East Fremantle through provision of our building and ongoing operational funding.

HOW TO ENROL

Enrolments open Wednesday 26 April at 8.30am in person (or online from 9am) 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. If your choice of activity is full you will be placed on a waitlist and we'll contact you if a place becomes available. All courses require a minimum number of enrolments to proceed. We will let you know 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 last 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. **A separate form is required for each person enrolling.**

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, e.g. for an art class.

Non-members are able to take part in a single class or event per calendar year. If you wish to enrol in further activities, then a membership fee is required.



A word from the chair

Term 1 2023 has been another very successful time for Glyde-In. However there has been one sadness. Laura Webb, our very first Life Member, died on February 19th. She was the leader of the Thursday walking group and of a cycling group for many years. She was responsible for establishing the garden of Memories and helped decorate the much loved Art Shed with mosaics. When the Art Shed was declared uninhabitable and was replaced with the Garden Room Laura collected bits of memorabilia from the old building. Some of these are scattered in the garden. One much loved item from the front of the old building was a teapot and cups set. Laura had these mounted on jarrah and they are now on the outside west wall of the Garden Room. Laura will be remembered by many members. Rest in peace Laura.

Following is a piece I put in the Glyder, and just in case you missed it, here it is again. "Nicky Macdougall, our part-time Assistant Coordinator has told the committee and staff that she is planning to retire this year. She has informed us she would like to leave sometime in mid-year or a bit earlier if possible. We understand her need to retire and wish her all the best in the future. We will certainly miss Nicky. She has been a very important contributor to the smooth running of Glyde-In for many years".

Glyde-In member, Sandra Harris-Ramini, was interviewed on Freo Radio (Freo-verses show) on Friday 24th of February. The interview was about the many adventures of her very interesting life. During the interview she slipped in a 9-minute promo for Glyde-In. Thanks Sandra, that was great and much appreciated. If you would like to hear what Sandra said, click on the link below and go to about 1 hour and 52 minutes into the Freo-verses programme.

Our hardworking coordinator, Jacqui, has produced another exciting programme for us in term 2. I hope you will be able to attend something this term.

Best wishes, **Gordon** (Chair)

<https://radiofremantle.com.au/shows/freo-verse>



Laura

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. Members usually pay a small fee per session to cover cost of room hire.

BOOK CLUB

2nd Monday/month, 3.45 – 5.45pm.

\$5 per session. Books not provided. All welcome.
Jill Brown, 0433 402 401 / Glyde-In 9339 3964

CYCLING GROUPS

Monday and Wednesday mornings.

For Monday group, contact Gordon 0419 858 960
For Wednesday group, contact Marilyn 0407 082 038

GLYDE-IN SINGERS

Tuesdays, 4 – 6pm.

With Digby Hill. All welcome to sing folk, early mediaeval, African etc.

Venue: Sullivan Hall, Cnr. Stevens St & Nannine Ave,
White Gum Valley.

\$15/session (cash only). First session FREE. Just come along.

Contact Lyn 0405 124 618

MAHJONG

For experienced players.

Mondays, 1 – 3.30pm: Liz 0409 838 167

Fridays, 1 – 3.30: Jenny 0447 966 495

Thursdays 9.30am – 12pm: Maureen 0408 532 783

SCRABBLE

Wednesdays, 9.30 – 12pm.

All welcome, \$5 per session + \$1 morning cuppa.
Glyde-In 9339 3964

THURSDAY WALKERS

Weekly, 8am sharp from Glyde-In for an hour's brisk walk, then coffee.



PARKING

It's street parking, and there is 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 \$40 / \$35 concession or \$25 East Fremantle resident. Single term \$20.

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.

ENROLMENTS

Title	Miss/Ms/Mrs/Mr/Dr	First name	Last name	
Please only include contact details if something has changed			Emergency	
Phone		Mobile	Please indicate how you would like to receive your Glyde-In programme	
Address			Email <input type="checkbox"/>	Posted <input type="checkbox"/>
Suburb		Postcode	Email	
Membership (if due) <input type="checkbox"/> \$40 Full <input type="checkbox"/> \$35 Concession <input type="checkbox"/> \$25 East Fremantle resident <input type="checkbox"/> \$20 Single term				
Concession membership applies to those holding a Pension or Health Care Card or DVA Card No:				

Please indicate the courses that you are enrolling in by marking a cross in the first column and circling the fees that apply

X	Code	Course/Talk/Event	Start date	Memb.	Conc.	NonMem	Material
<input type="checkbox"/>	AS1	PRESERVING OUR URBAN BUSHLAND		\$14.00	\$11.00	\$18.00	—
<input type="checkbox"/>	AS2	HOW AI WILL TRANSFORM THE WAY WE WRITE		\$14.00	\$11.00	\$18.00	—
<input type="checkbox"/>	AS3	RIVER GUARDIANS		\$14.00	\$11.00	\$18.00	—
<input type="checkbox"/>	AS4	FOODS TO FIGHT INFLAMMATION		\$14.00	\$11.00	\$18.00	—
<input type="checkbox"/>	AS5	AN AUSTRALIAN HEAD OF STATE		\$28.00	\$22.00	—	—
<input type="checkbox"/>	AS6	HUMAN RIGHTS IN ISRAEL AND PALESTINE		\$14.00	\$11.00	\$18.00	—
<input type="checkbox"/>	AS7	TRAVEL WITH YOUR iPHONE/iPAD		\$14.00	\$11.00	\$18.00	—
<input type="checkbox"/>	AS8	WHY I BECAME A MARXIST		\$14.00	\$11.00	\$18.00	—
<input type="checkbox"/>	AS9	THE WAR IN UKRAINE TAKE TWO		\$42.00	\$34.00	—	—
<input type="checkbox"/>	AS10	FIRST AID FOR SENIORS		\$25.00	\$20.00	\$30.00	—
<input type="checkbox"/>	AS11	LAND OF THE PARROTS		\$14.00	\$11.00	\$18.00	—
<input type="checkbox"/>	AS12	EXPLORING YOUR SIGNATURE		\$14.00	\$11.00	\$18.00	—
<input type="checkbox"/>	BN1	UKULELE: Glyde Sing, Strum & Pick, Level 3		\$120.00	\$96.00	—	—
<input type="checkbox"/>	BN2	UKULELE: FOR NEW BEGINNERS		\$135.00	\$108.00	—	**
<input type="checkbox"/>	BN3	MAHJONG FOR BEGINNERS		\$225.00	\$180.00	—	—
<input type="checkbox"/>	BN4	LEARN AND ENJOY CONTRACT BRIDGE		\$120.00	\$96.00	—	—
<input type="checkbox"/>	BN5	HEALTHY EATING		\$20.00	\$16.00	—	—
<input type="checkbox"/>	BN6	SCIENCE AND RELIGION		\$160.00	\$128.00	—	—
<input type="checkbox"/>	BN7	HOW TO WRITE A STORY		\$75.00	\$60.00	—	—
<input type="checkbox"/>	BN8	SINGING, SOUND HEALING AND MEDITATION		\$20.00	\$16.00	\$25.00	—
<input type="checkbox"/>	BN9	ADVANCED CARE PLANNING WORKSHOP		No	charge	—	—
<input type="checkbox"/>	CM1	YOGA RESTORATIVE		\$112.00	\$90.00	—	—
<input type="checkbox"/>	CM2	YOGA GENERAL		\$112.00	\$90.00	—	—
<input type="checkbox"/>	CM3	YOGA RESTORATIVE		\$112.00	\$90.00	—	—
<input type="checkbox"/>	CM4	SATURDAY YOGA		\$112.00	\$90.00	—	—
<input type="checkbox"/>	CM5	FRIDAY GLYDERS WALKING GROUP		\$15.00	\$12.00	—	—
<input type="checkbox"/>	CM6	MINDFULNESS-BASED STRESS REDUCTION		\$90.00	\$72.00	—	—
<input type="checkbox"/>	CM7	ALEXANDER TECHNIQUE		\$60.00	\$48.00	—	—
<input type="checkbox"/>	CM8	IN-SPIRAL FLOW MOVEMENT		\$50.00	\$40.00	—	—
<input type="checkbox"/>	DO1	ENDERSLEA FARM		\$79.00	\$72.00	\$84.00	—
<input type="checkbox"/>	DO2	CAVERSHAM WILDLIFE PARK		\$53.00	\$48.00	\$58.00	—
<input type="checkbox"/>	DO3	OP-SHOP TOUR		\$28.00	\$25.00	\$33.00	—
<input type="checkbox"/>	DO4	WA ARMY MUSEUM		\$19.00	\$17.00	\$24.00	—
<input type="checkbox"/>	DO5	HOLEY MOLEY MINI GOLF		\$57.00	\$52.00	\$62.00	—
<input type="checkbox"/>	DO6	WA BALLET OPEN FRIDAY		\$46.00	\$42.00	\$51.00	—
<input type="checkbox"/>	DO7	FUNKY URBAN ART TOUR OF FREMANTLE		\$11.00	\$10.00	\$13.00	—
Total cost for this page							

