

SUMMER SCHOOL AT GLYDE-IN

Monday 13 to Saturday 25 January 2025

42 Glyde Street, East Fremantle, WA 6158

Glyde-In Community Learning Centre is a not for profit organisation that offers courses and activities that are informal, non-competitive and open to everyone. The centre is generously supported by the Town of East Fremantle.



Activities are open to all, membership is not required for Summer School.

However, concession eligibility only applies to current Glyde-In members who have a Centrelink pension/health card or a DVA gold card (not senior HCC).

To book phone 9339 3964, pop in, or book online at www.glydein.org.au/programme

Minimum numbers apply to each course

Weekend and evening activities are marked with a coloured star

SPEAKERS UNLIMITED

ON CLIMATE CHANGE AND OUR PROGRESS TO NET ZERO EMISSIONS

SS1

Paul Wilkes

Monday 13 January, 2 - 3pm

Dr Paul Wilkes will present an update on climate change and the required transition in energy usage as we head towards net zero emissions by 2050. A deep dive on the science involved in climate change and the renewable energy sources which are rapidly being developed as we move away from fossil fuels. Paul will also explore what can be done at a local level. Paul is an Energy Scientist with international experience and has worked in the fields of nuclear power, oil and gas, geothermal and water.

\$14 / \$11 member conc.

HISTORY OF ITALIAN FOOD - From antiquity to modern times

SS2

Dr Fausto Buttà

Tuesday 14 January, 11am - 1.30pm

Culinary traditions are often the outcome of intercultural meetings. The evolution of Italian nutrition and cuisine reflects the various cultural influences over centuries, from Northern European and Arabic civilisations, to food brought back from the American continent following Columbus's expeditions.

How much did nutrition change from the Romans to the Italian cuisine known today? And why is Italian culinary culture so unique? Fausto will answer these questions and demonstrate the hybrid nature of Italian gastronomy. Following the talk, you will be treated to a delicious 3 - course Italian lunch prepared by a local chef.

\$45 / \$40 member conc.

PROTECTING BIODIVERSITY

Dr Rochelle Steven

Series of 3 talks: Wed 15, Fri 17 & Mon 20 January, 10 - 11am

Join Dr Rochelle Steven, conservation scientist and community outreach specialist, for a series on biodiversity conservation, both global and local.

Enrol in one talk, or all three.

Per talk: \$14 / \$11 member conc.

Talk 1: Biodiversity and the UN Sustainable Development Goals

SS3

Wednesday 15 January, 10 - 11am

Hear how these goals address the global biodiversity crisis and how we can do more to conserve species and ecosystems.

Continued over page...

SPEAKERS UNLIMITED

Talk 2: Acting Locally

Friday 17 January, 10 - 11 am

Let's look at the role of private landholders and urban residents in conserving biodiversity - the birds and the bees, but not as you know it!

SS4

Talk 3: Caring for Nature

Monday 20 January, 10 - 11am

The self-care benefits of caring for nature - why birdwatching and nature loving are good for your health.

SS5



SEVENTEEN YEARS BUT STILL GIVING: THE ARCHAEOLOGICAL RESEARCH OF PEEL TOWN, 2007 - 2024

Dr Shane Burke

Thursday 16 January, 10 - 11am

The Peel town camp formed in 1829-1830 by Thomas Peel and some 500 others. For the last 12 years, archaeological research into many hundreds of artefacts has explored themes including the formation of cultural landscapes and people's behaviour in the context of 19th century British culture. Dr Burke will discuss the research as a whole and the latest discoveries shedding light on what life was like in the camp for its colonial inhabitants.

\$14 / \$11 member conc.

SS6

HISTORY OF GLOBAL INDIGENOUS RIGHTS

Melville Thomas, UWA School of Indigenous Studies

Series of 3 talks: Mon 20, Wed 22 & Fri 24 January, 2.30 - 3.30pm. Enrol in one talk, or all three.

Per talk: \$14 / \$11 member conc.

Talk 1: The Justification for Colonisation and Native American Resistance

Monday 20 January, 2.30 - 3.30pm

From the 15th century the West claimed superiority over Indigenous peoples' religious values, customs, and traditions, and assumed the right to convert them to Christianity. Melville looks at these justifications, and at the work of Native American scholars in developing a new world view that later inspired the discipline of cultural sovereignty and Indigenous Studies.

SS7

Talk 2: Indigeneity and our Constitution

Wednesday 22 January, 2.30 - 3.30pm

Here we look at Australian federalism, the Constitution, notions of race and Indigenous peoples' exclusion from it. We'll assess the laws that impacted Indigenous Peoples in WA from 1890. We will then examine the Constitution that created the Federation of Australia, and Indigenous resistance from the 1930s, led by activists such as Yorta Yorta elder William Cooper.

SS8

Talk 3: 21st Century Indigenous Rights Claims

Friday 24 January, 2.30 - 3.30pm

After 20 years of activism at the United Nations, Indigenous

SS9

SPEAKERS UNLIMITED

peoples finally convinced the UN General Assembly in 2007 to adopt the *UN Declaration on the Rights of Indigenous Peoples*. Two years later it was endorsed by the Australian Federal Government. We'll look at its impact on Australian law, and global Indigenous perspectives; and see how Indigenous people today put their human rights claims to the United Nations.

ON ALZHEIMER'S

Julia Smith, Naturopath

2 talks: Tues 21 & Thurs 23 January, 9 - 10am

Julia is a qualified naturopathic medicine practitioner who helps people improve cognitive health, using evidence-based system called ReCODE. This is a personalised approach to identifying the key factors of cognitive decline and preventing and reversing it, particularly in Alzheimer's disease. Targeting root causes such as inflammation, insulin resistance, toxicity and nutrient deficiencies through a lifestyle medicine approach, ReCODE may help in the prevention and slowing of the decline in cognitive health.

Enrol in one talk, or both.

Per talk: \$14 / \$11 member conc.

Talk 1: On Alzheimer's 1

Tuesday 21 January, 9 - 10am

Julia will explain how we can influence our cognitive health through understanding any personal nutrient deficiencies, levels of toxicity and genetics.

SS10

Talk 2: On Alzheimer's 2

Thursday 23 January, 9 - 10am

We dive into the influences of blood sugar levels, heart and cardiovascular health on cognitive decline, and discuss simple ways to reduce risk.

SS11

HOMELESSNESS: A PERSONAL STORY

Trish Owen

Wednesday 22 January, 9.30 - 10.30am

No journey of homelessness is the same, and behind every face there's a story. Trish is a lived experience consultant advisor, and will share her personal experiences of homelessness, housing insecurity, alcohol and drug issues and mental health challenges. Trish now supports people experiencing hardship so that they can be heard and included in the solutions to complex issues.

\$14 / \$11 member conc.

SS12

THE ARCHAEOLOGY OF SUPERSTITION

Lauren Tomlinson

Thursday 23 January, 11am - 12pm

Superstition is engrained in the beliefs and societies of many human beings and it is often thought that these beliefs cannot be seen. However, PhD researcher Lauren Tomlinson is currently researching the archaeology of superstition in an Australian context. Sites such as the Albany Convict Gaol and residential homes across Australia have had evidence of ritual symbols and concealed objects that serve the purpose of warding off evil spirits. The history, practices, and interpretations of folk magic are an exciting exploration into the archaeology of superstition.

SS13

\$14 / \$11 member conc.

NOT SO TRIVIAL PURSUITS

A TASTE OF LATIN AMERICAN LITERATURE SS14 Ruperto Nunez

**4 Sessions: Tuesday 14 & 21,
Thursday 16 & 23 January, 1 - 3pm**

Latin America is a vast territory of many countries, with diverse cultures and art forms. In this short course we will have a taste of its literary output by looking at three novels in translation: *One Hundred Years of Solitude* by Gabriel García Márquez (Colombia, 1967), *The House of the Spirits* by Isabel Allende (Chile, 1982), and *Hopscotch* by Julio Cortázar (Argentina, 1963). If you can, please read the books before the course. Photocopied sections will be studied in class.

\$96 / \$77 member conc. + \$4 materials

PARENTING AND GRANDPARENTING Fiona McDonald

2 Wednesdays: Wednesday 15 & 22 January, 2 - 4pm.

Join Fiona McDonald for an introductory workshop series on raising children. Fiona was the Senior Manager Relationship Education for Relationships Australia for over 17 years and offered many courses including parenting courses.

Enrol in one session, or both.

Per session: \$25 / \$20 member conc.

Session 1: Setting Boundaries and Consequences Wednesday 15 January, 2 - 4pm. SS15

Children have an inherent need for structure and order, which helps them feel secure and in control of their environment. They thrive when clear rules and boundaries are in place, guiding them towards a sense of mastery and meaning. Without this structure, the world can become a chaotic place. This session will explore effective strategies for establishing helpful boundaries and implementing appropriate consequences to support healthy development.

Session 2: The Art of Empathy and Emotional Coaching Wednesday 22 January, 2 - 4pm. SS16

Children can experience BIG emotions and get really upset. How can we respond with empathy to help children understand that it is normal to feel this way, and to help them learn from these experiences to manage their feelings? This workshop will explore ways in which we can respond in appropriate ways to help children learn to express their emotions appropriately.



MAHJONG SCORING SS17 Maureen Hislop

Thursday 16 January, 12.30 - 3pm

Are you an active Mah-jong player who would like to add the element of scoring to your game? Maureen will teach you how!

\$30 / \$24 member conc.

MIND & BODY

MUSIC & PICNIC - SCOTTISH STRAMASH SS18 Thursday 16 January, 6.30 - 8pm

Come for a wonderful evening of Scottish music. 'Stramash' means excitement or chaos, yet this promises to be a relaxed evening of music from all over Scotland, with traditional songs, fiddle, whistle, flute, and of course pipers. You're invited to bring acoustic instruments and your voice to join in when you can. We'll be outdoors; bring a picnic and enjoy a musical summer evening with us. This event will either be held in Glyde-In backyard or next door in Glasson Park. You'll be updated closer to the date.

\$15 / \$12 member conc. / children free

TAI CHI IN THE PARK SS19 Ruperto Nunez

**6 sessions: Mon 13 & 20, Wed 15 & 22,
Fri 17 & 24 January, 9 - 10am**

Have you ever wanted to try Tai Chi? 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. Tai chi involves the practice of mind and body coordination which assists in all aspects of daily life. Suitable for complete beginners.

\$72 / \$58 member conc.

YOGA DAILY FOR 5 DAYS - GENERAL (HATHA) SS20 Uwe Oswald

5 sessions: Monday to Friday, 13 - 17 January, 5 - 6.15pm

All ages and all levels welcome. Suitable for anyone who can move from standing to floor with relative ease. Reduce stress and tension and learn simple techniques to take home. Wear a smile and loose comfy clothing.

\$75 / \$60 member conc.

YOGA DAILY FOR 5 DAYS - RESTORATIVE SS21 Uwe Oswald

5 sessions: Monday to Friday, 20 - 24 January, 5 - 6.15pm

Regenerate. For those who want to experience deep relaxation with the aid of yoga postures. No experience necessary.

\$75 / \$60 member conc.

SOUND HEALING AND MEDITATION Sian Brown

Sunday 19 January, 2 - 4pm or

SS22

Saturday 25 January, 2 - 4pm

SS23

In the ancient practise 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. You can enjoy this from a chair or on a yoga mat.

Per session: \$24 / \$20 member conc.



OUT 'n ABOUT

EMPRESS JOSEPHINE'S GARDEN & FRENCH LUNCH SS24 Friday 17 January, 11am - 2.30pm.

Taxi trip. To avoid parking issues maxi-taxis will transport us to our award-winning brunch venue, the Little French Nest Café, and then to the Maritime Museum, to experience the amazing story of Empress Joséphine Bonaparte's garden. The Little French Nest has a fresh, airy atmosphere and a classical French cuisine with a twist. The perfect start for our French adventure (brunch at own expense).

Joséphine's Garden is an immersive digital experience, showing how Empress Bonaparte of France fell in love with the flora and fauna of Western Australia and filled her Parisian garden with black swans, kangaroos, emus and hundreds of regional native plants. Maxi Taxis will return us to our parking in East Fremantle at approximately 2.30pm. *Meet at East Fremantle Oval carpark, corner Moss and Marmion Streets at 11am for 11.15am departure.*

Book by 6 January
\$37 / \$32 member conc.

LAWN BOWLS AND DINNER SS25

Thursday 23 January, 4.45 - 9pm

Meet there. Join us on a wonderful summer evening for a late afternoon of lawn bowls at the re-vamped East Fremantle Bowling Club at the Shark Park Facility (East Fremantle Community Park). We will receive tuition from bowling club members, so no previous experience required. We will bowl for approximately 2 hours and then have dinner at Carnaby's café/restaurant from 7.15pm (at own expense). This is a great chance to view East Fremantle's new facilities and also have fun learning a new skill on a summer's evening.

Meet outside Carnaby's café, facing Moss St, East Fremantle Oval at 4.45pm.

Book by 4 January
\$27 / \$22 member conc.

BY HAND

MONOPRINT FLORALS SS26

Bridget Seaton

Tuesday 14 January, 10am - 1pm

Combine two methods of monotype printing to create loose florals in beautiful colours. Monotype involves inking up a plate of perspex to produce one-off prints. We will use oil based printing inks, speciality paper, plants and a small printing press to create unique prints. Learn mark making techniques, how to print in stages and how to enhance your work through hand tinting. All materials provided. No solvents used.

\$36 / \$29 member conc. + \$15 materials

JAPANESE AND CHINESE BRUSH PAINTING SS27

Jane Lidbetter

2 Thursdays 16 & 23 January, 1.30 - 4pm

Explore the beautiful art of Sumi-e Japanese brush painting and its meditative qualities as you work. Then learn about Chinese brush painting using colour and more detail. Depict bamboo, leaves, plum blossom and birds. You will learn special brush skills and make cards to take away with you.

\$60 / \$48 member conc. + \$10 materials

BY HAND

IN THE TREES - ACRYLIC PAINTING WORKSHOP SS28 Bridget Seaton

Saturday 18 January, 10am - 4pm

Learn how to use a limited palette and several experimental techniques in this full day workshop where Bridget teaches you how to simplify the complex subject of painting a forest scene. All materials provided but BYO brushes if you have them.

\$72 / \$58 member conc. + \$15 materials

FLORAL MIXED MEDIA COLLAGE SS29

Kate Hannah

Tuesday 21 January, 10am - 4pm

Explore the exciting world of mixed media collage and create a floral-inspired artwork. This step-by-step process uses materials from acrylics and water colours to magazines and yarn. Be inspired by colour, texture and technique to create a unique piece. Paper embroidery, natural materials and even gold leaf can add depth and quirky features. Kate is a local artist and art therapist.

\$72 / \$58 member conc. + \$15 materials



LANGUAGES

SPANISH FOR BEGINNERS SS30

Ruperto Nunez

4 sessions: Tues 14 & 21,
Thurs 16 & 23 January, 10.30am - 12.30pm

Immerse yourself in an informal, intensive intro to this beautiful melodic language.

\$96 / \$77 member conc.

SPANISH FOR FUN SS31

Ruperto Nunez

6 sessions: Mon 13 & 20, Wed 15 & 22,
Fri 17 & 24 January, 10.30am - 12.30pm

An immersion - informal and enjoyable, for those who have learned some Spanish.

\$144 / \$116 member conc.

ITALIAN FOR FUN SS32

Gavin Neilson

6 sessions: Mon 13 & 20, Wed 15 & 22,
Fri 17 & 24 January, 11.30am - 1.30pm

Do you know a bit of Italian? Relaxed, congenial activities for practice. Lots of support.

\$144 / \$116 member conc.