



42 Glyde Street, East Fremantle, 6158 ABN: 12 477 460 811

PROGRAMME TERM 1 2022 - Monday 7 February to Sunday 10 April
Enrolments begin Wednesday 3rd February, 8.30am in person, 9.00am

Evening and weekend courses are highlighted with a yellow star

SPEAKERS UNLIMITED

SNAKES: WHY WE FEAR THEM AS1

Damian Lettoof, wildlife ecologist

Monday 14 February, 10 - 11.30am

The world over, snakes have become powerful symbols - of healing or destruction, of rebirth, knowledge, immortality or transformation. They also provoke a juxtaposition of human emotions, either fear and dread or fascination and obsession. Damian explores these snake-related human behaviours, looking at ancient indigenous and European myths, legends and symbols, human-snake interactions, and more modern myths. Let's uncover our human fears, and gain a greater understanding of these magnificent creatures

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

FASCINATING FACTS, WA & THE WORLD AS2

Lee Tate

Tuesday 15 February, 9 - 10m

Facts truly are stranger than fiction. Perth journalist, author and broadcaster, Lee Tate, set out to prove it, collating more than 1,200 fabulous facts. Lee will tell us about the WA town famous for its dog cemetery; the world's most popular name; the nation where one quarter of the population and half of all men smoke tobacco; the first spoken words on a mobile phone; the truth about North Cottesloe and much more! Lee's earlier companion book, *Awesome WA*, has had several reprints to meet demand.

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

SEVEN YEARS OF WAR IN YEMEN: AS3 **COLLECTIVE FAILURE, COLLECTIVE RESPONSIBILITY**

Melissa Parke

Wednesday 16 February, 9 - 10am

A member of the former UN Group of Eminent International and Regional Experts on Yemen, Melissa will talk about this ongoing conflict and the role of the international community in dealing with war crimes committed by all of the parties to the conflict and the world's largest and worst humanitarian crisis.

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

NOT ALWAYS DIPLOMATIC AS4

Sue Boyd

Wednesday 16 February, 2 - 3pm

A pioneer for women in international diplomacy, Sue Boyd has had a long career that has spanned the globe. She will share some of her experiences from that career, outlined in her memoir *Not Always*

Diplomatic. An Australian Woman's Journey through international affairs.

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

ECCENTRIC EXERCISES AS5

Ken Nosaka

2 Tuesdays: 22 February & 1 March, 9 - 10.15am

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

Members \$12 / \$8 conc. +Materials \$8

OUR SLAVERY LEGACY AS6

Jane Lydon

Monday 21 February 10 - 11am

Although we celebrate the abolition of slavery, it is often forgotten that many of those who benefited from that human trade had ties to other parts of the British Empire, including the settler colonies of Australia, Canada and South Africa. Professor Jane Lydon, Wesfarmers Chair in Australian History at UWA, is collaborating on a project called 'Western Australian Legacies of British Slavery'. It traces the movement of people, goods and capital from the Caribbean to the new colony of Western Australia. She is helping to uncover a largely unknown part of our history.

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

THE LAWS OF OUTER SPACE AS7

Erika Techera

Wednesday 23 February, 9 - 10am

We will explore space law and governance. Let's examine the United Nations treaties that govern outer space and the Moon, and discuss space commercialisation plans, and recent developments. Erika will outline Australia's *Civil Space Strategy 2019-2028* and the role of the Australian Space Agency, as well as the space law here and in other countries. She will ask if existing governance arrangements are

sufficient to manage growing human activities in space, and how we could draw on existing frameworks for our oceans and Antarctica to improve (and future-proof) our space governance.

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

OUTBACK GRAVES AS8

Trevor Tough

Wednesday 23 February, 2 - 3pm

Outback Grave Markers started with two old school friends, Trevor Tough and Alex Aitken, who decided to find and mark the graves of Western Australia's pioneers and publish their stories. Since 2014 they have made plaques and marked more than 1500 graves across the Goldfields, Pilbara and Kimberley. Trevor describes the project and tells extraordinary tales of ordinary lives in the outback.

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

OUR MARSUPIALS AS9

Natalie Warburton

Friday 25 February, 9 - 10am

Marsupials come in a diverse range of shapes and sizes, from tiny planigales (4g) to large-bodied kangaroos (up to around 80 kg) and extinct giants such as *Diprotodon* (over 2000 kg). They move through the environment by walking, climbing, running, bounding or digging. There are carnivores, insectivores, herbivores and omnivores, some with broad diets, and others with highly specialised diets, such as the flower-feeding honey possum or termite-eating numbat. But what unites these diverse creatures into the group we call marsupials? Natalie will explore the past and present diversity and distribution of marsupials around the world.

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

BEHIND THE SCENES AS10

John Thornton

Monday 28 February, 9 – 10am

Shakespeare recognised the necessity for the 'suspension of disbelief' when we involve ourselves in the theatre. What is it that happens between audience and live performance? John Thornton is a consultant to the Regal Theatre Foundation and past chairman of the Baker Theatre Trust, with decades of performance experience in musical, radio, television and theatre.

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

BUILD A BETTER BRAIN AS11

Greg Diamond

Monday 28 February, 10.30 – 1130am

Join us as we discuss the latest research on how you can maximise brain function, stave off dementia, improve memory and re-wire for new skills in just one hour a day. Greg is a physiotherapist with a special interest in what contributes to our mental as well as bodily well-being.

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

FOOD AND MOOD: AS12

HOW THEY INFLUENCE EACH OTHER

Nick Nation

Wednesday 2 March, 9 – 10am

Your brain is always "on." It's like a super computer that takes care of your thoughts and movements, your breathing and heartbeat, and your senses. Your brain requires a constant supply of fuel — and what's in that fuel makes all the difference. Accredited Practising Dietitian Nick Nation will discuss how what you eat directly affects the structure and function of

your brain and, ultimately, your mood. You'll hear how your current mood can influence what you eat and how much you eat, how the digestive system doesn't just digest food, and some of the premium brain fuels.

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

HOW DOES THE INTERNET WORK? AS13

Mal Christison

Tuesday 8 March, 9 – 10.15am

Who invented the internet? Who owns it? How does it work? What are the dangers? With a background in computing and an insider's view of the rise and growth of the internet, Mal is well placed to answer these questions. He will trace the roots of the internet to earlier inventions, to help us better understand how it works.

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

FATHER OF THE LOST BOYS AS14

Yout A. Alaak

Monday 14 March, 10 – 11am

Yuot Alaak, author of *Father of the Lost Boys*, tells his father's story of rescuing 20,000 boys and taking them on a four year journey from Sudan to the safety of a Kenyan Refugee Camp.

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

WASO: BEHIND THE SCENES AS15

Alan Tyrell, Artistic Planning Manager WASO

Monday 21 March, 10 -11am

What goes on behind the scenes at orchestral concerts? How is a season built and how does an orchestra survive a global pandemic? Come and find out.

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

TOWN TALK – WASTE & SUSTAINABILITY AS16

Connor Warn, Waste & Sustainability Officer

Wednesday 23 March, 9 – 10am

Come for an update on the Town of East Fremantle's approach to waste and sustainability.

No charge, but bookings essential.

XR GRANDPARENTS AS17

Heath Greville

Friday 25 March, 9 – 10am

The Grandparents' Affinity Group is an energetic and determined bunch in its work with Extinction Rebellion. These grandparents and honorary grandparents are committed to the wellbeing of their children, grandchildren and future generations. They joined XR in the belief that peaceful, civil disobedience is one of the most effective ways to get urgent government action on climate change. They are determined too in their wholehearted support for young activists. XR grandmother Heath Greville explains.

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

DOS & DONT'S OF PRESCRIBED & OVER-THE-COUNTER DRUGS AS18

Dr David Thorne

Tuesday 29 March, 9 – 10am

From Aspirin to Zantac, what you really should know (and quite possibly don't) about some of the commonly prescribed and over-the-counter drugs.

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

NOT-SO-TRIVIAL PURSUITS

UKULELE: Absolute Beginners BN1

Shirley Guy

9 Wednesdays: 9 February - 6 April, 1 - 2.30pm

If you would like to try playing the ukulele this is the class for you. We assume no knowledge and talk through all aspects of buying a uke and playing. There will be three ukuleles to try on the first day and one can be borrowed. Borrow one from a friend to get started if possible.

Members \$108 / \$86 conc.

UKULELE: Glyde Sing & Strum BN2

Shirley Guy

8 Mondays: 7 February - 4 April (excl 7 March), 2 - 3.30pm

In this class you will continue learning new chords and new songs, but we will not be picking out melodies.

Members \$96 / \$77 conc.

UKULELE: Glyde Sing, Strum & Pick BN3

Shirley Guy

8 Mondays: 7 February - 4 April (excl 7 March), 12 - 1.30pm

This class continues on from past classes and we will expand our knowledge of all areas of ukulele playing.

Members \$96 / \$77 conc.

EXPLORING YOUR SOCIAL ATOM BN4

Wes Carter

Monday 14 February, 9am - 12pm

Let's take friendships as a starting point, and look at the importance of maintaining quality relationships. Who are the important people in your life and what are the values you want from your relationships with them? Are the friendships based on obligation, guilt, shame, compliance, expectations, or genuine love? Let's explore together.

Members \$24 / \$16. Non-members \$29

BUDDHIST ETHICS BN5

Ruperto Nunez

8 Fridays, 18 February - 8 April, 2.30 - 4.30pm

Many people in Western societies claim to base their ethical values and precepts on Christianity and, more specifically, on the Bible. Whether this is true or it's just an easy way of explaining our behaviour, it is by no means the only source of values and ethical injunctions. Many people in Eastern countries have different and, for us, alien sources of ethical values and ways of explaining and evaluating behaviour. We'll discuss topics such as the differences between Buddhist and Christian ethics, animals, war and violence, suicide, and the concept of moral responsibility. We hope to find commonalities, but also important differences between the two approaches; and that this exploration may enrich our lives.

Members \$128 / \$102 conc.

RESEARCHING YOUR STORY BN6

Rosemary Argue

Thursday 24 February, 1.30 - 3.30pm

This session will cover why you should do your research, how much you need to do, what you need, and most importantly, where to look. Plus, there'll be a few tips on organising your research. Suitable for beginner to intermediate writers of all genres and particularly suited to historical fiction.

Members \$16 / \$13 conc.

MERIDIANS & ESSENTIAL OILS BN7

Dorothea Bassett

Friday 11 March, 10am - 12noon

A meridian is an energetic highway in the human body. Meridians allow for the flow of energy, known as Qi (chee), to circulate throughout the body. Essential oils used on your meridians can give a powerful energy lift. Your cardio-vascular, pulmonary and digestive systems will be happier too. This is a hands-on workshop, and you'll take home two roll-on bottles with precious essential oils.

Members \$16 / \$13 conc. Non-members \$21 +Materials \$20

DO YOU HAVE A STORY TO TELL? BN8

Rosemary Argue

4 Wednesdays, 16 March - 6 April, 1.30 - 3.30pm

Do you feel you have a book or a short story in you but don't know how to begin? Rosemary, author and writing teacher, will cover the basics of writing the first draft of a short story or novel. You will start with how to begin writing: where ideas come from, style, why you should read, redrafting and more. Then you'll learn how to create convincing characters and let your characters reveal themselves through writing a scene. Then it's the plot: rising and falling action and the climax in constructing a gripping storyline. Finally you'll put it all together in a short story. Optional homework with the opportunity for feedback. Suitable for beginner to intermediate writers. Bring your ideas, questions and a notebook or laptop with you.

Members \$64 / \$51 conc.

KINESIOLOGY, how it works BN9

Dorothea Bassett

3 Fridays, 18 March - 1 April, 10am - 12noon

Kinesiology uses muscle-monitoring techniques to learn about a person's wellbeing and promote physical, emotional, mental and spiritual health. It can be a powerful tool, and here you can learn some techniques for your own use. It may help you learn which foods work well for you and which to avoid, and it can show how your emotions might influence your energy. It can even improve your posture, says Dorothea!

Members \$48 / \$38 conc.

RELAX and sing BN10

Sian Brown

2 Sundays, 27 February and 27 March, 2 - 4pm

Fun and deeply relaxing, this session invites you to use your voice and intention to tune yourself up - easily and naturally. Sian Brown, operatically trained singer, songwriter and sound healer is passionate about the wisdom and musicality in us all. Learn to use your voice to refresh and focus your energy. Part singing lesson, part meditation, part vocal jam. Come as you are. Bring a bottle of water.

Members \$32 / \$26 conc.



TOWN of
EAST FREMANTLE

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

OUT 'N 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 on the day please let us know beforehand on 9339 3964, or on the day use the contact number of your Glyde-In host*

GARDEN ISLAND TOUR

CO1

Mal Christison

Thursday 10 February, 8.45am – 5pm

Bus Trip. We have obtained special permission to visit Garden Island and HMAS Stirling, now called Fleet Base West. Due to operational reasons, we are unable to forecast the exact itinerary however we can look forward to a tour of the base, lunch in the naval canteen (own cost) and time to tour the beauty spots of the island. This is a rare opportunity to view the base which has recently been upgraded and closed to regular visitors. Note that there is a possibility we will need to change the date depending on operational requirements. Bus departs 9am.

Book by 5 February

Members \$35 / \$29 conc. Non-members \$40

ROTTNEST ISLAND TOUR

CO2

Barry Ross

Wednesday 16 February, 8.45am – 5pm

Ferry trip & bus tour. Join our group for a nature and history tour of Rottnest Island with Barry and experienced guide Jono. Meet at B shed on Fremantle Wharf at 8.45am to catch the 09.30am ferry to the Island. On arrival, we'll catch a hop-on hop-off air conditioned bus for an exciting tour of the many features of Rottnest, including the various fauna and flora exclusive to the island. After lunch at the settlement (own cost) we will take a tour of the settlement area to learn more of the original pioneers and settlers before catching the 4.30pm ferry home to B shed, arriving at 5.00pm. Don't forget your camera, water, sunscreen, hat, comfortable walking shoes and concession cards. Meet at B Shed Fremantle wharf.

Book by 7 February

Members \$98 / \$88 conc. Non-members \$108

BATHERS BEACH SCULPTURE TOUR

CO3

Mal Christison

Wednesday 23 February, 5.15pm - 8pm

Meet there. Meet at the Kidogo Art House for an artist-led sundowner tour of the Sculpture at Bathers exhibition, concluding with drinks and canapes. Since its inception in 2013 Fremantle's Sculptures At Bathers public exhibition has showcased more than 200 WA artists, with more than 60,000 visiting last year. Enjoy the exhibition and its stunning location. Meet at Kidogo Art House, Bathers Beach Fremantle

Book by 10 February

Members \$36 / \$30 conc. Non-members \$41



STATE LIBRARY TOUR

CO4

Barry Ross

Thursday 24 February, 9.45am - 11.30am

Meet there. The State Library is a highly valued cultural institution, enriching the lives of Western Australians by treasuring their stories, building, preserving, and sharing physical and digital collections for education and recreation, and reflecting the State's rich heritage, diversity and history. We will experience a 'behind the scenes' tour. Lunch following the tour is optional, at own expense at Picabar located a short distance away at 51 James St.

Meet at welcome desk on ground floor of State Library, Perth Cultural Centre.

Book by 17 February

Members \$5 / \$5 conc. Non-members \$5

(Entry to library is free, enrolment fee is to cover Glyde-In administrative costs)

NATIONAL HOTEL TOUR

CO5

Mal Christison

Thursday 3 March, 10.45am – 2pm

Meet there. Join us for a history tour of this iconic port hotel. Hear stories of the deaths, fires and tragic events that happened there, how it was almost completely destroyed and how it has been beautifully brought back to life. The trials and tribulations of a major heritage renovation! After the tour we will enjoy lunch at the National (included). Meet at the National Hotel, 98 High Street, Fremantle.

Book by 23 February

Members \$66/ \$55 conc. Non-members \$76



NEW NORCIA MUSEUM AND ART TOUR

CO6

Viveca Rains

Wednesday 9 March, 7.15am – 5pm

Bus Trip: There is so much to do and explore in Australia's only monastic town. You won't believe what lies behind the locked doors! Founded in 1847 by Spanish Benedictine Monks, the town has had many purposes; a mission, a monastery, a provider of education and now as a place of spiritual retreat. The monastery, where the monks live, work and play, is at the heart of New Norcia. The monks live according to the guidance and rhythms of The Rule of St Benedict, which has been followed since the sixth century AD. Join us for an informative guided Town Museum and Art Tour of this historic town. A delicious light lunch is included.

Bus departs 7.30am

Book by 23 February

Members \$86 / \$78 conc. Non-members \$96

OPTUS STADIUM TOUR AND RIVER CRUISE CO7

Wednesday 16 March, 9.45am - 2pm

Julie Robertson

Meet at Elizabeth Quay. Enjoy a river cruise aboard a solar electric ferry from Elizabeth Quay upriver to Optus stadium. We'll then take a 90-minute guided tour around this stunning state-of-the-art Stadium, including an in-depth introduction to the 'fans first' features of the Stadium, a visit to the 'inner sanctum' utilised by sporting and music royalty, breathtaking views of the playing surface, the Swan River and Perth city, and much more. Back at Elizabeth Quay you will be free to get lunch from any of the many venues around the jetty and then make your own way home. *You may wish to bring snacks and drinks or buy takeaway drinks before embarking; these are permitted and can be consumed on the boat. Wear comfortable shoes. Not suitable for those with mobility issues as this may make it difficult walking around the stadium and getting on and off the ferry.* Meet on the Eastern side of Elizabeth Quay at Little Ferry Jetty (beside The Reveley Bar & Restaurant) at 9.45am. Ferry departs at 10am.

Book by 10 February

Members \$76 / \$63 conc. Non-members \$86

YORK OVERNIGHT TRIP

CO8

Julie Robertson

Thursday 24 March 8.15am - Friday 25 March 4pm

Bus trip. Come with us for an overnight trip to historic York in the Avon Valley. The oldest inland town in WA, York was settled by pioneers in 1830 and boasts an array of buildings listed with the Heritage Trust ranging from quaint, charming 'olde worlde' cottages to stately, timeless mansions. Stay at Settlers House, a wonderful, rustic colonial building of heritage importance (twin share). Tour the Motor Museum, Residency Museum, Town Hall and the Sock Factory. There will be free time to explore the town on your own or with others. Check out the various antique stores, gift shops and art and craft shops. Stroll along the Avon River to Avon Park and its historic swinging bridge and take the river walk path to experience native trees and bird life. We'll dine at the historic Settlers House Tavern on Thursday night (included) and lunch on Friday will be at the Weir Hotel in Mundaring (not included). Trip cost includes accommodation, dinner on Thursday night, all tour costs and bus travel costs. Not included: lunch on Thursday and breakfast on Friday, morning teas.

Bus departs 8.30am

Book by 10 February

Members \$165 / \$150 conc. Non-members \$175

BODHINYANA MONASTERY

CO9

Wednesday 30 March 7.45am - 5pm

Viveca Rains

Bus trip to Serpentine: A Buddhist monk's life is simple and virtuous; he seeks inner peace and the light of wisdom. His day revolves around meditation, study and a single meal. Join our privileged visit to the Bodhinyana Monastery where 17 monks live on 242 acres of tranquility. Partake of a blessing, a simple meal and a talk. Please dress appropriately and be prepared to remove shoes indoors.

Bus departs 8am

Book by 16 March

Members \$50 / \$45 conc. Non-members \$55

YOGA GENERAL

Uwe Oswald

Two separate classes (see below)

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.

9 Tuesdays, 8 February - 5 April, 6 - 7.15pm, \$90 / \$72 conc. DM1

9 Saturdays, 12 February - 9 April, 8-9.15am, \$90 / \$72 conc. DM2

YOGA RESTORATIVE

DM3

Uwe Oswald

9 Tuesdays, 8 February - 5 April, 4.30 - 5.45pm

This class will be relaxing and restorative, not demanding. Wonderful for sore backs. Bring bolster and blocks if you have them (not essential).

Continuing students will need to re-enrol.

\$90/ \$72 conc.

DAOIST MEDICAL QIGONG

DM4

Bill Grace

5 Thursdays, 10 February - 10 March, 4 - 5pm

An ancient Chinese practice for breath, body and spirit. Enhancing balance, flexibility, memory and nourishing the spirit. Repetitive, dynamic but gentle movements bring vitality to the body, renewing the neurological connections between mind and body. Bill has made Qigong his daily practice for over 25 years and is dedicated to the teaching of this wonderful, nourishing practice.

Members \$40 / \$32 conc.

Continuing students will need to re-enrol.

INTRO TO MEDITATION

DM5

Sky Dawson

6 Wednesdays: 16 February - 23 March, 4 - 5pm

Explore several meditation practices including mindfulness meditation - where we bring attention to what is happening in the present moment with interest. You will practice gentle meditations on breathing, the body and mind, and how to use mindful moment practices through the day, to take time to pause and be present when you feel stressed. Sky has been teaching meditation for over 15 years following a long career as an occupational therapist. People with some experience as well as those with no knowledge of meditation are welcome.

Members \$48 / \$39 conc.

THE LISTENING SPACE

DM6

Marianna Garaboni

One of 3 Saturdays 19 February, 26 February or 12 March, 10.30 - 11.15am

Feeling sad, troubled and out of sorts? Like someone to talk to? Sometimes getting things off your chest can help you feel lighter. Marianna is a qualified psychologist and counsellor and a mindfulness teacher. She will listen with compassion and without judgement, respecting your confidentiality. Marianna will help you develop insights into how to overcome a difficult situation. Sessions are individual.

No charge but bookings essential - please call the office to book.

CULTURE CLUB

Meet others and enjoy wonderful entertainment. **This term, please collect your ticket/s from the Glyde-In office when notified and meet at the theatre before curtain up.** There is no late entry for performances

THE APPLETON LADIES POTATO RACE EC1 (Melville Theatre Company)

Sunday 20 February, 2 - 5pm

An effervescent, hilarious and big-hearted tale about women taking action and changing the world there's more than one way to win a race. This brilliantly witty Australian comedy, written by Melanie Tait and directed by Michelle Ezzy, will have you laughing but also reflecting on the imperfections of our society.

Book by 11 February

Members \$23 Non-members \$28

SPAGHETTI FROM GRACELAND EC2 (Harbour Theatre)

Sunday 13 March, 2 - 5pm

Written and directed by Noel O'Neill, this sequel to the 2021 production of *Confetti* from Graceland promises to be hilarious. Don't miss out!

Book by 23 February

Members \$25 Non-members \$30

WASO MORNING SYMPHONY EC3 - A SEASONAL CELEBRATION

Thursday 31 March, 11am - 12pm

Vivaldi's *The Four Seasons*, an ode to nature and the passing of time, continues to amaze and delight with its evocative imagery. Concertmaster Laurence Jackson leads his WASO colleagues in this much-loved work, along with Handel's regal Water Music Suite. *These tickets are for unallocated choir stall seats, so be sure to arrive at the Perth Concert Hall in good time to secure yours.*

Book by 10 March

Members \$35 Non-members \$40



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.

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

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

BY HAND

SKETCHING NATURE FB1

Jane Lidbetter

4 Thursdays, 17 February - 10 March, 1 - 3pm

Take a closer look at the beauty that surrounds us - in a leaf, shell or feather. Using pencils, pen and ink, Jane will teach you the fundamentals of drawing using tone, contour and colour theory. Suitable for both beginners and those with some experience.

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

THE ART OF EVERY DAY: FB2 Keeping an illustrated journal

Evelyn Bach

5 Fridays, 18 February - 18 March, 1 - 3pm

Explore ways to record the scenes, objects and experiences of our everyday lives. Experiment with tools and approaches to drawing and text. Integrate found objects and ephemera into your journal pages and learn the art of embracing the wonky. No experience in drawing or writing required.

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

ORIGAMI FB3

Junko Tatakuski

Monday 28 February 10 - 11.30am

Let's have a go at origami, the Japanese art of paper folding. Junko will take you through the basics of this creative activity. Apart from being great for developing spatial reasoning and geometric understanding, origami also teaches patience and concentration. It can be very therapeutic!

Members \$12 / \$10 conc. Non-members \$17

ECO RAG RUGS FB4

Leisa Antonio

2 Wednesdays, 9 & 16 March, 1 - 3.30pm

Create a beautifully handcrafted rag rug to adorn your home. Select from a range of textiles, explore Indian Chindi rug-making techniques and learn how to make a reusable rug-weaving cardboard loom. You'll leave with new found rug-making skills and sufficient materials to design and create a doormat-sized rug. All materials supplied.

Members \$40/ \$32 conc. + \$45 materials

COILED BASKETS FB5

Leisa Antonio

2 Wednesdays, 23 & 30 March, 1 - 3.30pm

Using a coiling and weaving technique, you 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 not only be functional but truly unique. Baskets can be used as plant pot holders, to store knick-knacks or be purely decorative. All materials supplied.

Members \$40/ \$32 conc. + \$55 materials

MEDITATE AND CREATE FB6

Dorothea Bassett & Carol Joy

Saturday 26 February, 10am - 4pm

A day of pure indulgence. First Dorothea will lead two relaxing sounding gong meditations, then under Carol's guidance you can be playful or soulful (or both) to create an art piece using paint, textiles, plants and other media. Use colour and texture to find your way to your new year's intentions. All materials provided. Bring your lunch.

Members \$48 / \$39 conc. + \$40 materials

BY HAND *Continued.....*

EMBROIDERED PHONE PURSE **FB7**

Kerry Moore

2 Thursdays, 17 & 24 March, 1.30 - 4.30pm

Make a simple linen purse that will be handy for your phone or sunglasses. You will stitch a flower on the front before constructing the lined purse. Stitches will be modern and Big Stitch style and will use slightly thicker threads. You will learn 3 or 4 basic embroidery stitches in the first week and construct the purse in the second week. Kit includes fabrics, threads, needle and button. Bring your sewing supplies: scissors, pins, thimble, any needles you have, plus a pencil and ruler.

Members \$48 / \$39 conc. + \$25 materials + things to bring

LANGUAGES



SPANISH

SPANISH, for new beginners **GL1**

Ruperto Nunez

9 Tuesdays, 8 February - 5 April, 2 - 3.30pm

For the complete beginner; come and learn this melodious language.

Members \$108 / \$86 conc. + \$4 materials

SPANISH, beginners ongoing, Mondays **GL2**

Ruperto Nunez

8 Mondays, 7 February - 4 April (excl 7 March), 4 - 6pm

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

Members \$128/ \$102 conc. + \$4 materials

SPANISH, Basic A1 **GL3**

Ruperto Nunez

9 Tuesdays, 8 February - 5 April, 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 \$144 / \$115 conc. + \$4 materials

SPANISH on Mondays, Basic A2 **GL4**

Ruperto Nunez

8 Mondays, 7 February - 4 April (excl 7 March), 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 \$128/ \$102 conc. + \$4 materials

SPANISH, Intermediate B1 **GL5**

Ruperto Nunez

9 Tuesdays, 8 February - 5 April, 9 - 11am

For those who have a grasp of vocab and grammar. Here you'll learn to understand main points to do with work, school, family & leisure, deal with most

LANGUAGES *Continued.....*

travel situations, describe experiences and events, and give brief reasons and explanations.

Members \$144 / \$115 conc. + \$4 materials

ITALIAN

ITALIAN, Ongoing Beginners **GL6**

Francesca Cardoni

9 Thursdays, 10 February - 7 April,

11.15am - 12.45pm

For the ongoing beginner - we'll continue to learn the basics of colourful Italian. Not for complete beginners.

Members \$108 / \$86 conc. + \$4 materials

ITALIAN, Beginners advanced **GL7**

Francesca Cardoni

9 Thursdays, 10 February - 7 April, 9.30 - 11am

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

Members \$108 / \$86 conc. + \$4 materials

ITALIAN, Intermediate **GL8**

Francesca Cardoni

9 Tuesdays, 8 February - 5 April, 1.45 - 3.15pm

For those who can hold and understand an Italian conversation using most of the verb tenses.

Members \$108 / \$86 conc. + \$4 materials

ITALIAN, on Saturdays **GL9**

Francesca Cardoni

9 Saturdays, 12 February - 9 April, 10.30am - 12pm

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

Members \$108 / \$86 conc. + \$4 materials

FRENCH

FRENCH FOR BEGINNERS **GL10**

Pierrette Joseph

9 Thursdays, 10 February - 7 April, 3.30 - 4.30pm

For the complete beginner, an introduction to the French language in a small group setting.

Members \$72 / \$58 conc.

FRENCH, MORE ADVANCED **GL11**

Pierrette Joseph

9 Thursdays, 10 February - 7 April, 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 \$144/ \$115 conc.

FULL FRENCH & ITALIAN CLASSES

with Millie Kursar

(Sorry no places available in these classes, ongoing students please re-book)

FRENCH, Ongoing **GL12**

9 Tuesdays, 8 February - 5 April, 10.45am - 12.15pm

Members \$108 / \$86 conc.

FRENCH on Friday **GL13**

9 Fridays, 11 February - 8 April, 10.45am - 12.15pm

Members \$108 / \$86 conc.

ITALIAN, Ongoing **GL14**

Millie Kursar

9 Wednesdays, 9 February - 6 April, 10.45am - 12.15pm

Members \$108 / \$86 conc.

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 for individualized support or advice.

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

MYGOV **HC1**

Fay Gerhard

Monday 14 February, 8.45 – 10.45am

Learn how to set up a myGov account for easy access to your government services. Link your relevant services, access emails from them, your health records and importantly your COVID-19 certificate. If you already have a myGov account bring along your login details.

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

FACEBOOK MARKETPLACE **HC2**

Fay Gerhard

Monday 14 February, 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 \$16/ \$13 conc. Non-members \$21

ONLINE BANKING **HC3**

Fay Gerhard

Monday 21 February, 8.45am – 10.45am

Online banking is a convenient way to access your bank accounts. Learn the terminology, how to transfer money between accounts, pay by EFT, check your balances and download statements. This is an overview; you will not be logging into specific bank apps.

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

WHATSAPP? **HC4**

Fay Gerhard

Monday 21 February, 11.15am – 1.15pm

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

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

STAYING IN TOUCH ONLINE **HC5**

Fay Gerhard

Monday 28 February, 8.45 – 10.45am

Learn about the different options for keeping in contact with friends and family wherever they are. Fay will take you through the options such as zoom, Skype and Facetime and provide some tips on getting the most out of your 'face-to-face' online catch-ups.

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

GOOGLE MAPS **HC6**

Fay Gerhard

Monday 28 February, 11.15am – 1.15pm

Learn how to get the most out of Google Maps on your phone – from directions to locating a restaurant or petrol station nearby.

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

iPHONE / iPAD STARTER **HC7**

Kris Metcher

Tuesday 1 March, 10am – 12pm

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

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

MASTERING MOBILE PHOTOGRAPHY **HC8** (iPhone/iPad)

Kris Metcher

2 Tuesdays 1 & 8 March, 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 \$32 / \$26 conc.

WHERE DID I FILE THAT? **HC9**

Kris Metcher

Tuesday 8 March, 10am – 12pm

Are you forever trying to locate things on your computer? Do you know the difference between a file and a folder? Learn how to save files on your computer so you can find them again, how to create, name and rename folders. This course is designed for computers (not tablets or phones) so bring along your charged laptop.

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

PERSONALISE YOUR iPHONE / iPAD **HC10**

Kris Metcher

Tuesday 15 March, 10am – 12pm

Now that you're familiar with your iPhone or iPad, learn to set it up for your personal use. Change the "wallpaper" on your home screen. Activate Siri and learn how to use voice recognition. Edit your App Icons and more.

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

ANDROID PHONE / TABLET STARTER **HC11**

Kris Metcher

Tuesday 15 March, 12.30 – 2.30pm

A helpful overview of Android phones and tablets, both for those who have a device or are pondering a purchase. Bring your device if you have one.

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

COMPUTER HELP DESK **HC12**

Fay Gerhard

A one-on-one 30 minute session to deal with a particular issue or for individualized 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.

Mondays 2 - 2.30pm or 2.45 - 3.15pm (other times available depending on tutor availability).

Phone or book in person at the office.

Members \$20. Non-members \$25



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 supported greatly by the Town of East Fremantle, through provision of our building under a peppercorn lease and ongoing operational funding.

HOW TO ENROL

**Enrolments begin Wednesday 3 February
8.30am-3pm in person (or online from 9.00am)
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 if a vacancy arises we'll let you know. All courses require a minimum number of enrolments to proceed - and you will be notified if a course is cancelled due to insufficient numbers.

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 especially for Out&About activities.

Our enrolment form is on the next 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.

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 course.



A Word from the Chair

You, our members, continued your strong support for Glyde-In in our fourth term. Enrolments have continued to grow, and our Out&About programme is popular. It's been a busy time and I particularly want to thank Jacqui for her dedication, hard work and grace under pressure.

Glyde-In has a new Management Committee following an eventful and productive AGM. Our office bearers remain unchanged with Tess May as Vice-Chair, Kerry Donovan as Treasurer, and Gordon MacNish as Secretary. Terry Mercer continues as our Graphic Designer and Programme Publisher. I am delighted that Tess, Kerry, Gordon and Terry have agreed to continue in these roles as they each do such a fine job.

The fabulous Sandra Bantoft has put her hand up for another year. Sandra is a capable events organiser and team leader. She also brings a wealth of experience to our committee. Jono Farmer has also volunteered for another year. Jono brings his extensive experience and knowledge, is a valued member of our gardening team and ably manages our maintenance programme.

Dale Chester, Di Cullen and Maureen Hislop stood down from Committee this year and we thank them for their excellent contribution.

We are delighted to welcome five new members to our Committee. Viveca Rains, Bronwen St John-Stephens, Jane Vallance, Barry Ross and Robert Potts each bring new skills and perspectives. Our first two meetings were productive, cooperative and enjoyable so the Glyde is in good hands. Our committee now consists of six women and six men, which I regard as an excellent outcome.

I want to make a special plea for two more volunteers for our Out&About Committee. We have two new members in Viveca Rains and Barry Ross joining Julie Robertson, Tess May and myself. We are seeking to organise eight outings per term, or about two outings each. This sounds easy but it can be a high workload particularly for more complex outings. Two more members would significantly reduce our load and make this programme more sustainable. We are dedicated to our Out&About programme as it brings happiness and well being to many of our members. We hope you can help.

I am writing this before the Christmas break and you will read it after, so I hope that all our members have a happy, healthy and safe Christmas and New Year.

Yours Sincerely

Mal Christison
Chair

YOU'RE INVITED.....Regular Groups

GLYDE-IN GROUPS FOR MEMBERS:

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

BOOK CLUB: 2nd Monday/month, 3.45-5.45pm. Books not provided, all welcome. Jill Brown, 0433 402 401 or Glyde-In 9339 3964.

COMMUNITY QUILTING: 3rd Monday/month, 9am – 12.30pm, supporting the WAQA Community Group which donates quilts to charities. If you can, bring a sewing machine. Lyn 0405 124 618.

COMMUNITY CRAFT: 3rd Wednesday/month, 12.30 – 2.30pm. Knit / crochet small items such as scarves, beanies and blanket squares to donate to local charities. Nik 9339 3964.

CYCLING GROUPS: Monday and Wednesday mornings. For Monday group phone Gordon MacNish 0419858960, for Wednesday group phone Marilyn Carosella 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. \$15/session (cash only). Just come along.

PHILOSOPHY DISCUSSION GROUP: 1st Thurs/month, 1.30 – 3.30pm. An informal discussion on a topic set by the group each month. Former participants of Meera Finnigan's classes welcome. Cost of room shared by the group. Contact Joy 0403 016 945

MAHJONG: For experienced players. Monday & Friday afternoons, Margaret Gill 9335 5665. Thursday mornings, Maureen Hislop 9494 1451.

SCRABBLE: Wednesdays, 9.30-12noon. All welcome including beginners, \$5 + \$1 cuppa. Warren Kimble 0407 171 442.

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

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.



PRIVATE GROUPS & WORKSHOPS

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

FRIDAY RIDERS: departs Left Bank café Fridays, 8am. For those able to cruise at 20kms/hour. Gordon MacNish 0419 858 960.

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

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

SOUND OF SOUL: 3rd Wed/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.



MEMBERSHIP

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

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

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

ROOM HIRE

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

ENROLMENTS

Title	Miss/Ms/Mrs/Mr/Dr	First name	Last name	
Please only complete the next three lines if anything has changed				Emergency
Phone		Mobile	Please indicate how you would like to receive your Glyde-In programme	
Address			Email <input type="checkbox"/>	Posted <input type="checkbox"/>
Suburb		Postcode	Email	
Membership (if due) <input type="checkbox"/> \$35 Full <input type="checkbox"/> \$30 Concession <input type="checkbox"/> \$20 East Fremantle resident <input type="checkbox"/> Single term				
Concession membership applies to those holding a Pension or Health Care Card or DVA Card No:				

Please indicate the courses that you are enrolling in by marking a cross in the first column and circling the fees that apply

X	Code	Course/Talk/Event	Start date	Memb.	Conc.	NonMem	Material
		Membership fee - renewal or new member. Circle relevant fee or leave blank if current		\$35.00	\$30.00	\$15.00	\$20.00EF
	AS1	SNAKES: WHY WE FEAR THEM	14 Feb	\$12.00	\$8.00	\$17.00	—
	AS2	FASCINATING FACTS, WA & THE WORLD	15 Feb	\$12.00	\$8.00	\$17.00	—
	AS3	SEVEN YEARS OF WAR IN YEMEN:	16 Feb	\$12.00	\$8.00	\$17.00	—
	AS4	NOT ALWAYS DIPLOMATIC	16 Feb	\$12.00	\$8.00	\$17.00	—
	AS5	ECCENTRIC EXERCISES	22 Feb	\$24.00	\$16.00	--	\$8.00
	AS6	OUR SLAVERY LEGACY	21 Feb	\$12.00	\$8.00	\$17.00	—
	AS7	THE LAWS OF OUTER SPACE	23 Feb	\$12.00	\$8.00	\$17.00	—
	AS8	OUTBACK GRAVES	23 Feb	\$12.00	\$8.00	\$17.00	—
	AS9	OUR MARSUPIALS	25 Feb	\$12.00	\$8.00	\$17.00	—
	AS10	BEHIND THE SCENES	28 Feb	\$12.00	\$8.00	\$17.00	—
	AS11	BUILD A BETTER BRAIN	28 Feb	\$12.00	\$8.00	\$17.00	—
	AS12	FOOD AND MOOD:	2 Mar	\$12.00	\$8.00	\$17.00	—
	AS13	HOW DOES THE INTERNET WORK?	8 Mar	\$12.00	\$8.00	\$17.00	—
	AS14	FATHER OF THE LOST BOYS	14 Mar	\$12.00	\$8.00	\$17.00	—
	AS15	WASO: BEHIND THE SCENES	21 Mar	\$12.00	\$8.00	\$17.00	—
	AS16	TOWN TALK: WASTE & SUSTAINABILITY	23 Mar	No	charge		—
	AS17	XR GRANDPARENTS	25 Mar	\$12.00	\$8.00	\$17.00	—
	AS18	DO & DONTs OF PRESCRIBED & OTC DRUGS	29 Mar	\$12.00	\$8.00	\$17.00	—
	BN1	UKULELE: Absolute Beginners	9 Feb	\$108.00	\$86.00	—	—
	BN2	UKULELE: Glyde Sing & Strum	7 Feb	\$96.00	\$77.00	—	—
	BN3	UKULELE: Glyde Sing, Strum & Pick	7 Feb	\$96.00	\$77.00	—	—
	BN4	EXPLORING YOUR SOCIAL ATOM	14 Feb	\$24.00	\$16.00	\$29.00	—
	BN5	BUDDHIST ETHICS	18 Feb	\$128	\$102.00	—	—
	BN6	RESEARCHING YOUR STORY	24 Feb	\$16.00	\$13.00	--	--
	BN7	MERIDIANS & ESSENTIAL OILS	11 Mar	\$16.00	\$13.00	\$21.00	\$20.00
	BN8	DO YOU HAVE A STORY TO TELL?	16 Mar	\$64.00	\$51.00	—	—
	BN9	KINESIOLOGY, how it works	18 Mar	\$48.00	\$38.00	—	—
	BN10	RELAX and sing	27 Feb	\$32.00	\$26.00	—	—
	CO1	GARDEN ISLAND TOUR	10 Feb	\$35.00	\$29.00	\$40.00	—
	CO2	ROTTNEST ISLAND TOUR	16 Feb	\$98.00	\$88.00	\$108.00	—
	CO3	BATHERS BEACH SCULPTURE TOUR	23 Feb	\$36.00	\$30.00	\$41.00	—
	CO4	STATE LIBRARY TOUR	24 Feb	\$5.00	\$5.00	\$5.00	—
	CO5	NATIONAL HOTEL TOUR	3 Mar	\$66.00	\$55.00	\$76.00	—
	CO6	NEW NORCIA MUSEUM AND ART TOUR	9 Mar	\$86.00	\$78.00	\$96.00	—
	CO7	OPTUS STADIUM TOUR AND RIVER CRUISE	16 Mar	\$76.00	\$63.00	\$86.00	—
	CO8	YORK OVERNIGHT TRIP	24 Mar	\$165.00	\$150.00	\$175.00	—
	CO9	BODHINYANA MONASTERY	30 Mar	\$50.00	\$45.00	\$55.00	—
	DM1	YOGA GENERAL	8 Feb	\$90.00	\$72.00	—	—
	DM2	YOGA GENERAL	12 Feb	\$90.00	\$72.00	—	—
	DM3	YOGA RESTORATIVE	8 Feb	\$90.00	\$72.00	—	—
Total cost for this page							

ENROLMENTS

X	Code	Course/Talk/Event	Start date	Memb.	Conc.	NonMem	Materials
	DM4	DAOIST MEDICAL QIGONG	10 Feb	\$40.00	\$32.00	—	—
	DM5	INTRO TO MEDITATION	16 Feb	\$48.00	\$39.00	—	—
	DM6	THE LISTENING SPACE	19 Feb	No	charge	—	—
	EC1	THE APPLETON LADIES POTATO RACE, Mel Th.	20 Feb	\$23.00	—	\$28.00	—
	EC2	SPAGHETTI FROM GRACELAND, Harbour Th.	13 March	\$25.00	—	\$30.00	—
	EC3	WASO MORNING SYMPHONY	31 March	\$35.00	—	\$40.00	—
	FB1	SKETCHING NATURE	17 Feb	\$64.00	\$51.00	—	ttb*
	FB2	THE ART OF EVERYDAY: keepingjournal	18 Feb	\$80.00	\$64.00	—	ttb*
	FB3	ORIGAMI	28 Feb	\$12.00	\$10.00	\$17.00	—
	FB4	ECO RAG RUGS	9 Mar	\$40.00	\$32.00	—	\$45.00
	FB5	COILED BASKETS	23 Mar	\$40.00	\$32.00	—	\$55.00
	FB6	MEDITATE AND CREATE	26 Feb	\$48.00	\$39.00	—	\$40.00
	FB7	EMBROIDERED PHONE PURSE	17 Mar	\$48.00	\$39.00	—	\$25.00*
	GL1	SPANISH, for new beginners,	8 Feb	\$108.00	\$86.00	—	\$4.00
	GL2	SPANISH beginners ongoing, Mondays	7 Feb	\$128.00	\$102.00	—	\$4.00
	GL3	SPANISH basic A1	8 Feb	\$144.00	\$115.00	—	\$4.00
	GL4	SPANISH on Mondays, basic A2	7 Feb	\$128.00	\$102.00	—	\$4.00
	GL5	SPANISH, intermediate B1	8 Feb	\$144.00	\$115.00	—	\$4.00
	GL6	ITALIAN, ongoing beginners	10 Feb	\$108.00	\$86.00	—	\$4.00
	GL7	ITALIAN, beginners advanced	10 Feb	\$108.00	\$86.00	—	\$4.00
	GL8	ITALIAN, intermediate	8 Feb	\$108.00	\$86.00	—	\$4.00
	GL9	ITALIAN, on Saturdays	12 Feb	\$108.00	\$86.00	—	\$4.00
	GL10	FRENCH, for beginners	10 Feb	\$72.00	\$58.00	—	—
	GL11	FRENCH, more advanced	10 Feb	\$144.00	\$115.00	—	—
	GL12	FRENCH, ongoing	8 Feb	\$108.00	\$86.00	—	—
	GL13	FRENCH on Friday	11 Feb	\$108.00	\$86.00	—	—
	GL14	ITALIAN, ongoing	9 Feb	\$108.00	\$86.00	—	—
	HC1	MYGOV	14 Feb	\$16.00	\$13.00	\$21.00	—
	HC2	FACEBOOK MARKETPLACE	14 Feb	\$16.00	\$13.00	\$21.00	—
	HC3	ONLINE BANKING	21 Feb	\$16.00	\$13.00	\$21.00	—
	HC4	WHATSAPP?	21 Feb	\$16.00	\$13.00	\$21.00	—
	HC5	STAYING IN TOUCH ONLINE	28 Feb	\$16.00	\$13.00	\$21.00	—
	HC6	GOOGLE MAPS	28 Feb	\$16.00	\$13.00	\$21.00	—
	HC7	iPHONE/iPAD STARTER	1 Mar	\$16.00	\$13.00	\$21.00	—
	HC8	MASTERING MOBILE PHOTOGRAPHY	1 Mar	\$32.00	\$26.00	—	—
	HC9	WHERE DID I FILE THAT?	8 Mar	\$16.00	\$13.00	\$21.00	—
	HC10	PERSONALISE YOUR iPHONE/ iPAD	15 Mar	\$16.00	\$13.00	\$21.00	—
	HC11	ANDROID PHONE / TABLET STARTER	15 Mar	\$16.00	\$13.00	\$21.00	—
	HC12	COMPUTER HELP DESK	Call office	\$20.00	—	\$25.00	—
Total cost of this page							
Page 1 cost							
GRAND TOTAL COST							

PAYMENT METHOD	CHEQUE	CASH	CARD	
CARD NO.		EXPIRY DATE		CVV
SIGNATURE			OFFICE USE	