



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

PROGRAMME TERM 1 2021 - Monday 8th February to Thursday 1st April
Enrolments begin Wednesday 3rd February 8.30am in person, 9.00am online

Evening and weekend courses are highlighted with a yellow star

SPEAKERS UNLIMITED

FIRST HIKE PROJECT AS1 Neil McCulloch, founder Monday 8 February, 9-10am

Neil will tell us about this volunteer-run group who take newly arrived youth from refugee and migrant backgrounds on overnight hiking and camping adventures. The aim is to help them feel more welcome and at home here in Australia. Events are run in the spring and autumn when the weather is at its best. *"Come and hear what we do, why we do it, how we got started and how folk can join in the fun"*.

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

THE GREAT PALACE & CONSTANTINOPLE AS2 Nigel Westbrook, professor of architecture, UWA Wednesday 10 February, 9-10am.

A wondrous armchair tour through the streets, the squares, and fabulous architecture of sixth-century Constantinople. Visit the Great Palace, the ceremonial heart of the Byzantine Empire, guided by Nigel's architectural expertise.

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

ETHIOPIA: A RENAISSANCE? AS3 David Robinson, lecturer in history and politics Saturday 13 February, 2-3pm

Ethiopia is a complex state with a turbulent history. As one of the only African states to successfully repel foreign invasion until WWII, Ethiopia has a long and proud history as a centre of civilisation, empire and revolution. But the country's elites have struggled to hold together divergent peoples within a single state and Ethiopia is now teeming with unrest that is spilling into neighbouring countries. What fate awaits this ancient nation? David has been studying Africa for more than 20 years and offers his learned perspective.

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

THE ARK BEFORE NOAH AS4 Tom Vosmer, maritime heritage consultant Tuesday 16 February, 9-10.30am

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.

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

THE MYSTERIES OF OUR WEATHER AS5 Glenn Cook, meteorologist and climatologist Monday 22 February, 9-10am

Let's look at the main synoptic drivers that influence our varying weather across the state and across the seasons. We will see the climate variations and the reasons for the range of these differences. Then we'll delve into the changes that have been observed in WA since records began in the 1800s.

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

DEMOCRACY AND REPRESENTATION IN THE PHILIPPINES AS6 Jane Hutchison, senior lecturer in politics and international studies, Murdoch University Tuesday 23 February 9-10am

Democratic representation in the Philippines is undermined by enduring political party fragmentation. We explore the history of this fragmentation and reasons for its endurance, despite concerted attempts at reform.

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

OVERCOMING PLAGUES AND PESTILENCE AS7 Megan Lloyd, microbiologist Wednesday 24 February, 9-10am

The history of humanity has seen countless battles with microbes. These agents of plagues and pestilence take

Continued on next page....

SafeWA

If WA government COVID regulations still require it, please scan the SafeWA app as you enter, or complete the form provided. Please allow plenty of time as filling this form may cause queues and delays.

Many thanks!



many forms - bacteria, viruses or more complex life forms such as fungi and parasites. Megan will focus on the strategies used to defeat pathogenic microbes in our recent past and what we need to do to keep safe in the future.

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

THAILAND'S POLITICAL TURMOIL AS8

Kevin Hewison, social & political scientist

Tuesday 2 March, 9-10am

Since 2005, Thailand has seen two military coups, six elections, eight prime ministers, several popular political parties dissolved by the courts, and mass street rallies resulting in hundreds killed or injured. The most recent rallies have drawn attention to the role of the military and monarchy in fomenting the volatility of the past 15 years. This talk offers an understanding of Thailand's current political instability.

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

HAPPY GUT AS9

Nick Nation, nutritionist

Friday 5 March, 9-10am

Astonishingly, we each carry approximately 2kg of gut bacteria around with us. Our understanding of what constitutes a healthy gut is evolving. Rather than increasing so called 'good' bacteria and decreasing 'bad' bacteria we now know that the key is in the diversity and balance of our gut microbiome. When that balance is disturbed, we suffer the effects - generally in the loo in the form of either constipation or diarrhoea. Hear how to keep or restore that vital balance.

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

PALESTINE & ISRAEL, the great conflict AS10

Jafar Ramini

2 Saturdays 6 & 13 March, 9.30-11am

What is now called the 'world's most intractable conflict' began over 100 years ago, and the ongoing Israeli occupation of the West Bank and the Gaza Strip has lasted more than 50 years. Jafar is a London-based Palestinian writer and political analyst who will first explore the history, then the Greater Israel Project.

Members \$24 / \$16 conc.

EINSTEINS OF THE ANIMAL WORLD AS11

Frank Dymond, science education and physics professor

Monday 8 March 10.30-11.30am

Einstein's famous equation, $E = mc^2$ was about energy, and many animals exploit part of this equation to survive. Bees utilise the laws of thermodynamics, beetles track fires better than modern technology, and reindeers use almost every trick in the equation to save their lives. Come and hear more.

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

PAPUA NEW GUINEA, the jewel AS12

Jane Cousins, international development worker

Wednesday 10 March, 9-10am

Our northern neighbour often hits the news for the wrong reasons - violence, corruption, political crises, dubious deals with China. Yet as its tourism motto proclaims, PNG is full of wonderful surprises - stunning natural scenery, extraordinary biodiversity, complex

cultures and a fascinating history. Let's take an armchair tour through the past, present and potential future of this new nation.

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

ARE OUR NORFOLK ISLAND PINES DOOMED? AS13

Gordon MacNish, plant pathologist

Tuesday 16 March, 9-10am

Dead and almost-dead Norfolk pines line our coast from South Beach to Scarborough. And many others are showing early signs of decline. Gordon will describe this disorder and look at the possible causes.

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

DREAMING OF SNUBFIN DOLPHINS AS14

Holly Raudino, research scientist

Wednesday 17 March, 9-10am

Have you been lucky enough to spot a dolphin and wondered what species you saw? It may have been the enigmatic, Australia snubfin dolphin (*Orcaella heinsohni*) which resides in northern Australia. This species is at risk of extinction. Holly will share her knowledge of the snubfin and recent efforts with traditional custodians to monitor and protect the dolphin and its home in the Kimberley. Take a wondrous armchair journey thousands of kilometres to the tropics.

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

WHAT ARE WAR CRIMES? AS15

Melanie O'Brien, Law School, UWA

Monday 22 March, 10-11am

What are war crimes, and what is the difference between crimes against humanity and genocide? Why are these crimes 'international'? Why is genocide sometimes called 'the crime of crimes'? Melanie will answer these questions and provide an introduction to these categories of international crime and their background.

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

NEIGHBOURHOOD LINK AS16

Karen Dore, Community Engagement,

Town of East Fremantle

Wednesday 24 March, 9-10am

The Town's Neighbourhood Link team helps older people stay active, connected and as independent as possible. There's Social Support, which offers flexible one-on-one in and out-of-home support, and Group Social Support which links people and outings. There's Door-to-door Transport for shopping and outings, and there's a volunteering group too. Our speaker will walk us through these programs.

No charge for this talk but bookings essential.

ONLINE TV AND FILMS AS17

Kris Metcher

Tuesday 30 March, 12.30-1.30pm

Find out how you can watch your favourite films and TV shows - free and legal or through a paid service. Both are easy and convenient, so learn more in this workshop-style presentation.

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



TOWN of
EAST FREMANTLE

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

NOT-SO-TRIVIAL PURSUITS

MAHJONG for Beginners **BN1**
Maureen Hislop
7 Mondays, 8 February - 29 March (excl 1 March), 9.30am-12.30pm

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.

Members \$168 / \$135 conc.

UKULELE, beginners **BN2**
Shirley Guy

7 Mondays, 8 Feb-29 March(excl 1 March), 1.30-3pm
Bring or borrow a uke and start strumming. No musical experience needed, come and give it a try!

Members \$84 / \$68 conc.

UKULELE, ongoing **BN3**
Shirley Guy

7 Mondays, 8 Feb-29 March (excl 1 March), 3.30-5pm
For those with a little experience, your challenge is to quickly graduate to music that you love playing.

Members \$84 / \$68 conc.

WHAT IS DEATH? **BN4**
Meera Finnigan

8 Thursdays, 11 February - 1 April, 1.30-3.30pm
What is death? What is the moral significance of euthanasia, suicide, and the extent to which death harms? Do the same laws that keep airplanes in the air and rivers flowing downhill tell us in principle what governs our own lives and the meaning of death - or is there life after death, a possibility that means these laws are irrelevant? And importantly, how do our views on death impact the way we live our lives? We'll think philosophically about death and decide for ourselves what we believe death to be. This course will be clarifying, rewarding, and, at times, fun!

Members \$128 / \$102 conc.

MANDOLIN, for beginners **BN5**
Robert Schulz

7 Sundays, 14 February - 28 March, 3-4pm
It's time to learn something new and beautiful! From bluegrass to classical Italian the mandolin is known for its bright sound, and is wonderful to play in a group. It is a melody instrument played one note at a time using a plectrum. Robert is founder of the WA Mandolin Orchestra and a fine tutor. Weekly practice required. In Session 1 you'll talk instruments and gear - some mandolins are available (\$50 dep); you'll need a music stand and guitar footstool.

Members \$56/ \$45 conc.

WILD WRITING **BN6**
Mihaela Nicolescu

5 Tuesdays, 23 February - 23 March, 9-11am
Enjoy the power of words as you practise the happy art of making things up. Use your pen to be provocative, imagine situations and describe thoughts, emotions and feelings. Write with abandon and create believable characters and powerful dialogue. Read your work out if you wish. Mihaela will provide exercises to help your pen flow and your imagination run riot. No writing experience is necessary, bring pen and notebook.

Members \$80 / \$64 conc.

SPIRITUAL EXPLORATIONS; Consciousness **BN7**
Ruperto Nunez

5 Fridays 26 February - 26 March, 3.30-5.30pm

Although consciousness appears to be the most accessible of our experiences, we don't seem to know what it is and where it originates. We don't doubt there is correlation between our mental life and brain activity; however correlation does not equal causation. So what is consciousness? Is it independent of matter? Is it created by matter? Are there other possible ways to understand it? A fascinating topic. Come along!

Members \$80 / \$64 conc.

GUITAR for absolute beginners **BN8**
Steve Coleman

8 sessions; 4 Tuesdays and 4 Fridays, 2 - 26 March, 11.30am-12.30pm

Learn to strum a few basic chords and then how to string them together to play some 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). Previous students welcome to come and brush up.

Members \$64 / \$51 conc.

TEXTILES 'ROADSHOW': bring'n share **BN9**
Valerie Cavill and Gail Hawes

Wednesday 10 March, 2-3.30pm

Valerie is the founder of the Embroiderers' Guild Historic Collection of Embroidery and Lace and has spent 40 years studying antique textiles and 25 years as curator of the Collection. Gail is a textile artist and collector with an extraordinary breadth of knowledge. Bring in a piece or two (or three) of lace or embroidery you've collected from your travels, or a family heirloom or other treasure. Share its story, and perhaps have further light shed on its background. Come for a shared experience and see some beautiful pieces.

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

RICHER CONVERSATIONS **BN10**
Caroline Harry

3 Wednesdays, 10 - 24 March, 1-3pm

'How was your day?' 'Good day at school?' Do you find yourself asking dull questions and getting empty responses? Meaningful conversations take skill and wisdom. Create real connections as you experience the power of listening without judgement and asking questions that draw out your companion's wisdom, thoughts and perspectives. Caroline will guide you and share skills from neuroplasticity research that will enhance the connection between you and others.

Members \$48 / \$38 conc.

SAY YES TO LIFE **BN11**
Caroline Harry

3 Wednesdays, 10 - 24 March, 3.30-5.30pm

When did we forget how to play? Let's inject our lives with play, joy and compassion. Using short games and exercises, we'll enjoy saying yes, showing up, being average, making mistakes and taking care of each other. We'll loosen up, think on our feet and take on life with chutzpah, humour and skill.

Members \$48 / \$38 conc.

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. If you can't make it on the day please let us know – 93393964.

TOUR OF THE PERTH BELL TOWER CO1 **Jono Farmer**

Thursday 11 February, 10.45am-2.30pm (approx.)

Meet there. Hear about the history of some famous bells and learn how to ring the bells. The tour will culminate with the midday ringing of the Anzac Bell. Then we'll walk to the Island Brew House at Elizabeth Quay for lunch overlooking the river (at own cost). Meet at Bell Tower, Barrack Square Perth at 10.45 am. **Book before 8 February.**

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

GROUND WATER REPLENISHMENT TOUR CO2 **Tess May**

Wednesday 17 February, 8am-1pm

Bus tour. Our fully guided tour of Beenyup Waste Water Treatment Plant in Craigie will take you on a water cycle journey through interpretive walkways, multimedia experiences and on-site viewing stations. Learn about wastewater treatment and water recycling processes and how groundwater replenishment helps sustain our water supply. Afterwards we stop for coffee and cake at The Wild Fig in Scarborough (at own cost). Bus departs 8am sharp. **Book before 10 Feb.**

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

PERKINS INSTITUTE, Medical Research CO3 **Tess May**

Wednesday 24 February 9.30–1.30pm

Meet there. Don a lab coat, gloves and safety glasses and experience how scientists conduct experiments that lead to new discoveries, new medicines and a brighter future. In a fun and informative laboratory session, you will explore different scientific concepts and techniques as you learn from your Perkins researchers. Wear closed-in shoes (no sandals), and long hair tied back. Afterwards we will take a tour of the facilities, followed by lunch in the café (at own cost). Meet at Perkins Institute, 6 Verdun St, Nedlands by 9.15am. Directions for public transport (including direct bus from Fremantle) will be provided after booking. **Book before 17 February.**

Members \$54/\$45 conc. Non-members \$64

WHITEMAN PARK CO4 **Jono Farmer**

Wednesday 3 March, 8.30 am-4pm (approx.)

Bus trip. Join us for a trip down memory lane, with a tour of the park's attractions. We'll visit the Revolutions Transport museum for morning tea and tour. We'll take a half-hour train ride through the park before lunch at the village café (included) and a visit to the art gallery. Last stops will be the tractor and motor museums. Bus departs 8.30am sharp.

Book before 24 February.

Members \$72/\$58 conc. Non-members \$82

DOLPHIN, PENGUIN AND SEA LION CRUISE CO5 **Mal Christison**

Tuesday 9 March, 8.15am–4.15pm (approx.)

Bus and boat tour. Enjoy the scenic highlights of the

OUT 'N ABOUT ...Continued

Shoalwater Islands Marine Park and keep a look out for the wildlife! This 60 minute glass bottom boat cruise takes place in the ruggedly spectacular coastlines of Penguin, Seal and Bird Islands. Dolphins, rare sea lions, pelican rookeries and birds of prey are regularly sighted and we'll be right amongst the action. We visit Penguin Island to see the penguin feeding and then enjoy some island time before returning on the ferry. Later we lunch at the Swinging Pig Bar (at own cost). Bus departs 8.15am sharp. **Book before 20 February.**

Members \$88/\$80 conc. Non-members \$98

BICKLEY OBSERVATORY NIGHT SKY TOUR CO6 **Julie Robertson**

Friday 19 March, 4.30-10.30pm (approx)

Bus trip. We'll begin with dinner at the historic Kalamunda Hotel (at own cost) at 5.30pm before our marvellous 8pm night sky tour. We'll use various telescopes to see nebulae, dying stars, enormous star clusters, the moon and planets on our half-moon night. We'll browse the observatory museum. (Please dress for the cold and dark, bring a coat and wear comfy flat shoes because we may be walking outside.) Bus departs 4.30pm sharp.

Book before 5 March.

Members \$61/\$51 conc. Non-members \$71

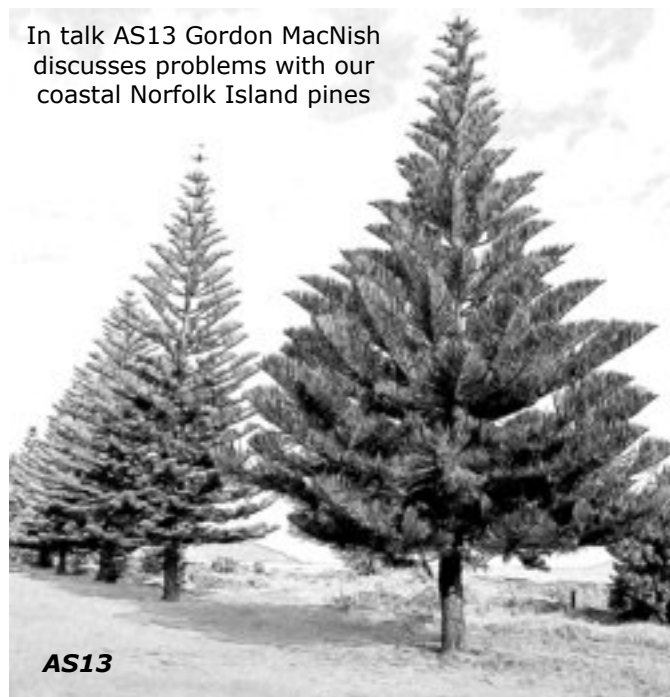
MURRAY RIVER CRUISE CO7 **Mal Christison**

Wednesday 24 March 2021, 8am-4.15pm

Bus and boat Tour: Enjoy a relaxing half-day cruise on the picturesque waterways of the Murray River. See bottlenose dolphins (they put on a wonderful show the last time we took this trip) and cruise past wetlands abounding with birdlife. Lunch and afternoon tea are included. Bring camera, sunhat, sunscreen, sunglasses and a warm top. Bus departs 8am sharp. **Book before 8 March.**

Members \$133/\$121 conc. Non-members \$143

In talk AS13 Gordon MacNish discusses problems with our coastal Norfolk Island pines



AS13

Courses continued on page 9...

WHO WE ARE

Glyde-In Community Learning Centre began in 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 of course we'll let you know. All courses require a minimum number of enrolments to proceed. Consider yourself enrolled unless you hear otherwise.

Please choose carefully as refunds or credits are not

issued if you cancel after the first week of term. However if you find that you can't attend, you're welcome to transfer your booking to another person; just let us know if you do.

We appreciate notification if you are not able to attend on the day.

Our new 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, say for an art course.



A Word from the Chair

Glyde-In is alive again! Term 4 enrolments were well subscribed with many courses filled beyond our capacity. It is wonderful to see the place buzzing with members enjoying the talks, courses and the garden in full bloom. If you haven't come back to the Glyde since the lockdown, please drop by and sit in the garden for a while. You will enjoy the tranquillity and you might meet some old friends. Our gardeners work hard to keep the place beautiful and with a good selection of reasonably priced plants for sale.

Phase 4 restrictions still impose the two square meters per person rule, which means that only half of the usual number of members can attend our courses and talks. We have tried to address this problem where talks are oversubscribed by running additional sessions. Please accept our apologies if you missed out in Term 4. We hope that these restrictions will ease soon, hopefully by the time you are reading this.

At the time of writing the Summer School programme is not yet released. I have seen a preview and it looks brilliant. When you read this, Summer School will be underway. I'm sure it will be a wonderful success. This is the first programme Ann and Jacqui have created as a team. They work well together. I understand they are also working on the Term 1 Programme. I'm sure the results will be outstanding.

Your Out & About committee is also working hard to bring you 7 or 8 outings for Term 1. These are a mixture of meet-there tours using public transport and volunteer-driven bus tours. After last year's successful Bickley Observatory tours, the Murray River Cruise with Dolphins and the Penguin Island tour, we are running these again with variations. Jono has organised some wonderful historical tours, and Tess has organised two interesting scientific tours. Our Culture Club is arranging tickets to the WASO Morning Symphony and the Harbour Theatre's first show of the year, The Ladies Foursome, so there is something for everyone.

Jono has been busy maintaining the cottage in beautiful condition. The cladding is complete and painted, bird boards fitted, window frames replaced as required and the north side fence structure rebuilt. The fence looks the same as it always did because we retained the existing cladding. The posts and rails were damaged by termites and are now replaced by H4 Treated Pine, which should last a good 20 years.

We hope you enjoy Term 1 and remember to please be Covid Safe. I'm sure you know the drill by now, but it's easy to forget. Recent events in other states indicate that this threat is still real, so I ask you all to be careful, please. Wishing you all a happy and healthy 2021.

Yours Sincerely

Mal Christison

Chair

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 Email <input type="checkbox"/> Posted <input type="checkbox"/>
Address			
Suburb		Postcode	Email <input type="checkbox"/>
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	FIRST HIKE PROJECT	8 Feb	\$12.00	\$8.00	\$17.00	—
	AS2	THE GREAT PALACE & CONSTANTINOPLE	10 Feb	\$12.00	\$8.00	\$17.00	—
	AS3	ETHIOPIA: A RENAISSANCE?	13 Feb	\$12.00	\$8.00	\$17.00	—
	AS4	THE ARK BEFORE NOAH	16 Feb	\$12.00	\$8.00	\$17.00	—
	AS5	THE MYSTERIES OF OUR WEATHER	22 Feb	\$12.00	\$8.00	\$17.00	--
	AS6	DEMOCRACY & REPSTN IN THE PHILIPPINES	23 Feb	\$12.00	\$8.00	\$17.00	—
	AS7	OVERCOMING PLAGUES AND PESTILENCE	24 Feb	\$12.00	\$8.00	\$17.00	—
	AS8	THAILAND'S POLITICAL TURMOIL	2 March	\$12.00	\$8.00	\$17.00	—
	AS9	HAPPY GUT	5 March	\$12.00	\$8.00	\$17.00	—
	AS10	PALESTINE & ISRAEL, the great conflict	6 March	\$24.00	\$16.00	—	—
	AS11	EINSTEINS OF THE ANIMAL WORLD	8 March	\$12.00	\$8.00	\$17.00	—
	AS12	PAPUA NEW GUINEA, the jewel	10 March	\$12.00	\$8.00	\$17.00	—
	AS13	ARE OUR NORFOLK ISLND PINES DOOMED?	16 March	\$12.00	\$8.00	\$17.00	—
	AS14	DREAMING OF SNUBFIN DOLPHINS	17 March	\$12.00	\$8.00	\$17.00	—
	AS15	WHAT ARE WAR CRIMES?	22 March	\$12.00	\$8.00	\$17.00	—
	AS16	NEIGHBOURHOOD LINK	24 March	No	charge		—
	AS17	ONLINE TV AND FILMS	30 March	\$12.00	\$8.00	\$17.00	—
	BN1	MAHJONG for Beginners	8 Feb	\$168.00	\$135.00	—	—
	BN2	UKULELE, beginners	8 Feb	\$84.00	\$68.00	—	—
	BN3	UKULELE, ongoing	8 Feb	\$84.00	\$68.00	—	—
	BN4	WHAT IS DEATH?	11 Feb	\$128.00	\$102.00	—	—
	BN5	MANDOLIN, for beginners	14 Feb	\$56.00	\$45.00	—	—
	BN6	WILD WRITING	23 Feb	\$80.00	\$64.00	—	—
	BN7	SPIRITUAL EXPLORATIONS; Consciousness	26 Feb	\$80.00	\$64.00	—	—
	BN8	GUITAR for absolute beginners	2 March	\$64.00	\$51.00	—	—
	BN9	TEXTILES 'ROADSHOW': bring'n share	10 March	\$12.00	\$8.00	\$17.00	—
	BN10	RICHER CONVERSATIONS	10 March	\$48.00	\$38.00	—	—
	BN11	SAY YES TO LIFE	10 March	\$48.00	\$38.00	—	—
	CO1	TOUR OF THE PERTH BELL TOWER	11 Feb	\$16.00	\$13.00	\$20.00	—
	CO2	GROUND WATER REPLENISHMENT TOUR	17 Feb	\$30.00	\$25.00	\$35.00	—
	CO3	PERKINS INSTITUTE, Medical Research	24 Feb	\$54.00	\$45.00	\$64.00	—
	CO4	WHITEMAN PARK	3 March	\$72.00	\$58.00	\$82.00	—
	CO5	DOLPHIN, PENGUIN AND SEA LION CRUISE	9 March	\$88.00	\$80.00	\$98.00	—
	CO6	BICKLEY OBSERVATORY NIGHT SKY TOUR	19 March	\$61.00	\$51.00	\$71.00	—
	CO7	MURRAY RIVER CRUISE	24 March	\$133.00	\$121.00	\$143.00	—
	DM1	YOGA ON TUESDAY, 4.30pm	9 Feb	\$80.00	\$64.00	—	—
	DM2	YOGA ON TUESDAY, 6.00pm	9 Feb	\$80.00	\$64.00	—	—
	DM3	YOGA ON SATURDAY	13 Feb	\$70.00	\$56.00	—	—
Total cost for this page							

ENROLMENTS

X	Code	Course/Talk/Event	Start date	Memb.	Conc.	NonMem	Materials
	DM4	QI GONG	11 Feb	\$32.00	\$26.00	—	—
	DM5	POSITIVE MINDFULNESS	27 Feb	\$32.00	\$26.00	\$37.00	—
	DM6	THE LISTENING SPACE	6 March	No	charge	—	—
	EC1	ASHER FISCH CONDUCTS ELGAR, WASO	4 March	\$35.00	—	\$40.00	—
	EC2	THE LADIES FOURSOME, Harbour Theatre	21 March	\$25.00	—	\$30.00	—
	FB1	WET FELTING	28 Feb	\$40.00	\$32.00	\$45.00	\$55.00
	FB2	SKETCHING NATURE	5 March	\$64.00	\$51.00	—	—
	FB3	REVERBERATING COLOURS	17 March	\$48.00	\$38.00	—	—
	FB4	HAND-STITCHED EASTER EGGS	20 March	\$48.00	\$38.00	—	\$15.00
	GL1	SPANISH, new beginners,	8 Feb	\$112.00	\$90.00	—	\$4.00
	GL2	SPANISH on Fridays	12 Feb	\$112.00	\$90.00	—	\$4.00
	GL3	SPANISH on Tuesdays, basic A1	9 Feb	\$128.00	\$102.00	—	\$4.00
	GL4	SPANISH on Mondays, basic A2	8 Feb	\$112.00	\$90.00	—	\$4.00
	GL5	SPANISH, intermediate B1	9 Feb	\$128.00	\$102.00	—	\$4.00
	GL6	ITALIAN, new beginners	4 March	\$60.00	\$48.00	—	\$4.00
	GL7	ITALIAN, beginners advanced	4 March	\$60.00	\$48.00	—	\$4.00
	GL8	ITALIAN, intermediate	2 March	\$60.00	\$48.00	—	\$4.00
	GL9	ITALIAN, on Saturdays	13 Feb	\$84.00	\$68.00	—	\$4.00
	GL10	FRENCH, new beginners	10 Feb	\$64.00	\$51.00	—	\$4.00
	GL11	FRENCH, more advanced	11 Feb	\$128.00	\$102.00	—	\$4.00
	GL12	FRENCH, ongoing	9 Feb	\$96.00	\$77.00	—	\$4.00
	GL13	ITALIAN, ongoing	10 Feb	\$96.00	\$77.00	—	\$4.00
	GL14	FRENCH on Friday	12 Feb	\$84.00	\$68.00	—	\$4.00
	HC1	IPHONE / IPAD STARTER	9 Feb	\$16.00	\$13.00	\$21.00	—
	HC2	MS WORD, Beginners	9 Feb	\$32.00	\$26.00	—	—
	HC3	WINDOWS 10 for laptop, starters	15 Feb	\$16.00	\$13.00	\$21.00	—
	HC4a	WHATSAPP?	15 Feb	\$16.00	\$13.00	\$21.00	—
	HC4b	WHATSAPP?	22 Feb	\$16.00	\$13.00	\$21.00	—
	HC5	YOUR MAPS APP for iPad	16 Feb	\$16.00	\$13.00	\$21.00	—
	HC6	WINDOWS 10 LAPTOP (part 2)	22 Feb	\$16.00	\$13.00	\$21.00	—
	HC7	PERSONALISE YOUR IPAD	23 Feb	\$48.00	\$38.00	—	—
	HC8	WHAT'S FREE, WHAT'S NOT on your iPad	23 Feb	\$48.00	\$38.00	—	—
	HC9	ORGANISE YOUR ONLINE PHOTOS	15 March	\$16.00	\$13.00	\$21.00	—
	HC10	iPAD APPS for everyday living	16 March	\$48.00	\$38.00	—	—
	HC11	BEST iPAD PHOTOGRAPHY	16 March	\$16.00	\$13.00	\$21.00	—
	HC12	INTRO TO FACEBOOK	23 March	\$32.00	\$26.00	—	—
	HC13	FACEBOOK MARKETPLACE	29 March	\$16.00	\$13.00	\$21.00	—
	HC14	COMPUTER HELP DESK	Call office	\$20.00	—	\$25.00	—

Total cost of this page

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GRAND TOTAL COST

PAYMENT METHOD

CHEQUE

CASH

CARD

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EXPIRY DATE

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OFFICE USE

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 402401 or Glyde-In 93393964.

COMMUNITY QUILTING: 3rd Monday/month, 8.30am - 12.30pm, supporting the WAQA Community Group which donates quilts to charities. If you can, bring a sewing machine. Lyn 0405124618.

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

GLYDE-IN SINGERS @ SULLIVAN HALL: with Digby Hill. All welcome to sing a variety of world folk, early music and classical, alt. pop, African etc. Tuesdays from 2 February, 4-6pm; \$15/session (cash only). Just come along.

MAHJONG: For experienced players. Monday & Friday afternoons, Margaret Gill 93355665. Thursday mornings, Maureen Hislop 94941451.

SCRABBLE: Wednesdays, 9.30-12noon. All welcome including beginners, \$5 + \$1 cuppa. Warren Kimble 0407 171442.

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

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 858960.

RELAX AND REJUVENATE WITH GYROKENISIS: Breath and flowing movement combine to increase flexibility and core strength, energy and well-being. Thursdays, 6.15-7.15pm, \$20/\$18 conc. Christine 0452364316.

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): All welcome to our mainly silent meetings for worship, Sundays, 10am-12noon.

SOUND OF SOUL: "The person singing HU tunes in to a higher spiritual awareness" - Harold Klemp, "*HU The Most Beautiful Prayer*". 7.30pm, 4th Wed/month, gold coin. 0408 957514.

SVAROOPA YOGA @: Thurs, 6.30-8pm. A less active, nurturing yoga for all levels, with lots of personal attention. Core release and spinal decompression give pain relief. \$150/term or \$20 casual first session. Mimi 0407 927259.

PARKING

It's street parking, and there is plenty of space in neighbouring streets.

Please never ever ever park across neighbours' driveways, no matter how late you may be for your class.



MEMBERSHIP

12 months \$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.

MIND & BODY

YOGA

Uwe Oswald

Three 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.

8 Tuesdays, 9 February - 30 March, 4.30-5.45pm, \$80 / \$64 conc. DM1

8 Tuesdays, 9 February - 30 March, 6-7.15pm, \$80 / \$64 conc. DM2

7 Saturdays, 13 February - 27 March, 8-9.15am, \$70 / \$56 conc. DM3

QI GONG

Toni Weston

4 Thursdays, 11 February - 4 March, 4-5pm

The 'Eight Pieces of Silk' is an ancient Qi Gong method. It cultivates the body's life force to calm the mind, help circulation, improve organ function, strengthen bones, and more. Toni is a dedicated practitioner and teacher involved in the art for 14 years.

Members \$32/ \$26 conc. DM4

POSITIVE MINDFULNESS

DM5

Jane Morton-Zumbuhl

Saturday 27 February, 10am-2pm.

Meditation is exploring, it is not a fixed destination. It can be practised by anyone, without the need for any religion or belief system. Mindfulness is always available to us, whether through meditations and body scans, or mindful moment practices such as taking time to pause when the phone rings instead of rushing to answer it. We will explore a variety of mindfulness practices, and we'll learn ways to apply it to our daily lives. Bring your lunch.

Members \$32/\$26 conc. non-members \$37.

THE LISTENING SPACE

DM6

Marianna Garaboni

One of 4 Saturdays 6 - 27 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. Marianna respects your confidentiality and helps you develop insights into how to overcome a difficult situation. Sessions are individual.

No charge but bookings essential.

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.

CULTURE CLUB

ASHER FISCH CONDUCTS ELGAR, WASO

EC1

Thursday 4 March, 11am-12noon.

An orchestral tour-de-force of beloved musical portraits. The concert opens with the shimmering atmospherics of Olivia Davies' new work, *Stratus*. Meet at the Perth Concert Hall to collect your (unallocated) choir stall tickets from Nik between 10.15-10.30am.

Book before 12 February.

Members \$35, non-members \$40.

THE LADIES FOURSOME, Harbour Theatre

EC2

Sunday 21 March, 2-5pm

A comedy by Norm Foster, directed by Jarrod Buttery. The day after their friend Cathy's funeral Margot, Tate and Connie gather for a round of golf in honour of their recently departed fourth. They are joined by an old friend of Cathy's, whom they have not met. Over the course of eighteen holes, secrets and confessions unravel as the women discuss love, sex, children and everything in between.

Collect your tickets from Glyde-In shepherd between 1.30-1.45pm at the foyer of Camelot Theatre, 16 Lochee Street, Mosman Park.

Book before 19 February.

Members \$25, non-members \$30.



The choir stall seats in the Perth Concert Hall are just below the organ and afford a superb view and excellent sound for an orchestral concert



Come and play the ukulele with tutor Shirley Guy

BY HAND

WET FELTING

FB1

Peta Korb

Sunday 28 February, 10am – 3pm

Learn the magic of wet felting. Create a 3-dimensional seamless vessel or bowl using a flat resist. This is fun and absorbing, and the results can be surprising! Wear comfy clothes and shoes, as you'll work standing at times. Kit includes fibres, embellishment and a wet felting kit to take home. Bring lunch.

Members \$40/ \$32 conc. + \$55 for materials.
Non-members \$45 + \$55 for materials

SKETCHING NATURE

FB2

Jane Lidbetter

4 Fridays, 5 - 26 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.

Members \$64 / \$51 conc.

REVERBERATING COLOURS

FB3

Lesley Cotter

3 Wednesdays 17 - 31 March 1.30-3.30pm

Using soft pastel colours – red, blue and yellow only – anyone can draw flowers and scenes as they feel. It is not a question of whether you draw well or not, the outcome will be truly satisfying.

Members \$48 / \$38 conc.

HAND-STITCHED EASTER EGGS

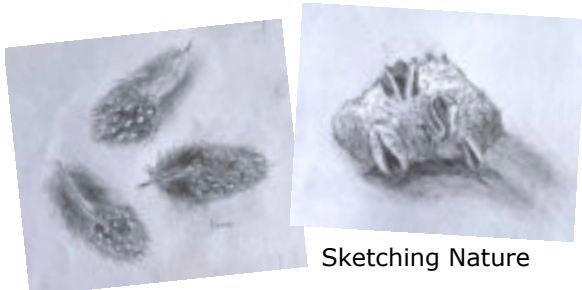
FB4

Maureen Hislop

2 Saturdays, 20 & 27 March, 10am-1pm

These are gorgeous. Cover a soft cotton egg with brightly-coloured felt and then decorate it with bold hand-stitching. Choose your colours and enjoy the art of simple embroidery, with Maureen's guidance. You'll make two eggs to adorn your Easter table or give as gifts.

Members \$48 / \$38 conc. + \$15 for materials



Sketching Nature



Three wise? Men: Current or former Glyde-In committee members, from left, Alan Guy, Gordon Whitmore and Mal Christison.

LANGUAGES



SPANISH

SPANISH, NEW BEGINNERS, MONDAYS

GL1

Ruperto Nunez

7 Mondays, 8 Feb–29 March(excl 1 March), 4-6pm

For the real beginner, come and learn the basics of this melodious language.

Members \$112 / \$90 conc. (+ \$4 materials)

SPANISH ON FRIDAYS, BASIC A1

GL2

Ruperto Nunez

7 Fridays, 12 February – 26 March, 1-3pm.

If you can understand present tense, now you can learn to understand sentences and familiar expressions and describe your background and matters of immediate interest.

Members \$112 / \$90 conc. (+ \$4 materials)

SPANISH ON TUESDAYS, BASIC A1

GL3

Ruperto Nunez

8 Tuesdays, 9 Feb–30 March, 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 very basic phrases, introduce yourself and others, and ask and answer personal questions.

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

SPANISH ON MONDAYS, BASIC A2

GL4

Ruperto Nunez

7 Mondays, 8 Feb–29 March (excl 1 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 \$112 / \$90 conc. (+ \$4 materials)

SPANISH, INTERMEDIATE B1

GL5

Ruperto Nunez

8 Tuesdays, 9 February – 30 March, 9-11am

For those who have a grasp of vocab and grammar. Here you'll learn to understand main points on work, school, family & leisure, deal with most travel situations, describe experiences and events, and give brief reasons and explanations.

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

ITALIAN

ITALIAN, NEW BEGINNERS

GL6

Francesca Cardoni

5 Thursdays, 4 March - 1 April,

11.15am-12.45pm

Buongiorno! Let's start to learn the basics of colourful Italian. Suitable for all beginners.

Members \$60 / \$48 conc. (+ \$4 materials)

ITALIAN, BEGINNERS ADVANCED

GL7

Francesca Cardoni

5 Thursdays, 4 March - 1 April, 9.30 -11am

For those who know the basics and are able to have an easy conversation in the present tense.

Members \$60 / \$48 conc. (+ \$4 materials)

LANGUAGESContinued

ITALIAN, INTERMEDIATE **GL8**
Francesca Cardoni
5 Tuesdays, 2 – 30 March, 1.30-3pm
For those who can hold and understand a simple Italian conversation in present and past tenses.
Members \$60 / \$48 conc. (+ \$4 materials)

ITALIAN, ON SATURDAYS **GL9**
Francesca Cardoni
7 Saturdays, 13 Feb–27 March, 11am-12.30pm.
For the ongoing beginner, in a friendly class. If you have the raw basics, you're welcome to join.
Members \$84 / \$68 conc. (+ \$4 materials)

FRENCH
FRENCH, NEW BEGINNERS **GL10**
Paddy Glasgow
8 Wednesdays, 10 February – 31 March, 2-3pm
A brand new course for the absolute beginner.
Members \$64/ \$51 conc. (+ \$4 materials)

FRENCH, MORE ADVANCED **GL11**
Paddy Glasgow
8 Thursdays, 11 February – 1 April, 1–3pm
Students with good grammar and conversation who want to improve fluency are welcome.
Members \$128/ \$102 conc. (+ \$4 materials)

FULL CLASSES, with Millie Kursar
(Ongoing students please re-book)

FRENCH, ONGOING **GL12**
8 Tuesdays, 9 Feb–30 March, 10.45am-12.15pm
Members \$96/ \$77 conc. (+ \$4 materials)

ITALIAN, ONGOING **GL13**
8 Wednesdays, 10 Feb–31 March, 10.45am-12.15pm
Members \$96 / \$77 conc. (+ \$4 materials)

FRENCH ON FRIDAY **GL14**
Millie Kursar
7 Fridays, 12 Feb–26 March, 10.45am-12.15pm
There are a few spaces available in this ongoing class – if you have basic French grammar and vocabulary come join this friendly group.
Members \$84 / \$68 conc. (+ \$4 materials)



Join Mal Christison on a beautiful Murray River cruise on Wednesday 24th March

COMPUTERS & TECHNOLOGY

You will need to bring your own device.
Please ensure that it is fully charged and bring your passwords.
Our classes are small and friendly, our tutors are patient.

PHONE / IPAD STARTER **HC1**
Kris Metcher
Tuesday 9 February, 10am-12noon
A helpful overview of Apple iPhones and tablets, both for those who have either device and for those pondering a purchase. This introduction will set you up for our other iPad courses. Bring your device if you have one.
Members \$16 / \$13 conc. Non-members \$21

MS WORD, BEGINNERS **HC2**
Kris Metcher
2 Tuesdays, 9 & 16 February, 12.30-2.30pm
Learn to create a document, name it, close it and find it again. Cut out words and put them elsewhere. Spell-check, change the layout, undo a mistake. Learn how to file documents on your PC so you can find them again.
Members \$32 / \$26 conc.

WINDOWS 10 FOR LAPTOPS, STARTERS **HC3**
Fay Gerhard
Monday 15 February, 8.45-10.45am
Windows 10 is Microsoft's latest operating system. Discover how to customise your laptop. Make the most of windows features, learn about the windows desktop, and how to organise your files into folders.
Members \$16 / \$13 conc. Non-members \$21.

WHATSAPP? **HC4**
Fay Gerhard
Monday, either 15 or 22 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.

YOUR MAPS APP FOR IPAD **HC5**
Kris Metcher
Tuesday 16 February, 10am-12noon.
Walking, driving or using public transport, finding the nearest fuel station or restaurant, your iPad maps app is a treasure and you'll wonder how you ever did without it. Link it to your Contacts App. Learn how to get the most out of it.
Members \$16 / \$13 conc. Non-members \$21.

WINDOWS 10 FOR LAPTOPS (PART 2) **HC6**
Fay Gerhard
Monday 22 February, 8.45-10.45am
Windows 10 is Microsoft's latest operating system. For those who have completed the introductory course, come and learn how to change your settings, use the windows 10 anti-virus system and the inbuilt voice assistant Cortana.
Members \$16 / \$13 conc. Non-members \$21.

Continued on next page

PERSONALISE YOUR iPad

HC7

Kris Metcher

3 Tuesdays; 23 Feb-9 March, 10am-12noon

Now that you're familiar with your iPad, learn to set it up for your personal use. Learn about web browsers, tabs, bookmarks, favourites and reading lists. Discover search engines including Google. Meet Siri and put her/him to work as your personal assistant. Take, store, edit and share photos, catch up on TV, share 'stuff' on social media sites, download an eBook.
Members \$48 / \$38 conc.

WHAT'S FREE, WHAT'S NOT ON YOUR iPad

HC8

Kris Metcher

3 Tuesdays; 23 Feb-9 March, 12.30-2.30pm

Check iPad storage, what's free, how and why you might want to buy more. Explore the many freebies and others that you might consider buying. Learn how to add money to your iPad without divulging bank details. Discover free apps that help you use a library, find a fuel station or café, read the news, listen to the radio and keep in touch with friends and family.
Members \$48 / \$38 conc.

ORGANISE YOUR ONLINE PHOTOS

HC9

Fay Gerhard

Monday 15 March 11.15am-1.15pm

Learn how to create folders for your photos, download photos from your phones, and share your photos with others. Bring your device cable for downloading.
Members \$16 / \$13 conc. Non-members \$21.

iPAD APPS FOR EVERYDAY LIVING

HC10

Kris Metcher

3 Tuesdays; 16 - 30 March, 10am-12noon

Learn to be cloud-savvy, take charge of your digital footprint and manage storage on your device and iCloud. Use your tools to organise and enhance your photos and discover ways to share them. Use your library, find a café, read news, buy an eBook or keep in touch with friends at no cost. You need a basic understanding of iPads for this course.
Members \$48 / \$38 conc.

BEST iPad PHOTOGRAPHY

HC11

Kris Metcher

Tuesday 16 March, 12.30-2.30pm

Learn to get the best out of the camera app, then use the photos app to edit, crop and enhance your photos. Create and name your albums, find on the world map where your photos were taken, and tag people so you can find them easily. We'll also look at other photo apps on the App Store and learn how to transfer photos to other devices. Bring your charged iPad; familiarity with it is essential.
Members \$16 / \$13. Non-members \$21.

INTRO TO FACEBOOK

HC12

Kris Metcher

2 Tuesdays 23 & 30 March, 12.30-2.30pm

Create a Facebook account for your private use, and be wise about security and privacy. Add or change your photo and cover, send and accept friend requests, remove friends, upload or tag photos and create a post. You need an existing email address (and password) to create your profile. If you already have a Facebook profile, have its email and password ready.
Members \$32 / \$26 conc.

FACEBOOK MARKETPLACE

HC13

Fay Gerhard

Monday 29 March, 8.45am-10.45am

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.

COMPUTER HELP DESK

HC14

Fay Gerhard

A one-on-one 30 minute session.

Phone or book in person at the office.

Members \$20. Non members \$25.

