

SUMMER SCHOOL AT GLYDE-IN

Monday 9 to Sunday 22 January 2023

42 Glyde Street, East Fremantle, WA 6158

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



Activities are open to all, membership is not required. However concession eligibility applies to current Glyde-In members only who have a Centrelink pension/health card or a DVA gold card.
To book phone 9339 3964, pop in, or book online at www.glydein.org.au/programme
Minimum numbers apply to each course

Weekend and evening activities are marked with a coloured star



SPEAKERS UNLIMITED

EDITH DIRCKSEY COWAN: A UNIQUE POSITION **SS1**

Hilary Silbert

5 talks: Mon 9, Tues 10, Wed 11, Thurs 12 & Fri 13 January, 9 - 10am

Have you ever wondered what difference the grand-daughter of our first colonial chaplain, born at Glengarry, Geraldton, could make to the history of Australia? Having achieved the right to vote in 1899, Edith had to wait 22 years for the chance to stand for parliament, and become Australia's first woman parliamentarian. A unique position to occupy, and a story worth telling. Over five talks you will hear about her remarkable life of achievement, and wonder why you never learnt her story at school. Hilary Silbert set up the Edith Dircksey Cowan Commemoration and continues to spread the word and fight for Edith to take her rightful place in history.



\$70 / \$56 conc.

ART AND POLITICS BETWEEN THE TWO WORLD WARS **SS2**

Fausto Butta

4 talks: Tuesday 10 & 17, Thursday 12 & 19 January, 10.30 - 11.45am

Figurative art can help us understand 20th century totalitarian regimes. When we look at a painting or a sculpture, we are face-to-face with history. What kind of art did the Italian, German and Soviet regimes produce in the years between the Wars? Let's look at the relationship between culture and politics, and how art can be used as both a propaganda tool and a means of resistance. In this series Fausto will take us on a journey through Italian Futurism, the relationship between Nazism and culture in German art, the art of totalitarian Russia and the Spanish Civil War.

\$56 / \$45 conc.



WA'S DEFENCE HERITAGE **SS3**

Graham McKenzie-Smith AM

Monday 16 January 9 - 10am

There are some 650 sites of defence heritage interest around WA, from gun emplacements to airfields, radar stations to campsites, drill halls to memorials. Graham will take us on a tour of some 180 of these sites,

SPEAKERS UNLIMITED

outlining in particular those associated with the defence of WA in World War II. Fremantle was an important naval base, with up to 50,000 troops stationed on the sand plain between Perth and Geraldton. Those busy years have left their mark around the suburbs and in the regions. Graham has published ten books and many articles, with a focus on the defence of WA and NT, and in 2020 was awarded membership of the Order of Australia for his significant work in Military History and Forestry.

\$14 / \$11 conc.

EVERY NOOK AND CRANNY – ADVENTURES OF A SOLO TRAVELLER SS4

Faye Day

Tuesday 17 January, 1 - 2pm

Faye has visited every continent, most countries and countless islands and is the author of nine autobiographical travel guides. With a background in leading tours to undiscovered destinations, she continues to explore the roads less travelled and at 84 is still backpacking and writing travel books. Come and hear tales from her solo travel adventures, including her most recent trip to Algeria and Angola.

\$14 / \$11 conc.

NORDIC POLE WALKING SS5

Carol Benson-Hitch, Nordic Walking Fremantle

Wednesday 18 January, 9.30 - 10.30am

Learn about the benefits of using Nordic walking poles to improve your coordination, balance, posture and gait efficiency. It is also great in helping those with joint, bone or balance issues. A seated/indoor version can be used by those with mobility issues. Carol is a certified instructor and will explain the benefits and demonstrate the use of Nordic walking poles.

\$14 / \$11 conc.



THE HIDDEN MEANINGS IN PHOTOS SS6

Christian Long

Friday 20 January, 9 - 10am

Photos are a visual record of us - our families, friends and colleagues. We know the joy of memories evoked by the photos. Self-portraits have been around for ages - think Leonardo de Vinci, Pablo Picasso, Frida Kahlo - and today we have them in the form of digital photos and selfies. What do we really see in these photos? Christian has worked as a psychotherapist for many years and believes we can use photos to learn something deeper about ourselves and our significant others.

\$14 / \$11 conc.

SPEAKERS UNLIMITED

A FEMINE HISTORY OF WATERCOLOUR PRACTICE SS7

Verena Marmion

Saturday 21 January, 11am - 12.15pm

Why do we seldom hear of great female watercolourists prior to the 21st Century? This is one of the questions Verena is investigating, through research and art making, in her PhD at the University of Western Australia. With an emphasis on figurative artworks, she will present the watercolours and contemporary relevance of several outstanding Australian and British female watercolourists from the 19th and early 20th century. These include May Gibbs, Martha Berkeley, Isabel McWhannell, Alice Hambidge, Helen Allingham, Lady Louisa Marchioness of Waterford and Silvia Pankhurst.

\$14 / \$11 conc.

NOT SO TRIVIAL PURSUITS

INDIAN PHILOSOPHY SS8

Ruperto Nunez

6 Sessions: Monday 9 & 16, Wednesday 11 & 18 & Friday 13 & 20 January, 1.30 - 3.30pm

India has a long tradition of philosophical thought - as an attempt to understand the nature of reality by means of an inner or spiritual quest, rather than as an academic discipline. And while in the West philosophy and religion have become two separate - often incompatible - activities, this distinction does not exist in Indian philosophy. In this course we will discuss concepts such as karma and rebirth, and also the issues around the nature of knowledge and reality, these last two more attuned to what we consider philosophy.

\$120 / \$96 conc.

MAHJONG SCORING SS9

Maureen Hislop

2 Tuesdays: 10 & 17 January, 9.30am - 12pm

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

\$50 / 40 conc.

VOICES IN HARMONY SS10

Digby Hill

4 sessions: Wednesday 11 & 18, Friday 13 & 20 January, 10.30am - 12.30pm

Singing with other people is a buzz, and doing it with just your voice is the ultimate in feel good music making, as demonstrated by its popularity in so many cultures. This course works through the wonders of unaccompanied singing with simple easy-to-sing arrangements of jazz, world folk, early music, and pop/R&B, as well as a bit of background on a cappella and skills you can use in any singing situation. No experience necessary.

\$80 / \$64 conc.



MIND & BODY

MINDFULNESS MEDITATION

Margaret Wilkes

5 sessions: Mon 9, Wed 11, Fri 13, Mon 16 & Wed 18 January, 9 - 10am

Start the new year with a gift to yourself. Learn some calming mindfulness practice and discover ways to create a quiet space in a hectic world and become more present in your everyday life.

\$50/ \$40 conc.

SS11

YOGA daily for 5 days - General (hatha)

Uwe Oswald

Monday to Friday, 9 - 13 January, 5 - 6.15pm

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

Wear a smile and loose comfy clothing.

\$62 / \$50 conc.

SS12

BIODANZA - THE DANCE OF LIFE

Robyn Bullock

Wednesday 11 January, 2 - 3.30pm

Get your body moving to fabulous sounds of salsa, jazz, pop, classical, African and South American music and leave the stressors of life behind.

Biodanza as a way to enhance well-being is now practised worldwide. There are no dance moves to learn, you are free to move and be inspired by the instincts of life. Become more in balance and in harmony with yourself and with a deeper connection to others. It is accessible for everyone regardless of age or ability.

\$15 / \$12 conc.

SS13



YOGA daily for 5 days - Restorative

Uwe Oswald

5 sessions, Monday to Friday, 16 - 20 January, 5 - 6.15pm

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

\$62 / \$50 conc.

SS14

OUT 'n ABOUT

WA ART GALLERY TOUR & LUNCH IN GUILDFORD

Barry Ross

Wednesday 11 January, 10.15am - 2.30pm (approx.)

Meet there. Join a private tour of the WA Art Gallery by experienced guide/s revealing the highlights of the gallery. The tour will take one hour, then we'll have some extra time for further viewing (determined by consensus of the group). We will then head to Central Station, platform 8, for a 19 minute train ride to Guildford and lunch in air-conditioned comfort at the old Guildford Hotel opposite the railway station (at own cost).

Meet inside main entrance of The Art Gallery at 10.15am.

Book before 1 January

\$12 / \$8 conc.

SS15

SWAN RIVER LUNCH CRUISE

Barbara Saba

Friday 20 January, 12.15 - 3.30pm

Meet there. Enjoy lunch on the water during this Swan River cruise from Fremantle to Perth and back. As you glide leisurely down the river, feast on a buffet of hot dishes, salads, fruit and more. While you eat, take in views of Perth's waterfront suburbs and yacht clubs. Enjoy photo opportunities of the lovely Perth riverfront and historic Fremantle from the water.

Meet at Victoria Quay, B Shed Peter Hughes Drive at 12.15pm prior to boarding.

Boat departs 12.45pm and returns to Victoria Quay at approximately 3.30pm.

Book before 1 January

\$98 / \$98 conc.

SS16



BY HAND

BEAUTIFUL HANGING BASKETS

Lynn Christison

Tuesday 10 January, 1 - 4pm

What makes for a luxuriant hanging basket? Lynn's green thumbs know how to make them beautiful, by planting top and sides for extra fullness, selecting plants that work best, and using floral colour to advantage. She'll demonstrate and help you create your own beautiful hanging baskets. Plants, baskets etc supplied.

\$30 / \$24 conc. + \$15 materials

SS17

JAPANESE AND CHINESE BRUSH PAINTING

Jane Lidbetter

2 Thursdays 12 & 19 January, 1.30 - 4pm

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

\$50/ \$40 conc. + \$10 materials

SS18



BY HAND *Cont....*

BOOKBINDING

SS19

Bridget Seaton

Saturday 14 January, 10am - 4pm

Make three beautiful handmade books, perfect as unique gifts or personal diaries. Artist and bookbinder, Bridget Seaton, will show you how to bind, stitch and assemble your handmade books from specialist materials. Get creative and personalise your books by hand embellishing and choose from a selection of coloured leather, paper and threads. Take home a leather journal, a pamphlet book with a handwoven cover and a simple Japanese bound note-book. Please bring your lunch and reading glasses. All materials are provided.

\$60 / \$48 conc. + \$40 materials

JAPANESE FLORAL ART

SS20

Junko Takatsuki

Wednesday 18 January, 2 - 4pm

Ikebana, or floral art, is an ancient Japanese art also known as 'the way of flowers'. It blends aesthetics and simplicity to create quiet works of beauty, where blossom, branch, leaf, and stem find new life in the home. Junko is a qualified Ikebana teacher, taught by her own mother and other masters. She will demonstrate, then help you create your own arrangement to take home. Things to bring: stems/greenery, buds, flowers, scissors, secateurs.

\$20 / \$16 conc. + \$10 materials

LANGUAGES

hola! Ciao Bonjour

SPANISH, Beginners

SS21

Ruperto Nunez

4 sessions: Tuesday 10 & 17, Thursday 12 & 19 January, 1 - 3pm

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

\$80 / \$64 conc.

SPANISH FOR FUN, General

SS22

Ruperto Nunez

6 sessions: Monday 9 & 16, Wednesday 11 & 18 & Friday 13 & 20 January, 11am - 1pm

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

\$120 / \$96 conc.

FRENCH, Intro

SS23

Pierrette Joseph

4 sessions: Tuesday 10 & 17 January, Thursday 12 & 19 January, 10.30am - 12pm

For complete beginners, an introduction to the basics of French in a small group class.

\$60 / \$48 conc.

FRENCH, Ongoing

SS24

Pierrette Joseph

4 sessions: Tuesday 10 & 17 January, Thursday 12 & 19 January, 1 - 3pm

For those who are comfortable holding a conversation in French, sharpen your skills while learning about some famous French people in history.

\$80 / \$64 conc.

COMPUTER & TECH



COMPUTER HELP DESK

SS25

Fay Gerhard

Mondays 9 & 16 January

Book a one-on-one 30 minute session for individualised support. Please let us know what device you are using and an idea of what you need help with.

Monday 9 January, one of the following times:

9 - 9.30am, 9.45 - 10.15am, 10.30 - 11am, 11.15 - 11.45am.

Monday 16 January, one of the following times:

2 - 2.30pm, 2.45 - 3.15pm, 3.30 - 4pm.

Other times may be available.

Phone or book in person at the office.

\$25 / \$25.

PHOTOBOOKS

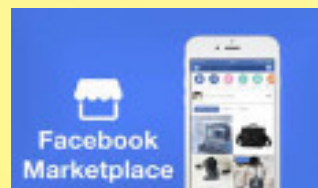
SS26

Fay Gerhard

Monday 16 January, 8.45 - 10.45am

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

\$20 / \$16 conc.



FACEBOOK MARKETPLACE

SS27

Fay Gerhard

Monday 16 January, 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.

\$20 / \$16 conc.



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