



PROGRAMME TERM 2 2018 - Monday 7 May to Friday 29 June

SPEAKERS UNLIMITED

PALESTINE / ISRAEL CONFLICT

Jafar Ramini Code AS1

For centuries Muslims, Jews and Christians lived side by side in the land of Palestine. What is now called the 'world's most intractable conflict' began over 100 years ago, and the ongoing Israeli occupation of the West Bank and the Gaza Strip has lasted more than 50 years. Jafar Ramini is a Palestinian historian, political writer and analyst, and offers this perspective.

Tuesday 8 May, 10-11.30am. \$12 / \$8 conc.

SPACE: MINING'S NEW FRONTIER?

Chris Spencer AS2

When will we start mining the moon, asteroids, or even Saturn's moon Titan? NASA estimates the minerals in the asteroid belt are worth 700 quintillion US dollars; that's 100 billion dollars each for Earth's seven billion inhabitants. Will we soon leave the messy business of mining on earth and take our shovels into space? Chris Spencer was 'born a geologist' whose interests extend far beyond the ground beneath us.

Friday 11 May, 10-11am. \$12 / \$8 conc.

ENLISTING YOUR ANGEL

Barbara Bechter AS3

Why struggle in life when help is on standby? Your angel is waiting for your call, says kinesiologist Barbara Bechter, and you are never alone. But your angel won't impose without being asked for help. Then the angelic realm will leap into action on your behalf. Barbara talks about her experiences with angels and explains how we can all access this world.

Monday 14 May, 10-11am. \$12 / \$8 conc.

NATURE'S CONTRIBUTIONS TO PEOPLE

Dr Judy Fisher AS4

Judy is a change-maker. She believes the diversity and richness in nature are matched only by the diversity and richness among all those who interact with the natural world. Judy is making sure that all these voices - across cultures old and new, across income levels, gender, age and world-views - are heard and heeded when it comes to decisions that can ensure a healthier natural world to support people's health, well-being, food security and biodiversity. Come and hear about this new, innovative, globally-endorsed approach.

Tuesday 15 May, 10-11am. \$12 / \$8 conc.

STANDING UP TO OSTEOARTHRITIS

Aurelie Blumann AS5

It's the most common chronic condition affecting our joints. It's extremely painful and can be debilitating. Physiotherapist Aurelie Blumann explains symptoms and possible causes of osteoarthritis, and describes a new programme from Denmark called Good Living with Arthritis. Learn why gentle physical activity can help and, importantly, what movements are best. Try them here, and take them home.

Tuesday 15 and Thursday 17 May, 2-3.30pm.

\$24 / \$16

ENROLMENTS

begin Wednesday 2 May

8.30am-3pm OR book online from 10am

www.glydein.org.au

FORENSICS IN ACTION

Bob Mead AS6

Eighteen years ago in the UK, two boys discovered a bag containing mummified male remains. The man appeared to have been dead for 2-5 years. A forensic investigation of his skeleton revealed his age, his stature, his medical history, his likely ancestry and an unusual dietary habit. It even gave clues to his occupation. All of this information together with a facial 'reconstruction' revealed his identity and the circumstances of his death. Murdoch Uni's Emeritus Professor Bob Mead expounds.

Friday 18 May, 10-11.30am. \$12 / \$8 conc.

STAND TALL Janene Troy AS7

Good posture can do more for us than Botox ever can. Our core muscles form the foundation of an upright posture, and a strong core can improve mobility and even help prevent urinary incontinence. Chiropractor Dr Janene Troy suggests 10 simple exercises to do at home.

Monday 21 May, 10-11.30am OR Wednesday 6 June,

1-2.30pm. \$12 / \$8 conc.

ECCENTRIC EXERCISES

Professor Ken Nosaka AS8

We know that exercise is good for us - but the types of movement matter! For example walking down the stairs is better than walking up. That way, front thigh muscles are lengthened to stop the body moving forward; it's a typical 'eccentric exercise'. Ken Nosaka of ECU's School of Medical & Health Sciences is leading the research into such exercise and has developed a home-based exercise program. It's less challenging but requires more brain-power so it could help ward off dementia.

Hear about the effects in session 1, try some in session 2.

2 Tuesdays, 22 & 29 May, 9-10am. \$24 / \$16

UNTOLD TREASURES

Sue Brown and friends AS9

Come and hear the stories around some precious possessions. Several Glyde-In members will bring a precious possession and tell its unusual story. Each object - perhaps a hat, a painting, a violin - has special meaning and a tale that will charm you.

Tuesday 22 May, 1-2.30pm. \$12 / \$8

OUR SOLAR SYSTEM Stephen Holtz AS10

We are lucky to have as our sun a very ordinary star, one that will sit there and shine brightly for many billions of years. Any larger and it would burn too quickly to sustain life; any smaller and we couldn't flourish. Stephen Holtz, WA Astronomical Society member, explains the origins of our magnificent solar system and what it now consists of. Then he'll explain the life cycle of stars. Prepare for amazement.

2 Tuesdays, 22 & 29 May, 10.30am-12noon. \$24 / \$16

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GRANDPARENTS' LOVE & LIMITS

Margaret Wilkes AS11

We love our grandchildren, but gosh we seem to do a lot! Grand-parenting can become all-consuming and before we know it our days fill up doing little else. Much as we love our grandkids and want to help, awkward questions can arise: how can we best fulfil our grand-parenting role, maintain good relations with the parents, and still enjoy the things we had planned for our later years? How much is enough?

Thursday 24 May, 12.30-2.30pm. \$12 / \$8 conc.

PERSIAN ARCHITECTURAL TREASURES

Saleh Kafami AS12

Saleh's Persian forebears employed their passion and skills to create buildings with natural air conditioning and effective water transfer and storage systems - and they're still doing it so they must be good. They look fabulous too, as you'll see from Saleh's films and photos from his most recent trip home with friends from Fremantle. Iran is a wonderland of clever architecture.

Friday 25 May, 10-11.30am. \$12 / \$8 conc.

WHERE THERE'S A WILL

Etta Palumbo AS13

Become clearer about wills, how they work, who can contest them. You'll also hear about Advance Health Directives and about financing a funeral - and how that can sometimes become messy. Learn too how you can best protect your own interests if you appoint an Enduring Power of Attorney. Etta Palumbo of the Public Trustee Office will also explain the WA Will Bank.

Monday 28 May, 10-11.30am. \$12 / \$8

PERSIAN POETRY OF LIFE

Saleh Kafami AS14

Spanning themes of love, divine mysticism and human rights, Persian poetry is a magnificent life force in Iranian culture. Saleh brings the works of Saadi, the poet who advises us how to live; Hafez, who shows how we can endure life; and Rumi, the great philosopher of life. There will be readings in Farsi and English, so prepare to be enchanted.

Thursday 31 May, 1-2pm. \$12 / \$8

BEING A BETTER HELPER Margaret Wilkes AS15

When you find yourself in the listening seat, it can be hard to know how best to help, how not to say or do the wrong thing in a fragile moment. But you don't have to have all the answers or set yourself up as a skilled counsellor. What you will need is a healthy dose of self-awareness, empathy, good boundaries, a capacity to truly listen, and emotional intelligence. Psychologist Margaret Wilkes offers useful skills for better helping.

Friday 1 June, 10-11am. \$12 / \$8 conc.

ENTERTAINING SPACES

Richard Offen AS16

Discover the colourful and romantic history of our city's performance spaces. Richard Offen, writer, broadcaster and former CEO of Heritage Perth, spills the beans.

Tuesday 5 June, 10-11am. \$12 / \$8 conc.

THE SEA AROUND US Dirk Zeller AS17

Global overfishing and modern slavery in the fishing industry are mighty problems for our oceans, human rights and food sources. Distant-water fleets have huge impacts on livelihoods and food security of the poor. So does piracy and illegal fishing, not to mention under-reporting of catches. Dirk Zeller, Professor of Marine Conservation at UWA, talks about the problems, the laws of the sea, and strategies for change.

Friday 8 June, 10-11am. \$12 / \$8 conc.

SAILING to the LAND OF PUNT

Tom Vosmer AS18

In the 15th century BC, Hatshepsut became the second historically-confirmed female pharaoh of Egypt. She reigned for 20 years and organised a trading expedition to the Land of Punt, described on the walls of her temple at Luxor. Using those

Please try to be seated before a talk or course begins to avoid disturbing the speaker and other patrons. As parking nearby can be difficult you may need to allow a few extra minutes to walk to the centre.

ancient bas-relief images, Egyptian maritime archaeological evidence and some startling discoveries linked to the Punt Expedition, a reconstruction of one of the ships finally sailed on the Red Sea. Maritime archaeologist Tom explores the science, archaeology and art of the reconstruction.

Tuesday 12 June 10-11am. \$12 / \$8 conc.

THE GREAT PLAGUE Lesley Sylvester AS19

Of all history's sweeping sickness epidemics, the plague is the most notorious. The Great Plague of 1665 killed over 100,000 people or a fifth of London's population. What caused it? How was it to have lived through it? Lesley is a family history specialist with a riveting tale to tell.

Tuesday 12 June, 2-3.30pm. \$12 / \$8 conc.

FINANCIAL WELL-BEING Julia Schortinghuis AS20

Let's explore what matters financially as we get older. Understand how the age pension works, how much you will need to retire without worry and how to manage if you are suddenly thrown into handling your own finances. Learn what to consider in planning your will and how to choose an effective executor. Money stress affects a third of Australians, so come for a better understanding and sounder sleep.

Friday 15 June, 10-11am. \$12 / \$8 conc.

SPIRIT OF THE NIGHT SKY Laksar Burra AS21

Laksar is an award-winning tour guide and storyteller who spent 15 years in central Australia working with some of the original inhabitants. He brings a mix of scientific fact, myth and stories from around the world. Learn how to orientate to the night sky and how to find your star sign.

Tuesday 19 June, 10-11.30am. \$12 / \$8 conc.

IMPACT 100

Dylan Smith, Fremantle Foundation AS22

What a clever idea, where a \$1,000 contribution can make \$100,000 worth of difference. Impact 100 was the brainchild of Wendy Steele in the US, who suggested to her women friends who wanted to make a difference that they pool their efforts. Each gave \$1,000 and together decided on the recipient. The idea has taken off. In Fremantle each year a hundred people give \$1000 each and together help bring change. Come and learn how this brilliant concept works.

Friday 22 June, 10-11am. \$12 / \$8 conc.

OUR JUSTICE SYSTEM Peter Blaxell AS23

Most people take our legal system for granted and do not appreciate how important it is for the well-being of society and our way of life. It is the outcome of many centuries of wisdom and common sense, and we owe a great debt of gratitude to our ancestors. A retired judge explains the basics of the WA justice system and why it is equal to the best in the world.

Tuesday 26 June, 10-11am. \$12 / \$8 conc.

CHINA UNDER XI JINPING Gary Sigley AS24

As China's Paramount Leader, with more and more power being granted him, Xi Jinping has introduced sweeping measures to enforce party discipline and internal unity. He has tightened restrictions on civil society and ideological discourse, and China's overseas aid is transforming much of the developing world. Xi has had a cult of personality constructed around himself, involving books, cartoons, pop songs and even dance routines. Gary Sigley is a professional scholar focusing on China's cultural and social transformation, and discusses what all this means for 'the rest of us'.

Friday 29 June, 10-11am. \$12 / \$8 conc.

NOT-SO-TRIVIAL PURSUITS

YOGA

Postures, breath awareness, meditation and relaxation. All ages welcome. Reduce stress and tension and learn simple techniques to use at home. Suitable for anyone who can move from standing to floor with relative ease. Wear loose comfy clothing.

9 Fridays with Sadhana & Julie Wilkinson:

4 May – 29 June, 4-5.15pm. \$90 / \$72 Code BN1

9 Saturdays with Chinmaya:

5 May – 30 June, 8-9.15am. \$90 / \$72 BN2

DEEPER CONVERSATIONS

Caroline Harry BN3

'How was your day?' 'What happened at school today?' Do you find yourself asking dull questions and getting empty responses? Meaningful conversations take skill, understanding and wisdom. Caroline Harry helps you release old habits and create real connections. Listen without judgement, explore others' perspectives and ask questions that draw out your fellow interlocutor's innate wisdom, original thoughts and interesting perspectives.

Fortnightly, 3 Wednesdays, 9 & 23 May, 6 June, 10am-12noon.

\$48 / \$38

EMOTIONAL INTELLIGENCE

Maryke Botes BN4

Become more mindful so that you can choose how you see and react in any situation. Change your 'response-map', and you change how you see, hear, feel and behave in the world. Emotional intelligence is the ability to recognise your emotions, understand what they're telling you, and realise how your emotions affect people around you. It also involves your perception of others: understanding how they feel allows you to manage your relationships more effectively.

3 Wednesdays, 9 – 23 May, 1.30-4pm.

\$60 / \$48

DEVELOPING VIRTUES IN KIDS

Fiona McDonald BN5

Respect, patience, self-discipline, tolerance and joy for learning are among the virtues children can master, if we know how to help them do so. The strategies offered here can easily be integrated into how we interact with children or grandchildren when we help them learn to socialise and when we discipline them. It is a positive, holistic program used worldwide to bring out the best in children. Fiona is a long-time facilitator with Relationships Australia and values this course highly.

6 Thursdays, 10 May – 28 June (not 24/5 or 14/6),

9.30am-12noon. \$120 / \$96

LIFE MAPPING. Dr Dale Irving BN6

Reflect on the past; charting our biographies can open the way to the future. We will map the 7-year cycles of our lives using conversation, writing, artistic exercises and movement. Be surprised and enriched by the threads and themes that you'll find weaving through your life. The exploration is both fun and profound. Bring a pen, a journal and your memory! Dale is an arts educator and drama teacher, with a Certificate in Biography Consultation.

8 Thursdays, 10 May – 28 June, 10.30am-12noon. \$96 / \$77

QIGONG Toni Weston BN7

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

6 Thursdays, 10 May – 14 June, 4-5.30pm. \$72 / \$58

GUITAR, Beginners Steve Coleman BN8

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).

4 Fridays, 11 May – 1 June, 1-2pm. \$32 / \$26

THE SEARCH FOR MEANING Meera Finnigan BN9

Are we just passing time or is there more to life? Philosophy can help us to think critically about this. Let's explore human endeavours such as the search for truth, the seeking of wisdom, clarity of thought, living and dying, and whatever meaning and purpose these things may bring to our own lives.

7 Thursdays, 17 May – 28 June, 1.30-3.30pm. \$112 / \$90

WITCHES & MAGIC Ruperto Nunez BN10

Magical powers and witchcraft have persisted throughout recorded history and remains widely practised in many cultures, predominantly by women. The practise of magic-making has always invoked society's deepest fears, as well as wonder, fervent belief and scepticism. Explore with Ruperto the evolution of the ancient craft of magic-making, its rituals, and the reasons it has always been culture's scapegoat.

6 Fridays, 25 May – 29 June, 4-5.30pm. \$72 / \$58

MAHJONG REFRESHER Maureen Hislop BN11

Brush up on special hands and your scoring know-how in this friendly refresher. Note: not for complete beginners, you will need basic mahjong experience.

3 Mondays, 11 – 25 June, 9.30am-12.30pm. \$72 / \$58

BY HAND - Paint, draw, make.....

Don't forget to pick up your materials list if need be.

FOR THE LOVE OF PAINTING

Beverly Henderson Code CB1

Bev offers a friendly studio for painters to deepen their work, to break through to new levels, and simply to keep on painting. Bev, artist and tutor, is there for advice and ideas should you need it. Bring your own materials in any medium and join our happy group.

9 Fridays, 4 May – 29 June, 9am-12noon. \$216 / \$173

MOSAIC POTS Leisa Antonio CB2

Choose from some beautiful mosaic design templates, cut your tiles and learn to apply them to a curved terracotta pot. Please wear closed in shoes, an apron and bring along eyewear, either regular or safety glasses. A 24cm pot, materials and tools are provided.

3 Mondays, 14 – 28 May, 9.30am-12noon.

\$60 / \$48 + \$20 materials

PRINTING & PAINTING Renata Niderla CB3

Printmaking is endlessly fun, and always forgiving. Use lace, leaves, even scrunched fabric or plastic to press-roll onto a tile, and experience the thrill of anticipation as you peel off the paper. Then embellish your print with paints or coloured pencils. You'll make lots, all different. All materials are provided. Renata is an artist and tutor who loves to guide people through this surprising process.

4 Saturdays, 26 May – 16 June, 10am-1pm.

\$96 / \$77 + \$30 materials

MACRAMÉ BELTS & KEYSCHAINS

Leisa Antonio CB4

Clever macramé! Plait and knot a great belt and a gorgeous keychain. At the same time, you'll learn skills to make other macramé pieces, and you'll be told how you can spice-dye your cotton cord designs at home too.

Clever gift ideas here! All materials supplied.

Tuesday 22 May, 1-3.30pm. \$20 / \$16 + \$15 materials

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MACRAMÉ PLANT HOLDERS

Leisa Antonio CB5
Learn easy hitch and knotting techniques to make a pretty plant pot holder from strong cord. Add beads for a unique design. These will suit a small to medium pot. Good exercise for older fingers!
Tuesday 5 June, 1-3.30pm. \$20 / \$16 + \$15 materials

MORE FUN WITH COLOUR

Sean Corr CB6
Bring your own acrylic paints, palette and project, and Sean will help you find the techniques to finish your work. Be prepared to use fingers, brushes, spatulas, and to enjoy yourself.
4 Fridays, 8 – 29 June, 1.30-3.30pm.
\$64 / \$51 + \$6 shared paints, things to bring.

MACRAMÉ TOTE SHOULDER BAGS Leisa Antonio CB7
Use a range of traditional macramé knots and hitches out of soft cotton cord and add beads and buttons to create a unique and functional shoulder bag. Macramé is an easy to learn, relaxing old-world craft.
3 Mondays, 11 – 25 June, 9.30am-12noon.
\$60 / \$48 + \$25 materials

CLEVER FOOD WRAPS Lynn Christison CB8
Forget Gladwrap! These pretty fabric food wraps are dipped in beeswax, and keep sandwiches and other food fresh as a daisy and untainted by plastic. They are good for storing, wrapping, gift-giving; and they make for a cleaner, safer world. You'll make a good few; please pay tutor on the day (\$2 each).
Tuesday 19 June, 1-3pm. \$16 / \$13

LANGUAGES

Ongoing students need to re-book; newcomers are welcome if space permits.

SPANISH, Beginners Term 2

Ruperto Nunez Code DL1
Our beginners continue their Spanish journey with Ruperto.
8 Fridays, 11 May – 29 June, 1.30-3.30pm. \$128 / \$102

SPANISH, Advanced beginners,

Ruperto Nunez DL2
Our course continues for the advancing beginner, a lively Spanish journey with Ruperto.
8 Tuesdays, 8 May – 26 June, 11.30am – 1.30pm.
\$128 / \$102

SPANISH, More advanced

Ruperto Nunez DL3
We embark on our third year of Spanish conversation and grammar.
8 Tuesdays, 8 May – 26 June, 2-4pm. \$128 / \$102

SPANISH Intermediate

Ruperto Nunez DL4
In this continuing Spanish-language group, newcomers will need a good grasp of Spanish.
8 Tuesdays, 8 May – 26 June, 9-11am. \$128 / \$102

ITALIAN Beginners, Term 4

Barbara Bechter DL5
Buongiorno! Students continue to learn the basics of colourful Italian and Italian culture. Newcomers with rudimentary Italian are welcome.
8 Wednesdays, 9 May – 27 June, 2-3.30pm.
\$96 / \$77 + \$4 materials

ITALIAN Advanced Beginners

Barbara Bechter DL6
Sorry, this class is full (continuing students, please re-book).
8 Wednesdays, 9 May – 27 June, 12.15-1.45pm.
\$96 / \$77 + \$4 materials

ITALIAN Ongoing Millie Kursar DL7

Sorry, this class is full (continuing students, please re-book).
8 Wednesdays, 9 May – 27 June, 10.30am-12noon. \$96 / \$77

FRENCH Ongoing Millie Kursar DL8

Sorry, this class is full (continuing students, please re-book).
8 Tuesdays, 8 May – 26 June, 10.30am -12noon. \$96 / \$77

FRENCH, Beginners cont.

Paddy Glasgow DL9
Our beginners enter Term 2. Newcomers with a smattering of French are welcome.
8 Wednesdays, 9 May – 27 June, 4-5pm. \$64 / \$51

FRENCH Term 4 Paddy Glasgow DL10

Now in its fourth term, our friendly French class continues. As you go on, you will need 'Grammaire Progressive du Francais', Niveau debutant, 2nd edition available from All Languages Bookshop, Perth \$50.
5 Wednesdays, 30 May – 27 June, 1-2pm. \$40 / \$32

FRENCH Term 7 Paddy Glasgow DL11

Students continue to take their French adventure seriously with a book that guides them step by step through grammar and conversation, all in French. As you progress you will need 'Grammaire Progressive du Francais', Niveau debutant, 2nd edition available from All Languages Bookshop, Perth \$50.
5 Wednesdays, 30 May – 27 June, 2.30-3.30pm. \$40 / \$32

FRENCH, More advanced Paddy Glasgow DL12

Students with a good grasp of grammar and conversation who want to improve fluency are welcome. Songs, conversation, current affairs, jokes and recipes make up this class.
8 Thursdays, 10 May – 28 June, 1-3pm. \$128 / \$102

FRENCH on FRIDAY, Continued

Millie Kursar DL13
Sorry, this class is full (continuing students please re-book).
8 Fridays, 11 May – 29 June, 10.30am-12noon. \$96 / \$77

GERMAN, Beginners continued

Christa Kaltenbrunn-Long DL14
German-born Christa takes her beginners further as their new language begins to take shape. Newcomers with the very basics are welcome.
7 Mondays, 7 May – 18 June, 9.30-11am. \$84 / \$67

ENTERTAINMENT BOOKS

Find thousands of discounts for many of the best restaurants, cafés, arts, attractions, hotels, travel, and shopping in the new Entertainment Book. The new books will be available here in late May, but please order now. It's just \$70; you'll probably recoup that on your first outing!

Phone us on 9339 3964 to order yours, or for a digital copy go to:

www.entertainmentbook.com.au/orderbooks/830p05



CULTURE CLUB

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

WASO: Ravel's Bolero

Booking deadline: Friday 4 May. Code EC1
Perth Concert Hall. Scottish conductor Rory MacDonald leads WASO in Stravinsky's elegant Dumbarton Oaks, followed by Prokofiev's suite from the 1934 film *Lieutenant Kije*. Then there is Ravel's hypnotic Bolero leading to a finale nothing short of ecstatic. Collect your choir stalls tix (unallocated) 10.30-10.54am from Gloria near the info desk, foyer, Perth Concert Hall (opp coffee station).
Thursday 10 May, 11am-12noon. \$35

WASO: Mahler 4

Booking deadline: Thursday 17 May. EC2
Perth Concert Hall. The 'vocal radiance' of mezzo soprano Stefanie Iranyi really shines as Asher Fisch conducts Mahler's

sunniest symphony. The music opens with sleigh bells and birdsong and ends with an ethereal finale. Collect your choir stalls tix (unallocated) 10.30-10.54am from Gloria near the info desk, foyer, Perth Concert Hall (opp coffee station).

Thursday 21 June, 11am-12noon. \$35

WA BALLET OPEN DAY

Booking deadline: Tuesday 29 May. EC3
Our wonderful Ballet Company opens its doors for a privileged visit to a morning class. Watch the dancers start their day stretching, limbering up and dancing. Note that this is not a performance, it's a 90-minute back-room peep. Collect your tix 30 minutes early in the foyer, WA Ballet Centre, 134 Whatley Crescent Maylands. Note, parking is limited.

Friday 1 June, 12-1.30pm. \$15

GODSPELL, The musical Harbour Theatre

Booking deadline: Sunday 1 July EC4
This famous musical is based on the Gospel according to Matthew. A disparate group of young New Yorkers enact the Gospel's parables through song and dance, comedy and mime. Collect tix 30 minutes early at the foyer, Camelot Theatre, 16 Lochee Street Mosman Park.

Sunday 29 July, 2-5pm. \$25

OUT 'N ABOUT

Glyde-In teams up with Club 55 for exciting new outings and, if we need it, a bigger bus. We depart as always from the EF Football Club car park, Moss/Marmion Streets (Marmion Street end) where there's ample parking. The bus departs on the dot. If you find on the day that you can't make it please call 0422 204777 or 0403 318549

WELLINGTON DAM & GNOMES Code FO1

Bus trip: Wellington Dam, 2.5 hours south, sits in an ancient valley gorge on the beautiful Collie River, amongst jarrah, marri and blackbutt. We'll lunch (with an optional wine tasting) at the Wellington Forest Retreat (included) then head to the beautiful Ferguson Valley and Gnomesville (you could bring a small gnome to add to the thousands there). And there's ice-cream en route home. Departure details are above.

Monday 7 May, 9am – 5.30pm. \$89

PERTH CONCERT HALL TOUR FO2

Meet there. Uncover the secrets of our wonderful concert hall. Our 45-minute guided tour takes you backstage, upstage, down passageways, past technical contraptions and into a previously-concealed area that is now a performance space. Meet in the foyer, ground floor, Concert Hall, St Georges Tce, 9.45 for 10am tour.

Monday 14 May, 9.45-11am. \$7

SARAH OF ENDERSLEA FARM FO3

Bus trip: Visit historic Enderslea in the scenic Chittering Valley. Take a seat in the old barn to watch 'Sarah of Enderslea Farm', a production wherein early settler Sarah Morley and convict Daniel Baughan share their stories. It's written and directed by Jenny Davis of Agelink Theatre and produced by Diane Pope of Enderslea. This charming event includes a generous afternoon tea. Departure details are above.

Friday 18 May, 12noon to 6pm \$80

PERFORMING ARTS FO4

Bus trip: A privileged visit to theatre performance classes at the WA Academy of Performing Arts in Mt Lawley. Sit in on a musical theatre class, watch costumes and sets being designed and made, and explore the props room. There's a performance too, before lunch (not included, allow \$15-\$20). Departure details are above.

Tuesday 29 May, 9am – 3.30pm. \$88

LAKE NAVARINO & YARLOOP AFTER THE FIRE FO5

Bus trip: 1.5 hours south. It's off to Pinjarra and Edenvale Homestead for morning tea and a browse through the craft shops. Then we head to Waroona Dam and have lunch (included) in the Lake Navarino café which was built after the 2016 bushfire. We'll drive back via Yarloop, the town in recovery after the fire. Departure details are above.

Wednesday 30 May, 9am – 3.30pm. \$79

LAKE CLIFTON FO6

Bus trip: 1.5 hours south. Discover Yalgorup, with its elongated lakes, peppermint woodland, tuart forest. Walk the Lake Clifton boardwalk to see the 600 million-year-old thrombolites, the oldest living organisms in the world. Explore the Peel Inlet, then have lunch at Mandurah's Brighton Hotel (included), before some free time in the town and the drive home. Departure details are above.

Thursday 7 June, 9am – 3.30pm. \$69

LUNCH WITH A VIEW FO7

Bus trip: Wungong Dam for a picnic morning tea with time to enjoy this scenic spot. We then meander through Churchman's Brook stopping at Raeburn Orchard for tree-fresh fruit. Then it's a scenic lunch at Roleys on the Ridge with wonderful valley views. On our way home there's wine tasting at Jadran Winery and a visit to the Gemstone Factory.

Wednesday 13 June, 9.30am-3.30pm. \$79

LUNCH AT BENTLEY TAFE FO8

Bus trip: The award-winning restaurants at South Metro TAFE are live, interactive training environments. Hospitality and cookery students fully manage the restaurant and showcase their skills in planning a menu, budgeting, purchasing, preparing and serving food and drinks to a discerning restaurant public. We'll take a mystery drive on the way to make a very enjoyable day.

Friday 15 June, 9.30am-3.30pm. \$74

Some outings involve walking, occasionally on uneven surfaces. If you need assistance walking, please consider enrolling a friend, as we cannot offer constant help on the day. And as our bus has space for only two walking frames, please book a place for it on enrolling.



Thank you

Our classes are small and friendly and our tutors are patient. Our in-house PCs use Win10, but we encourage you to bring your own laptop if you can, fully charged. They suit not only windows but Apple and Android as well; just ask if it's not clear.

IPAD FOR TRAVELLERS

Isobel Pearson Code GC1

Start managing your iPad storage so it doesn't fill with photos and videos, especially whilst you're on holiday. Learn to use iCloud and other Cloud storage to stay uncluttered. Be phone-and-video-call savvy; keep in touch at home and abroad at little or no cost. Check out local currencies, and keep a daily holiday record and photos in a personal travel blog.

3 Mondays, 14 – 28 May OR 11 – 25 June, 1-2.30pm.
\$36 / \$29

KNOW YOUR ANDROID PHONE

Craig Johns GC2

Whatever brand, all Android phones are very similar so come and get to know yours and make friends with it. Synchronize it with your PC. And if you don't like texting, learn how voice recognition can leave a message instead. Bring your phone fully charged and manual if you have one.

4 Wednesdays, 9 - 30 May, 10am-12noon. \$64 / \$51

THE CLOUD FOR WINDOWS OUTLOOK.COM

Craig Johns GC3

Too embarrassed to ask? Well, the cloud is simply a metaphor for the internet. Files, music, photos, email are stored on servers on the internet instead of on your computer. It lets you access your stuff from any device with an internet connection. And you can share some or all with people you nominate too. Outlook.com offers free software for Word, Excel and Calendars too. The more you know, the safer you are. Come and see what it can do.

2 Wednesdays, 9 & 16 May, 1.30-3.30pm. \$32 / \$26

Guiding hands for Glyde-In

Glyde-In relies on its Management Committee for wise guidance, thoughtful decisions and good governance.

The committee is a happy creative group that works closely with the staff, other volunteers and the wider membership.

If you enjoy Glyde-In, are interested in the way it runs and would like to help guide it, please talk to us about nominating for committee.

What does it take? A day-time meeting a month for starters. Then you might join the occasional sub-committee for special short projects and take on other tasks that might come up, to suit you and your skills and experience.

New members need to be on committee for 12 months before nominating for an executive role, which we would heartily encourage you to do then. The initial 12 months are for you to get to know the centre's ethos and the way committee works together.

If it sounds up your alley, please speak to Gordon MacNish, 0419 858960, Pam Riordan 0408 909897 or Ann Reeves 9339 3964. Our AGM will be in September, and that's when committee re-forms, so there's a good lead time.

LP TO CD Warren Kimble GC4

Long to hear your favourite old music that's still on old LPs, EPs, 45s or cassettes? Turn them into CDs or add them to your digital music library. Then learn to edit your tracks, get rid of the crackles and how to burn digital music bought online to CD. Then find details of the originals from the internet. We'll use free software; bring your laptop if you like. Some computer experience necessary.

4 Tuesdays, 15 May – 5 June, 1-3pm. \$64 / \$51

THE CLOUD, GOOGLE GMAIL.COM

Craig Johns GC5

The cloud is simply a metaphor for the internet. Files, music, photos and email are stored on servers on the internet instead of on your computer. It lets you access your stuff from any device with an internet connection. And you can share some or all with people you nominate too. Gmail.com also offers free software and the capacity to convert a PDF to editable Word. The more you know, the safer you are. Come and see what it can do.

2 Wednesdays, 23 & 30 May, 1.30-3.30pm. \$32 / \$26

CLEVER WEB SEARCHING Craig Johns GC6

Using a search engine like Google, Bing or Yahoo is more fun when you know their features. Learn how to discern good sites from bad, how to use the plus and minus operators and other tricks. We'll also look at skills like opening links in new windows (so you don't lose your place), using Bookmarks or Favourites (so you can easily find sites again), and understanding common error messages. Apply these skills to your PC, laptop, iPad or Android tablet.

3 Wednesdays, 6 – 20 June, 10am-12noon. \$48 / \$38

WINDOWS 10 Craig Johns GC7

We'll help you become familiar with Win10 and show you some advanced tips. Learn to control the interactive browser App called Edge, Creators Update and Sharing Apps. Your PC is a tool to be enjoyed. We'll look at what the big 2018 update might mean too. Basic computer skills required. Bring your laptop or use our desktop PC. Sorry, no tablets or phones.

4 Wednesdays, 6 – 27 June, 1.30-3.30pm. \$64 / \$51

CHOOSING A NEW PERSONAL COMPUTER

Craig Johns GC8

You're not alone if you're confused in your search for a new Personal Computer. It can feel like a minefield. What do you need? Craig offers some guiding points for your search for a new desktop, laptop or notebook.

Note this is a guide, not a brand recommendation.

Wednesday 27 June, 10am-12noon. \$16 / \$12

COMPUTER HELP DESK

Book a one-on-one 30-minute session for help with a problem or project of your choice. Bookings please, no later than 1pm the day before each session. \$20 session

Windows, Android devices or Smartphones:

Craig Johns, Wednesdays from 9 May, 8.30 or 9am. Code GC9

Windows, Linux, Android devices or Smartphones:

Warren Kimble, Tuesdays, 15 May – 5 June, 11.30am or 12noon. GC10

Macs: Isobel Pearson, Mondays, 14 May – 25 June, 2.30 or 3pm. GC11

YOU'RE INVITED... Regular groups

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

BOOK CLUB: 2nd Monday / month, 3.45-5.45pm. Books not provided, all welcome. Jill Brown, 0433 402401 or Glyde-In 93393964.

COMMUNITY QUILTING: 2nd Thursday/month, 3.30-5.30pm, supporting the WAQA Community Group which donates quilts to charities. If you can, bring a sewing machine. Lyn 0405 124618, Penny 04000 44835.

CYCLING GROUPS: Monday and Wednesday mornings. Sorry but our Monday group is full. Phone Marilyn Carosella 0407 082038 for our Wednesday group.

GLYDE-IN SONGSTERS: with Digby Hill. All welcome to sing folk, early mediaeval, African etc. Tuesdays from 8 May, 4-6pm; \$12 / session. Just come along.

MAHJONG: For experienced players. Monday & Friday afternoons, Denise Versteeg 93192368. Thursday mornings, Maureen Hislop 94941451.



Making music

Bring your acoustic instrument and join our small friendly music group. Every 2nd Wednesday from 16 May, 2.30-5.30pm.
Joe Soley 93308381,
Andrew Monka 0407761292.

SCRABBLE: Wednesdays, 9.30-12noon from 9 May. All welcome, \$5 each + \$1 morning cuppa. Warren Kimble 0407 171442.

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

Privately run activities: Please phone the conveners. Glyde-In does not take these bookings and does not necessarily endorse these services.

CHESS: Mondays 1-3pm including holidays, \$5 per session. Join our social non-competitive group. Marg Dewar 93198358.

COMMUNITY HU CHANT: "The person singing Hu tunes in to a higher spiritual awareness" - Harold Klemp, "HU The Most Beautiful Prayer". 7:30pm, 4th Thurs/month, gold coin. 0408 957514.

FELDENKRAIS: Continuing blocks of 6 Sundays, 5.30-6.30pm, \$25 / session. Elwyn Edwards 93815826 or 0417 954633.

FRIDAY RIDERS: departs Left Bank café Fridays, 8am. For those able to cruise at 20kms / hour. Gordon MacNish 0419 858960.

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 858003.

QUAKERS (Religious Society of Friends): All welcome to our mainly silent meetings for worship, Sundays, 10-11am.

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

TWIN HEARTS MEDITATION: Weds, 6.30-7.30pm. Guided meditation to bless humanity, the earth and loved ones with peace, joy, healing, reconciliation. All welcome, Jan Duckett, 0419 947941. By donation.

WOMEN'S WEALTH CIRCLE: Build confidence in your relationship with money and understand the keys to living in abundance. 6 Tuesdays from 15 May, 7.30-8.45pm, \$85. Contact Sue Goodwin, 0459 197428.

A word from the Chair



Well it is Finished!!

When I wrote my previous 'Word from the Chair' in mid-November 2017, I felt sad that demolishing day for our much loved Art Shed was only two weeks away. That building which had been used for so many years and had brought joy to users was gone in just one day. It amazes me that something that took so long to establish can be gone so quickly. The demolition team said that the roof was the only thing holding the walls up. That might have been slight exaggeration, but it does confirm that our dear old Art Shed had reached its use-by date.

Six weeks later we had our brand spanking new building, bigger and better than I had ever imagined. The building with its weatherboard finish, its parapet wall, its roof sloping gently down to cover the sweeping entrance path, its large windows making it feel roomy and bright, blends nicely into our garden. So we have called it The Garden Room. Volunteers painted the inside and a team of garden gnomes did their best to restore our lovely garden to some semblance of normality.

We had our first-term enrolment day on the last day of January 2018, our grand opening of the Garden Room on the first day of February and our first class in the new building on the second day of February. So although we had to cancel our Summer School, we achieved the new room being built without major interruptions to our usual programs. Thank you to everybody who help make that possible. A special thank you to our builder Robin Taylor and his team

of workers for completing the building on time and under budget. Thank you also to Jono Farmer for a huge effort as project manager.

Yes it is finished. And it is wonderful.

A few people have asked 'How can Glyde-In afford such a building?' There are three reasons. But some background first. The building is 50 square metres and we budgeted \$2,000 per square metre, or \$100,000. We didn't have that sort of money so we approached Lotterywest and the Town of East Fremantle for help.

So the first reason was a very generous grant from Lotterywest. Their \$63,000 grant was then combined with the second reason; a very generous one-off grant of \$25,000 from the Town of East Fremantle. We needed to raise a further \$12,000 for the building and about \$38,000 for the fit-out. Thus the third reason was that we were able to provide that money. We had known for a long time that the Art Shed was getting near the end of its useful life and we had been saving through our many fund-raising activities for quite a few years.

So I finish by saying on your behalf a big thankyou to Lotterywest, the Town of East Fremantle and our many volunteers who have worked so hard raising money for this wonderful project. I'm sure our Garden Room will bring joy to many. Gordon MacNish.

WHO WE ARE

Glyde-In Community Learning Centre began in 1981. It offers 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. We generate much of our funding through membership and course fees, and are supported greatly by the Town of East Fremantle, which provides our building and very substantial funding. We appreciate their support. Glyde-In is a non-profit organisation managed by a volunteer Management Committee. Volunteers play a significant role in the work of the Centre. Membership is a requirement for those who undertake more than a single one-day course or event per year.

ROOM HIRE

Our comfortable rooms and our facilities are available for group hire. Availability, however, is limited mainly to evenings and weekends. Rooms cost \$20/hour for groups initiated and run by Glyde-In members, \$23 for non-profit groups not affiliated directly with us, and \$30 otherwise. Groups charging entry require their own public liability insurance. Please phone us for details of availability.

HOW TO ENROL

Enrolments begin on Wednesday 2 May, 8.30am-3pm (online from 10am) and continue throughout the term, spaces permitting. Postal enrolments will be processed from 10am on Enrolment Day, so to be sure of your place it's wise to come in person or have someone come and enrol for you. If you post it in and require a receipt of a list of materials or information, be sure to include a self-addressed stamped envelope.

Sorry, no phone enrolments on or before enrolment day.

Consider yourself enrolled unless you hear otherwise.

Please choose carefully – refunds or credits are not issued if you cancel after the first week of term. However, if 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.

MEMBERSHIP

12 months \$35 / \$30 concession, or \$20 East Fremantle resident. Concession is for holders of a Pension or Health Care Card (not Seniors' HCC) or DVA Gold Card. Membership is not required if you enrol in one 1-day activity over the entire year. For all other enrolments, membership is required. You don't have to be an East Fremantle resident – everybody is welcome.

ENROLMENT FORM - Membership is required unless you are booking only for a one-day activity over a full year.

Title	Ms / Mrs / Mr	First name		Last name	
Phone		Mobile		Emergency no.	

Please choose your course or activity carefully. Sorry no credits or refunds if you withdraw after week 1.

***PLEASE ONLY COMPLETE ADDRESS & EMAIL DETAILS IF THEY HAVE CHANGED OR IF THIS IS A NEW MEMBERSHIP.

Address				
Suburb		Postcode		
Email		Programme to be	<input type="checkbox"/> Emailed	<input type="checkbox"/> Posted

*Please tell us of any special needs you have

MEMBERSHIP (Please tick) \$35 full \$30 Pension or Health Care Card (HCC) or DVA N° OFFICE USE ONLY:
 \$20 East Fremantle resident

New Renewal Current Non-member (only for a single event over a year) \$

Code No.	COURSE / TALK / EVENT	Start date / time	Course fee
			\$
			\$
			\$
			\$
			\$
			\$
			\$
			\$
			\$
			\$
<input type="checkbox"/> ENTERTAINMENT BOOKS @ \$70 (+ \$10 post / or I'll collect):			\$
PAYMENT	<input type="checkbox"/> Cheque <input type="checkbox"/> Cash <input type="checkbox"/> Card	TOTAL Inc. membership	\$

Sorry, no eftpos. Visa or Mastercard only.

Please fill in card details only if enrolling by post.

Visa Expiry/..... Signature

Mastercard CVV* *CVV is the last 3 digits on back of your credit card