



PROGRAMME TERM 4 2022 - Monday 17 October - Sunday 18 December

Enrolments open Wednesday 12 October, 8.30am in person, 9.00am online

Evening and weekend courses are highlighted with a yellow star

SPEAKERS UNLIMITED

GRAINS OF TRUTH: HOW POLLEN BROUGHT A MURDERER TO JUSTICE (AND OTHER TALES) AS1

Lynne Milne

Monday 24 October, 10 - 11am

Lynne is a palynologist, specialising in pollen and spore morphology and its many applications. Her work with police over the years, and as a private defence witness, has seen her investigate murders, rapes, terrorism and the provenance of illegal drugs. Lynne will reveal the fascinating and beautiful world of microscopic pollen and spores and describe her often emotional, humbling and humorous journey working in the forensic arena – including being a defence witness for the Rayney case.

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

OLD MONEY AS2

Andrew Crellin

Thursday 27 October, 9.30 - 10.30am

From the Holey dollar of 1813 through to the latest coin sets, Andrew Crellin knows a lot about money. His numismatic interests led him to a career in research and in dealing in rare and historic coins and notes. Hear about the valuable world of currency collecting and discover how Fremantle came to mint its own one-pound note in the 1800s. You'll learn which old coins in your cupboard might be valuable too, so bring those pennies.



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

THE WAR IN UKRAINE: UNDERSTANDING WHY, HOW AND WHAT'S NEXT AS3

Alexey Muraviev, Associate Professor of National Security and Strategic Studies, Curtin University

3 Fridays: 28 October, 4 & 11 November, 9-10.15am

Russia's aggression against Ukraine, launched on 24 February, 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, discuss what led to the current crisis, 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, 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.

A NOVEL PARADOX: ACCLAIMED BUT UNWORTHY - ACACIA HOUSE AS4

Vivien Stuart

Wednesday 2 November, 9 - 10am

Vivien will talk about her novel, *Acacia House*, with its central theme of palliative care nursing. She'll share her writing journey - including research in South Africa and Ireland - and the development of the novel's principal characters. These will be brought to life through short readings. Vivien will explain why she chose to self-publish and the relevance for her work today.

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

THE QUEST FOR KATHARINE SUSANNAH PRICHARD, THE RED WITCH OF GREENMOUNT AS5

Nathan Hobby

Saturday 5 November, 2 - 3pm

Dr Nathan Hobby's biography of Katharine Susannah Prichard (1883-1969) traces the life of a literary giant - from the genteel poverty of her Melbourne childhood to her impulsive marriage to Western Australian Victoria Cross winner Hugo Throssell, and finally on to her long widowhood as a 'red witch', marked out from society by her loyalty to the Soviet Union and her unconventional ways. In this talk, Nathan will give insight into his quest - through the archives and libraries of Australia - to solve the mysteries of Prichard's life and tell her story.

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

CELEBRATING AUSTRALIA'S FIRST FEMALE PARLIAMENTARIAN AS6

Hilary Silbert

Monday 7 November, 9.30 - 10.30am

Edith Dircksey Cowan, OBE, JP became Australia's first female parliamentarian, standing for parliament at the first opportunity, 22 years after gaining the vote. Granddaughter of early colonial families and born on a property outside Geraldton, Edith rose above adversity to contribute to the society of the day in an extraordinary capacity. She was a prolific campaigner for social justice, whilst being a wife, mother of five children, well read and an extensive traveller. Hilary Silbert is the founder of the Edith Dircksey Cowan Commemoration.

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

SPIRIT OF THE NIGHT SKY AS7

Laksar Burra

Thursday 10 November, 10 - 11am

Laksar is an award winning guide and storyteller who spent 15 years in Central Australia. He brings together a mix of scientific fact, myth and story from Australia and around the world. Laksar will show us how to orientate to the night sky, describe the vastness of space, distance, colour and brightness of stars, and explain how to find your star sign in the sky.

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

MY BLUES JOURNEY AS8

Peter Woodward

Monday 14 November, 10 - 11.30am

Freo blues musician, member of the Ten Cent Shooters, and former long-time Secretary of the Musicians' Union, Peter Woodward is known for his renditions of early acoustic blues tunes from the 1920s and 1930s. Peter will share the story of how he was drawn to this particular genre known as 'country blues'. He'll also play a tune or two along the way.

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

THE MYSTERY OF SAFFRON AS9

Saleh Kafami

Tuesday 15 November, 9 - 10am

Come and hear about this mysterious and often misunderstood precious herb - its history, its uses, its health benefits and where it is grown. Saleh, importer and devotee of saffron, will also talk about the beautiful part of North Eastern Iran where it grows.



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

GETTING READY FOR THE FIRST NATIONS VOICE TO PARLIAMENT REFERENDUM AS10

Maureen Flynn

Tuesday 15 November, 2 - 3.30pm

In August the Prime Minister announced draft wording for the referendum question to enshrine a First Nations Voice to Parliament in Australia's Constitution. Many want to support the Yes campaign, but feel they need some help to build confidence and knowledge to do so. This will be an interactive workshop where Maureen, a long-time social justice campaigner, will outline the Yes case and provide a range of resources and tools to help participants advocate for the Yes vote amongst family and friends, and in their community. Maureen believes in the power of individuals to achieve positive change and that by working together in communities we can amplify our efforts.

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

THE TRUMP ERA - ISRAEL, PALESTINE AND THE MIDDLE EAST AS11

Jafar Ramini, Palestinian writer and commentator

Monday 21 November, 10 - 11am

Jafar will look at the USA's policy towards Israel, Palestine and the Middle East during the Trump presidency.

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

TOWN OF EAST FREMANTLE AS12

Gyde-In 'Town Talk'

Wednesday 23 November, 9am-10am

Come and meet council representatives for an update on Council matters and a focus on a particular area of operations.

No charge, but booking essential

VOICE SAFARIS AS13

Laksar Burra

Thursday 24 November, 10 - 11am

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

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



THE SEARCH FOR REVENGE AS14

Pat Baker

Monday 28 November, 10 - 11.15am

For all who are interested in British history, the Tudor period is one of high romance. Pat has previously introduced us to King Henry VIII's war-ship, Mary Rose. He now presents the even more (in)famous Revenge of "Good Queen Bess". The English galleon was part of an English fleet intent on capturing Spanish treasure for Queen Elizabeth. Instead, the fleet was itself surprised, barely managing to escape its enemies. The Revenge was captured after an epic single-handed battle, then lost in a terrible storm off the island of Terceira. In 1972, a four-month long expedition (including Pat as expedition photographer) searched, unsuccessfully, for Revenge. Years later archival research pin-pointed the ship's last resting place. In 2016 Pat made a return journey to Terceira; a personal pilgrimage to revisit his formative experience of 44 years before.

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

ELEMENTS OF NUCLEAR HISTORY: PAST AND PRESENT DANGERS OF NUCLEAR WEAPONS AS15

David Robinson, researcher in global history and politics

Saturday 3 December, 2 - 3pm

This year marks 60 years since the Cuban Missile Crisis, commonly considered the most dangerous moment in human history. With global powers currently clashing again in the Ukraine the danger of nuclear conflict is again prominent in many people's minds. While most people are aware of the cataclysmic power of nuclear weapons, they generally assume they remain in safe hands as long as they are not gained by rogue nations. David will review some of the strategic thought behind nuclear weapons, as well as key historical events, to highlight that, in relation to nuclear war, as Robert MacNamara said about Cuba in particular: "in the end we lucked out".

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

THE AFTERMATH OF THE TRUMP ERA - ISRAEL, PALESTINE AND THE MIDDLE EAST AS16

Jafar Ramini

Monday 5 December, 10 - 11am

In this talk Jafar will explore the effect of the 'normalisation' between some Arab states and Israel and its impact on the Palestinian cause.

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

NOT-SO-TRIVIAL PURSUITS

UKULELE: BN1
Glyde Sing, Strum & Pick, Level 2
Shirley Guy
9 Wednesdays: 19 October – 14 December,
1 - 2.30pm

This ongoing class continues expanding our knowledge of ukulele playing. Not suitable for complete beginners.

Members \$135 / \$108 conc.

UKULELE: BN2
Glyde Sing, Strum & Pick Level 3
Shirley Guy
9 Mondays: 17 October - 12 December,
1 - 2.30pm

This ongoing class is a little advanced of Level 2. Not suitable for complete beginners.

Members \$135 / \$108 conc.

PHILOSOPHY FOR REAL LIFE BN3
Meera Finnigan
8 Thursdays: 20 October - 8 December,
1.30 - 3.30pm

This course is composed of two parts: an introduction to women philosophers, and a phenomenological exploration of what it means to be human. According to Simone de Beauvoir, we humans are a mixture of what she calls freedom and facticity. Facticity being what we are and have little control over - the colour of our eyes, how tall we are, and the particular history that led us to where we are now. Our freedom consists in our ability to examine that facticity, to decide to change it if we can, and to go ahead and make the change. In the long history of philosophy, the key to being fully human is self-awareness. Inscribed on the temple to Apollo at Delphi were the words "Know Thyself." Phenomenology is one way to exercise this most human virtue. We will also look into other virtues such as love, hope, happiness, and peacefulness.

Members \$160 / \$128 conc.

THE DEVIL BN4
Ruperto Nunez
8 Wednesdays: 26 October - 14 December, 1 - 3pm

The figure of the Christian Devil has been associated with many themes: the origin of evil, the idea of temptation, the role of religion in human life, and the possible existence of the supernatural. In Christian mythology, it has been connected to the idea, and punishment of, sin. Representing evil, it has been opposed to the idea of God, seen as essentially good and merciful. Our contemporary, scientifically oriented culture dismisses this and other mythological figures as naive imaginings designed to control people through fear and coercion. With Ruperto, you'll look at the history of this colourful character, investigate his relationship to humankind, and discuss how he has been, and is currently, depicted in diverse media such as novels and movies.

Members \$160 / \$128 conc.



ANXIETY AND THE MANAGEMENT OF ANXIETY BN5
Tina Farghaly

4 Saturdays: 5, 12 & 19 November, 3 December,
9.30 - 11.30am (no session 26 Nov)

Anxiety and feelings of tension are a normal response to certain situations and are transient. However, when they persist over time, they can lead to poor mental health that affects self-esteem, sleep, and general wellbeing. According to Beyond Blue, anxiety is the most common mental health condition in Australia, with more than 2 million people affected in any one year. Join counsellor Tina and co-facilitator to address this topic over four weeks. They will be using the acronym RAIN (recognise – allow – investigate – nurture), a model of coping developed by Tara Brach, an American psychologist. Each session will consist of information sharing followed by strategies. Discussion and interactive feedback will be encouraged, but participation is voluntary.

Members \$80 / \$64 conc.

HOW TO WRITE A STORY BN6
Dr Alan Hancock

2 Fridays: 2 & 9 December, 9.30am - 12pm

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 is 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. It will be hands-on, practical, and fun. Alan is a published author who has written for the ABC and BBC.

Members \$50 / \$40 conc.



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

OUT & ABOUT

Our bus trips are brought to you by volunteer organisers, drivers and hosts. Buses depart **on time** from the East Freo Football car park, cnr Moss and Marmion Streets. Return times are approximate. If you can't make it please let us know beforehand on 93393964 or on the day use the contact number of your Glyde-In host.

WHALE WATCH BOAT TRIP

CO1

Mal Christison

Wed 19 October, 9.30am - 12.30pm

Meet there. October is the time to see Humpback mothers and calves returning to the Southern Ocean. Jump aboard the Steep Point, the largest catamaran in WA providing an excellent stable platform for whale watching, with 5 viewing decks over 3 levels. From here you can sight the magnificent Humpback, Southern Right and occasionally the Blue Whale, along with seals, dolphins and migratory bird life from all over the world.. Learn the language of the whales from the live expert commentary and hear the sounds and views from



underwater cameras and hydrophone. Enjoy complimentary tea and coffee. There is also an onboard cafe with eftpos facilities. These tours offer 100% guaranteed sighting or a free return tour. Wear a warm jacket in all weather conditions and if you are susceptible to motion sickness it is recommended you take medication the night prior and on the morning of your tour (please consult your doctor). Afterwards lunch at your choice of venue around Fishermen's Harbour (at own cost).

Meet at Sardine Jetty, Mews Rd, Fremantle at 9.30am.

Members \$89 / \$81 conc. Non Members \$94

FREMANTLE PORT WALK

CO2

Mal Christison

Friday 28 October, 11am - 12.30pm

Meet there. Join the Friends of Fremantle Ports for a one-hour Port Walk along Victoria Quay, Fremantle Port. Enjoy a narrated stroll around Victoria Quay and finish with a great view of the port at the Observation Deck on top of the 11-storey Administration Building. Please dress for the weather.

Meet at the CY O'Connor statue near the Fremantle Ports Administration Building at 10.45am.

Members \$8 / \$7 conc. Non Members \$11

WA MUSEUM BOOLA BARDIP

CO3

Barry Ross

Wednesday 2 November, 9.45am - 12pm

Meet there. Boola Bardip means 'many stories' in local Nyoongar language. Located on Whadjuk Nyoongar Boodjar, in the heart of the Perth Cultural Centre, the new Museum features eight permanent galleries, each with its own distinct theme and content. Explore the stories and culture of the local Aboriginal people, the State's unique flora, fauna and biodiversity, and the fascinating minerals, meteorites, megafauna and dinosaurs that once inhabited WA and prehistoric Earth. Join a fully-guided tour of this wonderful museum, then free time for another hour. Those with an appetite for Japanese food are invited to come along to the IS DONBURI restaurant, a short 5

OUT & ABOUT ...Continued

minute walk from the museum at 227 William St, Northbridge (at own cost).

Meet at welcome desk in museum foyer, Perth Cultural Centre, James St, Northbridge at 9.45am.

Members \$18 / \$13 conc. Non-members \$22

SWAN VALLEY TOUR

CO4

Barbara Saba

Friday 11 November, 8am - 5.15pm

Bus trip. See the Swan Valley from a different angle with shopping opportunities, indulging in good food and drink, cuddling farm animals, and returning home with a bag of produce from our local farmers. Opportunities to sample and buy include chocolate, nuts, honey, wine and fruit juices. Highlights will be the High Tea at the Lavender Bistro, a visit to the Cuddly Animals Farm and a (non-alcoholic) wine tasting, all included in the price. Lunch at House of Honey at own cost. Please wear comfortable walking shoes.

Bus departs 8.15am

Members \$83 / \$78 conc. Non-members \$88

WA HERBARIUM AND SEED CENTRE TOUR

CO5

Julie Robertson

Wednesday 16 November, 9.10am - 2.15pm

Bus trip. Join us for a tour of the WA Herbarium (and Seed Centre) with the curator Dr John Huisman as our guide. The Western Australian Herbarium is responsible for the description and documentation of Western Australia's exceptional botanical species diversity, and contains a collection of more than 815,000 dried specimens of plants, algae, bryophytes (mosses, liverworts and hornworts), lichens, fungi and slime moulds obtained from throughout the State. These collections and their associated data (e.g. collection notes and photographs) provide a permanent record of the occurrence of a species at a particular place and time and are therefore an irreplaceable source of information on Western Australia's biodiversity. The tour will take about 90 minutes and you will be able to ask questions of John as we walk. Lunch afterwards at The Quarter Acre Hotel (at own cost).

Bus departs 9.20am

Members \$30 / \$25 conc. Non-members \$35



DAY SAIL ON STS LEEUWIN II

CO6

Julie Robertson

Saturday 26 November, 9.30am - 1pm

Meet there. Come for a 3-hour tall ship adventure on STS Leeuwin II, for a taste of ocean-going adventure. Built in WA in the style of an 1850's three-masted barquentine and launched in 1986, STS

OUT & ABOUT ...Continued

Leeuwin II was purpose built for sailing and is a Western Australian icon. You'll be encouraged to haul on the lines to help set the sails, steer the ship under the watchful eye of the captain and maybe even don a harness and get into the rigging – but if not, feel the wind on your face and keep an eye out for local marine life. During the sail, the captain will head out of the harbour and pick the best direction for sailing due to wind and weather conditions. No sailing experience is required. Light refreshments, tea and coffee on-board. Please note you must wear enclosed shoes and it is recommended you bring a wind-proof jacket and a hat. Sunscreen is provided on-board. Cameras are welcome but must be secured. All day parking is available in front of the C and D sheds. There are toilet facilities on board and on the Quay. This is not a wheelchair friendly venue. After the sail Gage Roads Brewing is available next door (A shed) for lunch (at own cost). Meet at B Shed, Victoria Quay, Fremantle at 9.30am

Members \$97 Non-members \$102



PERTH CITY FARM TOUR

CO7

Barry Ross

Wednesday 30 November, 11am - 12pm

Meet there. Perth City Farm is a 27 year old urban farm providing space and opportunities to build community connections, and educating and enabling people to live sustainably. The tour takes about one hour, and you are welcome to spend as much time at the farm as you wish afterwards. There is a great café at the venue for lunch (at own cost). Meet in the City Farm courtyard, 1 City Farm Place, East Perth before 11am. It is a short walk from Claisebrook station which can be reached using the Armadale, Midland or Thornlie lines from Perth central.

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

Teach - Who me?



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

Please talk to Jacqui Reeves, 9339 3964. 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.

MIND & BODY

In the interest of hygiene we encourage you to bring your own mat and other props to your yoga class.

YOGA RESTORATIVE

DM1

Penny Caputi

9 Tuesdays: 18 October - 13 December, 4.30 - 5.45pm

This class will be relaxing and restorative, not demanding. 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

DM2

Penny Caputi

9 Tuesdays: 18 October - 13 December, 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. Wear a smile and loose comfy clothing. Continuing students will need to re-enrol.

Members \$112/ \$90 conc.

IN-SPIRAL FLOW MOVEMENT

DM3

Christine Jaroszewski-Consani

4 Thursdays: 20 October - 10 November, 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, at a pace to suit those taking part. 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 \$40 / \$32 conc.

SINGING, SOUND HEALING AND MEDITATION

Sian Brown

2 separate sessions:

Sunday 30 October, 2 - 4pm

DM4

OR Sunday 27 November, 2 - 4pm

DM5

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. Come as you are and bring a bottle of water. Enrol separately in one or both sessions.

Members \$20 / \$16 conc. per session.

Non-members \$25

CROQUET FUN FOR BEGINNERS

DM6



Bill Turner & Kerry Loane

4 Wednesdays: 2 - 23 November, 9.30 - 11.30am

Learn the basics of croquet at the East Fremantle Croquet Club (cnr of Allen and Fletcher Streets). Each session will consist of coaching and actual play. You may get hooked and want to join the croquet club to keep learning! Meet there.

Members \$55 / \$45 conc.

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.

THINGS I KNOW TO BE TRUE – MELVILLE THEATRE EC1

Sunday 6 November, 2 - 4pm (approx.)

Meet there. Things don't always turn out the way you think they will. Fran and Bob love their four kids dearly, but don't necessarily see eye to eye about everything... and sometimes that comes as a shock. Join them in the garden, the backdrop to so many events in their lives, where they learn through each season of one turbulent year that the love and understanding that bind them as a family are even more powerful than any of them could have imagined. Written by Andrew Bovell, directed by Vanessa Jensen. Note: This show contains adult themes and occasional coarse language.

Book by 21 October

Venue: Melville Theatre, Cnr Stock Road & Canning Hwy, Palmyra.

Members \$23 Non-members \$28

WASO MORNING SYMPHONY EC2

Thursday 24 November, 11am - 12pm

Meet there. The 3000 pipes of Perth Concert Hall's glorious organ resound in both works on this spectacular program. Respighi's colourful tribute to the eternal city, *Fountains of Rome*, is followed by one of the most popular and grandest works of all - Saint-Saëns' *Organ Symphony*. Ticket price includes complimentary coffee / tea prior to the concert and the Wesfarmers Arts Pre-Concert Talk from 9.40am in the Auditorium. Please note that these are unallocated choir stalls tickets, so be sure to arrive at the Concert Hall in good time to find parking and to be seated in time for the 11am start.

Book by 1 November

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

Members \$35 Non-members \$40

A CHRISTMAS CAROL – HARBOUR THEATRE EC3

Sunday 27 November, 2 - 4pm (approx.)
Meet there. In 1843 literary icon Charles Dickens was so moved and concerned that he decided to write a political manifesto, exposing the exploitation of the underprivileged and overworked children of Victorian England. Instead, he wrote one of the most enduring and best loved stories ever written. This is a new stage adaptation by David Edgar, directed by Ann Speicher and Barry Lefort - an Australian premiere. A lovely play for the Christmas season that will appeal to young and old alike.

Book by 28 October

Venue: Mosman Park Memorial Hall, 16 Lochee St, Mosman Park.

Members \$25 Non-members \$30



BY HAND

COILED BASKETS FB1

Leisa Antonio

2 Fridays: 21 & 28 October, 9.30am - 12pm

Using a coiling and weaving technique, we will incorporate a range of environmentally-friendly processed natural fibres including jute and raffia. By adding your choice of textiles, cotton and other materials, your basket will be not only functional but truly unique. Baskets can be used as plant pot holders, to store knick knacks or be purely decorative. Materials kit includes everything you will need.

Members \$50 / \$40 conc. + \$55 materials

WATERCOLOURS FB2

Jane Lidbetter

4 Fridays: 28 October, 4, 18 & 25 November, 1 - 3pm (no session 11 Nov)

Now summer is on its way, the ocean beckons in it many moods, light and colour. Jane will teach you the fundamental techniques of using watercolours - laying down washes, colour theory and the use of different brushes and paper to experiment with.

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

MACRAME TABLE RUNNERS FB3

Leisa Antonio

2 Fridays: 4 & 11 November, 9.30am - 12pm

Macrame is an old world craft having a renaissance in recent years. Learn traditional and modern macrame knots and hitches in order to create a table runner. Your materials kit includes 20+ metres of macrame cotton cord, beads to incorporate as you wish, a macrame guide and tools and incidentals to use during the two classes. Leave with a beautifully handcrafted table runner and new found macrame skills for future projects.

Members \$50 / \$40 conc. + \$50 materials

MINI CHRISTMAS PUDDINGS FB4

Sandra Bantoft

Thursday 1 December, 10am - 12pm

Sandra is back with her iconic petits fours, made with fruits and rich choc: simple, no-cook, ah-inspiring gifts. You'll make about 30 to take home, if they get that far (bring a flat container). These classes always book out early, so be quick.

Members \$20/ \$16 conc. Non-members \$25. + things to bring.

FUROSHIKI, Japanese wrapping FB5

Junko Takatsuki

Friday 2 December, 1 - 2.30pm

This beautiful Japanese wrapping style is decorative, eco-friendly and oh so useful. No pins or tape! Use cloth or paper to wrap just about anything; gifts, picnic hampers, bottles, a sandwich, books. Junko will show you a number of wrapping styles. Bring things to pretend-wrap, and cloths (tea-towels, scarves or other fabrics, various sizes).

Members \$15 / \$12. Non-members \$20. + things to bring.

PAMPER YOUR PUP FB6

Nik MacDougall

Saturday 3 December, 1 - 4pm

Dogs love their toys and treats, but these can be expensive. Try your hand at making a simple braided tug-toy from recycled or new fleece (tracksuit) fabric. We'll also be making some healthy, quick and easy dog-training treats to pamper your pets. Bring your flexible fingers for an enjoyable session.

Members \$30/ \$24 conc. Non-members \$35. + things to bring.



SPANISH

SPANISH, beginners ongoing (Mondays) GL1
Ruperto Nunez

9 Mondays: 17 October - 12 December, 4 - 5.30pm

For the ongoing beginner, continue to learn the basics and build your vocabulary and confidence.

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

SPANISH, Basic A1 GL2
Ruperto Nunez

9 Tuesdays: 18 October - 13 December, 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 GL3
Ruperto Nunez

9 Mondays: 17 October - 12 December, 1.30 - 3.30pm

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

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

SPANISH, Intermediate B1 GL4
Ruperto Nunez

9 Tuesdays: 18 October - 13 December, 9 - 11am

For those who have a grasp of vocab and grammar. Here you'll learn to understand the main themes in relation 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



ITALIAN

ITALIAN, Ongoing GL5
Millie Kursar

8 Wednesdays: 26 October - 14 December, 10.45am - 12.15pm

There are a couple of spots available in this ongoing class, give us a call if you are interested in joining.

Members \$120 / \$96 conc.



FRENCH

FRENCH INTERMEDIATE GL6
Pierrette Joseph

9 Wednesdays: 19 October - 14 December, 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, ONGOING BEGINNERS GL7

Pierrette Joseph
9 Thursdays: 20 October - 15 December, 10.30am - 12pm

For those who have recently started learning or have learnt the basics of French in the past.

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

FRENCH, MORE ADVANCED GL8

Pierrette Joseph
9 Thursdays: 20 October - 15 December, 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 CLASSES, with Millie Kursar (Sorry currently no places available in these classes, ongoing students please re-book)

FRENCH, Ongoing GL9

8 Tuesdays: 25 October - 13 December, 10.45am - 12.15pm

Members \$120/ \$96 conc.

FRENCH on Friday GL10

8 Fridays: 28 October - 16 December, 10.45am - 12.15pm

Members \$120/ \$96 conc.



Two great women, Katharine Susannah Prichard (above) and Edith Cowan (below), are the subject of fascinating talks AS5 and AS6 - see page 1.



COMPUTERS & TECHNOLOGY

Our classes are small and friendly, our tutors are patient. Courses are based on demand so if you need help on a particular topic let us know. You can also use the one-on-one sessions through the Computer Help Desk to get individualised support or advice.

To make learning more personal, bring along your device (fully charged) and know your login details (including passwords).

GET SKYPE-SAVVY HC1

Fay Gerhard

Monday 24 October, 8.45am - 10.45am

Skype reckons it lets the world talk! With it you can make calls over the Internet, using a microphone, by video using a webcam, and by instant messaging. Skype-to-Skype calls are free, while calls to landline telephones and mobile phones are charged via a debit-based user account system. Learn more, then set up your account (bring an email address) and start talking in this small group class.

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

FACEBOOK MARKETPLACE HC2

Fay Gerhard

Monday 24 October, 11.15am - 1.15pm

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

THE WONDERFUL WORLD OF PODCASTS HC3

Kris Metcher

Tuesday 25 October, 10am - 12pm

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 to world news. Let's explore podcasts and how to access them on your digital device. Make sure to bring your tablet, laptop or smartphone, and you'll soon be listening to your new favourite podcast!

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

MASTERING MOBILE PHOTOGRAPHY HC4 (iPhone/iPad)

Kris Metcher

**2 Tuesdays 25 October & 1 November,
12.30 - 2.30pm**

Discover how to take eye-catching photos using the camera app that comes with your iPhone/iPad. In week 2 learn how to edit, crop and enhance the photos, add them to albums and save online or on your local device.

Members \$40/ \$32 conc.

USING CALENDAR ON YOUR MOBILE HC5

Fay Gerhard

Monday 31 October, 8.45 - 10.45am

Why use the calendar? It's a useful tool to keep track of all your upcoming meetings, events, and 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.

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

PHOTOBOOKS HC6

Fay Gerhard

Monday 31 October, 11.15am - 1.15pm

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

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

TAMING YOUR iGADGET HC7

Kris Metcher

Tuesday 1 November, 10am - 12pm

Have you ever held your iPhone/iPad and thought 'If only someone could show me how this all works'? Kris will show you how to get the most out of your iGadget - from emails to privacy settings, online purchases, bill payments and all the cool things you can do within each application or feature. She has many tips and tricks to share with you.

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

MAKING THE MOST OF YOUR GOOGLE BROWSER HC8

Fay Gerhard

Monday 7 November, 8.45 - 10.45am

Would you like to better understand and personalise the internet browser on your computer or device? Fay will talk through options for your bookmarks bar, tabs and settings. She'll have lots of tips and suggestions to help you get the most out of your internet searching.

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

CREATE YOUR OWN DIGITAL CHRISTMAS CARDS HC9

Fay Gerhard

Monday 7 November, 11.15am - 1.15pm

Find out how to be able to send personalised Christmas greetings to friends and family via email. Fay will talk you through the various free software options available, and you'll learn how to design your own card and greeting then how to send it to one or many.

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 individualised 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 12 October 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 along with the others. If your choice of activity is full, you will be placed on a wait list and we'll let you know. All courses require a minimum number of enrolments to proceed. 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 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.



A Word from the Office

Hello all

It is hard to believe it is Term 4 already!

Mal Christison was unable to provide his usual 'Word from the Chair' for this programme as he is currently recuperating from a badly broken arm. We miss him around the place and wish him a speedy recovery.

By the time you read this, we will have a new management committee – to be elected at our Annual General Meeting on 27 September. We look forward to working with the new team. Many thanks to the out-going committee for their hard work and commitment over the past 12 months and to everyone who pitched in to help with arrangements for the AGM.

We hope you will find something that takes your fancy in Term 4. With the warmer weather our Out&About team have added some outings on the water – you might like to do some whale-watching, or go for a sail on the Leeuwin, or perhaps a narrated history walk around Fremantle Port. Check the Out & About section of the programme for more details. We have a couple of interesting talks about famous Australian women as part of our speakers programme - come along to learn about the fascinating lives of Edith Cowan, our first female parliamentarian, or author and 'red witch' Katherine Susannah Prichard. On the art/craft front, we have several hands-on sessions this term, including Sandra's delicious mini Christmas puddings – don't miss out! Enrolments get underway on Wednesday 12 October, 8.30am.

As mentioned in our last newsletter, our long-time bookkeeper Joanna Mount is leaving us for an exciting career change. We wish her all the very best. We are pleased to introduce our new bookkeeper, Anna Ross, who has a wide range of experience and will be a great addition to the Glyde-In team. Please make her welcome.

See you at Glyde-In soon.

Jacqui and Nik

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

2nd Monday / month, 3.45 - 5.45pm
Books not provided, all welcome. Jill Brown 0433 402401 or 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 a variety of world folk, early music and classical, alt. pop, African etc.
Venue: Sullivan Hall, Cnr. Stevens St & Nannine Ave, White Gum Valley. \$15/session (cash only). First session free. Contact Lyn 0405 124 618.

MAHJONG – for experienced players Mondays & Fridays, 1 - 3.30pm

Margaret 9335 5665.
Thursdays, 9.30am - 12pm
Maureen 0408 532 783.

SCRABBLE

Wednesdays, 9.30 - 12pm
All welcome, including beginners.
\$5 + \$1 cuppa. Ellen 9339 5207

THURSDAY WALKERS Weekly, 8am sharp

From Glyde-In for an hour's walk, then coffee.

PRIVATE GROUPS & WORKSHOPS

These are privately-run activities. To book or enquire please phone the conveners.

COMMUNITY QUILTING

3rd Monday / month, 9am - 12.30pm
Supporting the WAQA Community Group that donates quilts to charities.
If you can, please bring a sewing machine.
Lyn 0405 124 618.

PROSTATE CANCER SUPPORT FOUNDATION

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

TWIN HEARTS MEDITATION

Wednesdays, 6.30 - 8pm
A guided meditation to bless humanity, the earth and loved ones with peace, joy, healing, reconciliation. All welcome. By donation. . Jan 0419947941 or Saira 0421701704.

SOUND OF SOUL

3rd Wednesday/month, 7.30pm
"The person singing HU tunes in to a higher spiritual awareness", Harold Klemp, HU The Most Beautiful Prayer. Gold coin. 0408 957 514.

FRIDAY RIDERS

Departs Left Bank café Fridays, 8am
For those able to cruise at 20km/hour. Gordon 0419858960.

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 \$30/hour for private bookings, \$23 for not-for profit groups not affiliated with Glyde-In, \$20/hour for Glyde-In groups. 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 | Materials |
|--------------------------|---|--|------------|-----------|----------|----------|-----------|
| | Membership fee - renewal or new member. Circle relevant fee or leave blank if current | | | \$40.00 | \$35.00 | \$20.00 | \$25.00EF |
| | AS1 | GRAINS OF TRUTH | 24 Oct | \$14.00 | \$11.00 | \$18.00 | — |
| | AS2 | OLD MONEY | 27 Oct | \$14.00 | \$11.00 | \$18.00 | — |
| | AS3 | THE WAR IN UKRAINE - SERIES | 28 Oct | \$42.00 | \$34.00 | — | — |
| | AS4 | A NOVEL PARADOX - ACACIA HOUSE | 2 Nov | \$14.00 | \$11.00 | \$18.00 | — |
| | AS5 | KATHARINE SUSANNAH PRITCHARD | 5 Nov | \$14.00 | \$11.00 | \$18.00 | — |
| | AS6 | AUST. FIRST FEMALE PARLIAMENTARIAN | 7 Nov | \$14.00 | \$11.00 | \$18.00 | — |
| | AS7 | SPIRIT OF THE NIGHT SKY | 10 Nov | \$14.00 | \$11.00 | \$18.00 | — |
| | AS8 | MY BLUES JOURNEY | 14 Nov | \$14.00 | \$11.00 | \$18.00 | — |
| | AS9 | THE MYSTERY OF SAFFRON | 15 Nov | \$14.00 | \$11.00 | \$18.00 | — |
| | AS10 | FIRST NATION VOICE TO PARLIAMENT | 15 Nov | \$14.00 | \$11.00 | \$18.00 | — |
| | AS11 | THE TRUMP ERA - ISRAEL, PALESTINE ETC | 21 Nov | \$14.00 | \$11.00 | \$18.00 | — |
| | AS12 | TOWN OF EAST FREMANTLE Glyde-In Town Talk | 23 Nov | No Charge | | | — |
| | AS13 | VOICE SAFARIS | 24 Nov | \$14.00 | \$11.00 | \$18.00 | — |
| | AS14 | THE SEARCH FOR REVENGE | 28 Nov | \$14.00 | \$11.00 | \$18.00 | -- |
| | AS15 | ELEMENTS OF NUCLEAR HISTORY | 3 Dec | \$14.00 | \$11.00 | \$18.00 | — |
| | AS16 | THE AFTERMATH OF THE TRUMP ERA | 5 Dec | \$14.00 | \$11.00 | \$18.00 | — |
| | BN1 | UKULELE, Glyde Sing, Strum & Pick, Level 2 | 19 Oct | \$135.00 | \$108.00 | — | — |
| | BN2 | UKULELE, Glyde Sing, Strum & Pick, Level 3 | 17 Oct | \$135.00 | \$108.00 | — | — |
| | BN3 | PHILOSOPHY FOR REAL LIFE | 20 Oct | \$160.00 | \$128.00 | — | — |
| | BN4 | THE DEVIL | 26 Oct | \$160.00 | \$128.00 | — | -- |
| | BN5 | ANXIETY AND THE MANAGEMENT OF ANXIETY | 5 Nov | \$80.00 | \$64.00 | — | -- |
| | BN6 | HOW TO WRITE A STORY | 2 Dec | \$50.00 | \$40.00 | — | -- |
| | CO1 | WHALE WATCH BOAT TRIP | 19 Oct | \$89.00 | \$81.00 | \$94.00 | -- |
| | CO2 | FREMANTLE PORT WALK | 28 Oct | \$8.00 | \$7.00 | \$11.00 | -- |
| | CO3 | WA MUSEUM BOOLA BARDIP | 2 Nov | \$18.00 | \$13.00 | \$22.00 | -- |
| | CO4 | SWAN VALLEY TOUR | 11 Nov | \$83.00 | \$78.00 | \$88.00 | -- |
| | CO5 | WA HERBARIUM AND SEED CENTRE TOUR | 16 Nov | \$30.00 | \$25.00 | \$35.00 | -- |
| | CO6 | DAY SAIL ON STS LEEUWIN II | 26 Nov | \$97.00 | -- | \$102.00 | -- |
| | CO7 | PERTH CITY FARM TOUR | 30 Nov | \$25.00 | \$20.00 | \$30.00 | -- |
| | DM1 | YOGA RESTORATIVE | 18 Oct | \$112.00 | \$90.00 | — | -- |
| | DM2 | YOGA GENERAL | 18 Oct | \$112.00 | \$90.00 | — | -- |
| | DM3 | IN-SPIRAL FLOW MOVEMENT | 20 Oct | \$40.00 | \$32.00 | — | -- |
| | DM4 | SINGING, SOUND HEALING AND MEDITATION | 30 Oct | \$20.00 | \$16.00 | \$25.00 | -- |
| | DM5 | SINGING, SOUND HEALING AND MEDITATION | 27 Nov | \$20.00 | \$16.00 | \$25.00 | -- |
| | DM6 | CROQUET FUN FOR BEGINNERS | 2 Nov | \$55.00 | \$45.00 | — | -- |
| Total cost for this page | | | | | | | |

