Mac-In Community Learning Centre Inc.

Phone: 9339 3964 Office hours: Monday - Friday 8am - 4pm Email: admin@glydein.org.au Web: www.glydein.org.au

AS5

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

PROGRAMME TERM 3 2021 - Monday 26 July to Sunday 26 September Enrolments begin Wednesday 21 July, 8.30am in person, 9.00am online

Evening and weekend courses are highlighted with a yellow star

AS4

SPEAKERS UNLIMITED

FIFTY YEARS OF AVIATION TURBULENCE AS1

Geoffrey Thomas

Monday 2 August 10 - 11a

Monday 2 August, 10 - 11am

The West's multi-award winning aviation editor Geoffrey Thomas has been covering the industry for 50 years and along that journey has collected many bizarre and sometimes crazy stories related to aviation. Join us for a funny look at the world of aviation writing.

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

SLEEP YOUR WAY TO BETTER HEALTH AS2 Jennifer Walsh

Wednesday 4 August, 9 - 10.15am

Insufficient sleep is known to have detrimental impacts on overall health, yet most of us deprive ourselves of adequate sleep on a nightly basis. Learn more about why we sleep and how it helps keep us healthy. Learn about the science of sleep and why it is sometimes difficult to sleep. Jennifer, director of the Centre for Sleep Science at UWA, will explain common sleep disorders and novel treatments, and offer some simple tactics to optimise your sleep and improve your health.

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

MY CRAZY LIFE AND TIMES AS3 Sandra Ramini

Thursday 5 August, 2 - 3pm

Sixty years ago, Sandra Harris set sail for England seeking fame and fortune. During her 50-year media career she met Muhammad Ali, Dames Maggie Smith and Joan Collins, Mick Jagger and Michael Jackson. Dame Barbara Cartland became a close friend. Sandra climbed into bed with John Lennon and Yoko Ono, got to know Dolly Parton, and sang the 'wah, wah, wah,' bits with the Motown girl band, The Three Degrees. Now back home in Perth, Sandra hopes to get down to writing her latest book, ACT III – The Essential Handbook For People Who Weren't Born Yesterday. Come and hear more from Sandra's eventful life and career.

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

THE JEWEL OF MUSCAT Tom Vosmer

Monday 9 August, 9.30 - 10.30am

The Jewel of Muscat was a reconstruction of a typical medieval trading ship of the Western Indian Ocean. For millennia, all ships of the Indian Ocean were sewn, their planks joined by cordage, their frames lashed into the hull shell. Not a single nail was used. Despite frequent historic references, only two such ships have

ever been discovered. The Jewel of Muscat reconstruction was based on the first of these. Tom will reveal elements of the fabulous cargo discovered in the wreck, the archaeological research, and the design, construction and sailing of the vessel for 6000 km from Oman to Singapore. Tom is a maritime archaeologist and directed the construction of the vessel.

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

MEMORY, IMAGINATION AND WRITING Ian Reid

2 Tuesdays, 10 & 17 August, 2 - 3.30pm

This will appeal to those who are or want to be writers and to those who simply enjoy reading. Memory and imagination are sources for many kinds of writing. Sometimes one predominates: memory for autobiography and family history, imagination for particular forms of fiction. But successful contemporary literature usually blends the two in creative ways, which is often the key to a winning piece. Ian, a writer and Adjunct Professor in English and Literature at UWA, explains.

Members \$24 / \$16 conc.

SHIPWRECKS OF THE WEST, a photographer's view AS6 Pat Baker

Wednesday 11 August, 2 - 3.30pm

From 1973 to 2017 Patrick Baker was specialist photographer for the Western Australian Museum's Department of Maritime Archaeology. In fact most of the display photographs at Fremantle's WA Shipwrecks Museum were taken by Pat. For 44 years he recorded the Museum team's endeavours above and below the waters of Western Australia. In this richly illustrated talk Pat will share his experiences on some of the 50 or so WA wrecks he has recorded, including the 'Batavia' (1629), 'Rapid' (1812) and 'James Matthews' (1841), all of them rich "time capsules" dating from the exact date of their wrecking.

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



Photographing the Batavia hull

RELIGION, POLITICS AND STABILITY

Samina Yasmeen

Friday 13 August 9 - 10am

With the focus on Islam today, we can fail to realise that other religions also play a significant role in world politics. This talk will explore fundamentalist tendencies of other faiths and how they shape developments in South Asia, the Middle East and in western liberal societies. Samina Yasmeen, director of the Centre for Muslim States and Societies at UWA, offers some startling food for thought.

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

BEN'S BLACK GOLD

AS8

AS7

Nancy Harrison

Monday 16 August, 10 - 11am

Ben Prior was born in Kent in 1902. In 1923 he left the UK on the SS Ballarat, and arrived in Fremantle with £7 to his name. After ten years working in various towns, Ben moved with his wife and young family to Coolgardie. He bought several properties and businesses in Bayley Street and established a museum, now known as the Ben Prior's Open Air Museum. Ben was later awarded an MBE for his services to Coolgardie. Nancy has written Ben's Black Gold, the story of her dad's life.

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

GEOCULTURAL POWER - REVIVING THE SILK ROADS FOR THE TWENTY-FIRST CENTURY ASS

Wednesday 18 August 2 - 3pm

What is China's Belt and Road Initiative? Media coverage focuses on the multi-billion dollar infrastructure deals and geopolitics. This talk discusses China's geocultural ambitions and why it is proclaiming to revive the Silk Roads for the 21st century. And in the age of COVID-19, what is the significance of the Health Silk Road? Tim is a Professor in the School of Social Sciences at UWA.

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

FIRST AID FOR SENIORS

AS10

Monday 23 August, 9 - 11am

Join St John Ambulance for a demonstration on basic first aid. They'll cover common injuries and illnesses that can occur in everyday life. The course combines both theory and practical



demonstrations, including the recovery position, cardiopulmonary resuscitation (CPR) and fracture management.

Members \$15 / \$12 conc. Non-members \$20

BHUTAN, HIMALAYAN KINGDOM OF HAPPINESS George Burns AS11

Wednesday 25 August, 9 - 10.30am

Join George on a virtual journey to Bhutan, discover a little about this stunningly scenic landlocked Himalayan Kingdom, share in some of his privileged volunteer work and learn about how Bhutan is influencing world thinking with its policy of Gross National Happiness.

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

RUSSIA/CHINA ALLIANCE: MYTH OR REALITY? Alexei Muraviev AS12

3 Fridays; 27 August, 3 and 24 September, 9 - 10.15am (excludes 10 & 17 September)

Moscow-Beijing relations have reached their 'highest level in history', Russian President Vladimir Putin said recently. The close ties are based in part on the leaders' shared identities as autocrats who repress all political opposition. They also have closely aligned foreign policies, and both want to restrain US influence

in Asia. An alliance between the two countries would have a massive impact on the Indo-Pacific region and for Australian security. Alexei Muraviev is Associate Professor of National Security and Strategic Studies at Curtin University.

Members \$36 / \$24 conc.

VOICE SAFARIS

AS13

Laksar Burra

Friday 27 August, 10 - 11am

A light-hearted and helpful session, where Laksar, an award winning storyteller, describes some of his experiences speaking and singing in front of others. He demonstrates how we can all overcome our fears when we use our voice to speak and sing using our breath, body and exercise.

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

HEADING FOR EXTINCTION ...and what to do about it AS14

Heath Greville

Monday 30 August, 10 - 11.30am

The planet is in ecological crisis: we are in the midst of the Earth's sixth mass extinction. Scientists believe we may have entered a period of abrupt climate breakdown. This is an emergency. In this talk speakers from Extinction Rebellion will share the latest climate science, discuss some of the current psychology around climate change, and offer solutions through the study of social movements.

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

FOR THE LOVE OF OUR FLORA AND FAUNA AS15 Fred Hort, Jean Hort

Wednesday 1 September, 9 - 10am

Celebrated nature photographers Fred and Jean Hort now have eight native plants, a spider and three flies named for them. After retiring more than 25 years ago, the couple have discovered many new plants in the Perth hills and at the same time they fell in love with winged insects. They are authorised collectors of plants for the WA Herbarium and insects for the WA Museum. Their photography is highly regarded in scientific and nature circles alike. Hear their happy story and see some magnificent nature images.

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

GLYDE-IN TOWN TALK

AS16

Wednesday 8 September, 9 - 10am

Come and hear an update from East Fremantle Council representatives on what's happening in East Fremantle and current issues of concern to residents.

No charge, but bookings essential.

ROBOTIC RADIOTHERAPY

AS17

Peter Podias

Wednesday 8 September, 2 - 3pm

Clinically proven and non-invasive, the CyberKnife system uses state-of-the-art robotic technology combined with real-time image guidance to deliver precisely targeted radiation to cancerous and non-cancerous tumours almost anywhere in the body. This technology is used to treat various cancers including brain, lung and prostate cancers, as well as non-cancerous tumours. Peter, the Clinical Operations Director of 5D Clinics, will discuss the benefits of CyberKnife and patient journey.

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

MONGOLIA - PAST AND PRESENT Jane Cousins

AS18

Friday 10 September, 9 - 10am

Many of us have heard of the great warrior Genghis (Chinggis) Khan, renowned for unifying the disparate

SPEAKERS UNLIMITED ... Continued

tribes of the steppes into a powerful empire that once stretched across most of Eurasia. But what do we actually know about the Mongolian Empire, or modern day Mongolia? If you are interested in learning a little more about the history, arts, culture and environment of this surprising country, this talk will whet your appetite. It will cover a range of seemingly unrelated topics, such as the truth about the Mongolian horse, the significance of a 'zud', the country's national Naadam Festival, the impact of pollution and climate change, and why there are state-sponsored opera and ballet companies. Come and hear how the pieces fit together.

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

CONFLICTS IN AFRICA: CAUSES, EFFECTS AND THE WAY FORWARD AS19

Tuesday 14 September, 9 - 10am

Dr Kwadwo Adusei-Asante & Dr Jonas Klutsey
Conflicts in Africa continue to gain the attention of
scholars, readers, the media, governments and
international organisations. In this presentation, Dr
Adusei-Asante and Dr Klutsey from Edith Cowan
University will discuss the causes of conflicts in Africa,
looking at both internal and external factors. They
will discuss and encourage a dialogue around the way
forward for peace on the continent.

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

PERTH THEN AND NOW Richard Offen

AS20

Wednesday 15 September, 2 - 3pm

Perth ranks amongst the oldest places on earth with near continuous human habitation. The modern city came into being in 1829 with the formation of the Swan River Colony. For the first 60 years Perth was no more than a small country town which lived on an economic knife-edge between riches and ruin. Then, in the 1890s, commercial quantities of gold were discovered in the North and East of WA. This sparked the first of several mineral booms in the State, and resulted in Perth being able to demonstrate its newfound wealth in the form of grandiose buildings which began to transform the modest town into the city we know today. Join Richard, author of the best-seller 'Perth Then and Now' on a fascinating visual tour around the city through photos old and new.

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

HAPPY GUT Nick Nation

AS21

Friday 17 September, 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 this vital balance. Dietician and lecturer Nick Nation returns to deliver this popular talk.

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



NOT-SO-TRIVIAL PURSUITS

UKULELE ONGOING

Shirley Guy

9 Mondays: 26 July - 20 September, 12 - 1.30pm In this ongoing group we will continue strumming favourite songs and pursue our quest of playing melodies.

Members \$108 / \$86 conc.

UKULELE FOR BEGINNERS

BN₂

Shirley Guy

9 Mondays: 26 July - 20 September, 2 - 3.30pm Bring or borrow a uke and start strumming. No musical experience needed, come and give it a try!

Members \$108 / \$86 conc.

ROMEO AND JULIET, page to stage to screen BN3 Mary Ellen MacDonald

Friday 6 August, 10am - 12noon

How does the medium deal with the themes? And whose fault is the tragic death of the lovers anyway? Mary Ellen taught literature and brings new depths of understanding to Shakespeare. Please bring the text if you can.

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

DO YOU HAVE A STORY TO TELL?

BN4

Rosemary Argue

4 Wednesdays, 18 August - 8 September, 1.30 - 3.30pm

Do you feel you have a book or a short story in you but don't know how to begin? Over four weeks 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.

GUITAR for absolute beginners Steve Coleman

BN5

6 Thursdays 19 August - 23 September, 1 - 2pm Learn to strum a few basic chords and then how to string them together to play a few tunes. You'll be amazed how far three chords will get you. Then we'll add more. No notes or theory in this stress-free small group for beginners. You will need an acoustic guitar (a classical one is easier on the fingertips as three strings are nylon). Previous students welcome to come and brush up.

Members \$48 / \$39 conc.

OEDIPUS, myth to drama to psychological complex Mary Ellen MacDonald BN6 Friday 20 August, 10am - 12noon

This Greek king has meant different things to three historical contexts. Join Mary Ellen in delving further. Bring the text if you can.

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



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

OUT & 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 – 93393964.

Our Out & About Committee needs you

If you enjoy our Out & About Programme and you are prepared to be more involved, we need you. Our committee has lost a valuable member with the retirement of Jono Farmer and currently consists of Julie Robertson, Tess May and Mal Christison. We need a minimum of four to arrange these outings each term, so if you have organisational skills and would like to use them to provide a valuable service to our members, please contact our office.

We are also in need of a bus driver with a light rigid licence for our Out & About outings, if that's you or you know of someone who can help please let us know

HOTHAM VALLEY RAILWAY

CO1

Mal Christison

Sunday 1 August, 7.45am - 4.15pm

Bus and train trip: Join us for a ride on the historic Hotham Valley Steam Train. The train departs Dwellingup where the pace is leisurely as it rolls along westward, down to Isandra Siding. On the return journey, you will thrill to the magnificent sights and sounds of a steam locomotive hard at work climbing WA's steepest and most spectacular section of railway. Travel along an amazing portion of steeply graded and tightly curved railway manually carved into the Darling Range, which once so masterfully served the timber industry and the agricultural areas of Dwellingup and beyond. You are welcome to bring a picnic morning tea to eat on the train. The bar and restaurant are also open. Afterwards we lunch at the historic Dwellingup Hotel (at own cost). Book before 16 July.

Bus departs 8.00am.

Members \$94 / \$78 conc. Non Members \$104

HIS MAJ GRAND HISTORICAL TOUR CO2 Tess May

Tuesday 10 August, 10am - 2.30pm

Meet there: Ivan King OAM, Theatre Historian at His Majesty's Theatre, takes you on a gossipy and anecdotal wander through ten decades of colourful show-business history, viewing front-of-house, auditorium, stage, and backstage spaces. You will also be able to view memorabilia from the Museum of Performing Arts collection. The tour commences at the ground floor foyer and is suitable for walkers able to climb staircases. After the tour we lunch at the Crew and King Restaurant in the theatre, where light and medium lunches are available (at own cost). Book before 2 August.

Meet at His Majesty's Theatre foyer, 825 Hay St, Perth at 9.45am. Members \$36 / \$30 conc. Non-members \$41

BICKLEY OBSERVATORY NIGHT SKY TOUR CO3
Julie Robertson

Friday 13 August, 3.45 - 10pm

Bus trip: The evening will start with dinner at Kalamunda Hotel (at own cost) followed by a magnificent tour of the Bickley Observatory.

OUT & ABOUT ... Continued

Astronomers say the best time for viewing our southern skies is during winter with the planets and the galactic centre passing overhead, revealing many deep-sky treasures that you can't see in summer. We have chosen a moonlit night with a ½ moon to enable us to see details on the moon as well as other celestial objects. In the event of cloud or rain on the night you will be taken on an amazing guided tour of the Observatory. You can also explore the observatory museum with historical instruments, the meteorite exhibit, astrophotographs & artworks. Dress for the cold and wear comfy shoes. Book before 30 July. Bus departs 4pm.

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

LAW COURTS AND LAW COURTS HISTORY MUSEUM Jono Farmer CO4

Wednesday 18 August, 8.45am - 2pm

Bus trip: Let's see what a live court looks like. See a court session in action at the Supreme Court. We will then go to the Francis Burt Law Museum to observe the re-enactment of a famous trial 'The Western Australia v Audrey Campbell Jacob': the true case of a 20 year old West Australian woman put on trial for the murder of her fiancé, Cyril Gidley, after he was shot at the Government House ballroom in 1925. Then we'll go for lunch at Zamia café in King's park (at own cost).

Book before 11 August

Bus departs 9am

Members \$42 / \$35 conc. Non-Members \$47

WAAPA tour Tess May

CO5

Tuesday 24 August, 7.30am - 2.45pm

Bus trip: Join the Friends of the Academy for a 'behind the scenes' tour of the fabulous Western Australian Academy of Performing Arts. Your well-informed guide will take you backstage and on stage and will show you through the set design and costume workshops. You will visit a Music Theatre class and an Aboriginal performance and there will also be a Q&A with a representative of WAAPA. A traditional morning tea is also included. Purchase a light lunch at the Grindhouse Eatery on campus or bring your own, then enjoy a complimentary lunchtime concert with priority reserved seating that will complete your tour.

Book before 29 July. **Bus departs 7.45am Members \$97 / \$81 conc. Non-members \$107**



Araluen on a previous Glyde-In outing

OUT & ABOUT ... Continued

ARALUEN CO6 Wednesday 1 September, 9.30am - 3.30pm

Mal Christison Bus trip: Araluen Botanic Park welcomes you to the

annual tulip festival where over 150,000 tulip bulbs put on the most spectacular show, in its breathtakingly beautiful bushland setting. Stroll through stoned pathways across the terraces lined by enormous stone pillars and shaded jarrah pergolas. View the circa 1930's log cabins located in each garden precinct and learn about Perth's heritage and history on the sign panels. Located within 59 hectares of native Australian bushland, the gardens cover 14 hectares with each precinct featuring various exotic plant species that flourish in the cool micro climate of the Roleystone Perth Hills in Armadale. We will lunch at Chalet Healy Cafe on the Araluen grounds and enjoy their spring menu (at own cost).

Book before 25 August.

Bus departs 9.45am Members \$49 / \$41 conc. Non-members \$54



PARLIAMENT HOUSE TOUR AND ART GALLERY Jono Farmer

Monday 6 September 2021, 9.30am - 2.45pm Bus trip. Join us for a short tour of the Legislative Assembly and Legislative Council followed by an extensive tour of the art gallery which features exclusively Western Australian paintings both Indigenous and traditional.

Book before 23 August.

Bus departs 9.40am

Members: \$33 / \$27 conc. Non-members \$38

ENDERSLEA FARM Mal Christison

Friday 10 September, 9.45am - 4.45pm

Bus trip: Our tour begins with a light lunch (at own cost) at Stringybark Cottage Winery Restaurant in the beautiful Chittering Valley. A short drive then brings us to historic Enderslea Farm (circ 1853) where we will attend the play, 'Blackwood River Gliding By'. This play tells the story of Georgina Mangles, a wife, mother and farmer living in the tiny settlement of Augusta on the Blackwood River. The frequent letters between her and her husband both reveal her lonely life and the fulfilment she finds in learning about the dozens of native plants she collects. Enderslea Farm, with its large stone barn built by ticket-of-leave men gives an evocative sense of place to this story. A 'farm fare' afternoon tea is included, provided by the Bindoon and Bullsbrook Country Women's Associations. Bindoon Estate Wine will provide free wine tastings. Please dress for the weather as the barn may be cold. Plenty of layers are recommended. A lap rug or blanket and a beanie would help. Wear flat shoes suitable for walking around a farm.

Book before 3 September

Bus departs 10am

Members \$91 / \$76 conc. Non-members \$101

MIND & BODY

YOGA GENERAL

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.

9 Tuesdays, 27 July - 21 Sept, 6 - 7.15pm

Members \$90 / \$72 conc. DM1

9 Thursdays, 29 July - 23 Sept, 6 - 7.15pm

Members \$90 / \$72 conc. 9 Saturdays, 31 July - 25 Sept, 8 -9.15am

Members \$90 / \$72 conc. **DM3**

Continuing students need to re-enrol to secure a place.

YOGA RESTORATIVE

DM4

DM₂

Uwe Oswald

9 Tuesdays, 27 July - 21 September, 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).

Members \$90/ \$72 conc.

DAOIST MEDICAL QIGONG.

DM5

Toni Weston

5 Thursdays, 29 July - 26 August, 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. Toni has made Qigong her daily practice since 2004 and is dedicated to the teaching of this wonderful, nourishing practice.

Members \$40 / \$32 conc.

THE LISTENING SPACE

DM₆

Marianna Garaboni

One of three Saturdays 7, 14, or 21 August,

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.

Let's help each other to stay **COVID-safe**

We continue to adjust our programme and capacity limits in line with prevailing COVID safety guidelines. Enhanced cleaning and hygiene practices are ongoing and we ask your support in following relevant COVID-safety recommendations around vaccination, mandatory sign-in, hand hygiene, and social distancing where possible.

CULTURE CLUB

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

CONFETTI FROM GRACELAND, Harbour Theatre
Sunday 22 August, 2 - 5pm EC

This comedy, written and directed by Noel O'Neill, revolves around a house painter in Brooklyn, a diehard Elvis fan celebrating Elvis's birthday. He is about to invest in an ice-cream parlour when his daughter announces that she is about to be married. Hilarity ensues. Meet your Glyde-In host in the foyer of the Camelot Theatre, 16 Lochee St, Mosman Park, between 1.30 – 1.45pm.

Book before Friday 6 August

Members \$25, Non-members \$30

WASO Morning Symphony Thursday 9 September, 11am - 12pm

Mark Wigglesworth conducts Shostakovich's Symphony No. 5, one of the most dramatic and thrilling symphonies of the 20th century. Composed under acute political pressure during Stalin's regime, Shostakovich may have veiled his symphony's true intention, but nothing can suppress the devastating musical power of this heart-pounding message for the revolution. Collect your unallocated stalls tickets between 10.30 – 10.45am, Perth Concert Hall foyer, opposite the coffee station.

Book before 3pm 27 August

Members \$35. Non-members \$40



Yes Glyde-In is turning 40 this year!

Help us celebrate at a garden party on Saturday 11 September, 2.30 - 5 pm. Save the date, more details to follow

BY HAND

FUN WITH COLOURS

Sean Corr

5 Fridays, 30 July - 27 August, 1.30 - 3.30pm If you think you can't paint, if it's been a while, or if you're looking for an encouraging place to paint, come along. You'll learn the skills to mix colour and to really look at a subject. Bring an image or idea of what you would like to paint along with your acrylic

paints. Have fun learning new skills in a safe place. **Members \$80 / \$64 conc. + things go bring.**

SKETCHING NATURE

FB2

Jane Lidbetter

4 Mondays, 30 August - 20 September 9.30 - 11.30am

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. + things to bring.

TEA TOWEL RE-IMAGINED

FB3

Kerry Moore

EC2

Wednesday 1 September, 1 - 4pm

Combine the techniques of needle-turn appliqué with the beauty of Japanese blossoms, cranes and stitchery. We will work on a linen tea towel and create a beautiful arrangement of typical Japanese iconic features. You will learn the basic technical aspects of appliqué and cover all techniques needed to easily finish this project at home. Then you'll be ready to use your tea towel at your next dinner party. This is suitable for all levels of stitchers. If you have them please bring your own sewing supplies - needles, thimbles, scissors, etc.

Members \$24 / \$20 conc. + \$15 for materials.

SAND, SEA AND SURF IN WATERCOLOUR FB5 Jane Lidbetter

4 Fridays, 3 - 24 September, 1 - 3pm

A course for those drawn to the ocean in its many moods. Jane will teach you the fundamental techniques in using watercolours - laying down washes, colour theory and the use of different paper and brushes to experiment with.

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

Annual General Meeting

NOTICE TO MEMBERS

The AGM will be held on

28 September at 2.00 pm at

Glyde-In Community Learning Centre

All positions will be made vacant.

Nomination forms are held in the office

and should be submitted to the

Secretary, Gordon MacNish, a

week prior to the AGM.



SPANISH

SPANISH, Beginners ongoing, Mondays **Ruperto Nunez**

9 Mondays, 26 July - 20 September 4 - 6pm For the ongoing beginner, continue to learn the basics of this melodious language.

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

SPANISH, Basic A1 Ruperto Nunez

GI 2

9 Tuesdays, 27 July - 21 September 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 \$144 / \$115 conc. (+ \$4 materials)

SPANISH on Mondays, Basic A2

Ruperto Nunez 9 Mondays, 26 July - 20 September

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 \$144 / \$115 conc. (+ \$4 materials)

SPANISH, Intermediate B1 Ruperto Nunez

GL4

GL₃

9 Tuesdays, 27 July - 21 September, 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 \$144 / \$115 conc. (+ \$4 materials)

ITALIAN



ITALIAN, Ongoing Beginners GL₅ Francesca Cardoni 9 Thursdays, 29 July - 23 September 11.15am - 12.45pm

For the ongoing beginner - we'll continue to learn the basics of colourful Italian.

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

ITALIAN, Beginners advanced Francesca Cardoni

GL₆

9 Thursdays, 29 July - 23 September, 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 Francesca Cardoni

9 Tuesdays, 27 July - 21 September, 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 Francesca Cardoni

GL8

9 Saturdays, 31 July - 25 September 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)

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

ITALIAN, Ongoing

GL9

7 Wednesdays, 28 July - 22 September 10.45am - 12.15pm (excluding 1 & 8 Sept) Members \$84 / \$68 conc.

FRENCH, Ongoing

GL10

8 Tuesdays, 27 July - 21 September 10.45am - 12.15pm (excluding 7 Sept) Members \$96 / \$77 conc.

FRENCH

FRENCH on Friday

GL11

Millie Kursar

8 Fridays, 30 July - 24 September 10.45am - 12.15pm (excluding 3 Sept)

There are a few spaces available in this ongoing class if you have basic French grammar and vocabulary come join this friendly conversation group.

Members \$96 / \$77 conc.



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.

Please talk to Jacqui Reeves, 9339 3964. 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.

COMPUTERS & TECHNOLOGY

Our classes are small and friendly, our tutors are patient. Courses are based on demand so you need help on a particular topic let us know. You can also use the one-on-one sessions through the Computer Help Desk to get individualised support or advice.

You will need to bring your own device. Please ensure that it is fully charged and bring your passwords.

FACEBOOK MARKETPLACE

HC1

Fav Gerhard

Monday 9 August, 8.45am - 10.45am

Facebook marketplace and others 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

ORGANISE YOUR ONLINE PHOTOS (for Windows laptops)

HC2

Fay Gerhard

Monday 9 August, 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 laptop and cable for downloading.

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

MACBOOK BASICS

HC3

Fay Gerhard

Monday 16 August, 8.45am - 10.45am

Do you have an Apple MacBook laptop, and have trouble operating it? This course will help you familiarise yourself with the Mac's tools and functionalities.

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

ORGANISE YOUR ONLINE PHOTOS (Apple iPhones/iPads)

HC4

HC5

Fay Gerhard

Monday 16 August, 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 and cable for downloading.

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

ANDROID PHONE / TABLET STARTER Kris Metcher

Tuesday 24 August, 10am - 12noon

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

iPHONE / iPAD STARTER Kris Metcher

Tuesday 24 August, 12.30 - 2.30pm

HC₆

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

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

PERSONALISE YOUR iPHONE / iPAD HC7 **Kris Metcher**

Tuesday 31 August, 10am - 12am

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

iPHONE /iPAD PHOTOGRAPHY Kris Metcher

HC8

Tuesday 31 August, 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. Learn how albums work and create and name your albums. Bring your charged device.

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

WHERE DID I FILE THAT?

HC9

Kris Metcher Tuesday 7 September, 10am - 12pm

Are you forever trying to locate things on your computer? Do you know the difference between a file and a folder? This might be the class for you. 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

INTRO TO FACEBOOK

HC10

Kris Metcher

2 Tuesdays: 7 & 14 September, 12.30 - 2.30pm Learn about Facebook and how it works. If you wish 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 will 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.

iPHONE/iPAD APPS FOR EVERYDAY LIVING HC11 Kris Metcher

Tuesday 14 September, 10am - 12pm

There are thousands of free apps in the App Store. Discover apps that help you use a library, find a fuel station or café, listen to the radio and keep in touch with friends and family. Use your library, find a café or keep in touch with friends at no cost. You need a basic understanding of iPhones/ iPads for this course.

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

COMPUTER HELP DESK Fay Gerhard

HC12

A one-on-one 30 minute session. Book a session to deal with a particular issue or for individualised support in making the most of your device. Phone or book in person at the office.

Members \$20. Non members \$25



have one.

Glyde-In Community Learning Centre Inc.

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 and ongoing operational funding.

HOW TO ENROL

Enrolments begin Wednesday 8.30am 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 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.

Our enrolment form is on the last 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 class.



A Word from the Chair

Glyde-In remains in a strong financial position thanks to the wonderful support of our members, staff, volunteers and the Town of East Fremantle. In addition COVID resilience funding allowed Glyde-In to remain financially viable during the lockdown. Last year the committee voted to extend all membership fees for six months to compensate for the impact of the lockdown and has recently voted to maintain our current membership and course fees for the next financial year. These measures align with our policy of providing maximum benefit to our members.

An important part of our ability to provide benefit to our members is our reliance on the freely given skills of our volunteers. Without them, Glyde-In costs would rise dramatically. Our Management Committee members are all volunteers. Volunteers maintain our buildings and our garden, organise and run our Out & About programme, staff our enrolment days, support our IT systems and provide many other valuable services.

Unfortunately, nothing lasts forever, including our volunteers, so we need your help. Have you thought about the benefits of volunteering? I can only speak about these benefits from personal experience. After our kids left home and I retired, I felt that I was somewhat surplus to requirements. Something was missing in my life, a sense of purpose and a need to feel useful. I was enjoying spending time at Glyde-In and came to appreciate the valuable service Glyde provides its members. So I got involved in volunteering and found that these activities provided the sense of purpose I was seeking.

Currently, we are seeking volunteers for our Management Committee, our Out & About Committee and our gardening group. If you feel that you can contribute to any of these activities and would like to be more involved, we would love to hear from you.

I want to take this opportunity to recognise the work done over many years by Craig Johns, our volunteer IT expert. As part of the recent Volunteers Week Australia 2021 celebrations Craig was recognised by the Town of East Fremantle for his outstanding service to Glyde. Thank you Craig and well done.

Our Out & About Committee has arranged eight outstanding outings for Term 3. This springtime programme includes the popular Hotham Valley Railway and Perth Observatory, His Maj Grand Historical Tour, Law Courts and Museum, WAAPA tour, Araluen Tulip Festival, Parliament House Gallery and Enderslea Farm in the Chittering Valley.

We hope you enjoy the many activities and outings in this Term 3 programme.

Please stay safe and well,

Yours Sincerely

Mal Christison

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 93393964.

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.

CYCLING GROUPS: Monday and Wednesday mornings. For Monday group phone Gordon MacNish 0419 858 960. Phone Marilyn Carosella 0407082038 for our Wednesday group.

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

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.

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.

RELAX AND REJUVENATE WITH GYROKENISIS:

Breath and flowing movement combine to increase flexibility and core strength, energy and well-being. From August, Wednesdays, 6.15-7.15pm, \$20/\$18 conc. Christine 0452 364 316.

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". 3rd Wed/month, 7.30pm, gold coin. 0408 957 514.



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.

ENROLMENTS

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	AS1	FIFTY YEARS OF			2 Aug	\$12.00	\$8.00	\$17.00	-
	AS2	SLEEP YOUR WA		HEALIH	4 Aug	\$12.00	\$8.00	\$17.00	-
	AS3	MY CRAZY LIFE			5 Aug	\$12.00	\$8.00	\$17.00	-
	AS4	THE JEWEL OF M			9 Aug	\$12.00	\$8.00	\$17.00	_
	AS5	MEMORY, IMAGI		WRITING	10 Aug	\$24.00	\$16.00	_	_
	AS6	SHIPWRECKS OF	F THE WEST		11 Aug	\$12.00	\$8.00	\$17.00	_
	AS7	RELIGION, POLI	TICS AND ST	ABILITY	13 Aug	\$12.00	\$8.00	\$17.00	
	AS8	BEN'S BLACK GO	DLD		16 Aug	\$12.00	\$8.00	\$17.00	_
	AS9	GEOCULTURAL P	OWER - SILK	ROADS	18 Aug	\$12.00	\$8.00	\$17.00	_
	AS10	FIRST AID FOR S	SENIORS		23 Aug	\$12.00	\$8.00	\$17.00	_
	AS11	BHUTAN, HIMAL	AYAN KINGD	OM	25 Aug	\$12.00	\$8.00	\$17.00	_
	AS12	RUSSIA/CHINA	ALLIANCE:		27 Aug	\$36.00	\$24.00	_	_
	AS13	VOICE SAFARIS			27 Aug	\$12.00	\$8.00	\$17.00	_
	AS14	HEADING FOR E	XTINCTION		30 Aug	\$12.00	\$8.00	\$17.00	_
	AS15	FOR THE LOVE O	OF OUR FLOR	A AND FAUNA	1 Sept	\$12.00	\$8.00	\$17.00	_
	AS16	EAST FREO COU	NCIL UPDATE		8 Sept	No	charge		
	AS17	ROBOTIC RADIO	THERAPY		8 Sept	\$12.00	\$8.00	\$17.00	_
	AS18		ST AND PRES	ENT	10 Sept	\$12.00	\$8.00	\$17.00	_
	AS19				14 Sept	\$12.00	\$8.00	\$17.00	_
	AS20				15 Sept	\$12.00	\$8.00	\$17.00	_
	AS21		2		17 Sept	\$12.00	\$8.00	\$17.00	_
	BN1	UKULELE ONGO	ING		26 July	\$108.00	\$86.00		
	BN2	UKULELE FOR BI			26 July	\$108.00	\$86.00		
	BN3	ROMEO AND JUL			6 Aug	\$16.00	\$13.00	\$21.00	
	BN4	DO YOU HAVE A		ELL?	18 Aug	\$64.00	\$51.00		
	BN5	GUITAR for abso			19 Aug	\$48.00	\$39.00		
	BN6	OEDIPUS, myth			20 Aug	\$16.00	\$13.00	\$21.00	
	CO1	HOTHAM VALLEY			1 Aug	\$94.00	\$78.00	\$104.00	
	CO2	HIS MAJ GRAND	HISTORICAL	. TOUR	10 Aug	\$36.00	\$30.00	\$41.00	
	CO3	BICKLEY OBSER	VATORY NIGI	HT SKY TOUR	13 Aug	\$61.00	\$51.00	\$71.00	
	CO4	LAW COURTS AN	ND HISTORY	MUSEUM	18 Aug	\$42.00	\$35.00	\$47.00	
	CO5	WAAPA TOUR			24 Aug	\$97.00	\$81.00	\$107.00	
	CO6	ARALUEN			1 Sept	\$49.00	\$41.00	\$54.00	
	CO7	PARLIAMENT HO	USE AND AR	T GALLERY	6 Sept	\$33.00	\$27.00	\$38.00	
	CO8	ENDERSLEA FAR	kM.		10 Sept	\$91.00	\$76.00	\$101.00	
Total	cost	for this page							

ENROLMENTS

Х	Code	Course/Talk/Event	Start date	Memb.	Conc.	NonMem	Materials
	DM1	YOGA	27 July	\$90.00	\$72.00	_	_
	DM2	YOGA	29 July	\$90.00	\$72.00	_	_
	DM3	YOGA	31 July	\$90.00	\$72.00	_	_
	DM4	YOGA RESTORATIVE	27 July	\$90.00	\$72.00	_	_
	DM5	DAOIST MEDICAL QIGONG	29 July	\$40.00	\$32.00		
	DM6	THE LISTENING SPACE	7 Aug	No	charge		
П	EC1	CONFETTI FROM GRACELAND	22 Aug	\$25.00		\$30.00	
П	EC2	WASO Morning Symphony	9 Sept	\$35.00		\$40.00	
	FB1	FUN WITH COLOURS	30 July	\$80.00	\$64.00		*ttb
П	FB2	SKETCHING NATURE	30 Aug	\$64.00	\$51.00		*ttb
	FB3	TEA TOWEL RE-IMAGINED	1 Sept	\$24.00	\$20.00		\$15
	FB4	SAND, SEA & SURF IN WATERCOLOURS	3 Sept	\$64.00	\$51.00		*ttb
	GL1	SPANISH, Beginners ongoing, Mondays	26 July	\$144.00	\$115.00		\$4.00
	GL2	SPANISH, Basic, A1	27 July	\$144.00	\$115.00		\$4.00
	GL3	SPANISH on Mondays, Basic A2	26 July	\$144.00	\$115.00		\$4.00
	GL4	SPANISH, Intermediate B1	27 July	\$144.00	\$115.00		\$4.00
П	GL5	ITALIAN, Ongoing Beginners	29 July	\$108.00	\$86.00		\$4.00
	GL6	ITALIAN, Beginners advanced	29 July	\$108.00	\$86.00		\$4.00
	GL7	ITALIAN, Intermediate	27 July	\$108.00	\$86.00		\$4.00
	GL8	ITALIAN on Saturdays	31 July	\$108.00	\$86.00		\$4.00
	GL9	ITALIAN, Ongoing	28 July	\$84.00	\$68.00		
	GL10	FRENCH, Ongoing	27 July	\$96.00	\$77.00		
	GL11	FRENCH on Friday	30 July	\$96.00	\$77.00		
	HC1	FACEBOOK MARKETPLACE	9 AUG	\$16.00	\$13.00	\$21.00	
	HC2	ORGANISE YOUR ONLINE PHOTOS (Windows)	9 Aug	\$16.00	\$13.00	\$21.00	
М	HC3	MACBOOK BASICS	16 AUG	\$16.00	\$13.00	\$21.00	
Н	HC4	ORGANISE YOUR ONLINE PHOTOS (Apple)	16 Aug	\$16.00	\$13.00	\$21.00	
М	HC5	ADROID PHONE / TABLET STARTER	24 Aug	\$16.00	\$13.00	\$21.00	
М	HC6	iPHONE / iPAD STARTER	24 Aug	\$16.00	\$13.00	\$21.00	
М	HC7	PERSONALISE YOUR IPHONE / IPAD	31 Aug	\$16.00	\$13.00	\$21.00	
Н	HC8	iPHONE / iPAD PHOTOGRAPHY	31 Aug	\$16.00	\$13.00	\$21.00	
Н	HC9	WHERE DID I FILE THAT?	7 Sept	\$16.00	\$13.00	\$21.00	
Н	HC10	INTRO TO FACEBOOK	7 Sept	\$32.00	\$26.00		
Н	HC11	iPHONE/iPAD APPS FOR EVERYDAY LIVING	14 Sept	\$16.00	\$13.00	\$21.00	
	HC12	COMPUTER HELP DESK Phone	to book	\$20.00		\$25.00	
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