



PROGRAMME TERM 4 2020 - Monday 19 October to Thursday 17 Dec

Welcome back! We're thrilled to open our doors wide once again. It's been a long six months and we've missed the buzz and thrum of members coming and going. You will be welcomed.

Our programme is a little smaller than usual because we can only utilise our two largest rooms so as to comply with distancing requirements. Class numbers will be smaller for the same reason. Please be assured that we are observing all the advised health precautions.

As you walk down our path you'll see that our gardens are more welcoming than ever, thanks to the care and hard work of our unstoppable volunteer gardeners over the months of shut-down.

It takes more than a lockdown to stop some of our language classes – they continued online, and several dedicated groups even met regularly in a local park to keep up their lessons, albeit at required

distances. That's student dedication and fine tutors for you. Our book group and our singers kept going online too, and that was heartening for us all.

Our smaller Term 2 programme of online activities met with some success, but it was clear that you, our members, prefer personal contact rather than virtual. As do we. So we are pleased that our Term 4 programme activities are in-house once again.

Due to restrictions around Covid-19, we will ensure that seating for all talks and activities adheres to spacing requirements. As well we will take all other precautions necessary to ensure the comfort and safety of our members and staff. This will mean smaller groups for all Glyde-In activities until it is safe to resume our usual numbers.

We hope you enjoy our programme and that you will find things of interest.

Enrolments begin Wednesday 14 October, starting at 8.30am in person or 9am online.

Needless to say, if you book but find you're unwell on the day, please don't attend – just let us know and get well soon as you can.

**You're invited to Glyde-In's
Annual General Meeting
Tuesday 29 September, 2.00pm**

Please join us to hear how Glyde-In has fared over the year and to elect your new committee.
Stay for coffee or a glass of wine and meet new members and old friends



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

SPEAKERS UNLIMITED

SPIRIT OF THE NIGHT SKY

AS1

Laksar Burra

Thursday 22 October, 10-11.30am.

Laksar is an award-winning tour guide and storyteller who spent 15 years in central Australia working with some of the original inhabitants. He brings a mix of scientific fact, myth and stories from around the world. Learn how to orientate to the night sky and how to find your star sign.

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

DO ANIMALS UNDERSTAND SCIENCE?

AS2

Frank Dymond, former ECU physics lecturer

Tuesday 27 October, 9.30-10.30am.

Labradors would die if they didn't 'know' about thermodynamics. Elephants use trigonometry to locate their herd. The archer fish seem to understand light refraction, and other animals use the magnetic field to their advantage. A remarkable talk.

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

BACK TO THE MOON

AS3

Stephen Holtz

Wednesday 28 October, 9-10.30am.

NASA plans to return to the moon by 2024. Stephen, member of the WA Astronomical Society, explains the moon's importance to us and why in the world we'd want to return.

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

SAUDI ARABIA, the enigma

AS4

David Robinson

Saturday 31 October, 2-3.30pm.

Saudi Arabia frequently makes media headlines, from the murder of journalist Jamal Khashoggi, the war in Yemen and Saudi's treatment of women, to its ongoing tensions with Iran. What are the origins of Saudi Arabia, how has it come to occupy such a unique place in the international community, and what might the future bring for the Saudi system and international peace?

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

EAST FREMANTLE OVAL RE-DEVELOPMENT

AS5

Karen Dore, Town of East Fremantle

Wednesday 4 November, 9 - 10am

The East Freo Football Oval is in for a giant make-over to become a community, sport and leisure precinct. Come and hear about the innovative project – Council wants to hear your thoughts too.

No Charge, Bookings essential

THE LAST SHIP

AS6

Alan Guy

Tuesday 10 November, 9-10am.

The demise of the UK shipyards is told in song and story. We visit a very recent and turbulent era in Britain's history when the country's once-mighty shipbuilding industry came to a grim end. Along with Sting and Jimmy Nail, Alan brings story and songs to take us inside a shipyard.

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

ONLINE TV & MOVIES

AS7

Kris Metcher

Tuesday 10 November, 12.45-1.45pm

Find out how you can watch your favourite films and tv shows – either free and legal or through a paid service. Both are easy and convenient, so learn more in this workshop-style presentation.

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

ONLINE HOLIDAYS, HERE IN WA

AS8

Kris Metcher

Tuesday 10 November, 2-3pm.

Reduce the anxiety as you plan your holiday, up north, down south or in the outback. Research and book what you need before you leave home. Find accommodation and best routes, get tips about what to look for and what to avoid. This is a presentation, not hands-on.

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

JUPITER

AS9

Stephen Holtz

Wednesday 11 November, 9-10.30am.

Jupiter is known for its many moons, its dangerous radiation belt and its Great Red Spot. It's a gas giant with a mass one-thousandth that of the Sun, but two-and-a-half times that of all our other planets combined. Stephen looks at the chances of life on its 79 known moons and explains why Jupiter is important for life on Earth.

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

THE TROUBLE with peacekeeping

AS10

Melanie O'Brien, Law School, UWA

Thursday 12 November, 10-11am

UN peacekeepers are sent to protect civilians from conflict. What happens when, instead of protecting, they abuse the most vulnerable? Melanie looks at sexual exploitation and abuse of women and children by peacekeepers. She explains what the UN is (and is not) doing about it, and how countries can hold their peacekeepers accountable for these crimes.

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

MIAO EMBROIDERY

AS11

Gail Hawes

Wednesday 18 November, 1.30-3pm.

Guizhou, an isolated region in China, is home to the Miao people and an extraordinary range of embroidery and textile techniques. Festival costumes are passed down the generations. Gail, an avid collector, describes how the cloths are woven, dyed and embroidered in tin and silk, and she will bring magnificent samples.

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

THE GREAT PALACE & CONSTANTINOPLE

AS12

Nigel Westbrook, Professor of Architecture, UWA

Wednesday 25 November, 9-10am.

A wondrous armchair tour through the streets, the squares, and fabulous architecture of sixth-century Constantinople. Visit the Great Palace, the ceremonial heart of the Byzantine Empire. Nigel's architectural appreciation and expertise make this very special.

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

SPEAKERS UNLIMITED ...Continued

PLANT ROOTS and WATERING AS13

Gordon MacNish

Thursday 26 November, 10-11am.

Want to know more about those silent friends that live in your garden? Gordon, a retired plant pathologist, will introduce you to the two different types of plants (monocot and dicot) that grow in your garden and compare and contrast their root systems. He will also discuss the interaction between roots and your watering regime (eg reticulation verses hand watering).

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

BEFORE 'TOKYO' AS14

Takeshi Moriyama, senior lecturer, Murdoch University
Tuesday 1 December, 9-10.30am.

The shogun, or Japan's hereditary commander-in-chief, was the real ruler of Japan until feudalism was abolished in 1867. The shogun capital was Edo, a sleepy little town that gradually transformed into a political city known from 1868 as Tokyo. Takeshi takes us on a street view of old Tokyo as drawn by artists of the 1800s and offers glimpse into the culture and society of the time.

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

GRANDPARENTS & KIDS ON SCREEN AS15

Lelia Green, Arts & Humanities, ECU
Wednesday 2 December, 2-3pm.

Lelia is part of an international research project working with 3000 families to explore impacts of digital media on children's social, educational and physical development. Lelia has information and ideas on how grandparents, parents and children (0-8 years) themselves can manage their digital reliance. Insights, ideas and lots to talk about.

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

PERSIAN ARCHITECTURAL TREASURES AS16

Saleh Kafami

Thursday 10 December, 10.11.30am.

Saleh's Persian forebears employed their passion and skills to create buildings with natural air conditioning and effective water transfer and storage systems - and they're still doing it so they must be effective. They look fabulous too. Iran is a wonderland of clever architecture.

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

SUMMER SCHOOL

Don't forget our
Summer School
4 - 17 January

Two weeks packed with activities -

Talks, language classes,
excursions, painting sketching,
sewing.....Our full programme
will be available in November

NOT-SO-TRIVIAL PURSUITS

UKELELE BN1

Shirley Guy

9 Mondays, 19 October - 14 December, 3.30-5pm.

Bring or borrow a uke and start strumming. No experience is needed, but if you know a little this is your chance to progress. Your challenge is to quickly graduate to music that you love playing! All ages are welcome.

Members \$108 / \$86 conc.

PHILOSOPHY: Wonder, curiosity and the big questions

Meera Finnigan BN2

9 Thursdays, 22 October - 17 December, 1-3pm.

Philosophy asks Why are things the way they are? And, Should they be that way? To explore such questions, we'll ask what can be known, what is worth valuing, what is reality, and how societies should be structured to allow for human flourishing. This can contribute to the growth and development of individuals and communities. Come for meaty discussion and fresh thinking about big ideas.

Members \$144 / \$115 conc.

MANDOLIN, beginners BN3

Robert Schulz

8 Sundays, 25 October - 13 December, 3-4pm.

(Session 1: We'll talk instruments and gear - some mandolins are available (\$50 dep); you'll need a music stand and guitar footstool.) It's time to learn something new and beautiful! From bluegrass to classical Italian the mandolin is known for its bright sound, and it's wonderful to play in a group. It's a melody instrument played one note at a time using a plectrum. Robert is founder of the WA Mandolin Orchestra and a fine tutor. Weekly practice required.

Members \$64 / \$51 conc.

INTRO TO SCREENWRITING BN4

Jacqui Kelly

6 Mondays, 2 November - 7 December, 10am-12noon.

Explore the art of writing screenplays, the kinds of genre, plot, character and settings, and delve into dialogue. Jacqui has written features, shorts and tv pilots, and will help you create or develop your ideas for the screen. This will be fun; bring writing gear and your imagination.

Members \$96 / \$77 conc.

BLACK SHEEP AND KISSING COUSINS BNS

Marie Finlay

2 Saturdays, 7 - 14 November, 2-4.30pm.

Our family stories shape us. Families teach us who we are and how to be, for example in money matters, relationships and life transitions. We see the world through these stories. They connect us and carry in them the seeds of both harmony and of discord. We will touch lightly on our family stories, looking at what we share, what's different and what, if anything, we'd like to change.

Members \$40 / \$32 conc.

Continued on next page....

MEMBERSHIP

Annual: \$35 or \$30 Centrelink Concession
East Fremantle residents \$20
Single term, new members only \$15
Non-members welcome to attend 1day events

NOT-SO-TRIVIAL PURSUITS

RICHER CONVERSATIONS

BN6

Caroline Harry

3 Wednesdays, 18 November – 2 December, 1-3pm.

'How was your day?' 'Good day at school?' Do you find yourself asking dull questions and getting empty responses? Meaningful conversations take skill and wisdom. Create real connections as you experience the power of listening without judgement and asking questions that draw out your companion's wisdom, thoughts and perspectives. She will also share skills from neuroplasticity research that will enhance connection between you and others.

Members \$48 / \$38 conc.

THINKING ON OUR FEET

BN7

Caroline Harry

3 Wednesdays, 18 November–2 December, 3.30-5.30pm.

When did we forget how to play? Let's inject our lives with play, joy and compassion. Using short games and

exercises, we'll enjoy saying yes, showing up, being average, making mistakes and taking care of each other. We'll loosen up, think on our feet and take on life with chutzpah, humour and skill.

Members \$48 / \$38 conc.

STORYTELLING for grandparents, parents and carers

Marie Finlay

BN8

Saturday 21 November, 1-4pm.

Reading and storytelling with children touches magic, promoting imagination and brain development, teaching children about language and emotions, and strengthening your relationship. Guided by Marie Finlay, this is an opportunity to craft stories from your own life and theirs, and also to retell a story from a book. You will take away at least one story, and you'll touch magic straight away.

Members \$24 / \$19 conc. Non-member \$29.

OUT 'N ABOUT

As we can't offer our popular bus outings this term, we have confined our excursions to those where we'll meet at the venue, and we will be in smaller groups than usual. We will observe the required precautions.

As for all our activities, if you are unwell on the day please stay at home and let us know

TOUR NOTRE DAME UNIVERSITY, Fremantle CO1

Jono Farmer

Wednesday 28 October, 10.45 – 2pm.

We'll take a guided tour of the campus and some of the beautifully restored buildings in Freo's west end, then lunch at Quinlan's (at own cost). Meet in the foyer, Notre Dame, 19 Mouat Street Fremantle.

Members \$5 Non-members \$10.

ST MARY'S CATHEDRAL, Perth CO2

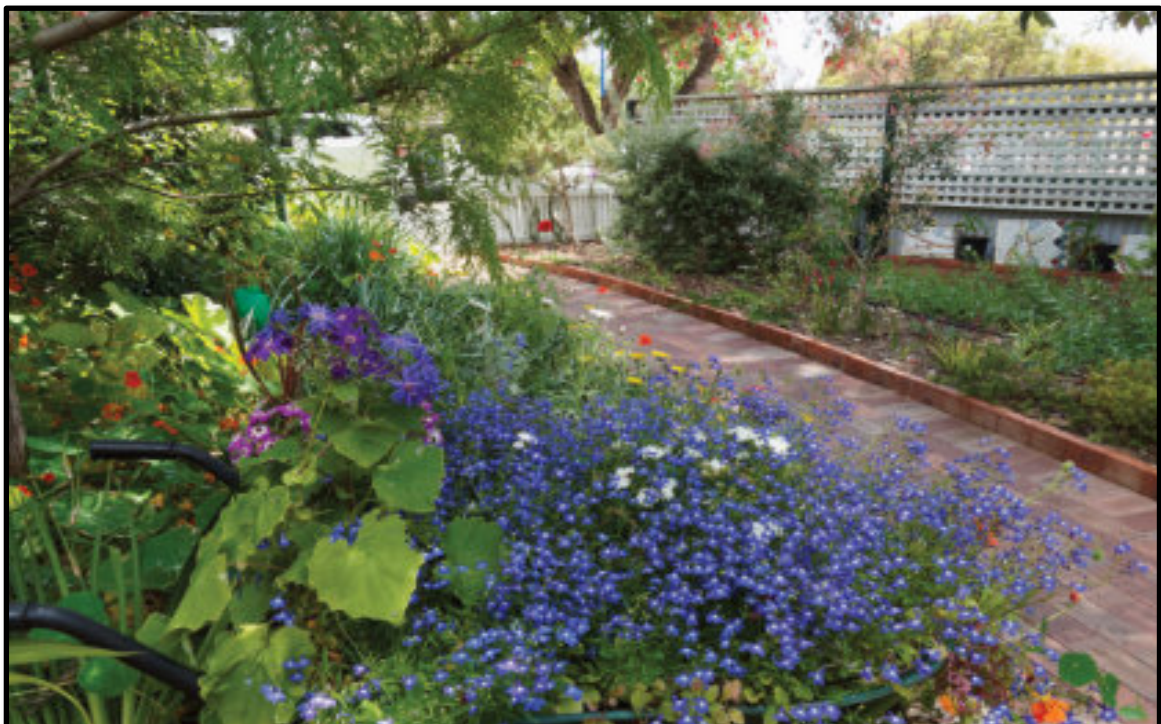
Jono Farmer

Wednesday 4 November, 10.15am-2pm

Enjoy a guided tour of this historic cathedral which has undergone various changes and additions in its long life. We'll have lunch at the Grosvenor Hotel in Hay St (at own cost). Meet at St Mary's, 25 Victoria Avenue Perth, 10.15am.

Members \$15. Non-members \$20.

Courses continued on page 9...



WHO WE ARE

Glyde-In Community Learning Centre began in 1981. It offers 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 volunteers play a significant role in the life of the Centre.

We generate much of our funding through membership and course fees, and are supported greatly by the Town of East Fremantle which provides our building under a peppercorn lease, and very substantial funding.

Glyde-In is a non-profit organisation managed by a volunteer Management Committee.

HOW TO ENROL

Enrolments begin Wednesday 14 October, 8.30am-3pm (online from 9.00am) and continue through the term, spaces permitting. If you post it in and require a receipt or other information, please include a self-addressed stamped envelope.

Detailed receipts are emailed.

Any early enrolments are processed on Enrolment Day along with the others. If your choice is full, you will be placed on a cancellation list and of course we'll let you know.

Consider yourself enrolled unless you hear otherwise.

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.

Our new enrolment form is on the next two pages and has a complete list of all courses and activities, so simply put a cross against the ones that you want.

Circle the fees that apply, complete your name, membership and payment details, and leave it to us.

Your receipt will list everything you're booked into.



A Word from the Chair

We hope you have missed us during the shutdown and that you are looking forward to our reopening in October. We have all missed the friendship, the fascinating programme, the beautiful garden, the tranquillity and the unique experience that is the Glyde-In.

The big news is that we have filled the Coordinator position vacated by Ann's retirement. Ann, Nik and I shortlisted and interviewed seven of the applicants. The choice was difficult as they were very impressive candidates, but one person excelled in her wealth of experience, her strong abilities and her warm and engaging manner.

Jacqui Reeves is our new Coordinator. She has an extraordinary background working for the UNHCR and World Vision in difficult circumstances, such as five years of service in Afghanistan. She has strong organisational, fund-raising and programme development skills. Ann, Nik and I were unanimous in our decision.

Jacqui is engaging, intelligent and very capable. She has come home to White Gum Valley after many years as an ex-pat. She says she has had enough of travel and hi-stress positions. She loves being home and is confident that she will enjoy her new role. She loves bushwalking, gardening and community involvement.

We are planning a reopening celebration in September so you can farewell Ann and welcome Jacqui. We will advise on the details soon.

So are you ready to come back in Term 4? We must each ask ourselves, 'Is it safe for me to attend Glyde-In?' If you are well and would like to attend, we will welcome you back. We have taken the following measures to improve your safety:

- We comply with the density restriction of 2 square meters per person. We ask that you are mindful of the 1.5-meter social distance rule.
- We sanitize the tables and chairs after each session.
- We installed a dishwasher to ensure that all crockery is clean and virus free.
- We removed the bathroom hand towels and provided paper towel dispensers, hand wash, hand sanitiser and pedal bins.
- We placed hand hygiene signs on all the taps, inside and out.

We look forward to safely reopening the centre and to have the place buzzing with activities again.

Yours sincerely, *Mal Christison, Chair*

ENROLMENTS

Title	Miss/Ms/Mrs/Mr/Dr	First name	Last name
Please only complete the next three lines if anything has changed			Emergency
Phone		Mobile	Please indicate how you would like to receive your Glyde-In programme Email <input type="checkbox"/> Posted <input type="checkbox"/>
Address			
Suburb		Postcode	Email
Membership (if due) <input type="checkbox"/> \$35 Full <input type="checkbox"/> \$30 Concession <input type="checkbox"/> \$20 East Fremantle resident <input type="checkbox"/> 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	Materials
		Membership fee - renewal or new member. Circle relevant fee or leave blank if current		\$35.00	\$30.00	\$15.00	\$20.00
	AS1	SPIRIT OF THE NIGHT SKY	22 Oct	\$12.00	\$8.00	\$17.00	—
	AS2	DO ANIMALS UNDERSTAND SCIENCE?	27 Oct	\$12.00	\$8.00	\$17.00	—
	AS3	BACK TO THE MOON	28 Oct	\$12.00	\$8.00	\$17.00	—
	AS4	SAUDI ARABIA, the enigma	31 Oct	\$12.00	\$8.00	\$17.00	—
	AS5	EAST FREMANTLE OVAL RE-DEVELOPMENT	4 Nov	\$00	\$00	\$00	--
	AS6	THE LAST SHIP	10 Nov	\$12.00	\$8.00	\$17.00	—
	AS7	ONLINE TV & MOVIES	10 Nov	\$12.00	\$8.00	\$17.00	—
	AS8	ONLINE HOLIDAYS, HERE IN WA	10 Nov	\$12.00	\$8.00	\$17.00	—
	AS9	JUPITER	11 Nov	\$12.00	\$8.00	\$17.00	—
	AS10	THE TROUBLE with peacekeeping	12 Nov	\$12.00	\$8.00	\$17.00	—
	AS11	MIAO EMBROIDERY	18 Nov	\$12.00	\$8.00	\$17.00	—
	AS12	THE GREAT PALACE & CONSTANTINOPLE	25 Nov	\$12.00	\$8.00	\$17.00	—
	AS13	PLANT ROOTS and WATERING	26 Nov	\$12.00	\$8.00	\$17.00	—
	AS14	BEFORE 'TOKYO'	1 Dec	\$12.00	\$8.00	\$17.00	—
	AS15	GRANDPARENTS & KIDS ON SCREEN	2 Dec	\$12.00	\$8.00	\$17.00	—
	AS16	PERSIAN ARCHITECTURAL TREASURES	10 Dec	\$12.00	\$8.00	\$17.00	—
	BN1	UKELELE	19 Oct	\$108.00	\$86.00	—	—
	BN2	PHILOSOPHY: Wonder, curiosity and the	22 Oct	\$144.00	\$115.00	—	—
	BN3	MANDOLIN, beginners	25 Oct	\$64.00	\$51.00	—	—
	BN4	INTRO TO SCREENWRITING	2 Nov	\$96.00	\$77.00	—	—
	BN5	BLACK SHEEP AND KISSING COUSINS	7 Nov	\$40.00	\$32.00	—	—
	BN6	RICHER CONVERSATIONS	18 Nov	\$48.00	\$38.00	—	—
	BN7	THINKING ON OUR FEET	18 Nov	\$48.00	\$38.00	—	—
	BN8	STORYTELLING for grandparents, parents	21 Nov	\$24.00	\$19.00	\$29.00	—
	CO1	TOUR NOTRE DAME UNIVERSITY, Fremantle	28 Oct	\$5.00	\$5.00	\$10.00	—
	CO2	ST MARY'S CATHEDRAL, Perth	4 Nov	\$15.00	\$15.00	\$20.00	—
	DM1	YOGA, with Uwe Oswald	20 Oct	\$90.00	\$72.00	—	—
	DM2	YOGA, with Chinmaya	24 Oct	\$90.00	\$72.00	—	—
	DM3	THE TAROT: AN INTRODUCTION	30 Oct	\$72.00	\$58.00	—	—
	DM4	SPIRITUAL EXPLORATIONS: Spirituality	13 Nov	\$80.00	\$64.00	—	—
	DM5	QI GONG	19 Nov	\$40.00	\$32.00	—	—
	DM6	MINDFULNESS & CONFIDENCE FOR WOMEN	28 Nov	\$40.00	\$32.00	—	—
	EB1	NATURE-INSPIRED ART & MINDFULNESS	24 Oct	\$100.00	\$80.00	—	**
	EB2	CARICATURES	30 Oct	\$48.00	\$38.00	—	—
	EB3	BOOK BINDING	15 Nov	\$48.00	\$38.00	\$58.00	\$40.00
Total cost for this page							

ENROLMENTS

X	Code	Course/Talk/Event	Start date	Memb.	Conc.	NonMem	Materials
	EB4	BIRDS, BLOSSOM, BAMBOO; Beginners	17 Nov	\$40.00	\$32.00	—	\$10.00
	EB5	BIRDS, BLOSSOM, BAMBOO; Advanced	1 Dec	\$40.00	\$32.00	—	\$10.00
	EB6	DRAWING for fun	23 Nov	\$64.00	\$51.00	—	**
	FL1	SPANISH, Year 2	19 Oct	\$128.00	\$102.00	—	—
	FL2	SPANISH, Intermediate	20 Oct	\$144.00	\$115.00	—	—
	FL3	SPANISH, More Advanced	20 Oct	\$144.00	\$115.00	—	—
	FL4	SPANISH, Year 3	23 Oct	\$144.00	\$115.00	—	—
	FL5	ITALIAN, Beginners advanced	22 Oct	\$108.00	\$86.00	—	\$4.00
	FL6	ITALIAN, Intermediate	20 Oct	\$108.00	\$86.00	—	\$4.00
	FL7	ITALIAN, on Saturdays	24 Oct	\$108.00	\$86.00	—	\$4.00
	FL8	ITALIAN, Ongoing	21 Oct	\$108.00	\$86.00	—	—
	FL9	FRENCH, Ongoing	20 Oct	\$108.00	\$86.00	—	—
	FL10	FRENCH on Friday	23 Oct	\$108.00	\$86.00	—	—
	FL11	FRENCH, beginners continued	21 Oct	\$72.00	\$58.00	—	—
	FL12	FRENCH, advanced beginners	21 Oct	\$72.00	\$58.00	—	—
	FL13	FRENCH, more advanced	22 Oct	\$144.00	\$115.00	—	—
	GC1	ZOOM, be prepared: Phones/Tablets	19 Oct	\$16.00	\$13.00	\$21.00	--
	GC2	ZOOM, be prepared: Laptops	26 Oct	\$16.00	\$13.00	\$21.00	--
	GC3	ANDROID TABLET	19 Oct	\$48.00	\$38.00	—	—
	GC4	WHAT'S FREE, WHAT'S NOT on your iPad	23 Oct	\$36.00	\$29.00	—	—
	GC5	iPad APPS for everyday living	23 Oct	\$36.00	\$29.00	—	—
	GC6	MS WORD, Beginners	27 Oct	\$32.00	\$26.00	—	—
	GC7	EXCEL, Beginners	27 Oct	\$32.00	\$26.00	—	—
	GC8	FACEBOOK MARKETPLACE	2 Nov	\$16.00	\$13.00	\$21.00	—
	GC9	KNOW YOUR WINDOWS 10 LAPTOP	9 Nov	\$16.00	\$13.00	\$21.00	—
	GC10	WHAT'S APP?	9/16 Nov	\$16.00	\$13.00	\$21.00	—
	GC11	INTRO TO FACEBOOK	10 Nov	\$32.00	\$26.00	—	—
	GC12	iPHONE / IPAD STARTER	17 Nov	\$16.00	\$13.00	\$21.00	—
	GC13	PERSONALISE YOUR IPAD	20 Nov	\$36.00	\$29.00	—	—
	GC14	BEST iPad PHOTOGRAPHY	20 Nov	\$16.00	\$13.00	\$21.00	—
	GC15	GET THE MOST from your MAPS App	27 Nov	\$16.00	\$13.00	\$21.00	—
	GC16	E-BOOKS ON YOUR IPAD	4 Dec	\$16.00	\$13.00	\$21.00	—

Total cost of this page

Page 1 cost

** In last column indicates things to bring

GRAND TOTAL COST

PAYMENT METHOD		CHEQUE <input type="checkbox"/>	CASH <input type="checkbox"/>	CARD <input type="checkbox"/>			
CARD NO.			EXPIRY DATE	CVV			
SIGNATURE				OFFICE USE			

YOU'RE INVITED.....Regular Groups

GLYDE-IN GROUPS FOR MEMBERS:

Phone the group convener for more information. If no phone is listed just come along. Most simply share the cost of room hire (\$20 per hour).

BOOK CLUB: 2nd Monday/month, 3.45-5.45pm. Books not provided, all welcome. Jill Brown, 0433 402401 or Glyde-In 93393964.

CHESS: Mondays 1-3pm including holidays, \$5 per session. All welcome to join our non-competitive social group. Marg Dewar 0400 523874.

COMMUNITY QUILTING: 2nd Thursday/month, 3.30-5.30pm, supporting the WAQA Community Group which donates quilts to charities. If you can, bring a sewing machine. Lyn 0405 124618.

CYCLING GROUPS: Monday and Wednesday mornings. Sorry our Monday group is full. Phone Marilyn Carosella 0407 082038 for our Wednesday group.

GLYDE-IN SONGSTERS: with Digby Hill. All welcome to sing a variety of world folk, early music and classical, alt. pop, African etc. Tuesdays from 20 Oct, 4-6pm; \$12/session. Just come along.

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

SCRABBLE: Wednesdays, 9.30-12noon from 21 Oct. All welcome including beginners, \$5 + \$1 cuppa. Warren Kimble 0407 171442.

THURSDAY WALKERS: weekly, 8am sharp from Glyde-In for an hour's walk then coffee

PRIVATE GROUPS & WORKSHOPS

These are privately-run services and are not part of Glyde-In's regular programme. To book or enquire please phone the conveners.

FRIDAY RIDERS: departs Left Bank café Fridays, 8am. For those able to cruise at 20kms/hour. Gordon MacNish 0419 858960.

GYROKINESIS: Breath and flowing movement combine to increase flexibility and core strength, energy and rejuvenation. Thursdays, 6-7pm, \$20/session. Christine 0452364316.

PROSTATE CANCER SUPPORT FOUNDATION:

3rd Mon / month, 7.30-9pm. Information and support for men with prostate cancer, their families and partners. Richard Flanagan 0418 858 003 email: prostate@rfmc.com.au .

QUAKERS (Religious Society of Friends): All welcome to our mainly silent meetings for worship, Sundays, 10am-12noon.

SOUND OF SOUL: "The person singing HU tunes in to a higher spiritual awareness" - Harold Klemp, "HU The Most Beautiful Prayer". 7.30pm, 4th Fri/month, gold coin. 0408 957514.

SVAROOPA YOGA ®: Thurs, 6.30-8pm. A less-active, nurturing yoga for all levels, with lots of personal attention. Core release and spinal decompression give pain relief. \$150/term or \$20 casual first session. Mimi 0407 927259.

MEMBERSHIP

12 months \$35/ \$30 concession or \$20 East Fremantle resident. Single term \$15.

Concession is for holders of a Pension or Health Care Card (not seniors HCC) or DVA Gold Card.

You don't have to be an East Fremantle resident - everybody is welcome.



PARKING

It's street parking, and there's plenty in neighbouring streets. Please never ever ever park across neighbours' driveways, no matter how late you may be for your class.

Please arrive on time, and let us know if you can't make a class after all.

Teach - Who me?

If you have a special interest, topic, hobby or art form that you would think would interest others, we're keen to hear from you.

Our tutors are not necessarily highly specialised or qualified. They simply enjoy their subjects, are pretty good at it and wish to share what they know. Some are former teachers, some are keen hobbyists, others retired professionals. And some are trying out new-found skills.

Please talk to us in the office, 9339 3964 about your thoughts. And if you like the idea but are hesitant about your teaching skills, come and speak with us about that too; we're keen to help.

ROOM HIRE

Our comfortable rooms are available for hire, depending on availability which is often limited to evenings and weekends. Room costs: \$20/hour for groups initiated and run by Glyde-In members, \$23 for non-profit groups not affiliated with us, and \$30 otherwise. Groups charging a participant fee require their own public liability insurance. Please phone us for details of availability.

MIND & BODY

YOGA

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

- **With Uwe Oswald:**

**9 Tuesdays, 20 October – 15 December,
6-7.15pm, \$90 / \$72 conc; DM1**

- **With Chinmaya:**

**9 Saturdays, 24 October – 19 December,
8-9.15am, \$90 / \$72 conc. DM2**

THE TAROT: AN INTRODUCTION DM3

Susan Peppiatt

6 Fridays, 30 October – 4 December, 9-10.30am.

Learn the structure of the cards and develop ways to understand their meaning. Tap into your intuitive responses, learn simple spreads, and practise readings. Susan is not a professional tarot reader but has used the Tarot for years to gain personal insight and clarity and to expand her choices. Bring a Tarot deck if you have one, preferably Rider Waite.

**6 Fridays, 30 October – 4 December, 9-10.30am.
Members \$72 / \$58 conc.**

SPIRITUAL EXPLORATIONS: Spirituality DM4

Ruperto Nunez

5 Fridays, 13 November–11 December, 3.30-5.30pm.

Many people reject any form of religion, for a variety of reasons. However, there is another form of religious experience which is unmediated by churches and religious texts or authorities. We will call it 'spirituality'. Let's look at this elusive concept and try to make sense of our own spiritual experiences. You're invited to share that part of our lives that often remains quiet and hidden.

Members \$80 / \$64 conc.

QI GONG DM5

Toni Weston

5 Thursdays, 19 November – 17 December, 4-5pm.

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

Members \$40 / \$32 conc.

MINDFULNESS & CONFIDENCE FOR WOMEN DM6

Jane Morton-Zumbuhl

**2 Saturdays,
28 November - 5 December, 12.30 - 3pm.**

Mindfulness and positive psychology are hugely powerful, not only to cope but to feel more in control, calm and content. In a light-hearted and sharing way we explore a little theory and then some practices that will help us feel more accepting and comfortable in our own skin. Please bring a cushion and an open, curious mind.

Members \$40 / \$32 conc.

BY HAND

NATURE-INSPIRED ART & MINDFULNESS EB1

Mish Mustac

**5 Saturdays, 24 October - 21 November,
10am-12.30pm**

Through simple creative and mindfulness practices, the quieter we become, the more we witness the work of art in nature and ourselves. Each session includes a nature-focused meditation, art demo and sharing; we will observe natural objects then draw, paint, write poetry or journal. You'll need 2B, 4B pencils, watercolour sketch pad, watercolour pencils, small paintbrush, black fine line art pen and a journal.

Members \$100 / \$80 conc. + things to bring.

CARICATURES EB2

Chanthira Suppiah

**3 Fridays, 30 October – 13 November,
10am-12noon.**

Bring characters to life as you learn the humorous art of caricature. It's easier than you think, and Chanthira is a good tutor. Amaze yourself and delight your friends; bring photos of friends or family and have fun. Materials supplied.

Members \$48 / \$38 conc.

BOOK BINDING EB3

Bridget Seaton

Sunday 15 November, 10am-4pm

Spend a day making three beautiful books as unique gifts or personal diaries. Learn how to bind, stitch cover, and assemble your own books made from leather, book cloth and specialist materials. Hand-embellish to personalise them. Please bring lunch and specs (if you need them for stitching).

**Members \$48 / \$38 conc. Non-member \$58.
(+ \$40 all materials)**

BIRDS, BLOSSOM, BAMBOO

Jane Lidbetter

**Beginners: 2 Tuesdays, 17 & 24 November,
1.30-4pm. EB4**

**Advanced: 2 Tuesdays, 1 & 8 December,
1.30-4pm. EB5**

Sumi-e Japanese brush painting has a meditative quality in its simple illustration of gesture. Learn to depict bamboo, leaves, plum blossom, and birds. Then try Chinese brush painting using colour and more detail.

Members \$40 / \$32 conc + \$10 materials.

DRAWING for fun EB6

Mal Cunningham

**4 Mondays, 23 November – 14 December,
10am-12noon.**

Three ingredients can make a world of difference to your drawing: a capacity to really 'see', a bit of practice, and a good tutor. A course for raw beginners; those with some experience are also welcome.

Members \$64 / \$51 conc. + things to bring.

LANGUAGES

SPANISH

SPANISH, Year 2 **FL1**

Ruperto Nunez

9 Mondays, 19 October – 14 December, 1.30-3.30pm.

Our students continue their Spanish journey with Ruperto. Newcomers with one year part-time or equivalent experience and who have an understanding of present tense and basic grammar are welcome.

Members \$128 / \$102 conc.

SPANISH, Intermediate **FL2**

Ruperto Nunez

9 Tuesdays, 20 October – 15 December, 9-11am.

Those with a grasp of Spanish vocab and grammar and who can hold a relaxed conversation about family, cities, etc, are welcome.

Members \$144 / \$115 conc.

SPANISH, More Advanced **FL3**

Ruperto Nunez

9 Tuesdays, 20 October – 15 December, 11.30am – 1.30pm.

Newcomers who know pronouns, present and simple past tenses, and basic dialogue are welcome.

Members \$144 / \$115 conc.

SPANISH, Year 3 **FL4**

Ruperto Nunez

9 Fridays, 23 October – 18 December, 1-3pm.

For those with at least two years part-time or equivalent experience and who have an understanding of present tense and basic grammar.

Members \$144 / \$115 conc.

ITALIAN

ITALIAN, Beginners advanced **FL5**

Francesca Cardoni

9 Thursdays, 22 October – 17 December, 9-10.30am.

For those who know the basics and are able to have an easy conversation in the present tense

Members \$108 / \$86 (+ \$4 materials).

ITALIAN, Intermediate **FL6**

Francesca Cardoni

9 Tuesdays, 20 October – 15 December, 1.30-3pm.

For those who can hold and understand a simple Italian conversation in present and past tenses.

Members \$108 / \$86 (+ \$4 materials).

ITALIAN, on Saturdays **FL7**

Francesca Cardoni

9 Saturdays, 24 October – 19 December, 11am-12.30pm.

Term 6 for the ongoing beginner, in a friendly class. If you have the raw basics, you're welcome to join.

Members \$108 / \$86 (+ \$4 materials).

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

ITALIAN, Ongoing **FL8**

9 Wednesdays, 21 October -16 December, 11am-12.30pm.

Members \$108 / \$86.

FRENCH, Ongoing **FL9**

9 Tuesdays, 20 October – 15 December, 11am-12.30pm.

Members \$108 / \$86.

FRENCH on Friday, Continued **FL10**

9 Fridays, 23 October – 18 December, 11am-12.30pm.

Members \$108 / \$86.

FRENCH

FRENCH, beginners continued **FL11**

Paddy Glasgow

9 Wednesdays, 21 October – 16 December, 5.15-6.15pm.

Our beginners' group enters term 2. Newcomers with the very basics are welcome.

Members \$72 / \$58 conc.

FRENCH, Advanced beginners **FL12**

Paddy Glasgow

9 Wednesdays, 21 October – 16 December, 4-5pm.

Part way through our second year of this part-time course. For those with a smattering of French.

Members \$72 / \$58 conc.

FRENCH, More advanced **FL13**

Paddy Glasgow

9 Thursdays, 22 October – 17 December, 1-3pm.

Students with good grammar and conversation who want to improve fluency are welcome.

Members \$144 / \$115 conc.



COMPUTER & TECHNOLOGY

You'll need to bring your own device this term. Please ensure it's fully charged and bring your passwords.
Our classes are small and friendly, our tutors are patient.

ZOOM, be prepared!

Fay Gerhard

**Phones/Tablets: Monday 19 October, GC1
8.45-10.45am**

**Laptops: Monday 26 October, GC2
8.45-10.45am**

Be ready so that if the need arises again, you're well prepared to stay in touch online with family and friends. Be comfy using Zoom. It's easy, it's free, and it's worthwhile learning now.

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

ANDROID TABLET GC3

Fay Gerhard

**3 Mondays, 19 October – 2 November,
11.15am-1.15pm.**

Got a new one? Learn about its buttons, connect to the internet, get longer battery life, install a file manager, choose your streaming app, install HD widgets and, importantly, secure it. And learn to take the best photos. Bring your tablet fully charged, and passwords.

Members \$48 / \$38 conc.

WHAT'S FREE, WHAT'S NOT on your iPad GC4

Isobel Pearson

3 Fridays, 23 October–6 November, 10.30am-12noon.

Check iPad storage, what's free, how and why you might want to buy more. Explore the many freebies then others - books, games etc - that you might consider buying. Learn how to add money to your iPad without divulging bank details. Discover free apps that help you use a library, find a fuel station or café, read the news, listen to the radio and keep in touch with friends and family.

Members \$36 / \$29.

iPad APPS for Everyday Living GC5

Isobel Pearson

**3 Fridays, 23 October–6 November,
12.45-2.15pm.**

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

Members \$36 / \$29.

MS WORD, Beginners GC6

Kris Metcher

**2 Tuesdays, 27 October–3 November,
10am-12noon.**

Learn to create a document, name it, close it and find it again. Cut out words and put them elsewhere. Spell-check, change the layout, undo a mistake. Learn how to file documents on your PC so you can find them again.

Members \$32 / \$26 conc.

EXCEL, Beginners GC7

Kris Metcher

**2 Tuesdays, 27 October–3 November,
12.30-2.30pm.**

Excel is an all-round handy programme. It's a clever way to play with numbers, to keep lists, your budgets and accounts, in fact anything that's in columns. It can add, subtract, sort, multiply: you name it.

Members \$32 / \$26 conc.

FACEBOOK MARKETPLACE GC8

Fay Gerhard

Monday 2 November, 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. And learn how to be safe and secure.

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

KNOW YOUR WINDOWS 10 LAPTOP GC9

Fay Gerhard

Monday 9 November, 8.45-10.45am

Windows 10 is Microsoft's latest operating system. Discover how to customise your laptop. Make the most of features, organising your files and using the inbuilt voice assistant (Cortana) and web browser (Edge). Bring your laptop fully charged.

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

WHAT'S APP? GC10

Fay Gerhard

**Monday, either 9 or 16 November,
11.15am - 1.15pm.**

What's App lets you send messages, pictures, videos and voice over the internet, rather than your mobile network. It works for iPhone talking to Androids too. Come and learn how.

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

INTRO TO FACEBOOK GC11

Kris Metcher

2 Tuesdays, 10 – 17 November, 10am-12noon.

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

Members \$32 / \$26 conc.

iPHONE / iPad STARTER GC12

Kris Metcher

Tuesday 17 November, 12.30-2.30pm.

A helpful overview of Apple phones and tablets, both for those who have either device and for those pondering a purchase. This introduction will set you up for our other iPad courses. Bring your device if you have one.

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

Continued on next page.....

COMPUTER & TECHNOLOGY

PERSONALISE YOUR IPAD

GC13

Isobel Pearson

3 Fridays, 20 November – 4 December,
10.30am-12noon.

Now that you're familiar with your iPad, learn to set it up for your personal use. Learn about web browsers, tabs, bookmarks, favourites and reading lists.

Discover search engines (including Google). Meet Siri and put her/him to work as your personal assistant. Take, store, edit and share photos, catch up on TV, share 'stuff' on social media sites, download an eBook.

Members \$36 / \$29.

BEST iPad PHOTOGRAPHY

GC14

Isobel Pearson

Friday 20 November, 12.45-2.45pm

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

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

GET THE MOST from your MAPS APP

GC15

Isobel Pearson

Friday 27 November, 12.45-2.45pm

Walking, driving or using public transport, finding the nearest fuel station or restaurant, your iPad maps app is a treasure and you'll wonder how you ever did without it. Link it to your Contacts App. Learn how to use it well.

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

E-BOOKS ON YOUR IPAD

GC16

Isobel Pearson

Friday 4 December, 12.45-2.45pm

Kindle, iBooks, Ebook Reader, Scribd ... the choices for e-books seem endless. Or use library apps like BorrowBox to borrow and read ebooks. Isobel explains how they differ and what you might look for.

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

All photographs in
this programme have been taken
in the garden at Glyde-In
- Thank you, volunteer gardeners

