



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

PROGRAMME TERM 4, 2023 - Monday 16 Oct to Sunday 17 Dec

Enrolments open Wednesday 11 Oct, 8.30am in person, 9.00am online

Evening and weekend courses are highlighted with a yellow star

SPEAKERS UNLIMITED

ROCK ART ON THE BURRUP PENINSULA AS1

Susan Swain

Tuesday 24 October, 9 - 10am

The Burrup Peninsula, west of Karratha in the Pilbara, is home to more than a million petroglyphs (art inscribed into the rock surface). It is the world's most significant and largest gallery of rock art, a continuous record of humankind's activities on Earth. Its archaic faces are the earliest images of the human face. This gallery has been nominated for World Heritage listing, yet is under threat from industrial development on its doorstep. Susan Swain is Co-Convenor of Friends of Australian Rock Art.

Memb \$14 / Memb conc \$11 / Non-memb \$18

HOW PERTH TRUMPED THE EASTERN STATES IN THE ART LECTURE STAKES AS2

Kevin Jackson

Wednesday 25 October, 9 - 10am

Learn how ADFAS (Australian Decorative and Fine Arts Societies) Perth rose from the ashes of the Friends of the Art Gallery of WA to become the most successful ADFAS society in the country, much to the chagrin of its Eastern States counterparts! Come along and hear the how, why and where of what they do, along with an exclusive preview of the 2024 arts lecture programme, from renowned ADFAS Perth committee raconteur Kevin Jackson.

Memb \$14 / Memb conc \$11 / Non-memb \$18

UNHAPPY GUT AS3

Nick Nation

Monday 30 October, 9 - 10am

Discover the intricate world of gut health. Delve into the complexities of digestive disorders, shedding light on irritable bowel syndrome's enigmatic nature, the challenges posed by diverticulitis, and the discomforts of bloating, constipation, and diarrhoea. Nick will unravel the science behind these conditions, exploring triggers, symptoms, and potential remedies. Whether you're a sufferer seeking relief or simply intrigued by the gut's role in overall wellness, join us to cultivate a deeper understanding of these common yet often misunderstood issues.

Memb \$14 / Memb conc \$11 / Non-memb \$18

WALKING 'THE LONG PATHWAY' AS4

Wendy Wisniewski

Tuesday 31 October, 9 - 10am

Over five months Wendy walked New Zealand's Te Araroa Trail, the 3,000 kilometre length of New Zealand. While injury forced her husband Jerome to stop after they walked the north island, Wendy went on to hike the South Island alone, finishing in February. The journey took her past volcanoes, mountains, rivers, lakes and valleys. Hear about the highs and the lows, the challenges and the rewards of such a walk. Wendy is an East Fremantle local, a retired physiotherapist, coordinator of the Friends of the East Fremantle Foreshore and volunteer with East Freo's Climate Action Reference Group.

Memb \$14 / Memb conc \$11 / Non-memb \$18

IT'S NOT AGE, IT'S ACT III AS5

Sandra Harris-Ramini

Thursday 2 November, 9 - 10am

If you enjoyed 'My Crazy Life and Times' from Sandra Harris Ramini you'll enjoy this talk about her latest book, *ACT III, The Essential Handbook For Those Not Born Yesterday*. Wise, but not worthy, Sandra's take on the final act of life is enlightening one moment, provocative the next, occasionally touching, ever truthful and very funny. After all, she says, there are worse ways of filling a life well-lived than prancing onto the stage for Act III, performing to your heart's content at every impossible dream you ever had, and then collapsing in a happy heap. Signed books will be on sale, just in time for Christmas!

Memb \$14 / Memb conc \$11 / Non-memb \$18

LIVING IN, AND AS, PURE CONSCIOUSNESS AS6

Miri Albahari & David Godman

Monday 6 November, 9 - 10.30am

The Indian tradition of advaita (meaning 'not two') has long maintained that consciousness is not something that arises in each individual person but is instead a directly experienced underlay of awareness in which all things and all beings appear and disappear, without affecting it in any way. Miri Albahari will introduce the topic, discussing her own work in this area. Her husband David will then expand on this by giving examples of Indian teachers he has known and written



about who have discovered this truth for themselves and who have given illuminating details of what it is like to be in this state.

Memb \$14 / Memb conc \$11 / Non-memb \$18

BEES' EYE VIEW: FLORAL MIMICRY AND COLOUR IN THE SOUTH-WEST AS7

Daniela Scaccabarozzi

Wednesday 8 November, 9 - 10am

With around 28,000 varieties, orchids represent the most species-rich family in the plant world and exhibit the greatest diversity of pollination strategies. One-third of the species do not reward their pollinators - for instance by offering nectar - so how do they attract bees? Daniela, Adjunct researcher at Curtin University, will explain their use of deception, such as mimicking other plants, and the key role of colour in orchid floral mimicry. She'll present a diverse array of floral species from Southwestern Australia to demonstrate the visual perception of bees. This will be a fascinating immersion in the ancient WA landscape and its unique floral species, with their exceptional shapes and bright colours.

Memb \$14 / Memb conc \$11 / Non-memb \$18

READING SYMBOLS AS8

Angela McCarthy

Thursday 9 November, 9 - 10am

Every human culture has developed symbols to lead people into their deepest truths. Western civilisation is built upon Christianity but how does that resonate with our contemporary multi-faith and secular culture? How can we use ancient symbols to reveal the deepest truths of our contemporary world? Dr Angela McCarthy is an adjunct senior lecturer in theology at Freo's University of Notre Dame and Mandorla Art Award Chair.

Memb \$14 / Memb conc \$11 / Non-memb \$18

TAIWAN: Democracy in the most dangerous place on earth AS9

Dr Jie Chen, Associate Professor, School of Social Sciences, UWA

Sunday 12 November, 2.30 - 3.30pm

Dr Chen will explain why the island state has featured so prominently in the geopolitical and ideological rivalry between China and the United States, with major implications for all countries in the Indo-Pacific. Indeed, the international community has seen Taiwan as a testing ground to gauge if the new Cold War may escalate into a hot war. As warned by *The Economist* in May 2021, Taiwan has become 'the most dangerous place on earth'. Much depends on what will come out of the presidential elections in early 2024 - or does it?

Memb \$14 / Memb conc \$11 / Non-memb \$18

WHAT PRICE PRIVACY? AS10

Jacqui Boaks, Curtin University School of Business
Monday 13 November, 9 - 10am

Privacy has increasingly been making headlines, as many companies experience breaches in protection of data and as governments come under scrutiny for the use of medical and other private information during the emergency response to the COVID-19 pandemic. Yet studies show that almost none of us read privacy policies that relate directly to the services and products we use. What types of privacy should we be aware of? What do we have a right to expect from companies and governments in this area? And how can we ensure they

listen to these concerns?

Memb \$14 / Memb conc \$11 / Non-memb \$18

CORPORATE GREENWASHING AS11
Clare Saunders, Environmental Defenders' Office
Tuesday 14 November, 9 - 10am

Many businesses are making climate pledges in response to the growing demand for strong climate action from government and industry. Over 70% of the top 200 listed companies on the Australian share market now have some form of net-zero claim. However, while some businesses are making significant strides toward decarbonisation, others are using deceptive marketing tactics known as "greenwashing" to improve their image and cover up massive fossil fuel expansion. Hear what greenwashing is, why it is a problem and how the EDO is using the law to hold companies to account.

Memb \$14 / Memb conc \$11 / Non-memb \$18

KEEP CARNABY'S FLYING - NGOOLARKS FOREVER AS12
Merryn Pryor

Thursday 16 November, 10 - 11am

Learn how the *Keep Carnaby's Flying - Ngoolarks Forever* project is translating research on black-cockatoos into on-ground conservation actions in our suburbs, as well as what you can do to get involved and support threatened black-cockatoos in your backyards and neighbourhoods. Merryn is the WA Black Cockatoo Coordinator for Birdlife Australia.

Memb \$14 / Memb conc \$11 / Non-memb \$18

THE SEAL HUNTERS OF KING GEORGE SOUND AS13
Rosemary Argue

Friday 17 November, 9 - 10am

Several sealing gangs were operating around King George Sound in 1826 when Captain d'Urville of the *Astrolabe* and Captain Lockyer in the *Brig Amity* arrived. Why were they marooned there by their mother ships? Author Rosemary Argue began researching this topic for her upcoming novel *Borderland* while undertaking a residency at the Vancouver Arts Centre in Albany.

Memb \$14 / Memb conc \$11 / Non-memb \$18

SECRET AGENT, Unsung hero AS14
Ken Spillman

Tuesday 21 November, 9 - 10am

What chain of events led Australian schoolteacher Bruce Dowding to his heroic undercover work as André Mason for British Intelligence organisation MI9 during World War II? He worked with the French Resistance and a network of Spanish exiles to channel hundreds of Allied servicemen to safety via the eastern Pyrenees. Ken Spillman, who has co-authored Dowding's biography with his nephew, former WA Premier Peter Dowding, explains how this unsung Australian hero came to be beheaded as an enemy of the Third Reich.

Memb \$14 / Memb conc \$11 / Non-memb \$18

THE QUENDA AS15
Dr Kenny J. Travouillon

Thursday 23 November, 10 - 11am

Learn more about this intriguing animal. Kenny is curator of mammology at the WA Museum and will talk about the discovery of new species of bandicoots using museum collections - the splitting of the Western Barred bandicoot into 5 species, the discovery of the Yirratji (Northern Pig-footed Bandicoot), and some

SPEAKERS UNLIMITED ...Continued

current research on the Quenda.

Memb \$14 / Memb conc \$11 / Non-memb \$18

LIVING WELL TO THE END

AS16

Shane Bailey

Tuesday 28 November, 9 - 10am

Shane is an End of Life doula, acting as a companion for the one who is dying as well as offering care, knowledge and companionship for the person's family and the community. The role can be one of friendship, consideration, awareness and openness, to allow the experience of death to be made a little easier and provide opportunities for healing and love in action. Learn more about her work, and about Compassionate Communities, a global approach where everyday people play a stronger role in the care and support of people as they age and at the end of life.

Memb \$14 / Memb conc \$11 / Non-memb \$18

UNHEARD VOICES

AS17

Dawn Mauldon

Wednesday 6 December, 9 - 10am

Dawn is the first-born hearing child of deaf adults. Growing up in post-war suburban Melbourne, Dawn's family looked like almost everyone else until they started talking on their hands. Her first language was tactile, visual, physical and theatrical, teaching her to be aware of details, accept differences and informing her understanding of how stories are told. At a young age she became the interpreter for her mother's family, who never learnt to sign. Dawn's memoir, *Unheard Voices*, tells her remarkable story.

Memb \$14 / Memb conc \$11 / Non-memb \$18

NOT-SO-TRIVIAL PURSUITS

UKULELE: Glyde Sing, Strum & Pick, Level 3 BN1

Shirley Guy

9 Mondays: 16 Oct - 11 Dec, 1 - 2.30pm

An ongoing class, suitable for those able to play Lil Rev's Ukulele Method Book 2. Not suitable for beginners.

Memb \$135 / Memb conc \$108

UKULELE: Glyde Sing, Strum & Pick Level 1

(ongoing)

BN2

Shirley Guy

9 Wednesdays: 18 Oct - 13 Dec, 1 - 2.30pm

For those who have completed two terms with Shirley or equivalent. Not suitable for beginners.

Memb \$135 / Memb conc \$108

AUTHENTICITY AND BEING

BN3

Meera Finnigan

7 Thursdays: 19 Oct - 30 Nov, 1 - 3pm

Together let's consider how our everyday perception of seeing through a dualistic lens (subject/object, self/other) can create a sense of separateness, and much of the suffering in our world. We will also look to Western philosophy and other traditions that have established pathways to authenticity of being. For some, this is a quest for freedom, an antidote to a conditioned, unreasoned life. For others our nature is pure consciousness; some hold that it is abiding love, peace, and happiness, and some hold that an authentic life means being at one with all life. Along with these philosophical discussions, at times we will be invited to

NOT-SO-TRIVIAL PURSUITS^{Cont}

participate in reflective exercises. Join Meera on this interesting, pivotal exploration into what it means to be human.

Memb \$140 / Memb conc \$112

HEALTHY EATING

BN4

5 Thursdays: 26 Oct - 23 Nov, 10.30am - 1pm

Eamon Barron

Offsite, meet there. Participate in a four-week nutrition education and cooking programme at Foodbank WA's Healthy Eating Hub in the Sunshine Harvester Building in Fremantle. Discuss healthy eating, label reading, budgeting and meal planning, and more. In the first hour of each session a nutrition theme of the week will be covered and then you'll jump into the purpose-built kitchen to create easy and healthy recipes to enjoy eating as a group. Each week you'll receive free resources and recipe booklets to help you on your healthy journey. *All sessions held at Healthy Eating Hub, Sunshine Harvester Works, 5/1 James Street, Fremantle.*

Memb \$20 / Memb conc \$16

HEALTHY EATING BATCH COOKING

Eamon Barron

Tuesday 17 Oct, 11am - 1pm

BN5

OR Tuesday 14 Nov from 11am - 1pm

BN6

Offsite, meet there. Are you sick of throwing out food you couldn't use up, have you lost the passion for cooking or just like a good time? Well, come down to Foodbank WA's Healthy Eating Hub in the Sunshine Harvester Works, cook easy healthy recipes in a group setting, and walk away with a collection of healthy and delicious freezable meals. All ingredients are included but please provide your own storage containers. *Sessions held at Healthy Eating Hub, Sunshine Harvester Works, 5/1 James Street, Fremantle.*

Memb \$5 per session (to cover booking fees)

THE BIBLE, THE BOOK LESS READ

BN7

Ruperto Nunez

8 Mondays: 23 Oct - 11 Dec, 1.30 - 3.30pm

Perhaps more than any other book, The Bible has been quoted, translated, revered, maligned and misunderstood. However, not many people have actually read it. Ruperto invites you to explore the material, cultural, and religious history of the Bible. You'll first look at how the books of the Bible came to be written down and collected as authoritative sacred texts, then how they were produced and distributed across the world, and how they have been read and interpreted by different communities in different languages. You'll also explore postcolonial and feminist readings of the Bible, and how the Bible is used in art, music, poetry, and politics.

Memb \$160 / Memb conc \$128

ADVANCED CARE PLANNING WORKSHOP

BN8

Sabena Lund, Palliative Care WA

Monday 23 October, 9.30 - 11.30am

We all want to have a say in what happens in the last part of our lives. By making plans that cover our future care, lifestyle, health and finances, we're not only working out what we want, but also making things easier on those around us. Find out what's involved in Advance Care Planning, how to get started, and how to talk with your family, loved ones and health care providers about your wishes for the last stage of your life. The workshop is suitable for everyone - you can

NOT-SO-TRIVIAL PURSUITS *Cont*

be any age or have any level of health. All participants will receive a resource pack from PCWA.

No charge but bookings essential. (First priority to Glyde-In members)

WRITING A SHORT STORY: FICTION AND LIFE-STORY **BN9**

Dr Alan Hancock

3 Mondays: 30 Oct - 13 Nov, 10am - 12.30pm

Alan will show you how short stories work, and how to write one from first draft to final edit. You'll look at the work of top authors for guidance and use tried and tested practical exercises to hone your skills and create material for your own stories. And it will be fun.

Memb \$75 / Memb conc \$60

EMOTIONAL WELLBEING **BN10**

Annolies Truman

Friday 3 November, 1 - 3pm

Counsellor and educator Annolies will introduce us to emotional intelligence, self-care, values, strengths, and loving kindness meditation. There'll be group and individual activities to increase self-awareness, self-compassion and healthy boundaries. The process respects confidentiality, validates individual experience and builds capacity for mindfulness, strength and peace of mind.

Memb \$20 / Memb conc \$16 / Non-memb \$25

FIRST STEPS TO WRITING YOUR MEMOIR **BN11**

Rosemary Argue

3 Fridays: 24 Nov - 8 Dec, 9.30am - 12.30pm

Do you aspire to write a memoir but don't know how to start? Through teaching and exercises you'll learn what makes a good memoir and how to start writing your own. The course will cover themes, how to get the words down in a first draft and avoiding writer's block. We'll also touch on redrafting, editing and publication options.

Memb \$90 / Memb conc \$72

OLD FASHIONED GAMES **BN12**

Gordon MacNish

Thursday 7 December, 1 - 3.30pm

Maybe you love to play table games with friends, but you find Scrabble/Mahjong/Bridge too hard or too competitive. Join a group to play those easy board games we loved when we were kids. Games like Snakes and Ladders, Ludo, Chinese Chequers and Dominoes. No scores kept and no prizes; just some easy fun, some good laughs and some memories of the 'good old days' before games were played on a computer or smartphone.

Memb \$6 / Non-Memb \$10



MIND & BODY

YOGA GENERAL

Uwe Oswald

9 Tuesdays: 17 Oct - 12 Dec, 6 - 7.15pm

CM1

OR

9 Saturdays: 21 Oct - 16 Dec, 8 - 9.15am

CM2

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.

Continuing students will need to re-enrol.

Memb \$112 / Memb conc \$90

YOGA RESTORATIVE (Tues) **CM3**

Uwe Oswald

9 Tuesdays: 17 Oct - 12 Dec, 4.30 - 5.45pm

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

Continuing students will need to re-enrol.

Memb \$112 / Memb conc \$90

YOGA RESTORATIVE (Wed) **CM4**

Penny Caputi

9 Wednesdays: 18 Oct - 13 Dec, 4.30 - 5.45pm

Relax & reconnect to your innate capacity for healing. Through mindfulness & turning inwards we release old patterns and bring our whole body, mind & soul back into alignment.

Memb \$112 / Memb conc \$90

ALEXANDER TECHNIQUE - INTRO **CM5**

Sandra Dobbs

3 Thursdays: 19 Oct - 2 Nov, 11am - 12.30pm

Improve your balance and poise, reduce postural pain and find joy in everyday movement. Through the exploration of simple daily movements such as sitting, walking and working on the computer we'll be introduced to the principles of the Alexander technique, a learned skill to improve our coordination, movement and general well-being. We'll spend some time in the semi supine position on the floor, so wear loose comfortable clothing.

Memb \$45 / Memb conc \$36

BIODANZA - THE DANCE OF LIFE **CM6**

Robyn Bullock

8 Fridays: 27 Oct - 15 Dec 10 - 11.30am

Get your body moving to fabulous sounds of salsa, jazz, pop, classical, African and South American music and leave the stressors of life behind. There are no dance moves to learn. Become more in balance and in harmony with yourself and with a deeper connection to others. Suitable for both ongoing and new participants regardless of age or ability.

Memb \$120 / Memb conc \$96

FRIDAY GLYDERS **CM7**

Di Hunter

10 Fridays: 13 October - 15 December

Meet at a different café each week for a one hour walk to explore the best of the southern suburbs before returning to the starting point for coffee together. Discover new places and new cafes whilst encountering scenic beauty spots, new foods, photo ops, urban art and wildlife along the way. Everyone can walk at their own pace before returning to the cafe for coffee together. Maximum 10 people. Ongoing members will need to re-enrol.

Memb \$15 / Memb conc \$12

OUT 'N ABOUT

Our bus trips are brought to you by volunteer organisers, drivers and hosts. Buses depart on time from Prinsep Road, Melville. Please park in Prinsep Road. Return times are approximate. If you can't make it please let us know beforehand on 93393964 or, on the day, use the contact number of your Glyde-In host.

KAARAKIN BLACK COCKATOO CONSERVATION CENTRE DO1

Barry Ross

Wednesday 18 October, 8.45am - 3.30pm

Bus trip. Learn about Kaarakin's black cockatoo rehabilitation program from rescue to return to the wild. Come inside the interactive aviary to get up close to some black cockatoos; these resident birds are curious, gentle and friendly. You can hand-feed them gumnuts. Be ready to be sat on. You'll also get to visit the kangaroos, see the dingoes, emus and other free roaming birds. The tour runs for 75 minutes as a gentle walk with several stops – it does involve slopes, uneven terrain and loose material. Wear sun protection and good shoes and leave jewellery at home.

(Although efforts are made to provide a safe environment Kaarakin cannot be held liable for loss or injury suffered while on site or participating in an experience.) After the tour, we will head to the Lakers Tavern in Thornlie for lunch and refreshments (at own cost, average around \$25). If time, we can stop at The Spud shed in Jandakot on the way home for those that wish to top up their pantry with some fresh vegetables. *Meet at Prinsep Road, Melville at 8.45am for 9am departure.*

Book by 13 Oct

Memb \$55 / Memb conc \$50 / Non-Memb \$60

CLIFFS AND CAVES KAYAK TOUR DO2

Eileen Burns

Thursday 26th October, 9.15am - 12.15pm

Meet there. What's the perfect outing for a gorgeous spring morning? Kayaking! Come and enjoy this safe, fun and totally engaging activity. No experience required. Your guide will help you get to know the basics of kayaking and also introduce the history, culture, geography, and botany of the area. We meet and launch at East Fremantle Yacht Club and paddle slowly upriver through Bicton Bay, hugging the riverbanks, then continue our paddle through the crystal-clear waters towards the Blackwall Reach cliffs and spend time taking in the natural beauty of the limestone caves, crevices and water bird nesting sites in the Swan River's deepest location. Our paddle includes several 'raft ups' where we get together mid-stream for a chat and a story. We'll disembark back at the East Fremantle Yacht Club to enjoy a coffee, tea or soft drink. A kayak and paddle, lifejacket and dry bag for your camera and valuables will be provided and you'll have a safety briefing and kayak tutorial from a knowledgeable guide who is trained to keep you safe. Bring your own weather protection clothing including a hat and sunscreen, water bottle, a change of clothes and, if you have them, reef shoes, wet-suit shoes or old sandshoes to be worn in the water (not essential).

Meet at East Fremantle Yacht Club, the base of Petra Street, East Fremantle at 9.15am for a 9.30am start.

Book by 19 Oct

Memb \$99 / Memb conc \$92 / Non-Memb \$103

PRIVATE TOUR OF GOVERNMENT HOUSE DO3

Barry Ross

Thursday 2 November, 9.15 - 10.30am

Meet there. Following a brief registration with security we will enjoy a guided tour of the public areas of Government House followed by refreshments in the Supper Room of the Ballroom. Duration of the tour is approximately one hour. The dress code is smart casual with sensible footwear (there are stairs and steps). Only bags smaller than A4 size are permitted at Government House, so please leave large bags and backpacks at home. No food or drinks (except water) are allowed to be brought onto the premises.

Photography is permitted. Parking is **not** available at Government House - public parking is available next door at either Perth Council House or Perth Concert Hall. Public transport is a good option.

Meet at the Supper Room Entry at 9.15am. Accessed via the laneway off St Georges Terrace between Perth Council House and Government House. Latecomers may not be allowed to enter.

Book by 24 Oct

Memb \$15 / Memb conc \$10 / Non-Memb \$20

WOODBIDGE HOUSE DO4

Eileen Burns

Friday 17 November, 10.15am - 2.45pm

Bus trip. Join Eileen for a perfect day out in the Swan Valley - a spring trip to Woodbridge House. Explore the historical residence, relax in the tranquil setting and enjoy some great food. Woodbridge is a fine example of 19th-century architecture built by entrepreneur and parliamentarian, Charles Harper, for his wife and ten children. With its connections to the colony's founder, Governor James Stirling, the house played a central role in the social life of the colony's elite. On our tour we'll learn some of its history and peek into the past through displays of the Harpers' original furniture and personal belongings. We'll wander the grounds and admire the towering jarrahs, the beautiful cottage garden and views of the Swan River. Afternoon tea or lunch (your choice, at own cost) will be on the bank of the river, under the covered verandah of 'Riverside at Woodbridge'. Surrounded by lawns and gardens, we'll have lovely views of the water and Swan Valley grape vines beyond.

Meet at Prinsep Road, Melville @ 10.15 am for 10.30 am departure

Book by 3 Nov

Memb \$36 / Memb conc \$ 33 / Non-Memb \$ 41

ITALIAN CLUB DINNER DO5

Barbara Saba

Friday 24 November, 7pm

Meet there. Dinners at the Italian club are cooked by the club members, usually the real Italian nonna's. The November dinner is a sponsor night so the food will be extra special - the menu is not yet published so will be a surprise! There will be entertainment and if you feel like a dance or just a bit of a wiggle around there is plenty of opportunity as well. Please arrive a little early for ease of parking (free) and go inside and ask for Barbara's table. There is a bar where you can purchase drinks at your own expense. If you are interested in buying raffle tickets best to have some cash on you. Prizes on the day are always great.

Meet at the Italian Club, 65 Marine Terrace, Fremantle

Book by 1 Nov

Memb \$45 / Memb conc \$45 / Non-Memb \$50

OUT 'N ABOUT ...Continued

MANDURAH CHRISTMAS LIGHTS CRUISE DO6

Barbara Saba

Friday 8 December, 3.15pm - 10pm

Bus and Boat Cruise. Experience festive magic on board this Christmas Lights Cruise in Mandurah. We begin with a light dinner at a local restaurant, Brewvino (at own expense), then step aboard the famous Mandurah Christmas Lights Cruise. Mandurah marine city is filled with more than 200 ornately decorated homes, shimmering with millions of Christmas lights. The elaborate installations cast brilliant bursts of colour and reflections across the channels. Dress in your festive best, sing along to Christmas carol favourites and join in colourful Christmas cheer, floating through Mandurah's magical festive wonderland. Children are welcome however, please advise when booking. This cruise is not wheelchair accessible.

Meet at Prinsep Road, Melville at 3.15pm for 3.30pm departure

Book by 15 Nov

Memb \$94 / Memb conc \$85 /

Child (under 12) \$65 / Non-Memb \$99

EVENING SAIL ON STS LEEUWIN II DO7

Julie Robertson

Wednesday 13 December, 3 - 6.30pm

Meet there. Get a taste of an ocean-going adventure on board this magnificent ship. Built in Western Australia in the style of an 1850's three-masted barquentine, *STS Leeuwin II* is a Western Australian icon. On an evening sail, you can haul on the lines to help set the sails, steer the ship under the watchful eye of the Captain, don a harness and get into the rigging – or simply feel the wind on your face and keep an eye out for local marine life. **No sailing experience is required.** We'll enjoy a 3 hour sail, departing from and returning to B Shed, Victoria Quay, Fremantle. Light refreshments, tea and coffee will be served on-board. All passengers must wear **enclosed shoes.** We recommend you bring a wind-proof jacket and a hat. Sunscreen is available on-board. Cameras are welcome but must be secured. Parking is available in front of the C and D sheds. There are toilet facilities on board and on the Quay. *Unfortunately, this is not a wheelchair friendly venue.* Gage Roads Brewing is available next door (A shed) for dinner afterwards for those who wish. (Snacks are supplied on the ship)

Meet at Leeuwin Ocean Adventure office, at 3pm for boarding.

Book by 15 Nov

Memb \$97 / Memb conc. \$97 / Non-Memb \$102

S & R ORCHARD TOUR DO8

Friday 15 December, 9.45am - 4pm

Bus trip. S&R Orchards is a beautiful venue located in the Perth Hills, where we can pick up to 2 kg of summer fruit per person to take home with us. This is included in the entry fee. Bring a picnic and drink to share on the orchard's shady grounds. On the way home, we will stop at Social Manna for afternoon tea (at own cost). Your grandchildren are welcome as well – there are activities for them including a train, a bouncy castle and a lovely play space under the trees. Bring a hat, comfortable shoes and sunscreen.

Meet at Prinsep Road, Melville at 9.45am for 10am departure.

Memb \$40 / Memb conc or child \$36 /
Non-memb \$45

CULTURE CLUB

Meet others and enjoy wonderful entertainment.

You will be advised when to collect your tickets from the Glyde-In office or at the venue. Please be at the theatre before curtain up as there is no late entry for performances.

WASO Morning Symphony EC1

Thursday 23 November, 11am - 12pm

Symphonic Dances was Rachmaninov's last major work, written as he grappled with the exile from his homeland. Paying homage to the rich romanticism of his earlier music, the vital energy and lingering melodies will dance across the Perth Concert Hall stage.

Book by 30 Oct

Memb \$35 / Non-Memb \$40

The Female of the Species – Melville Theatre EC2

Sunday 26 November, 2 - 4pm

A comic satire about celebrity feminists, with a plot loosely inspired by a real-life incident in 2000, when author Germaine Greer was held at gunpoint in her own home by a disturbed student. Written by Johanna Murray-Smith and directed by Brendan Ellis.

Book by 30 Oct

Memb \$23 / Non-Memb \$28

BY HAND

MOSAICS FB1

Leisa Antonio

3 Tuesdays: 17 - 31 October 1 - 2.30pm

Mosaic is one of the oldest and most mesmerising creative arts in the world. Over three weeks Leisa will guide you through the steps involved: the safe cutting of ceramic tiles and other tesserae, creating your design, adhering your tiles and grouting, and pulling your masterpiece together. You'll leave with lots of new skills and your mosaic plaque or stepping stone project. Suitable for both beginners and those with experience.

Memb \$45 / Memb conc \$36 / + \$85 materials

PARCHMENT CRAFT FB2

Francoise Veder

2 Tuesdays: 31 Oct & 7 Nov, 9am - 12pm

This lovely paper art form originated in 15th century Europe, when Catholic communities created lace-like items as devotional pictures and communion cards. Embossing, colouring and perforating special parchment paper creates the most beautiful paper lace, all with just a few tools. Francoise has been a parchment artist for years, and will show you how to create gorgeous greeting cards, bookmarks or decorative images. Materials included.

Memb \$70 / Memb conc \$56

TRANSFER MONOTYPE - PRINTMAKING FB3

Bridget Seaton

Sunday 5 November, 10am - 2pm

Learn the simple but effective printmaking method of transfer monotype and explore playful line drawing and mark-making techniques. Use professional oil based printing inks and papers and add a splash of colour with

Continued on next page....

BY HANDContinued

pigmented inks. Bridget will share her tips and techniques for loose drawing and will demonstrate each part of the printing process. Suitable for any level - even if you find drawing a challenge. Create images of loose flowers and quirky birds or if you prefer bring your own subject matter to class. All materials provided.

Memb \$40 / Memb conc \$32 / Non Memb \$45 + \$15 materials

WATERCOLOUR - SEA, SURF AND SKY **FB4** **Jane Lidbetter**

4 Fridays: 10 November - 1 December, 1 - 3.30pm

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.

Things to bring: A4 watercolour pad, colours in cobalt blue, ultramarine blue, turquoise green, raw sienna, burnt umber & white, watercolour brushes in three different sizes.

Memb \$100 / Memb conc \$80 / + things to bring

TINY BASKETS **FB5** **Terri Patell**

Tuesday 14 November, 10am - 12pm

Using just hemp and cotton threads and a needle, learn to create a perfectly-formed miniature basket with its own unique spiraling form. It is exquisitely tiny and makes a very personal gift. You'll be able to go on to create others, shaping them as you like - open bowl-shape, flat, or closed and secretive, however you fancy. Peaceful, meditative work. Bring medium size sharp needles and scissors.

Memb \$20 / Memb conc \$16 / Non-Memb \$25 / + \$20 materials

LANGUAGES

Note to ongoing students - please re-enrol in your classes to avoid missing out

SPANISH

SPANISH, beginners ongoing (Mondays) **GL1** **Ruperto Nunez**

9 Mondays: 16 October - 11 December, 4 - 5.30pm

For the ongoing beginner, continue to learn the basics and build your vocabulary and confidence. Not suitable for complete beginners.

Memb \$135 / Memb conc \$108

SPANISH, Basic A1 **GL2** **Ruperto Nunez**

9 Tuesdays: 17 Oct - 12 Dec, 11.30am - 1.30pm

If you know pronouns, present and simple past tenses and basic dialogue, this course will help you understand and use everyday expressions and basic phrases, introduce yourself and others, and ask and answer personal questions.

Memb \$180 / Memb conc \$144

SPANISH, Intermediate B1 **GL3** **Ruperto Nunez**

9 Tuesdays: 17 October - 12 December, 9 - 11am

For those who have a good grasp of vocab and grammar. Here you'll learn to understand main points

LANGUAGESContinued

to do with work, school, family & leisure, deal with most travel situations, describe experiences and events, and give brief reasons and explanations.

Memb \$180 / Memb conc \$144

FRENCH

FRENCH, Ongoing **GL4** **Millie Kursar**

9 Tuesdays: 17 Oct - 12 Dec, 10.45am - 12.15pm

This class is currently full. Ongoing students will need to re-enrol.

Memb \$135 / Memb conc \$108

FRENCH, ongoing beginners (Thurs) **GL5** **Pierrette Joseph**

9 Thursdays: 19 Oct - 14 Dec, 10.30am - 12pm

For those who have been learning for a little while or who have learnt the basics of French in the past.

Memb \$135 / Memb conc \$108 / + \$4 materials

FRENCH, MORE ADVANCED **GL6** **Pierrette Joseph**

9 Thursdays: 19 October - 14 December, 1 - 3pm

This class is currently full. Ongoing students will need to re-enrol.

Memb \$180 / Memb conc \$144 / + \$4 materials

FRENCH on Friday **GL7** **Millie Kursar**

9 Fridays: 20 Oct - 15 Dec, 10.45am - 12.15pm

There are a couple of spots available in this ongoing class, give us a call if you are interested in joining.

Memb \$135 / Memb conc \$108

ITALIAN

ITALIAN, New beginners **GL8** **Gavin Neilson**

8 Wednesdays: 25 October - 13 December, 2 - 3pm

Buongiorno! Let's start to learn the basics of colourful Italian. Small group class, suitable for complete beginners.

Memb \$80 / Memb conc \$64 / + \$4 materials

ITALIAN, Ongoing **GL9** **Millie Kursar**

9 Wednesdays: 18 October - 13 December, 10.45am - 12.15pm

There are a couple of spots available in this ongoing class, give us a call if you are interested in joining.

Memb \$135 / Memb conc \$108

LATIN

LATIN, ONGOING **GL10** **Ruperto Nunez**

9 Tuesdays: 17 October - 12 December, 2 - 4pm

For those who have completed three terms of Ruperto's Intro to Latin course or equivalent.

Memb \$180 / Memb conc \$144



TOWN of
EAST FREMANTLE

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

COMPUTERS & TECHNOLOGY

Our classes are small and friendly, our tutors patient. Courses are based on demand so if you need help on a particular topic let us know. You can also use the one-on-one sessions through the Computer Help Desk for individualised support or advice. Bring along your device (fully charged) and know your login details including passwords.

INTRO TO FACEBOOK

HC1

Kris Metcher

2 Tuesdays: 17 & 24 October, 10am - 12pm

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 to create your profile. If you already have a Facebook profile, have its email and password ready.

Memb \$40 / Memb conc \$32

TAMING YOUR iGADGET

HC2

Kris Metcher

Tuesday 17 October, 12.30 - 2.30pm

Have you ever held your iPhone/iPad and thought 'If only someone could show me how this all works'? Kris will show you how to get the most out of your iGadget - from privacy settings, short cuts, using the app store and some of the cool things you can do within applications or features.

Memb \$20 / Memb conc \$16 / Non-Memb \$25

IPHONE PHOTOGRAPHY

HC3

Kris Metcher

2 Thursdays: 19 & 26 October, 12.30 - 2.30pm

Gain confidence to create your own photo-masterpieces. Over two weeks Kris will share tips and techniques to ensure you get the best use you can from the camera on your iPhone. You'll cover composition, lighting, camera angles and editing, and you'll have the opportunity to try everything out.

Memb \$40 / Memb conc \$32

WHATSAPP?

HC4

Fay Gerhard

Monday 23 October, 8.45am - 10.45am

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

Memb \$20 / Memb conc \$16 / Non-Memb \$25

PHOTOBOOKS

HC5

Fay Gerhard

Monday 23 October, 11.15am - 1.15pm

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

Memb \$20 / Memb conc \$16 / Non-Memb \$25

THE WONDERFUL WORLD OF PODCASTS

HC6

Kris Metcher

Tuesday 24 October, 12.30 - 2.30pm

Do you enjoy listening to the radio, but want to focus on specific themes or topics? Podcasts cover a wide

range of topics from true crime to sports and world news. Let's explore podcasts and how to access them on your digital device. Make sure to bring your tablet or smartphone, and you'll soon be listening to your new favourite podcast!

Memb \$20 / Memb conc \$16 / Non-Memb \$25

USING CALENDAR ON YOUR MOBILE

HC7

Fay Gerhard

Monday 30 October, 8.45 - 10.45am

Why use the calendar? It is a useful tool to keep track of all your upcoming meetings, events, appointments. Never forget a milestone again, and be reminded of when to leave to get to your appointment on time. Calendars assist in visualising your schedule at any time, and are accessible at the touch of a button.

Memb \$20 / Memb conc \$16 / Non-Memb \$25

MAPS ON YOUR PHONE

HC8

Fay Gerhard

Monday 30 October, 11.15am - 1.15pm

Learn how to get the most out of Google Maps on your phone - from directions to locating a restaurant or petrol station nearby. Link it to your calendar and learn how to get the most out of it.

Memb \$20 / Memb conc \$16 / Non-Memb \$25

ORGANISING YOUR EMAIL FOLDERS

HC9

Fay Gerhard

Monday 6 November, 8.45am - 10.45am

Find out how to create and manage email folders, move emails from inbox to folders for easy storage, use flags and the search option to retrieve your emails and other helpful tips.

Memb \$20 / Memb conc \$16 / Non-Memb \$25

FACEBOOK MARKETPLACE

HC10

Fay Gerhard

Monday 6 November, 11.15am - 1.15pm

Facebook Marketplace can be a good source for treasures or to sell your unwanted goods. Discover how easy it is to market your items, and to buy too. And learn how to be safe and secure.

Memb \$20 / Memb conc \$16 / Non-Memb \$25

COMPUTER HELP DESK

HC11

Fay Gerhard

A one-on-one 30 minute 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. When enrolling please let us know what device you are using and an idea of what you need help with.

Phone or book in person at the office

Memb \$25 Non-Memb \$30



You can now recycle your containers for change at Glyde-In and help us raise funds at the same time. Look for the 10c mark, remove the lid and pop your eligible drink containers into the green bin near our front fence.

WHO WE ARE

Glyde-In Community Learning Centre has been operating since 1981.

We offer courses, talks and activities that we hope will enrich members' enjoyment and knowledge, and foster a healthy community life. We aim to be a source of learning that doesn't cost the earth, that doesn't need prior knowledge or qualifications, and asks only a small commitment of time. Our courses are non-competitive and informal.

Tutors are from all walks of life, and we welcome more. Our staff members work part time, and our volunteers play a significant role in the life of the Centre.

Glyde-In is a not-for-profit organisation managed by a volunteer management committee. Most of our funding is generated through membership and course fees. We are also grateful for the support of the Town of East Fremantle through provision of our building and ongoing operational funding.

HOW TO ENROL

Enrolments open Wednesday 11 October at 8.30am in person (or online from 9am) 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. If your choice of activity is full you will be placed on a waitlist and we'll contact you if a place becomes available. All courses require a minimum number of enrolments to proceed. We will let you know if a course is cancelled.

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. **A separate form is required for each person enrolling.**

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.

Non-members are able to take part in a single class or event per calendar year. If you wish to enrol in further activities, then a membership fee is required.



A word from the chair

By the time you are reading this we will have had our Annual General Meeting and chosen a new Management Committee. I would like to thank last year's Committee for their dedication and use of their management skills to help Glyde-In to run smoothly. I also wish the new Committee all the best for the year ahead.

I would like to thank our wonderful staff. Jacqui has been our Coordinator for 3 years and Celine joined us as the new Assistant Coordinator 3 months ago. Both are doing a great job making Glyde-In an efficient and happy place.

In recent times I have noticed in the paper and on the radio, increasing concern about loneliness being a health risk. COVID also led to many people experiencing loneliness. I have mentioned this before but I would like to emphasise it again. Glyde-In is a learning centre but it is also a centre where you can socialise and interact with other like-minded people. If you are lonely or you have a friend experiencing loneliness, come and check out what we offer at Glyde-In.

For example, you or a friend could learn to play the uke, brush up on your high school French, struggle to beat the 'guns' at scrabble or join one of our outdoor activities. Or you could come to some of the interesting talks we offer. Come a bit early and chat with others waiting for the talk to start or when the weather is good sit in our lovely garden and chat.

Just a reminder we also run a Summer School in January. Something to do during the holidays or just to take a break after the Christmas rush. The next summer school will be held from 8 - 21 January. Look for the programme by the end of November and enrol anytime online or through the office.

I look forward to seeing you sometime during term 4.



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

\$5 per session. Books not provided. All welcome.
Jill Brown, 0433 402 401 / Glyde-In 9339 3964

CYCLING GROUPS

Monday and Wednesday mornings.

For the Monday group, contact Gordon 0419 858 960
For the Wednesday group, contact
Marilyn 0407 082 038

GLYDE-IN SINGERS

Tuesdays, 4 - 6pm

With Digby Hill. All welcome to sing folk, early mediaeval, African etc.

Venue: Sullivan Hall, Cnr. Stevens St & Nannine Ave,
White Gum Valley.

\$15/session (cash only). First session FREE.
Just come along.

Contact Lyn 0405 124 618

MAHJONG

For experienced players.

Mondays, 1 - 3.30pm: Liz 0409 838 167

Fridays, 1 - 3.30: Jenny 0447 966 495

Thursdays 9.30am - 12pm: Maureen 0408 532 783

SCRABBLE

Wednesdays, 9.30 - 12pm.

All welcome, \$5 per session + \$1 morning cuppa.
Glyde-In 9339 3964

THURSDAY WALKERS

Weekly, 8am sharp from Glyde-In for an hour's brisk walk, then coffee.

PRIVATE GROUPS & WORKSHOPS

Privately-run activities; for further information please phone the conveners.

COMMUNITY QUILTING

3rd Monday / month, 9.30am - 12.30pm

Supporting the WAQA Community Group that donates quilts to charities. If you can, please bring a sewing machine along. Lyn 0405 124 618

TWIN HEARTS MEDITATION

Wednesdays, 6.30 - 8pm

A guided meditation to bless humanity, the earth and loved ones with peace, joy, healing and reconciliation.
All welcome. By donation.

Jan 0419 947 941 or Saira 0421 701 704

SAHAJA YOGA MEDITATION

Thursdays 7pm - 8pm

Self-realisation, peace and joy through a gentle, simple process. All welcome. No charge. 1300 724 252.

SOUND OF SOUL

3rd Wednesday/month, 7.30pm

"The person singing Hu tunes in to a higher spiritual awareness" - Harold Klomp, "HU The Most Beautiful Prayer". Gold coin. Jeya 0410 261 778

FRIDAY RIDERS

Departs Left Bank café **Fridays, 8am**
For those able to cruise at 20kms/hour.
Gordon 0419 858 960

QUAKERS (Religious Society of Friends)

Sundays, 10am - 12pm

All welcome to our mainly silent meetings for worship.
Adrian 0450 732 100.



PARKING

It's street parking, and there is 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 \$40 / \$35 conc or \$25 East Fremantle resident. Single term \$20.

Concession rates are for current Glyde-In Members holding a Pension or Health Care Card (not seniors HCC) or DVA Gold Card.

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

ROOM HIRE

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

ENROLMENTS

| | | | | |
|---|-------------------|------------|-----------|-----------|
| Title | Miss/Ms/Mrs/Mr/Dr | First name | Last name | |
| Please only include contact details if something has changed | | | | Emergency |
| Phone | | | Mobile | |
| Address | | | | |
| Suburb | | Postcode | Email | |
| Membership (if due) <input type="checkbox"/> \$40 Full <input type="checkbox"/> \$35 conc <input type="checkbox"/> \$25 East Fremantle resident <input type="checkbox"/> \$20 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. | Non Mem | Material |
|--------------------------|-------------|--|-------------------|--------------|--------------|----------------|-----------------|
| <input type="checkbox"/> | AS1 | ROCK ART ON THE BURRUP PENINSULA | 24 Oct | \$14.00 | \$11.00 | \$18.00 | — |
| <input type="checkbox"/> | AS2 | HOW PERTH TRUMPED THE EASTn STATES | 25 Oct | \$14.00 | \$11.00 | \$18.00 | — |
| <input type="checkbox"/> | AS3 | UNHAPPY GUT | 30 Oct | \$14.00 | \$11.00 | \$18.00 | — |
| <input type="checkbox"/> | AS4 | WALKING 'THE LONG PATHWAY' | 31 Oct | \$14.00 | \$11.00 | \$18.00 | — |
| <input type="checkbox"/> | AS5 | IT'S NOT AGE, IT'S ACT III | 2 Nov | \$14.00 | \$11.00 | \$18.00 | — |
| <input type="checkbox"/> | AS6 | LIVING IN, AND AS, PURE CONSCIOUSNESS | 6 Nov | \$14.00 | \$11.00 | \$18.00 | — |
| <input type="checkbox"/> | AS7 | BEEs' EYE VIEW: FLORAL MIMICRY... | 8 Nov | \$14.00 | \$11.00 | \$18.00 | — |
| <input type="checkbox"/> | AS8 | READING SYMBOLS | 9 Nov | \$14.00 | \$11.00 | \$18.00 | — |
| <input type="checkbox"/> | AS9 | TAIWAN:... | 12 Nov | \$14.00 | \$11.00 | \$18.00 | — |
| <input type="checkbox"/> | AS10 | WHAT PRICE PRIVACY? | 13 Nov | \$14.00 | \$11.00 | \$18.00 | — |
| <input type="checkbox"/> | AS11 | CORPORATE GREENWASHING | 14 Nov | \$14.00 | \$11.00 | \$18.00 | — |
| <input type="checkbox"/> | AS12 | KEEP CARNABY'S FLYING ... | 16 Nov | \$14.00 | \$11.00 | \$18.00 | — |
| <input type="checkbox"/> | AS13 | THE SEAL HUNTERS OF KING GEORGE SOUND | 17 Nov | \$14.00 | \$11.00 | \$18.00 | — |
| <input type="checkbox"/> | AS14 | SECRET AGENT, <i>Unsung hero</i> | 21 Nov | \$14.00 | \$11.00 | \$18.00 | — |
| <input type="checkbox"/> | AS15 | THE QUENDA | 23 Nov | \$14.00 | \$11.00 | \$18.00 | — |
| <input type="checkbox"/> | AS16 | LIVING WELL TO THE END | 28 Nov | \$14.00 | \$11.00 | \$18.00 | — |
| <input type="checkbox"/> | AS17 | UNHEARD VOICES | 6 Dec | \$14.00 | \$11.00 | \$18.00 | — |
| <input type="checkbox"/> | BN1 | UKULELE: Glyde Sing, Strum & Pick, Level 3 | 16 Oct | \$135.00 | \$108.00 | — | — |
| <input type="checkbox"/> | BN2 | UKULELE: Level 1 Ongoing | 18 Oct | \$135.00 | \$108.00 | — | — |
| <input type="checkbox"/> | BN3 | AUTHENTICITY AND BEING | 19 Oct | \$140.00 | \$112.00 | — | — |
| <input type="checkbox"/> | BN4 | HEALTHY EATING | 26 Oct | \$20.00 | \$16.00 | — | — |
| <input type="checkbox"/> | BN5 | HEALTHY EATING BATCH COOKING | 17 Oct | \$5.00 | \$5.00 | — | — |
| <input type="checkbox"/> | BN6 | HEALTHY EATING BATCH COOKING | 14 Nov | \$5.00 | \$5.00 | — | — |
| <input type="checkbox"/> | BN7 | THE BIBLE, THE BOOK LESS READ | 23 Oct | \$160.00 | \$128.00 | — | — |
| <input type="checkbox"/> | BN8 | ADVANCED CARE PLANNING WORKSHOP | 23 Oct | No | Charge | — | — |
| <input type="checkbox"/> | BN9 | WRITING A SHORT STORY | 30 Oct | \$15.00 | \$12.00 | — | — |
| <input type="checkbox"/> | BN10 | EMOTIONAL WELLBEING | 3 Nov | \$20.00 | \$16.00 | \$25.00 | — |
| <input type="checkbox"/> | BN11 | FIRST STEPS TO WRITING YOUR MEMOIR | 24 Nov | \$75.00 | \$60.00 | — | — |
| <input type="checkbox"/> | BN12 | OLD FASHIONED GAMES | 7 Dec | \$6.00 | \$6.00 | \$10.00 | — |
| <input type="checkbox"/> | CM1 | YOGA GENERAL, Tuesdays | 17 Oct | \$112.00 | \$90.00 | — | — |
| <input type="checkbox"/> | CM2 | YOGA GENERAL, Saturdays | 21 Oct | \$112.00 | \$90.00 | — | — |
| <input type="checkbox"/> | CM3 | YOGA RESTORATIVE, Tuesdays | 17 Oct | \$112.00 | \$90.00 | — | — |
| <input type="checkbox"/> | CM4 | YOGA RESTORATIVE, Wednesdays | 18 Oct | \$112.00 | \$90.00 | — | — |
| <input type="checkbox"/> | CM5 | ALEXANDER TECHNIQUE - INTRO | 19 Oct | \$45.00 | \$36.00 | — | — |
| <input type="checkbox"/> | CM6 | BIODANZA – THE DANCE OF LIFE | 27 Oct | \$120.00 | \$96.00 | — | — |
| <input type="checkbox"/> | CM7 | FRIDAY GLYDERS | 13 Oct | \$15.00 | \$12.00 | — | — |
| Total cost for this page | | | | | | | |

ENROLMENTS

| X | Code | Course/Talk/Event | Start date | Memb. | Conc. | Non Mem | Materials |
|---|------|--|-------------|----------|----------|----------|-----------|
| | DO1 | KAARAKIN BLACK COCKATOO CONS CENTRE | 18 Oct | \$55.00 | \$50.00 | \$60.00 | — |
| | DO2 | CLIFFS & CAVES KAYAK TOUR | 26 Oct | \$99.00 | \$92.00 | \$103.00 | — |
| | DO3 | PRIVATE TOUR OF GOVERNMENT HOUSE | 2 Nov | \$15.00 | \$10.00 | \$20.00 | — |
| | DO4 | WOODBIDGE HOUSE | 17 Nov | \$36.00 | \$33.00 | \$41.00 | — |
| | DO5 | ITALIAN CLUB DINNER | 24 Nov | \$45.00 | \$45.00 | \$50.00 | — |
| | DO6 | MANDURAH CHRISTMAS LIGHTS CRUISE | 8 Dec | \$94.00 | \$85.00 | \$99.00 | Ch \$65 |
| | DO7 | EVENING SAIL ON STS LEEUWIN II | 13 Dec | \$97.00 | \$97.00 | \$102.00 | — |
| | DO8 | S & R ORCHARD TOUR | 15 Dec | \$40.00 | \$36.00 | \$45.00 | — |
| | EC1 | WASO Morning Symphony | 23 Nov | \$35.00 | \$35.00 | \$40.00 | — |
| | EC2 | The Female of the Species - Melville Theatre | 26 Nov | \$23.00 | \$23.00 | \$28.00 | — |
| | FB1 | MOSAICS | 17 Oct | \$45.00 | \$36.00 | — | \$85.00 |
| | FB2 | PARCHMENT CRAFT | 31 Oct | \$70.00 | \$56.00 | — | — |
| | FB3 | TRANSFER MONOTYPE - PRINTMAKING | 5 Nov | \$40.00 | \$32.00 | — | \$15.00 |
| | FB4 | WATERCOLOUR - SEA, SURF AND SKY | 10 Nov | \$100.00 | \$80.00 | — | ttb* |
| | FB5 | TINY BASKETS | 14 Nov | \$20.00 | \$16.00 | \$25.00 | \$20.00 |
| | GL1 | SPANISH, beginners ongoing (Mondays) | 16 Oct | \$135.00 | \$108.00 | — | — |
| | GL2 | SPANISH, Basic A1 | 17 Oct | \$180.00 | \$144.00 | — | — |
| | GL3 | SPANISH, Intermediate B1 | 17 Oct | \$180.00 | \$144.00 | — | — |
| | GL4 | FRENCH, Ongoing | 17 Oct | \$135.00 | \$108.00 | — | — |
| | GL5 | FRENCH, ongoing beginners (Thurs) | 19 Oct | \$135.00 | \$108.00 | — | \$4.00 |
| | GL6 | FRENCH, MORE ADVANCED | 19 Oct | \$180.00 | \$144.00 | — | \$4.00 |
| | GL7 | FRENCH on Friday | 20 Oct | \$135.00 | \$108.00 | — | — |
| | GL8 | ITALIAN, New beginners | 25 Oct | \$80.00 | \$64.00 | — | \$4.00 |
| | GL9 | ITALIAN, Ongoing | 18 Oct | \$135.00 | \$108.00 | — | — |
| | GL10 | LATIN, ONGOING | 17 Oct | \$180.00 | \$144.00 | — | — |
| | HC1 | INTRO TO FACEBOOK | 17 Oct | \$40.00 | \$32.00 | — | — |
| | HC2 | TAMING YOUR iGADGET | 17 Oct | \$20.00 | \$16.00 | \$25.00 | — |
| | HC3 | iPHONE PHOTOGRAPHY | 19 Oct | \$40.00 | \$32.00 | — | — |
| | HC4 | WHATSAPP? | 23 Oct | \$20.00 | \$16.00 | \$25.00 | — |
| | HC5 | PHOTOBOOKS | 23 Oct | \$20.00 | \$16.00 | \$25.00 | — |
| | HC6 | THE WONDERFUL WORLD OF PODCASTS | 24 Oct | \$20.00 | \$16.00 | \$25.00 | — |
| | HC7 | USING CALENDAR ON YOUR MOBILE | 30 Oct | \$20.00 | \$16.00 | \$25.00 | — |
| | HC8 | MAPS ON YOUR PHONE | 30 Oct | \$20.00 | \$16.00 | \$25.00 | — |
| | HC9 | ORGANISING YOUR EMAIL FOLDERS | 6 Nov | \$20.00 | \$16.00 | \$25.00 | — |
| | HC10 | FACEBOOK MARKETPLACE | 6 Nov | \$20.00 | \$16.00 | \$25.00 | — |
| | HC11 | COMPUTER HELP DESK | Call office | \$25.00 | — | \$30.00 | — |
| | | ttb* Things to bring - check at enrolment | | | | | |

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