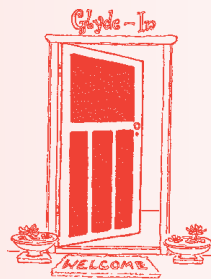




COMMUNITY LEARNING  
CENTRE (Inc.)



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Office hours:  
Monday - Friday 8am - 4pm

ABN: 12 477 460 811

## PROGRAMME TERM 1 2018 - Monday 5 February – Friday 13 April

### SPEAKERS UNLIMITED

#### BENEATH OUR FEET

Chris Spencer Code AS1

Remarkable connections exist in natural processes around us – for example, the sun affects plant growth which is in turn connected to the lives of birds and insects. But the connections between Earth systems go much deeper. Chris Spencer was 'born a geologist' and will explain how the earth's very core affects the outer shell of the earth and even our atmosphere.

Wednesday 7 February, 2-3pm. \$12 / \$8

#### ECCENTRIC EXERCISE

Professor Ken Nosaka AS2

We know that exercise is good for us – but now the *types* of movement matter too! Walking down the stairs, eg, is better than walking up. When descending, front thigh muscles are lengthened to stop the body moving forward; it's a typical 'eccentric exercise'. Ken Nosaka of ECU's School of Medical & Health Sciences is leading the research into eccentric exercise and has developed a home-based exercise program. They're less challenging but require more brain-power, so they could help ward off dementia. Hear about their effects in session 1, try some in session 2.

2 Tuesdays, 13 & 20 February, 9-10am. \$24 / \$16

#### CITIZENS' GOLD

Kathryn Lawrence AS3

The Citizens Advice Bureau offers a remarkable and often undersung community service. It began in England during the war to deal with problems like the loss of ration books, homelessness and evacuation, and it also helped locate missing relatives and prisoners of war. Our own bureau opened in 1963, to link people in their communities with help on anything from overhanging branches and neighbourhood quarrels to tax and mediation; it even offers no-interest loans. You'll be surprised by what it does.

Friday 16 February, 10-11am. \$12 / \$8

#### PERSIAN ARCHITECTURAL TREASURES

Saleh Kafami AS4

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, as you'll see from Saleh's films and photos from his most recent trip home with friends from Fremantle. Iran is a wonderland of clever architecture.

Tuesday 20 February, 11am-12.30pm. \$12 / \$8

#### GOOD BUGS, BAD BUGS

Darryl Hardie AS5

In the garden we risk harming our most beneficial insects simply because we don't recognise them – the bugs, their larvae or their favourite places. And the reverse is true for some of the most devastating of them. Entomologist Darryl Hardie offers great clues.

Friday 23 February, 10-11am. \$12 / \$8

### ENROLMENTS

begin Wednesday 31 January

8.30am-3pm OR book online from 10am

[www.glydein.org.au](http://www.glydein.org.au)

#### SOUL MIDWIFE

Jan Britton AS6

You don't need to be religious, a health professional or an expert on death to be with someone who is dying. With good intent, by being there and creating sacred space you are helping another on this very important soul journey. You are also receiving a very special gift. Simple ideas and skills can make a loving difference. Topics include creating the space, the four stages of dying, and the vigil.

Saturday 24 February, 1-3.30pm. \$18 / \$14

#### HOW ESTHER HELPS

Annette Russell AS7

Around 60 young women in crisis live in residential care provided by the Esther Foundation. Aged up to their 30s, the women can stay 18 months in a safe place. They learn life skills and strategies to cope with addictions, depression and abuse. They learn about parenting, relationship and leadership, and build capacities for employment, sport and recreation. Hear more about this award-winning charity.

Tuesday 27 February, 10-11am. \$12 / \$8

#### TRUST YOUR HEALTH CARE?

Charles Oxnard AS8

Can you trust your doctor or your hospital? Charles Oxnard, Senior Honorary Research Fellow at UWA, explains how some illnesses can be caused inadvertently by medical advice or treatment (iatrogenic diseases) and some infections can be contracted in hospital (nosocomial diseases). He explains how they happen, what they cost, and looks at some ethical considerations too.

Tuesday 27 February, 2-3pm. \$12 / \$8

#### WILD & WONDERFUL CHARACTERS Lee Tate AS9

Many of WA's greatest characters have gone unrecognised and unacknowledged. The list of our unsung creators, champions and outrageous characters is long. Of their myriad achievements, some were first, others did it for the human spirit, and still others for the money. Many are mysterious, some are disreputable and some have four legs! Journalist Lee Tate brings them to life.

Friday 2 March, 10-11am. \$12 / \$8

#### STAND TALL Janene Troy AS10

Good posture can do more for us than Botox ever can. Our core muscles form the foundation of an upright posture, and a strong core can improve mobility and even help prevent urinary incontinence. Chiropractor Dr Janene Troy suggests 10 simple exercises to do at home.

Tuesday 6 or 20 March, 10-11am.

\$12 / \$8

*continued on next page...*

Please try to be seated before a talk or course begins to avoid disturbing the speaker and other patrons. As parking nearby can be difficult you may need to allow a few extra minutes to walk to the centre.

**DEM BONES**

**Charles Oxnard AS12**  
The health of our skeletal system can play a big part in happy ageing. Emeritus Professor Charles Oxnard has studied human bones for over 60 years, and will explain how disease and other ailments arise, how they progress, and possible treatments.  
Tuesday 6 March, 2-3pm. \$12 / \$8

**THE TORTURE TABOO**

**Dr Jamal Barnes AS13**  
States hide, deny, redefine and outsource their torture. And often methods of torture are designed so as not to leave traces. Jamal Barnes, research fellow with ECU, traces the history of the taboo on torture since the 18th century and shows how violations have played an important role in that development.  
Friday 9 March, 10-11am. \$12 / \$8

**THE ARK BEFORE NOAH**

**Tom Vosmer AS14**  
On a 4000 year old clay tablet from Mesopotamia, British Museum's Dr Irving Finkel found a description of the building of an enormous 'ark' and of animals being loaded 'two by two'. It pre-dates the Biblical story by a millennium and describes a vessel vastly different to that of Noah. Maritime archaeologists and traditional shipwrights set out to recreate it. Tom Vosmer describes the research, the construction struggles and the launch of this most mythical of ships.  
Tuesday 13 March 10-11am. \$12 / \$8

**A BONY LOVE AFFAIR Charles Oxnard AS15**

The human skeleton has fascinated Charles for six decades. Now Senior Honorary Research Fellow at UWA, he will describe the intimacies of his love affair and research into the form and structure of our bony bits. His work has implications for both science and medicine.  
Tuesday 13 March, 2-3pm. \$12 / \$8

**NOT-SO-TRIVIAL PURSUITS**

**YOGA**

Postures, breath awareness, meditation and relaxation. All ages welcome. Reduce stress and tension and learn simple techniques to use at home. Suitable for anyone who can move from standing to floor with relative ease. Wear loose comfy clothing.  
10 Fridays, 2 February – 13 April (not 30/3), 4-5.15pm (Code BN1)  
OR 5.30-6.45pm (Code BN2) with Sadhana. \$100 / \$80  
OR 7 Saturdays, 10 February – 24 March, 8-9.15am with Marianna Garaboni. \$70 / \$56 (Code BN3)

**MAHJONG, Beginners**

**Maureen Hislop, Graham McKenzie-Smith BN4**  
Fast and mentally stimulating, the charm of mah-jong is in its apparent but deceptive simplicity. Learn the game and then, if you like, join a regular Glyde-In group  
8 Mondays, 5 Feb – 9 April (not 5/3 and 2/4), 9.30am-12noon  
\$160 / \$128

**WAKE UP YOUR BRAIN & BODY Barbara Bechter BN5**

Movements and gestures from Brain Gym combine with Touch for Health. Both systems were founded in the 70s to allow people to support their own health in a natural way. Barbara has been teaching both for a decade and says it can help boost brain and bodily functions as it improves memory, posture, balance and breathing through better flow of vital energy or qi.  
9 Wednesdays, 14 February – 11 April, 4-5.30pm.  
\$108 / \$86 (+ \$4 materials)

**DIGNITY THERAPY**

**Brenda Bentley AS16**  
Dignity Therapy addresses suffering in dying by affirming dignity. It invites people with life-limiting conditions to reflect on their life, find meaning, and leave messages for loved ones in a written, narrative document. It can bring meaning, peace and acceptance, suggests Brenda Bentley, Senior Lecturer to health professionals at Murdoch Uni. Hear more about a therapy that can help relieve distress for the dying.  
Friday 16 March, 10-11.30am. \$12 / \$8

**SPIRIT OF THE NIGHT SKY**

**Laksar Burra AS17**  
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.  
Tuesday 27 March, 10-11.30am. \$12 / \$8

**HOW'S YOUR THYROID?**

**John Boyd AS18**  
Astonishingly, one in five women has a thyroid disorder. If you are tired, putting on weight or depressed you could be suffering from hypothyroidism, an underactive thyroid. The opposite, overactive, is hyperthyroidism, and just as debilitating. Come and hear about symptoms and treatments from the Thyroid WA support group.  
Tuesday 3 April, 10am-12noon.  
\$12 / \$8

**WHY WE EAT MEAT**

**Jan Rodda, Hugo Jorge & friends AS19**  
Psychologist Hugo Jorge and psychotherapist Jan Rodda are vegans with a theory - they believe the real reason we eat meat is barely recognised. They will explain, and describe how they do without animal products in their lives. Then Richard Poole and Graham Lillo will describe health improvements of their own which they attribute to dropping red meat from their diets. Afterwards, taste some really good vegan food.  
Friday 6 April, 10am-12noon.  
\$12 / \$8 + \$7 tastings.

**DEEPER CONVERSATIONS**

**Caroline Harry BN6**  
'How was your day?' 'What happened at school today?' Do you find yourself asking dull questions and getting empty responses? Meaningful conversations take skill, understanding and wisdom. Caroline Harry helps you release old habits and create real connections. Listen without judgement, explore others' perspectives and ask questions that draw out the other's innate wisdom, original thoughts and interesting perspectives.  
3 Thursdays, 15 February – 1 March, 10am-12noon.  
\$48 / \$38

**TEN GREAT THINKERS**

**Meera Finnigan BN7**  
Truth is being manipulated more and more by powerful interests. So let's explore the works of ten great western philosophers whose works may now have even greater relevance to truth today than ever before. Plato, Descartes, Montaigne, Hume, Kant, Marx, Nietzsche, de Beauvoir, Sartre and Arendt each brought variety and great richness of thought that can encourage us to seek truth and find the fullness of our humanity. Come if you enjoy deeper thinking and philosophical discussion.  
9 Thursdays, 15 February – 12 April, 1.15-3.15pm.  
\$144 / \$115

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## NOT-SO-TRIVIAL PURSUITS ...continued from previous page

### LENGTHEN, STRENGTHEN, LOOSEN UP

Sadhana BN8

For men: some effective simple exercises to keep you flexible, maintain strength and gain balance. The moves will also keep you on your feet and breathing well.

6 Thursdays, 15 February to 29 March (not 8 March), 4-5.30pm.  
\$72 / \$58

### EXPLORING ISLAM Ruperto Nunez BN9

The words Islam and Muslim have come to mean in recent years 'terrorist' and 'the other'. Ruperto believes that, quite apart from the unfortunate events which have led to these judgments, Islam represents a rich cultural and religious tradition, present in Spain for eight centuries and as part of Western consciousness through the crusades. Let's investigate.

7 Fridays, 16 February – 6 April (not 30/3), 3.30-5pm.  
\$84 / \$67

### STORY-WRITING made easier

Dr Alan Hancock BN10

From first draft to final edit, this hands-on practical course is for beginners and more experienced writers. We'll look at life-story and fiction and learn from top contemporary authors. There will be exercises to open up memory and imagination and to take your work to another level. And it should be fun. Alan is a writer who lectures in creative writing at Curtin University.

6 Tuesdays, 20 February – 27 March, 6.30-8.15pm. \$84 / \$67

### MAKE YOUR FIRST FILM Ruth Kendall BN11

Ruth's first video, made with only her Canon camera and her iPad, won a Revelation Film Festival award. Learn how easily a beginner can make a film using a camera's video setting. You'll need a camera and an iPad, iPhone or Mac computer. Learn some tips to take great footage, then use free iMovie to put your film together, add music, a voiceover, titles – and then upload it to share. For Apple users only: bring your fully charged camera, device and cords/attachments/passwords. Please ensure you have downloaded the free iMovie app.

4 Thursdays, 1 – 22 March, 10am-12noon. \$64 / \$51

### GUITAR, absolute beginners Steve Coleman BN12

Learn to strum a few basic chords and then how to string them together to play a few tunes. You'll be amazed how far three chords will get you. Then we'll add more. No notes or theory in this stress-free small group for beginners. You will need an acoustic guitar (a classical one is easier on the fingertips as three strings are nylon).

4 Wednesdays, 7 – 28 March, 11-12noon. \$32 / \$26

### FLAWS OF ATTRACTION Caroline Harry BN13

Like a buddy to share your life? Stop searching for the perfect One. Learn the formula to find the partner who is perfect for you and all your wonderful imperfections. Come prepared for some hard work – no, *play* – and fun conversations and new ideas. This is the inaugural delivery of this incredible program that has a 100% success rate!

4 Thursdays, 8 March – 5 April (not 22/3), 10am-12noon.  
\$64 / \$51

### EMOTIONAL INTELLIGENCE Maryke Botes BN14

Become more mindful so that you can choose how you see and react in any situation. Change your 'response-map' and you change how you see, hear, feel and behave in the world. Emotional intelligence is the ability to recognize your emotions, understand what they're telling you, and realize how your emotions affect people around you. It also involves your perception of others: understanding how they feel allows you to manage your relationships more effectively.

3 Fridays, 23 March – 13 April (not 30 March), 12.30-3pm.  
\$60 / \$48

### ESSENTIAL OILS Dorothea Bassett BN15

Learn about the benefits of essential oils for your mental, emotional and physical wellbeing. Oils have long been used to support good sleep, help with sadness or pains. They are great natural helpers. Learn more, and make a spritzer and cream as you go.

3 Tuesdays, 27 March – 10 April, 1.30-3.30pm.

\$48 / \$38 (+\$5 per item, please pay tutor on the day)

## BY HAND - Paint, cook, draw, make.....

Don't forget to pick up your materials list if need be.

### FOR THE LOVE OF PAINTING Beverly Henderson Code CB1

Friendly studio for painters to deepen their work, to break through to new levels, and simply to keep on painting. Bev, artist and tutor, is there for advice and ideas should you need it. Bring your own materials in any medium and join our happy group.

10 Fridays, 2 February – 13 April (not 30/3), 9am-12noon.  
\$240 / \$192

### CALLIGRAPHY, the basics Sue Hopkins CB2

The beautiful Foundational hand is based on lettering from 10th century manuscripts. It's designed to be a clear, round and readable font whose wide gestures are good for beginners. Please bring black Ecoline ink, a C2 speedball nib & pen holder, A4 photocopy paper, an HB pencil and ruler.

6 Mondays, 5 February – 19 March (not 5/3), 10am-12noon.

\$96 / \$77 (+ \$2 for handouts), things to bring.

### WET, BOLD AND FREE Laurie Cochrane CB3

A fresh look at watercolour classes that engage your creative spirit. Beginners welcome. Each session has a bold and explanatory experiment to help you paint vibrant, original work. Laurie is an artist and experienced tutor who'll help you enjoy playing with colour.

4 Thursdays, 8 February – 1 March,  
9.30am-12noon.

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



### MOSAICS with a twist Leisa Antonio CB4

Mosaics with a twist, using exquisite seeds and beans to create patterns, bold or subtle as you like. Fun! Create and draft your design, then use nature's own signature pieces to bring it to life as a wall piece (indoors or out). Shadows, lines and textural form techniques are quickly and easily learnt. This is a unique idea for new or experienced artists alike.

3 Thursdays, 15 February – 1 March, 1-3.30pm.

\$60 / \$48 (+ \$15 materials + things to bring)

### KNIT TOP-DOWN SOCKS Deb Palacios CB5

If you can cast on, knit and purl, you can knit socks! Let Deb take the mystery out of sock knitting and show you 'magic loop' (1 long circular needle) knitting. Using 8-ply wool and starting at the cuff, you'll knit a pair of bed socks in your size. Use the same techniques with finer wool later to fill your sock drawer for next winter. Bring 180-200 metres 8ply yarn. Needles supplied, 3.75mm 100cm circular, at \$12 on day 1, or refundable undamaged at the end.

5 Mondays, 19 February to 26 March (not 5/3), 1-3pm.

\$80 / \$64, things to bring.

### CHALK PASTELS Jane Lidbetter CB6

Pastels offer the unique pleasure of drawing and painting simultaneously in vivid colour. Jane will show techniques for you to practise using still life, photographs and our garden. Bring Rembrandt or Faber Castel chalk pastels in yellow, blue, red, green, white. Jane will supply others to show choices; paper will be supplied at a small cost on the day.

4 Thursdays, 8 March to 29 March, 9.30am-12noon.

\$80 / \$64, things to bring.

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**FUN WITH COLOUR** Sean Corr CB7

Discover how to mix an astonishing range of shades from just four basic colours. Bring an image – a portrait, landscape, abstract - and by replicating this you will learn simple colour theory skills that will keep you happily painting at home later. Be prepared to use fingers, brushes, spatulas, and to enjoy yourself.

4 Thursdays, 8 – 29 March, 1.30-3.30pm.

\$64 / \$51 + \$6 shared paints, things to bring.

**MONO PRINTS** Renate Niderla CB8

Mono printing is spontaneous and fun, and combines printmaking with textural imagery and quick 'painting'. The one-off prints are made by firstly inking blocks of stiff plastic then taking away some of the colour. Use mark-making tools, your fingers, rags, lace, leaves or fabric and then print it onto fabric or paper. Learn about line and composition, colour dynamics and basic drawing techniques.

3 Saturdays, 10 - 24 March, 9am-12noon.

\$72 / \$58 + \$20 materials.

**LINO PRINTS**

Renata Niderla CB9

Designs are cut into lino, inked and printed onto paper, canvas or fabric. Simple is very effective. Bring an image of flowers, patterns, a still life, a leaf, seeds and create striking two-colour prints.

3 Saturdays, 10 - 24 March, 1.30-4.30pm.

\$72 / \$58 + \$20 materials.

**JAPANESE & CHINESE BRUSH PAINTING**

Jane Lidbetter CB10

Sumi-e Japanese brush painting has a wonderful meditative quality in its simple illustration of gesture. Jane will show how to grind the ink and use the brushes, as you depict bamboo, leaves, plum blossom, birds and animals. Then try Chinese brush painting using colour and more detail, and make greeting cards with the results. Bring a small pot of Ecoline black ink and cartridge paper. Jane will supply other materials at a small cost.

2 Thursdays, 5 & 12 April, 10am-3pm.

\$72 / \$58, things to bring.

**LANGUAGES**

Ongoing students need to re-book; newcomers are welcome if space permits.

**SPANISH, New beginners**

Ruperto Nunez Code DL1

A course for the absolute beginner in this melodious language. Come and begin your Spanish journey with Ruperto.

9 Fridays, 9 February – 13 April (excluding 30/3), 1-3pm.

\$144 / \$115

**SPANISH Beginners, Term 5** Ruperto Nunez DL2

Our course continues for the advancing beginner, a lively Spanish journey with Ruperto.

10 Tuesdays, 6 February – 10 April, 11.30am-1.30pm.

\$160 / \$128

**SPANISH Beginners, Year 3** Ruperto Nunez DL3

We embark on our third year of Spanish conversation and grammar.

10 Tuesdays, 6 February – 10 April, 2-4pm. \$160 / \$128

**SPANISH Intermediate** Ruperto Nunez DL4

In this continuing Spanish-language group, newcomers will need a good grasp of Spanish.

10 Tuesdays, 6 February – 10 April, 9-11am. \$160 / \$128

**ITALIAN Beginners, Term 3** Barbara Bechter DL5

Buongiorno! Students continue to learn the basics of colourful Italian and Italian culture. Newcomers with rudimentary Italian are welcome.

10 Wednesdays, 7 February – 11 April, 2-3.30pm.

\$120 / \$100 (+ \$4 materials)

**ITALIAN Beginners, Term 7** Barbara Bechter DL6

Buongiorno ragazzi! Advanced beginners continue to discover more secrets of colourful Italian, 14 months on. Newcomers who have mastered the use of the Italian alphabet for reading aloud are welcome.

10 Wednesdays, 7 February – 11 April, 12.15-1.45pm.

\$120 / \$100 (+ \$4 materials)

**ITALIAN Ongoing** Millie Kursar DL7

Students continue their relaxed course learning the rudiments of Italian conversation and grammar. Newcomers who have elementary Italian are welcome. Not for complete beginners.

10 Wednesdays, 7 February – 11 April, 10.30am-12 noon.

\$120 / \$100

**FRENCH Ongoing** Millie Kursar DL8

Students continue to learn the essential elements of French

conversation with some grammatical underpinnings.

Newcomers with some elementary French are welcome. Not suitable for complete beginners.

10 Tuesdays, 6 February – 10 April, 10.30am-12 noon.

\$120 / \$100

**FRENCH, New beginners** Paddy Glasgow DL9

A brand new course for the absolute beginner.

10 Wednesdays, 7 February – 11 April, 4-5pm. \$80 / \$64

**FRENCH Beginners, Term 4** Paddy Glasgow DL10

Now in its fourth term, our friendly French class continues. You will need 'Grammaire Progressive du Francais', Niveau debutant, 2nd edition available from All Languages Bookshop, Perth \$50.

10 Wednesdays, 7 February – 11 April, 1-2pm. \$80 / \$64

**FRENCH Beginners, Term 7** Paddy Glasgow DL11

Students continue to take their French adventure seriously with a book that guides them step by step through grammar and conversation, all in French. You will need 'Grammaire Progressive du Francais', Niveau debutant, 2nd edition available from All Languages Bookshop, Perth \$50.

10 Wednesdays, 7 February – 11 April, 2.30-3.30pm. \$80 / \$64

**FRENCH, More advanced** Paddy Glasgow DL12

This class has been going so long it feels like a family afternoon tea. Students with a good grasp of grammar and conversation who want to improve fluency are welcome. Songs, conversation, current affairs, jokes and recipes make up this class.

10 Thursdays, 8 February – 12 April, 1-3pm. \$160 / \$128

**FRENCH on FRIDAY, Continued** Millie Kursar DL13

Our French students continue their learning, heading into Term 4. Newcomers with some elementary French are welcome, but this is not for complete beginners.

9 Fridays, 9 February – 13 April (excluding 30/3),

10.30am-12noon. \$108 / \$86

**GERMAN, Beginners continued**

Christa Kaltenbrunn-Long DL14

This beginners' course continues with German born Christa as the foundations of a new language take shape.

8 Mondays, 5 February – 9 April (excl 5/3 and 2/4), 9-10.30am.

\$96 / \$77

**GERMAN FOR TRAVELLERS** Christa Kaltenbrunn-Long DL15

German fuer die Reise. We'll have fun and prepare to pack! We'll look at timetables, directions, bookings and colloquialisms for the traveller abroad to feel confident.

8 Mondays, 5 February – 9 April (excl 5/3 and 2/4),

10.45-11.45am. \$64 / \$51

## CULTURE CLUB

Meet others and enjoy wonderful entertainment. For each, meet Gloria Lorenz at the venue well before curtain up to collect your ticket; look for the Glyde-In sign (sorry, we can't wait if you're late). Bookings are essential. Public transport is easiest. Most venues have street meter parking, so allow time. There is no late entry for any performances.

### WA BALLET Open Day Code EC1

The Ballet Centre opens its doors for a privileged visit to a morning class. Watch the dancers start their day stretching, limbering and dancing. Note this is not a performance but a 90-minute back-room peep. Meet there; collect your ticket 15-30 mins early, WA Ballet Centre foyer, 134 Whatley Cres Maylands. Seats are not numbered.

Friday 23 February 12pm-1.30pm (book by Fri 2 Feb). \$15  
OR Friday 23 March, 10-11.30am (book by Fri 2 Mar). \$15

### WASO CHAMBER MUSIC FESTIVAL

#### Booking deadline Friday 9 February.

Book for one, two or all four hour-long performances in this wonderful 2-day festival. Seats are \$30 each in the stalls, Perth Concert Hall. Collect your ticket 15-30 minutes early on the day from our Gloria opposite the box office. Seats are not numbered.

**RESOUND:** A sonic feast of old and new music for brass and percussion. Friday 2 March, 2-3pm Code EC2

**EXQUISITE VOICES:** Songs of love and life with Sara Macliver and Fiona Campbell. Friday 2 March, 4-5pm Code EC3

**SUBLIME SCHUBERT:** A masterpiece for winds and strings. Saturday 3 March, 12-1pm Code EC4

**BRILLIANT BEETHOVEN:** Capturing the joyous spirit of the 18th century serenade. Saturday 3 March, 2-3pm Code EC5

Each performance is \$30

### DON'T DRESS FOR DINNER

Harbour Theatre EC6

#### Booking deadline Sunday 4 February

Bernhard is planning a weekend with his mistress while his wife is away and has also invited best friend Robert along to provide an alibi. An evening of confusion ensues as they improvise at breakneck speed. Collect your tix 1.30-1.45pm at the foyer, Camelot Theatre, 16 Lochee Street Mosman Park.

Sunday 4 March, 2-5pm. \$25



### WASO: ASHER FISCH CONDUCTS STRAUSS

#### Booking deadline Thursday 15 February EC7

Book for one, two or all four hour-long performances in this wonderful 2-day festival. Seats are \$30 each in the stalls, Perth Concert Hall. Collect your ticket 15-30 minutes early on the day from our Gloria opposite the box office.

Seats are not numbered.

Thursday 8 March, 11am-12noon. \$34

### SENIOR MOMENTS

Perth Theatre Trust EC8

#### Booking deadline Friday 9 March

John Wood, Benita Collings & Max Gillies, with Geoff Harvey on piano. A seriously silly show for otherwise sensible seniors, with sketches and songs by performers old enough to know better, making wicked fun of the tribulations of growing old.

Collect your tix 15-30 minutes early on the day from our Gloria at the info desk, foyer, Perth Theatre Centre, 174-176 William Street Northbridge.

Saturday 24 March, 2-3pm. \$70

### WASO: TCHAIKOVSKY'S FOURTH

#### Booking deadline Thursday 15 March EC9

Israeli conductor Dan Ettinger makes his WASO debut with the brilliant whirlwind of *Shostakovich's Festive Overture* and then Tchaikovsky's tempestuous *Fourth Symphony*. Collect your (unallocated) choir stalls tix 10.15-10.30am, info desk in the foyer, Perth Concert Hall, opp. the coffee station.

Thursday 5 April, 11am-12noon. \$34



## OUT 'N ABOUT

Glyde-In teams up with Club 55 for exciting new outings and, if we need it, a bigger bus. We depart as always from the EF Football Club car park, Moss/Marmion Streets (Marmion Street end) where there's ample parking. The bus departs on the dot. If you find on the day that you can't make it please call 0422 204777 or 0403 318549

### MYSTERY OP SHOP TOUR Code FO1

A day for bargains as our bus heads into the countryside to a good selection of mystery op shops. Surprises, bargains and scenery. Have fun today; find treasures, enjoy morning tea along the way, and byo picnic lunch or buy locally.

Tuesday 20 February, 9am-3.30pm. \$47

### OUR HERBARIUM FO2

We go by bus to this astonishing place that contains 775,000 specimens of plants, algae, mosses, liverworts, lichens, fungi and slime moulds collected in WA – some collected by Joseph Banks. They are irreplaceable and are used by researchers world-wide in taxonomy, conservation, evolution, genetics, forensic science

and archaeology. Come for a tour and enjoy lunch in the café (allow \$20).

Thursday 8 March, 10am-2.30pm. \$44

### PARLIAMENT WITH THE ORACLE FO3

Take our bus to Parliament House for an inside look. Learn how the House works, its colourful history, the relationship between the upper and lower chambers. See how the parliamentary process works as our guide, The Oracle, takes us onto the chamber floor of the Legislative Council and the Legislative Assembly. It's a talk, a tour and morning tea before a surprise drive home.

Friday 16 March, 9.30am-1.30pm. \$43

### KOOMBANA & INLET CRUISE FO4

Our bus goes south where we stop for lunch at the Bunbury Senior Citizens' Centre. Then we take a wonderful 60-minute boat cruise along the peaceful Koombana Bay and into the glorious Leschenault Inlet. It's home to dolphins and 60 bird species, and as a dry season refuge in summer the inlet ranks amongst the top wetlands in south-western Australia. We'll take the scenic route home via Australind, with an ice cream break.

Monday 19 March, 9am-5.30pm. \$87

Our classes are small and friendly and our tutors are patient. Our in-house PCs use Win10, but we encourage you to bring your own laptop if you can, fully charged. They suit not only windows but Apple and Android as well; just ask if it's not clear.

**WINDOWS 10**

Craig Johns Codes GC1

We'll help you become familiar with Win10 and show you some advanced tips. Learn to control the interactive browser App called Edge, Creators Update and Sharing Apps. Your PC is a tool to be enjoyed. We'll look at what the big 2018 update might mean too. Basic computer skills required. Bring your laptop or use our desktop PC. Sorry, no tablets or phones.

4 Wednesdays, 7 – 28 February, 10am-12noon.

\$64 / \$51

**CLEAN UP YOUR PC**

Craig Johns GC2

Most computers speed up when you spring clean them. All PCs slow considerably as you download or install more apps. Learn to back up your PC, find out where the dross collects and clear it out. Turn off unused features and apps, empty the recycle bin. Note, not for complete beginners. Windows PCs only.

3 Wednesdays, 7 – 21 February, 1.30-3.30pm.

\$48 / \$38

**iPAD FOR TRAVELLERS**

Isobel Pearson GC3

Start managing your iPad storage so it doesn't fill with photos and videos, especially whilst you're on holiday. Learn to use iCloud and other Cloud storage to stay uncluttered. Be phone-and-video-call savvy; keep in touch at home and abroad at little or no cost. Check out local currencies, and keep a daily holiday record and photos in a personal travel blog.

3 Fridays, 9 – 23 February, OR 2 – 16 March, 1-2.30pm.

\$36 / \$29

**WORD, Problem-solving**

Craig Johns GC4

Tabs don't line up? A picture is not sitting where you want it? Want all headings to look the same? How does numbering work? The table or contents page is a mess? Page 1 needs to be portrait, page 2 landscape? Want to learn to use Comments and Track Changes? Learn to rectify some common Word problems. Familiarity with basic Word is essential

4 Wednesdays, 28 February – 21 March, 1.30-3.30pm.

\$64 / \$51

**THE CLOUD for Windows Outlook.com**

Craig Johns GC5

The Cloud; what and where is it, and how do you best use it? There are many versions, one for Microsoft Outlook users. It lets you choose to share documents, news, photos and videos online with one person or several. And as well as the cloud and email, Outlook.com offers free software for Word, Excel and Calendars. The more you know, the safer you are.

2 Wednesdays, 7 & 14 March, 10am-12noon.

\$32 / \$26

**THE CLOUD for Google gmail.com**

Craig Johns GC6

The Cloud; what and where is it, and how do you best use it? There are many versions, one for Google Gmail users. It lets you share documents, news, photos and videos online with one person or several. And as well as the cloud and email, gmail.com offers free software and the capacity to convert a PDF to editable Word, free. The more you know, the safer you are.

2 Wednesdays, 21 & 28 March, 10am-12noon.

\$32 / \$26

**POWERPOINT presents** Craig Johns GC7

Learn to use this elegant presentation package which is part of your MS-Office suite. It lets you prepare stunning effects for on-screen presentations, create overheads and slides for talks and briefings. Illustrate your point and share information with others. Knowledge of Windows and keyboard skills are assumed. We use PowerPoint 2016.

3 Wednesdays, 28 March – 11 April, 1.30-3.30pm.

\$48 / \$38

**COMPUTER HELP DESK**

Book a one-on-one 30-minute session for help with a problem or project of your choice. Bookings please, no later than 1pm the day before each session.

Windows, Android devices or Smartphones: Craig Johns, Wednesdays from 7 February, 4 or 4.30pm. Code GC8

Windows, Linux, Android devices or Smartphones: Warren Kimble, Tuesdays from 6 February, 11.30am OR 12noon. Code GC9

Macs: Isobel Pearson, Fridays 9 February – 16 March, 2.30 or 3pm. Code GC10



*The Hartley Art Shed*

Named after Norma and George Hartley, our Hartley Art Shed honoured the wonderful work and commitment of early volunteers in the creation of Glyde-In.

The shed is being demolished to make way for a new and larger room.

The wall mosaics are precious to us, having been built by artists, members and school students many years ago. As they were built straight onto the bricks, it'll be tricky to save them in their wonderful entirety during demolition. But we'll do our best: perhaps they'll be decorating parts of our garden when you next drop in.



## 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).

**Privately run activities:** Please phone the conveners. Glyde-In does not take these bookings and does not necessarily endorse these services.

**BOOK CLUB:** 2nd Monday/month, 3.45-5.45pm. Books not provided, all welcome. Jill Brown, 0433402401 or Glyde-In 93393964.

**CHESS:** Mondays 1-3pm including holidays, \$5 per session. Join our social non-competitive group. Marg Dewar 9319 8358.

**COMMUNITY QUILTING:** 2nd Thursday/month, 3.45-5.45pm, supporting the WAQA Community Group which donates quilts to charities. If you can, bring a sewing machine. Lyn 0405124618, Penny 0400044835.

**CYCLING GROUPS:** Monday and Wednesday mornings. Sorry but our Monday group is full. Phone Marilyn Carosella 0407082038 for our Wednesday group.

**FRIDAY RIDERS:** departs Left Bank café Fridays, 8am. For members able to cruise at 20kms/hour. Gordon MacNish 0419858960.

**GLYDE-IN SONGSTERS:** with Digby Hill. All welcome to sing folk, early mediaeval, African etc. Tuesdays from 6 Feb, 4-6pm; \$12/session. Just come along.

**MAHJONG:** For experienced players. Monday & Friday afternoons, Denise Versteeg 93192368. Thursday morning, Maureen Hislop 94941451.

**MAKING MUSIC:** Bring your acoustic instrument and join our small friendly music group. Every 2nd Tuesday from 6 Feb, 2-5pm. Joe Soley 93308381, Andrew Monka 0407761292.

**SCRABBLE:** Wednesdays, 9.30-12noon from 7 Feb. All welcome, \$5 each + \$1 morning cuppa.

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

**COMMUNITY HU CHANT:** "The person singing Hu tunes in to a higher spiritual awareness" - Harold Klemp, "HU The Most Beautiful Prayer". 7:30pm, 4th Thurs/month, gold coin. 0408957514.

**FELDENKRAIS:** Continuing blocks of 6 Sundays, 5.30-6.30pm, \$25/session from Sunday 4 Feb, 5.30-6.30pm. Elwyn Edwards 93815826 or 0417954633.

**MUSIC & VOICE healing circle:** Relax with Tracey's singing meditation using voice and guitar. Let go of stress, feel uplifted, peaceful. 2nd Mon/month from 12 Feb, 7-8pm. All welcome, 0416 242039, \$25.

**NO MORE JET LAG:** Make the most of your trip with this simple acupressure technique. \$30 fee includes Dr. Charles Krebs's acupressure chart 'No More Jet Lag'. Mon 5 Feb 4-7pm, [barbperth@gmail.com](mailto:barbperth@gmail.com), 0410818041.

**PROSTATE CANCER SUPPORT FOUNDATION:** 3rd Mon / month, 7.15-9pm. Information and support for men with prostate cancer, their families and partners. Margaret Amm, 0419195549.

**QUAKERS (Religious Society of Friends):** All welcome to our mainly silent meetings for worship, Sundays, 10-11am.

**SVAROOPA YOGA**®: Thurs, 6.30-8pm. A less-active, nurturing yoga with lots of personal attention. Core release and spinal decompression gives pain relief; suitable for all levels. \$150/term or \$20 casual first session. Mimi 0407927259.

**TWIN HEARTS MEDITATION:** Weds, 6.30-7.30pm. Guided meditation to bless humanity, the earth and loved ones with peace, joy, healing, reconciliation. All welcome, Jan Duckett, 0419947941. By donation.

## *A word from the Chair*

As I write this Word from the Chair in mid-November 2017, we are – we were - just 2 weeks away from 'D' day. I approached that day with a feeling of excitement and a feeling of considerable sadness.

What was 'D' day? Demolition day for our dear old Art Shed. Way back in the late eighties a group of dedicated volunteers decided that the single-brick garage standing in the front garden could be converted to a useful room. Of course I, being a Johnny-come-lately, wasn't there, but we still have members who were. These people built a new wall on the front of the garage and included a lovely old three-panel wooden-framed window. A group of women spent long hours covering this wall with an attractive mosaic. Later, a flying star mosaic was added onto the wall facing the park and helped children from the local primary school to produce a mosaic on the south wall.

This Art Shed became a loved place where many classes in painting, drawing, mosaics, calligraphy and various crafts took place, bringing joy to many. I guess there are quite a few walls in East Fremantle and surrounding suburbs that are decorated with 'masterpieces' produced in one of these classes.

As you know the building reached its used-by-date and could not be repaired and had to be replaced. Despite that I was sad to see D-day come and go. I'm sure there are many others who felt the same way.

And I guess you know why I was excited back in November. And now we have the new building standing in our front garden, I hope many others will be excited too and will get a lot of satisfaction from the much improved facility.

Thank you to all who helped make this building a reality. Thank you to all our volunteers who gave up their time for this project. A special thank you to Jono Farmer for all the time and effort he put in as Project Manager.

Thank you to Lotterywest and the Town of East Fremantle for their considerable financial assistance for the building. Thank you to Mayor Jim O'Neill and councillor Cliff Collinson for their continued support. And finally, thank you to the Federal Department of Industry & Innovation for a generous grant to help us re-establish our lovely garden.

Enjoy our new building.  
Chair, Gordon Mac Nish

## 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. 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 and very substantial funding. We appreciate their support. Glyde-In is a non-profit organisation managed by a volunteer Management Committee. Volunteers play a significant role in the work of the Centre. Membership is a requirement for those who undertake more than a single one-day course or event per year.

## ROOM HIRE

Our comfortable rooms and our facilities are available for group hire. Availability, however, is limited mainly to evenings and weekends. Rooms cost \$20/hour for groups initiated and run by Glyde-In members, \$23 for non-profit groups not affiliated directly with us, and \$30 otherwise. Groups charging entry require their own public liability insurance. Please phone us for details of availability.

## HOW TO ENROL

Enrolments begin on Wednesday 31 January, 8.30am-3pm (online from 10am) and continue throughout the term, spaces permitting. Postal enrolments will be processed from 10am on Enrolment Day, so to be sure of your place it's wise to come in person or have someone come and enrol for you. If you post it in and require a receipt of a list of materials or information, be sure to include a self-addressed stamped envelope.

Sorry, no phone enrolments on or before enrolment day.

Consider yourself enrolled unless you hear otherwise.

Please choose carefully – refunds or credits are not issued if you cancel after the first week of term. However, if 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.

## MEMBERSHIP

12 months \$35 / \$30 concession, or \$20 East Fremantle resident. Concession is for holders of a Pension or Health Care Card (not Seniors' HCC) or DVA Gold Card. Membership is not required if you enrol in one 1-day activity over the entire year. For all other enrolments, membership is required. You don't have to be an East Fremantle resident – everybody is welcome.

## ENROLMENT FORM - Membership is required unless you are booking only for a one-day activity over a full year.

Title	Ms / Mrs / Mr	First name		Last name	
Phone		Mobile		Emergency no.	

Please choose your course or activity carefully. Sorry no credits or refunds if you withdraw after week 1.

\*\*\*PLEASE ONLY COMPLETE ADDRESS & EMAIL DETAILS IF THEY HAVE CHANGED OR IF THIS IS A NEW MEMBERSHIP.

Address				
Suburb		Postcode		
Email		Programme to be	<input type="checkbox"/> Emailed	<input type="checkbox"/> Posted

\*Please tell us of any special needs you have .....

**MEMBERSHIP** (Please tick)  \$35 full  \$30 Pension or Health Care Card (HCC) or DVA N° ..... OFFICE USE ONLY:  
 \$20 East Fremantle resident

New  Renewal  Current  Non-member (only for a single event over a year) \$ .....

Code No.	COURSE / TALK / EVENT	Start date / time	Course fee
			\$
			\$
			\$
			\$
			\$
			\$
			\$
			\$
			\$
			\$
<b>PAYMENT</b> <input type="checkbox"/> Cheque <input type="checkbox"/> Cash <input type="checkbox"/> Card			<b>TOTAL</b> Inc. membership \$ .....

Sorry, no eftpos. Visa or Mastercard only.

Please fill in card details only if enrolling by post.

Visa Expiry \_\_\_\_/\_\_\_\_/\_\_\_\_ Signature .....

Mastercard CVV\* ..... \*CVV is the last 3 digits on back of your credit card