

# GLYDE-IN

COMMUNITY LEARNING CENTRE INC.

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## PROGRAMME TERM 3, 2024 - Monday 22 July to Sunday 22 September

Enrolments open Wednesday 17 July 8.30am in person, 9am on-line

*Evening and weekend courses and events are highlighted with a coloured star*

### SPEAKERS UNLIMITED

**PEN: A Global Network for Writers and Readers** AS1  
**Krishna Sen, Chair PEN International, Perth Centre**  
**Monday 29 July, 10 - 11am**

PEN International was established over a hundred years ago, to define and support 'responsible freedom of speech' around the world and to connect writers and publishers across cultural difference and political conflict. We'll hear of the increasing challenges both to the idea of free speech and the growing risks facing writers around the world. What, if anything, can we do in our daily lives to support writers in prison and at risk of harm, from their own governments or invading armies or civil wars?

**Memb \$14 / Memb conc \$11 / Non-memb \$18**

**WHY SHORT STORIES ARE GETTING MORE POPULAR, AND SHORTER** AS2

**Dr Alan Hancock, educator and writer**  
**Thursday 1 August, 9 - 10am**

Alan will look at the short story - its history from Chekhov to today, the top writers, the readership, and the rapidly changing world of publishing. He'll address questions such as why the short form is going through a renaissance, what is flash fiction, and why you might want to have a go at writing one yourself. From journal entry to literary masterpiece, this is the short form in a nutshell.

**Memb \$14 / Memb conc \$11 / Non-memb \$18**

**AN INTRO TO RESEARCHING YOUR ANCESTRY** AS3  
**Garnet Marshall, genealogist**

**Friday 2 August, 10 - 11am**

Have you watched 'Who Do You Think You Are'? Would you like to know more about your family history? Starting with yourself, you work backwards in time, and see where the documentary and DNA evidence leads you on your own personal detective story. Garnet will explore topics such as old laws, handwriting, religion, literacy, occupations and geography, and will provide an overview on where to get the data you need in order to create your family tree. The talk will include a brief discussion on DNA.

**Memb \$14 / Memb conc \$11 / Non-memb \$18**

**I'M NOT A NURSE** AS4

**Jessica Bailey, author and mentor**  
**Monday 5 August, 10 - 11am**

Jessica will share her story of overcoming the challenges of being a black migrant Australian woman. Her book *I'm Not a*

*Nurse* is a memoir of her journey from homelessness, violence and racism across two continents to find her power as a black African creator. Her short film of the same name has been nominated for ten national and international film festival awards and received three awards, including Best Short Film at the 2023 Canadian Short Film Festival.

**Memb \$14 / Memb conc \$11 / Non-memb \$18**



**THE CAMINO, STILL A PILGRIMAGE?** AS5

**Deb Mickle**

**Friday 9 August, 10 - 11am**

Deb has walked the Camino Frances several times, from the French border in the Pyrenees to Santiago de Compostella. Walking in April and May this year she noticed some differences to her earlier experiences. Due to the increasing popularity of this walk has it now become an adventure holiday rather than a pilgrimage? Come and hear about some of the changes Deb has noticed across the decade.

**Memb \$14 / Memb conc \$11 / Non-memb \$18**

**ST PAT'S IN FREQ** AS6

**Melanie Watkins, Volunteer Coordinator**

**Monday 12 August, 10 - 11am**

St Pat's provides specialist housing and support services for people who are experiencing homelessness in the south metro area of Perth. Come and hear about what St Pat's is doing in our community and how you might want to get involved.

**No charge, but bookings essential.**

## CRAFTING MINDS

AS7

**Ann-Marie Anderson-Mayes**

**Wednesday, 14 August 9 - 10am**

Did you know that just 20 minutes of art per day can improve wellbeing as effectively as getting enough exercise and sleep? Or that making art for as little as 45 minutes can reduce the stress hormone cortisol? When Ann-Marie started Beautiful Stitches in 2012, she thought she was simply teaching embroidery. Over time, she recognised that her work was helping people build confidence, manage mental health problems, alleviate pain, and grow community. It felt like there was something important and meaningful at the heart of her work, but she didn't have any proof. Come and be fascinated by new research in the field of neuroaesthetics, which shows categorically that participating in art and craft activities is not just good for you - it's integral to being human.

**Memb \$14 / Memb conc \$11 / Non-memb \$18**

## PERTH'S TREE CANOPY CRISIS

AS8

**Nick Cook, Chair WATCA**

**Saturday 17 August, 10 - 11am**

Perth has the lowest tree canopy cover of any capital city in Australia, the hottest summers and no tree protection. The West Australian Tree Canopy Advocates is a community-driven organisation established to address this crisis. Chair of the organisation Nick Cook will talk us through the current situation and the work of WATCA and the Tree Canopy Advocacy network.



**Memb \$14 / Memb conc \$11 / Non-memb \$18**

## THE GENOCIDE CONVENTION IN THE INTERNATIONAL COURT OF JUSTICE

AS9

**Melanie O'Brien, Associate Professor of International Law, UWA**

**Thursday 22 August, 9.30 - 10.30am**

Melanie will give an overview of the current Genocide Convention cases before the International Court of Justice (ICJ). After briefly introducing the ICJ and its role, she will outline the current ICJ cases brought under the Genocide Convention, breaking down the complex legal process and arguments into a straightforward explanation for the non-lawyer. Cases discussed will be *The Gambia v Myanmar*, *Ukraine v Russia*, *South Africa v Israel*, and *Nicaragua v Germany*.

**Memb \$14 / Memb conc \$11 / Non-memb \$18**

## MODI'S INDIA: The Saffron Threat to Democracy

AS10

**Professor Eamon Murphy**

**Saturday 24 August, 10 - 11.30am**

As India embarks on another term under the charismatic Prime Minister Narendra Modi, leader of the right-wing Hindu nationalist Bharatiya Janata Party (BJP), join Professor Eamon Murphy for a crucial discussion on the evolving political landscape in the world's largest democracy. Based on his book "Hindu Nationalism and Terrorism in India: The Saffron Threat to Democracy," Professor Murphy will explore how the BJP's renewed mandate reinforces a trend of rising Hindu nationalism,

leading to increased discrimination against minorities and the erosion of democratic institutions.

**Memb \$14 / Memb conc \$11 / Non-memb \$18**

## MARY'S MAPS

AS11

**Mary Yates**

**Monday 26 August, 10 - 11am**

Mary is a local artist and researcher and has created hand-drawn watercolour maps of significant heritage places and sites in Western Australia, for local governments and others. Her colourful maps are well researched, historically accurate and visually engaging. In this talk we'll learn how Mary's map journey evolved and ultimately became the pinnacle of her work. We'll follow this story of serendipity visually via Mary's beautiful maps.

**Memb \$14 / Memb conc \$11 / Non-memb \$18**

## 'A MISTY, METAPHYSICAL CONCEPT': Discovering Italian Identities in the 19<sup>th</sup> century (1796-1861)

AS12

**Fausto Butta**

**Thursday 12 September 10 - 11am**

What values, symbols, landscapes and images were used in order to create a new Italian national identity leading up to the country's unification in 1861? How have artistic and cultural productions contributed to shifting the meanings of Italy (or Italies) and Italian identity? By exploring some examples of figurative art in the 19th century, Fausto explores the proposal that ideas and emotions of Italian identities are historically contingent, and that the Italian case undermines the notion of national identity and ideals.

**Memb \$14 / Memb conc \$11 / Non-memb \$18**

## MAXIMISING LIFE THROUGH MUSIC

AS13

**Hayley Antipas, Neurologic Music Therapist**

**Thursday 19 September, 10 - 11am**

Music is one of the only activities we experience that stimulates the entire brain. It is known to activate brain regions associated with emotions, memories, thinking, planning, decision making, stress response and much more. Music also has a profound impact on psychology and identity. Music therapy sits at the intersection of neuroscience, psychology and music, to promote positive health, wellbeing and functional outcomes with people of all ages and needs. Hayley will help us to use music purposefully to optimise our own health and wellbeing.

**Memb \$14 / Memb conc \$11 / Non-memb \$18**

## THE DAY AFTER

AS14

**Jafar Ramini**

**Saturday 21 September, 10.30 - 11.30am**

After the longest assault on a civilian population in modern times, the almost total destruction of the Gaza Strip, the carnage that followed, and the displacement of over two million people, what does the future hold for the people of Palestine?

**Memb \$14 / Memb conc \$11 / Non-memb \$18**

Are you aware of our Containers for Change bin at our front fence?

Your contributions are most welcome and all add to our fundraising activities as well as reducing landfill





## NOT SO TRIVIAL PURSUITS

**UKULELE: Glyde Sing, Strum & Pick, Level 3 (ongoing)**  
Shirley Guy **BN1**

**9 Mondays: 22 July - 16 September, 1 - 2.30pm**  
An ongoing class, suitable for those able to play Lil Rev's Ukulele Method Book 2. There will also be the opportunity to play at a Glyde-In fundraising event on Sunday 29 September in collaboration with the Glyde-In Singers. Not suitable for beginners.

**Member \$135 / Member conc \$108**

**VOICES IN HARMONY** **BN2**  
Digby Hill

**9 Wednesdays: 24 July - 18 September, 1 - 2.30pm**  
Singing with others is a buzz, and doing it with just your voice is the ultimate in feel-good music making. We'll work through the wonders of unaccompanied singing with simple easy-to-sing arrangements of jazz, world folk and pop/R&B, including some background on a cappella, and skills you can use in any singing situation. There will also be the opportunity, if you wish, to sing at a Glyde-In fundraising event on Sunday 29 September in collaboration with the Glyde-In ukulele group. No experience necessary.

**Member \$135 / Memb conc \$108**

**HAPPINESS** **BN3**  
Ruperto Nunez

**8 Mondays: 29 July - 16 September, 1.30 - 3.30pm**  
This is an invitation to explore a topic that, arguably, could be the most important of our lives. Happiness is an elusive concept. Is it a fleeting feeling or emotion, as a result of equally brief experiences? Is it an underlying sense of peace and contentment, capable of surviving difficult days? Can we choose to be happy or is it a skill randomly assigned by fate or the gods? Are some people more psychologically equipped to be happy than others? Bring your ideas and questions!

**Member \$160 / Member concession \$128**

**HOW TO WRITE A SHORT STORY – from life, imagination, history** **BN4**

**Dr Alan Hancock, educator and writer**  
**4 Mondays: 5 - 26 August, 10.00am - 12.30pm**  
Always wanted to write something – why not start with a short story? In this course you'll learn how to write a short piece so that it holds a reader from start to finish. We'll look at the key differences between short stories and the longer forms – novels, biography, creative non-fiction – and the mistakes many beginners make. Each week you'll develop your skills and imagination by working on a series of practical exercises. And we'll take a close look at the work of top writers to see what we can learn from them. It will all be hands-on, practical, and fun.

**Member \$100 / memb conc \$80**

## MIND & BODY

**TAI CHI** **CM1**  
Ruperto Nunez

**9 Wednesdays: 24 July - 18 September, 12.15 - 1.15pm**  
Experience this gentle form of exercise that can help maintain strength, flexibility and balance. Movements are designed to increase the strength and flow of your internal energy. It involves the practice of mind and body coordination which assists in all aspects of daily life. Ruperto has been practicing tai chi for many years. Maximum 10 participants.

**Member \$90 / Member conc \$72**

## MIND & BODY CONTINUED...

**MEDITATION** **CM2**  
Gavin Neilson

**6 Thursdays, 25 July - 29 August, 3 - 4pm**  
Is it Mindfulness? Keeping very still? Breathing in a special way? Religious? Gavin will introduce some undemanding, take-home techniques to develop an individual practice. Find what works for you, for more calm and focus in your life. Gavin brings a synthesis of approaches and techniques for meditation and mindfulness from many years of exploration and practice in both secular and non-secular traditions.

**Member \$60 / Member concession \$48**

**ALEXANDER TECHNIQUE** **CM3**  
Sandra Dobbs

**4 Thursdays: 25 July - 15 August, 10.30am - 12pm**  
Improve your balance and poise, reduce postural pain and find joy in everyday movement. Through the exploration of simple daily movements such as sitting, standing, walking & other regular tasks 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. Suitable for beginners as well as those wanting to explore the technique further. Sandra has been teaching Alexander Technique for many years, including at WAAPA.

**Member \$60 / Member concession \$48**

**FRIDAY GLYDERS** **CM4**  
Dianne Hunter

**10 Fridays: 19 July - 20 September, 8am**  
Meet at a different café each week for a one hour walk to explore the best of the southern suburbs before returning to the starting point for coffee together. Discover new friends, new places and cafes while enjoying scenic locations, photo ops, urban art and wildlife along the way. Everyone can walk at their own pace before returning to the cafe for coffee together. Maximum 10 people, ongoing walkers will need to re-enrol.

**Memb \$15 / Memb conc \$12**

**SATURDAY YOGA** **CM5**  
Penny Caputti

**9 Saturdays: 27 July - 21 September, 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.

**Member \$113 / Memb conc \$90**

**SOUND HEALING AND MEDITATION** **CM6**  
Sian Brown

**Sunday 11 August, 2 - 4pm or**  
**Sunday 1 September, 2 - 4pm** **CM7**

In the ancient practice of sound healing, the sound frequencies slow down brain waves to a deeply restorative state, and this activates the body's system of self-healing. Harmonious tones wash over you in this deeply rejuvenating and soothing experience. Come and enter a meditative sound bath of crystal singing bowls and gongs, with operatically trained sound healer Sian Brown. Enjoy from a chair or on a yoga mat. Come as you are, bring a blanket, a yoga mat and a bottle of water. Enrol in one or both sessions (fee is per session).

**Member \$20 / Memb conc \$16 / Non-member \$25**

*Our bus trips are brought to you by volunteer organisers, drivers and hosts. Buses depart **on time** from Prinsep Road, Melville (south of Canning Highway). Return times are approximate. If you can't make it please let us know beforehand on 9339 3964, or on the day use the contact number of your Glyde-In host (contact details in your reminder email, sent the week prior).*

## **JAMES CAMERON - Challenging the Deep Exhibition DO1** **Mal Christison**

**Thursday 25 July, 10:30 - 1pm**

**Meet there.** This major immersive exhibition traces filmmaker James Cameron's lifelong achievements in deep ocean science, technology and exploration, including his record-breaking dives in Deepsea Challenger, the submersible vessel he co-designed and which was built in Sydney. You'll be immersed in an underwater environment and experience how Cameron's passion for understanding and exploring our oceans has shone a light on the least-known places on earth. See the remainder of the museum exhibitions if you wish (for an additional entry fee) or join us after the event for lunch at Caffissimo (not included).

*Meet at Caffissimo Café inside the Maritime Museum, Victoria Quay, Fremantle for coffee at 10:30 am (not included)*

**Book by 19 July**

**Member \$21 / Member conc \$19 / Non-member \$26**



## **ROYAL PERTH HOSPITAL & DEPARTMENT OF FIRE AND EMERGENCY SERVICES MUSEUMS DO2**

**Barry Ross**

**Wednesday 31 July, 9.45am - 1pm**

**Meet there.** The Royal Perth Hospital Museum preserves and shares the history of Western Australia's longest-serving hospital. The collection reveals the journey from a desperately underfunded colonial hospital to a leading trauma and teaching hospital. We'll have a 30 minute tour exploring significant moments in the hospital's history as well as advances in medicine, technology and health care initiated at RPH. After a bit more time exploring the exhibition we'll cross the road to the Department of Fire and Emergency Services Education and Heritage Centre. After a 30 minute guided tour of the heritage-listed building and former fire station, we can wander through the collection which includes over 3,000 objects telling the cultural and technological history of the fire and rescue services in WA. Barry invites you to then join him for lunch at the nearby Hibernian Place (not included).

*Meet at the Moreton Bay Fig tree opposite the Department of Fire and Emergency Services, 25 Murray St. Perth at 9:45 am. (Travel by public transport recommended, consult Transperth Journey Planner for the best option.)*

**Book by 24 July**

**Member \$15 / Member conc \$12/ Non-member \$17**

## **WA MEDICAL MUSEUM DO3**

**Wednesday. 7 August, 10am - 2.30pm**

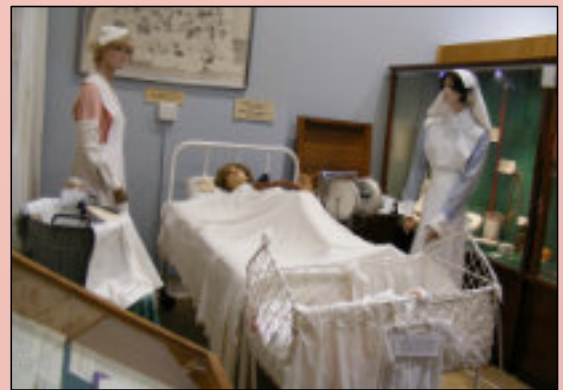
**Barry Ross**

**Bus trip.** The museum occupies the heritage-listed Harvey House in Subiaco, which became Perth's first maternity hospital in 1916. The many exhibitions include an operating theatre, dental workshop and surgery, Iron lung and polio display, Aboriginal medicine, King Edward Memorial Hospital's original X-ray Department, The Royal Flying Doctor, Nursing during Wartime, Early pharmaceuticals and Chloe, their oldest exhibit. Our tour starts at 11am, giving us an introduction to each area of the exhibition, and then we can look around at our own pace, before a 4 minute walk to Hangs Espresso & Keto café for lunch (not included).

*Meet at Prinsep Road, Melville at 10am for 10.15am departure*

**Book by 31 July**

**Member \$35 / Member conc \$32 / Non-member \$40**



## **LUMINEER WILDFLOWER TOUR DO4**

**Barbara Saba**

**Tuesday 20 August, 8am - 7.15pm**

**Bus trip.** Join this Lumineer Adventure Wildlife tour to Mt Lesueur in Western Australia, offering breathtaking displays of diverse and vibrant wildflowers. The scenic beauty of the mountain provides a picturesque backdrop for exploring the unique flora and fauna of the region. Enjoy a leisurely stroll or a guided tour to discover the stunning wildflowers blooming in this natural paradise. Our first stop is Lancelin for coffee and then the Lobster Shack in Cervantes for lunch (not included). Then on to Lesueur National Park where we can walk the Gairdner Walk Trail with a wildflower guide. This beautiful trail is a 1.8km (1 hr) Class 3 trail and should be in full bloom at this time. Our fourth stop is Ledge Point for a coffee and facilities break, where we'll enjoy coffee/tea and a selection of sweet and savoury snacks provided by Lumineer tours.

*Meet at Prinsep Road, Melville at 8am for 8.15am departure*

**Book by 29 July**

**Member \$177 / Member conc \$161 / Non-member \$182**

## **MEN'S SHED AND LUNCH DO5**

**Barbara Saba**

**Thursday 22 August, 12 - 3.30pm**

**Meet there.** What goes on in a Men's Shed? The answer is plenty! The Freo Men's Shed first opened its doors in 2005 and from humble beginnings now has nearly 350 members, including 75 women. It's a 'tooled up' workshop environment with so many activities and projects happening. A visit to the Shed is an opportunity to chat with some members, explore the facility and learn about some of the amazing experiences and adventures that have occurred through its history. Tea



and coffee-making facilities are available. Our Glyde-In enrolment fee includes a gold coin donation. Your hosts are Bill Johnstone & Terry Mercer. Prior to our visit we'll meet for lunch at the Carrington Bar & hotel, which has lunchtime specials for approx. \$20 (not included).

*Meet at Carrington Hotel, 330 Carrington Street Hamilton Hill at 12pm*

After lunch we'll head to the Freo Men's Shed, 70 Shepherd St, Beaconsfield for 2pm.

**Book by 1 August**

**Member \$ 12 / Member conc \$10 / Non-Members \$15**



## **KINGS PARK BUSHLAND BOUNTY GUIDED WALK DO6**

**Julie Robertson**

**Monday 26 August 2024, 8.45am - 2.30pm**

**Bus trip.** Venture into the bushland with our guide to see the naturally occurring trees and plants which burst into flower in spring. These plants are adapted to the climatic conditions and survive and thrive without irrigation. See birds and wildlife as we stroll through the bush. This is a guided walk and will take 1- 1.5 hours, leaving from the Aspects Gallery shop in Frazer Ave. Wear appropriate clothing and shoes, and bring a hat and water as the weather may already be warm in late August. After the walk we will lunch at either the Koorak or Botanical café at Kings Park (not included).

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

**Book by 2 August**

**Members \$40 / Member conc \$35 / Non-member \$45**



## **WOODBIDGE HOUSE DO7**

**Mal Christison**

**Friday 6 September, 9.30am - 4.15pm**

**Bus trip.** Woodbridge House was described in 1884 as 'the most handsome private residence erected in the colony'. Built in an area known as Mandoon on Noongar land on the banks of Derbarl Yerrigan (Swan River), the National Trust of Western Australia has undertaken significant conservation work at this important site. Wander through the grounds and admire the towering jarrahs that hug the house, the

beautifully maintained cottage garden and views of the river flowing right past the property. Explore the house room by room and learn about the history of Woodbridge on a guided tour. There is a bit of walking and some stairs to climb so not suited to those with mobility issues. We will arrive in time to relax with a coffee on the veranda of the Riverside Cafe. After the tour, we will enjoy an excellent and affordable lunch at the cafe (not included).

*Meet at Prinsep Road, Melville at 9.30am for 9.45am departure*

**Book by 23 August**

**Members \$35 / Member conc \$32 / Non-member \$40**

## **S & R ORCHARD BLOSSOM FESTIVAL DO8**

**Julie Robertson**

**Friday 13 September. 9.15am - 3.15pm**

**Bus trip.** Immerse yourself in a day of spring blossom delights at the picturesque S&R orchard, which was very much enjoyed on our last trip. There'll be food vans, coffee, ice cream, teacup and tractor rides, an animal farm, and a bouncy castle for kids. Capture special moments with their custom-made spring props for photos. Remember to wear comfortable shoes and bring sunscreen. Afterwards, we'll adjourn to the Avocado café in Kelmscott for lunch (not included).

*Meet at Prinsep Road, Melville at 9.15am for 9.30am departure*

**Book by 23 August**

**Members \$45 / Member conc \$40 / Non-member \$50**

## **KINGS PARK WILDFLOWER WONDERS GUIDED WALK DO9**

**Julie Robertson**

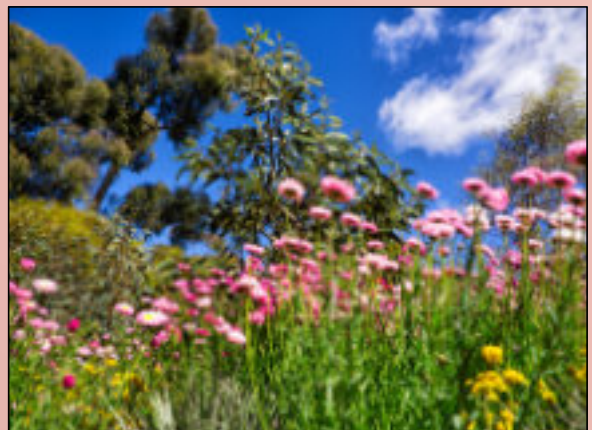
**Wednesday 18 September, 8.45am - 2.30pm**

**Bus trip.** Join us on a fully-guided walk through the wonderful Western Australian wildflowers on display during springtime in the gardens and surrounding bushland of Kings Park. The walk will take about 1.5 hours and will leave from the Aspects Gallery shop on Frazer Ave. Wear appropriate shoes and clothing and be sure to bring a hat and water because the weather can be quite warm in September. After the walk we will lunch at either the Koorak or Botanical café at Kings Park (not included).

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

**Book by 23 August**

**Members \$40 / Member conc \$35 / Non-member \$45**



Meet others and enjoy wonderful entertainment. Collect your WASO ticket/s from the Glyde-In office when notified. Theatre tickets will be handed out by your Glyde-In host at the theatre on the day 30 - 15 minutes prior to curtain up.

## GARRICK THEATRE - STEEL MAGNOLIA EC1

**Mal Christison**

**Sunday 11 August, 11am - 4pm**

**Meet there/travel together by train.** This sparkling and yet sombre play, set in Truvy's beauty parlour somewhere in Louisiana, spans three years in the lives of six women. Truvy and her assistant Annelle, chat and gossip with their friends and regular customers. They share and discuss everything, including marriage, children, health and deaths, with advice being given freely. When one of them passes away suddenly, it is the strong bond that they share that gives them deep strength and the purpose in life to help them through their darkest hours. We'll catch the 11.12am train from Fremantle in time for lunch at The Guildford Milk bar (not included). It's then a 10 minute walk to the heritage-listed Garrick Theatre for the 2pm matinee.

Meet at Fremantle train station in time to catch the 11.12am train to Perth or meet at Guildford Station for when the train arrives at 12.04pm

**Book by 1 August**

**Member \$35 / Members conc \$28 / Non-Member \$40**

## WASO MORNING SYMPHONY EC2

**Thursday 5 September, 11am**

Elgar described his Second Symphony as a "passionate pilgrimage of the soul". Musically rich and emotionally complex, it encompasses the heights of joy and the depths of despair. Principal Conductor Asher Fisch leads us through this enigmatic yet glorious work.

**Book by 31 July**

**Member \$35 / Non-member \$40**

## MELVILLE THEATRE – GOD OF CARNAGE EC3

**Sunday 15 September, 5pm**

Winner of the 2009 Tony Award for Best Play, the dark comedy God of Carnage relates an evening in the lives of two Brooklyn couples who meet to discuss a playground incident, where the son of one couple has hurt the son of the other couple. They agree to discuss the incident civilly, but, as the night wears on and drinks are imbibed, the polite veneer breaks down. The couples initially spar against each other, but the men gang up on the women and the spouses switch sides as the fighting continues. Reza's play explores what lies behind the trappings of civilization.

**Book by 12 August**

**Member \$25 / Non-member \$30**

## OUTBACK AND SEASCAPES IN PASTELS FB1

**Jane Lidbetter**

**5 Fridays: 26 July - 23 August, 1 - 3.30pm**

We will explore the beautiful colours of the outback and seascapes around the coast. You'll learn the techniques of using pastels and colour theory to produce vibrant images from around Australia. Suitable for both beginners and continuing students.

*Things to bring:* soft pastels in box form or separate sticks - blue, green, purple, red, orange, yellow, brown, ochre. Jane will supply paper at a minimum cost.

**Member \$125 / Member conc \$100 / + \$10 materials / & things to bring**

## DRAWING FOR FUN FB2

**Mal Cunningham**

**6 Fridays: 16 August - 20 September, 10am - 12pm**

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 our drawings to investigate other areas such as painting or printmaking as well as pastel. Beginners and more experienced students are welcome.

*Things to bring:* A3 cartridge pad, sharpener, eraser and a range of pencils HB to 6B.

**Member \$120 /Member conc \$96 / + things to bring**

## COILED BASKETS with repurposed Saree silk ribbon FB3

**Leisa Antonio**

**3 Tuesdays: 20 August - 3 September, 1 - 3pm**

Coiled baskets are beautifully functional and useful. Learn how to gently weave and coil your basket integrating beautiful ethically sourced recycled Saree silk ribbon. Leave with your truly unique Indian-inspired basket and additional materials to keep creating, an instruction guide and new-found weaving skills. No experience required. All materials supplied.

**Member \$60 /Member conc \$48 / + \$65 materials**

## JAPANESE FLORAL ART FB4

**Junko Takatsuki**

**Friday 30 August, 1 - 3pm**

Ikebana, or floral art, is an ancient Japanese art also known as 'the way of flowers'. It blends aesthetics and simplicity to create quiet works of beauty, where blossom, branch, leaf, and stem find new life in the home. Junko is a qualified Ikebana teacher, taught by her own mother and other masters. She will demonstrate, then help you create your own arrangement to take home.

*Things to bring:* stems/greenery, buds, flowers, scissors, secateurs

**Member \$20 /Memb conc \$16 / Non-member \$25 + \$10 mat'ls**

## RECYCLED PAPER-MAKING WITH PLANTABLE SEEDS FB5

**Leisa Antonio**

**Tuesday 10 September, 1 - 3pm**

Engage in hands-on creating of your papermaking frame, and create your own paper by recycling otherwise waste papers. We'll add Swan River daisy seeds to create plantable paper. The art of creating beautiful paper can be used in many ways; as beautiful handmade gift paper, for decorative framing, to make envelopes, bookmarks, or other paper crafts, and for letter writing. Everything is supplied, and no experience is needed. You'll take home your home papermaking kit. Wear art clothing and bring 2 pairs of disposable gloves as paper making is messy fun!

**Member \$20 /Member conc \$16 / + \$45 materials**





## SPANISH

**SPANISH, ongoing beginners (Mondays)** GL1

Ruperto Nunez

**9 Mondays: 22 July - 16 September, 4 - 5.30pm**

For the ongoing beginner, with 1+ year of Spanish with Ruperto or equivalent. Continue to learn the basics and build your vocabulary and confidence. Not suitable for complete beginners.

**Member \$135 / Member concession \$108**

**SPANISH, Intermediate B1** GL2

Ruperto Nunez

**9 Tuesdays: 23 July - 17 September, 9 - 11am**

An ongoing class for those who have a good grasp of vocab and grammar and are able to hold a simple conversation in Spanish.

**Member \$180 / Member concession \$144**

**SPANISH, Basic A1** GL3

Ruperto Nunez

**9 Tuesdays: 23 July - 17 September, 11.30am - 1.30pm**

For those who know basic grammar and are able to construct simple sentences in Spanish.

**Member \$180 / Member concession \$144**

**SPANISH, beginners continuing (Wed)** GL4

Ruperto Nunez

**9 Wednesdays: 24 July - 18 September, 9.30 - 11.30am**

For those who have completed two terms of Spanish with Ruperto or equivalent.

**Member \$180 / Member concession \$144**

## FRENCH

**FRENCH, ongoing** GL5

Millie Kursar

**9 Tuesdays: 23 July - 17 September, 10.45am - 12.15pm**

This class is currently full. Ongoing students will need to re-enrol.

**Member \$135 / Member concession \$108**

**FRENCH, ongoing beginners A1 (Thurs)** GL6

Pierrette Joseph

**9 Thursdays: 25 July - 19 September, 10am - 12pm**

For those who have been learning for a little while or who have learnt the basics of French in the past.

**Member \$180 / Member concession \$144 / + \$4 materials**

**FRENCH, more advanced B1** GL7

Pierrette Joseph

**9 Thursdays: 25 July - 19 September, 1 - 3pm**

This class is currently full. Ongoing students will need to re-enrol.

**Member \$180 / Member concession \$144 / + \$4 materials**

## ITALIAN

**ITALIAN, ongoing** GL8

Millie Kursar

**9 Wednesdays: 24 July-18 September, 10.45am - 12.15pm**

This class is currently full. Ongoing students will need to re-enrol.

**Member \$135 / Member concession \$108**

**ITALIAN, ongoing beginners** GL9

Gavin Neilson

**6 Wednesdays: 24 July - 28 August, 2 - 3.30pm**

For those who have completed 3 semesters with Gavin or equivalent.

**Member \$90 / Member concession \$72**

## LATIN

**LATIN, ongoing** GL10

Ruperto Nunez

**9 Tuesdays: 23 July - 17 September, 2 - 4pm**

For those who have completed 1+ year of Ruperto's Intro to Latin course or equivalent.

**Member \$180 / Member concession \$144**

### Annual General Meeting

NOTICE TO MEMBERS

The AGM will be held on

**Tuesday 24 September at 2pm**

at Glyde-In

Community Learning Centre

All positions will be made vacant.

Nomination forms are held  
in the office

and should be submitted to the  
Secretary, Mal Christison, one  
week prior to the AGM.



TOWN of  
**EAST FREMANTLE**

**We acknowledge with thanks,  
the continuing support of the**

**Town of East Fremantle**

*Our classes are small and friendly. 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. Bring your device (fully charged) and know your login details including passwords.*

## **WELCOME TO APPLE (iPhone/iPad) HC1**

**Monday 5 August, 8.45am - 10.45am**

**Fay Gerhard**

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 other iPad courses. Bring your device if you have one.

**Member \$20 / Member conc \$16 / Non-member \$25**

## **WELCOME TO ANDROID (phone/tablet) HC2**

**Fay Gerhard**

**Monday 5 August, 11.15am - 1.15pm**

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.

**Member \$20 / Member conc \$16 / Non-member \$25**

## **FACEBOOK MARKETPLACE HC3**

**Fay Gerhard**

**Monday 12 August, 8.45am - 10.45am**

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

**Member \$20 / Member conc \$16 / Non-member \$25**

## **RESEARCHING AND BOOKING TRAVEL ONLINE HC4**

**Fay Gerhard**

**Monday 12 August, 11.15am - 1.15pm**

This exciting topic shows you everything you need to know about safely researching and booking travel online. You'll find out some key tips for finding the best deals online, how you can safely access your finances while travelling and what you need to do if you plan on travelling with medications.

**Member \$20 / Member conc \$16 / Non-member \$25**

## **WHATSAPP HC5**

**Fay Gerhard**

**Monday 19 August, 8.45am - 10.45am**

WhatsApp lets you send messages, pictures, videos and voice over wi-fi. It works for iPhone talking to Androids too. Come and learn how.

**Member \$20 / Member conc \$16 / Non-member \$25**

## **MAPS ON YOUR PHONE HC6**

**Fay Gerhard**

**Monday 19 August, 11.15am - 1.15pm**

Learn how to get the most out of Google Maps on your phone - from directions to locating a restaurant or petrol station nearby. Link it to your calendar and learn how to get the most out of it.

**Member \$20 / Member conc \$16 / Non-member \$25**

## **TRANSFERRING PHOTOS (Apple devices) HC7**

**Fay Gerhard**

**Monday 26 August, 8.45 - 10.45am**

Learn how to transfer photos and/or videos from your mobile phone to your computer or laptop. This class is for transferring from Apple iPhones.

**Member \$20 / Member conc \$16 / Non-member \$25**

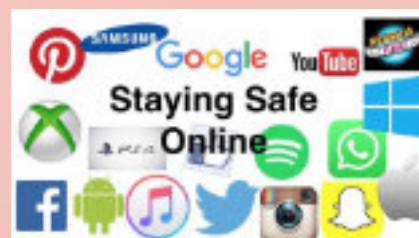
## **TRANSFERRING PHOTOS (Android devices) HC8**

**Fay Gerhard**

**Monday 26 August, 11.15am - 1.15pm**

Learn how to transfer photos and/or videos from your mobile phone to your computer or laptop. This class is for transferring from Android phones.

**Member \$20 / Member conc \$16 / Non-member \$25**



## **e-SAFETY HC9**

**Fay Gerhard**

**Monday 2 September, 8.45am - 10.45am**

Do you know how to stay safe online? Come along to learn the essentials of online security – how to create strong passwords, spot scams, safely download files and the different payment options for online purchases.

**Member \$20 / Member conc \$16 / Non-member \$25**

## **ORGANISING YOUR EMAILS HC10**

**Fay Gerhard**

**Monday 2 September, 11.15am - 1.15pm**

Learn how email works and how to manage your email accounts. Learn how to block nuisance emails, report spam and unsubscribe to newsletters, plus how to change your password and even cancel your email account. You will also learn what actions you can take to spot and avoid common email scams.

**Member \$20 / Member conc \$16 / Non-member \$25**

## **USING CALENDAR ON YOUR MOBILE HC11**

**Fay Gerhard**

**Monday 9 September, 8.45 - 10.45am**

Why use the calendar? It is a useful tool to keep track of all your upcoming meetings, events, appointments. Never forget a milestone again, and be reminded of when to leave to get to your appointment on time. Calendars assist in visualising your schedule at any time, and are accessible at the touch of a button.

**Member \$20 / Member conc \$16 / Non-member \$25**

## **COMPUTER HELP DESK HC12**

**Fay Gerhard**

A one-on-one 30 minute 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. When enrolling please let us know what device you are using and an idea of what you need help with.

**Member \$25 / Non-member \$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.

Glyde-In is a not-for-profit organisation managed by a

volunteer management committee. Our staff members work part time, and our volunteers play a significant role in the life of the Centre. A copy of Glyde-In's constitution can be found on our website.

Most of our funding is generated through membership and course fees. We are also grateful for the generous support of the Town of East Fremantle through provision of our building and ongoing operational funding.

## HOW TO ENROL

**Enrolments open Wednesday 17 July at 8.30am in person (or online from 9am) and continue through the term, spaces permitting.**

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 may wish to transfer your booking to another person - just let us know in the office.

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 list of all courses and activities. Simply place an **X** against the ones you want. Circle the fees that apply, complete your name, membership and payment details. **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

The Glyde-In continues to be a hive of activity. Some of the highlights of term 2 have been Hans Hug, the Director of the Fremantle Chamber Orchestra, presenting an Introduction to Classical Music series, delighting participants with stories of classical music through the ages. Ruperto Nunez, long time tutor at Glyde-In reintroduced Tai Chi to the programme which has got us moving in different ways. I must also mention the fantastic adventure to Enderslea Farm in the Chittering Valley. This trip was a real extravaganza with historic rural scenery, live theatre, fabulous farm food and a wine tasting. Many thanks to Mal Christison for organising this wonderful outing.



The term 3 programme also promises some interesting new speakers and outings. We are very happy to welcome back Digby Hill with the ever popular *Voices in Harmony* course; it's always lovely to hear those sweet melodies at Glyde-In. I'd also like to acknowledge and congratulate Digby and the Glyde-In Singers as they celebrated their 20<sup>th</sup> anniversary as an acapella choir. What a great achievement and well done to all!

The afternoon tea and music fundraising event that I mentioned last term has been rescheduled for Sunday 29 September. So pop it in your diary – a scrumptious afternoon Devonshire tea with music from acapella singers and ukulele players, ending in a joyful singalong.

Lastly, I would like to advise that the Glyde-In AGM (Annual General Meeting) is scheduled for 2pm on Tuesday 24 September 2024. You will receive a reminder about this closer to the date and I would encourage as members as possible to come along. It is a great opportunity to reflect on and celebrate the events of the past year.

We look forward to seeing you at Glyde-In this term.

Jane Vallance  
Chair, Glyde-In Management Committee

# 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.*

### BOOK CLUB

**2<sup>nd</sup> 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 the Monday group, contact Gordon 0419 858 960  
For the 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 - 3.30pm:** Jenny 0447 966 495

**Thursdays 9.30am - 12pm:** Maureen 0408 532 783

### SCRABBLE

**Wednesdays, 9.30 - 12pm**

All welcome, \$5 per session  
9339 3964

### THURSDAY WALKERS

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

## PRIVATE GROUPS & WORKSHOPS

*Privately-run activities; for further information please phone the conveners.*

### COMMUNITY QUILTING

**3<sup>rd</sup> Monday / month, 9.30am - 12.30pm**

Supporting the WAQA Community Group that donates quilts to charities. If you can, please bring a sewing machine along. Lyn 0405 124 618

### TWIN HEARTS MEDITATION

**Thursdays, 6.30 - 8pm**

A guided meditation to bless humanity, the earth and loved ones with peace, joy, healing and reconciliation. All welcome. By donation.

Jan 0419 947 941 or Saira 0421 701 704

### SAHAJA YOGA MEDITATION

**Thursdays 7pm - 8pm**

Self-realisation, peace and joy through a gentle, simple process. All welcome. No charge. 1300 724 252.

### SOUND OF SOUL

**2<sup>nd</sup> Saturday/month, 3 - 4pm**

Singing HU has been practiced for thousands of years in one form or another for inner attunement... the person singing HU tunes in to a higher spiritual awareness.

-Harold Klemp, HU, the Most Beautiful Prayer, p. vii  
Gold coin. Mark 0408 957 514

### FRIDAY RIDERS

Departs Left Bank café **Fridays, 8am**

For those able to cruise at 20kms/hour.

Gordon 0419 858 960

### QUAKERS (Religious Society of Friends)

**Sundays, 10am - 12pm**

All welcome to our mainly silent meetings for worship.

Adrian 0450 732 100.



## 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 \$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 usually limited to evenings and weekends. Room hire is \$30 per hour, with discounted rates of \$23/hour for non-profit groups and \$20/hour for groups initiated and run by Glyde-In members. Groups charging a participant fee require their own public liability insurance. Please phone for details of availability.



# ENROLMENTS

Title	Miss/Ms/Mrs/Mr/Dr	First name	Last name	
<b><i>This section is for new members &amp; detail changes only</i></b>				Emergency
Phone			Mobile	
Address				
Suburb		Postcode	Email	
Membership (if due) <input type="checkbox"/> \$40 Full <input type="checkbox"/> \$35 conc <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
	<b>Membership fee - renewal or new member. Circle relevant fee or leave blank if current</b>			\$40.00	\$35.00		
	AS1	PEN: A GLOBAL NETWORK FOR WRITERS AND READERS	29 Jul	\$14.00	\$11.00	\$18.00	—
	AS2	WHY SHORT STORIES ARE GETTING MORE POPULAR...	1 Aug	\$14.00	\$11.00	\$18.00	—
	AS3	AN INTRO TO RESEARCHING YOUR ANCESTRY	2 Aug	\$14.00	\$11.00	\$18.00	—
	AS4	I'M NOT A NURSE	5 Aug	\$14.00	\$11.00	\$18.00	—
	AS5	THE CAMINO, STILL A PILGRIMAGE?	9 Aug	\$14.00	\$11.00	\$18.00	—
	AS6	ST PAT'S IN FREO	12 Aug	no	charge	—	—
	AS7	CRAFTING MINDS	14 Aug	\$14.00	\$11.00	\$18.00	—
	AS8	PERTH'S TREE CANOPY CRISIS	17 Aug	\$14.00	\$11.00	\$18.00	—
	AS9	THE GENOCIDE CONVENTION IN THE ICJ	22 Aug	\$14.00	\$11.00	\$18.00	—
	AS10	'MODI'S INDIA: THE SAFFRON THREAT TO DEMOCRACY	24 Aug	\$14.00	\$11.00	\$18.00	—
	AS11	MARY'S MAPS	26 Aug	\$14.00	\$11.00	\$18.00	—
	AS12	'A MISTY, METAPHYSICAL CONCEPT':..	12 Sept	\$14.00	\$11.00	\$18.00	—
	AS13	MAXIMISING LIFE THROUGH MUSIC	19 Sept	\$14.00	\$11.00	\$18.00	—
	AS14	THE DAY AFTER	21 Sept	\$14.00	\$11.00	\$18.00	—
	BN1	UKULELE: GLYDE SING, STRUM & PICK LEVEL 3	22 Jul	\$135.00	\$108.00	—	—
	BN2	VOICES IN HARMONY	24 Jul	\$135.00	\$108.00	—	—
	BN3	HAPPINESS	29 Jul	\$160.00	\$128.00	—	—
	BN4	HOW TO WRITE A SHORT STORY...	5 Aug	\$100.00	\$80.00	—	—
	CM1	TAI CHI	24 Jul	\$90.00	\$72.00	—	—
	CM2	MEDITATION	25 Jul	\$60.00	\$48.00	—	—
	CM3	ALEXANDER TECHNIQUE	25 Jul	\$60.00	\$48.00	—	—
	CM4	FRIDAY GLYDERS	19 Jul	\$15.00	\$12.00	—	—
	CM5	SATURDAY YOGA	27 Jul	\$113.00	\$90.00	—	—
	CM6	SOUND HEALING AND MEDITATION	11 Aug	\$20.00	\$16.00	\$25.00	—
	CM7	SOUND HEALING AND MEDITATION	1 Sept	\$20.00	\$16.00	\$25.00	—
	DO1	JAMES CAMERON - CHALLENGING THE DEEP EXHIBITION	25 Jul	\$21.00	\$19.00	\$26.00	—
	DO2	ROYAL PERTH HOSPITAL & DFES MUSEUMS	31 Jul	\$15.00	\$12.00	\$17.00	—
	DO3	WA MEDICAL MUSEUM	7 Aug	\$35.00	\$32.00	\$40.00	—
	DO4	LUMINEER WILDFLOWER TOUR	20 Aug	\$177.00	\$161.00	\$182.00	—
	DO5	MEN'S SHED AND LUNCH	22 Aug	\$12.00	\$10.00	\$15.00	—
	DO6	KINGS PARK BUSHLAND BOUNTY GUIDED WALK	26 Aug	\$40.00	\$35.00	\$45.00	—
	DO7	WOODBRIIDGE HOUSE	6 Sept	\$35.00	\$32.00	\$40.00	—
	DO8	S & R ORCHARD BLOSSOM FESTIVAL	13 Sept	\$45.00	\$40.00	\$50.00	—
	DO9	KINGS PARK WILDFLOWER WONDERS GUIDED WALK	18 Sept	\$40.00	\$35.00	\$45.00	—
<b>Total cost for this page</b>							

