



Glyde-In

# Summer School

Monday 9th to Friday 20th January 2017

42 Glyde Street, East Fremantle, 9339 3964

## Welcome to our Summer School

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

Let us know if you'd like to receive our regular term programme.

Concession eligibility is for holders of a Pension, Centrelink Health Care or DVA Gold Card.

### See inside for...

Yoga  
Meditation  
French & German classes  
Writing  
Music  
Talks on politics  
Heritage & history talks  
Drawing  
Cycling  
Mahjong  
Start an online business  
Build a website

... and more



Please book early, any time from 8.30am Wednesday 12th October, 2016 in person or phone us on 9339 3964 after the 13th. You can also book online from 10am on the 12th. *Bookings are essential.*

See [www.glydein.org.au](http://www.glydein.org.au) and click on Summer School.

## POLITICS IN SUMMER

### Recognition of the first people

Roderic Pitty

Code SS1

Let's talk about the campaign to recognise the rights and status of First Peoples in the Australian Constitution. How do the proposals relate to the 1967 referendum on Aborigines, and to Australia's obligations under international law? How do we compare with other former British colonies like Canada and New Zealand regarding recognition of Indigenous Peoples? Dr Roderic Pitty lectures on global governance and offers a clear understanding of this important issue.

Tuesday 10 January, 10–11.30am. \$12 / \$8.

### Understanding the United Nations

Roderic Pitty

SS2

There is a big gap between the ideals expressed in the Charter of the United Nations and the Universal Declaration of Human Rights, and the reality of never-ending conflict and human rights abuses worldwide. Does the UN need to be reformed? If so what type of changes could be both necessary and feasible?

Wednesday 11 January, 10–11.30am. \$12 / \$8.

### Rules of war

SS3

Jamal Barnes

Is all fair in love and war, or do human rights, morality and laws of conflict continue to operate during war? Do rules of engagement have a place today? Jamal Barnes is a post-doctoral research fellow at ECU who specialises in human rights.

Thursday 12 January, 10–11am. \$12 / \$8.

## LANGUAGES

### German beginners

Code SS4

Christa Kaltenbrunn

For the complete beginner, with German-born Christa. Come and enjoy learning the foundations of a new language.

6 sessions, Tuesdays, Weds, Thursdays, 10th to 12th and 17th to 19th January, 1–2.30pm. \$63 / \$50.

### French beginners

SS5

Millie Kursar

You'll get a good grasp of melodious French in these intensive sessions with Millie. It's fun too.

6 sessions, Tuesdays, Weds, Thursdays, 10th to 12th and 17th to 19th January, 10–11.30am. \$63 / \$50.

## MIND AND BODY

### Mindfulness Meditation

SS6

Margaret Wilkes

A chance to learn some of the benefits of mindfulness practice, in the peaceful lee of the new year. You will learn ways of creating a quiet space in a hectic world and becoming more present in your everyday life.

5 sessions, Monday 16 to Friday 20 January. 8–9am. \$35 / \$28.

### Gentle Yoga, beginners

SS7

Postures, breath awareness, meditation and relaxation. All ages welcome. Reduce stress and tension held in the body and mind, 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.

5 sessions Monday 9 to Friday 13 January:

- 8–9.15am with Marianna Garaboni; or
- 3.30–4.45pm with Andi Bach. \$44 / \$35.



## FOR FUN

### Mahjong refresher Code SS8

Maureen Hislop

Brush up on special hands and your scoring know-how in this friendly refresher, and start to enjoy this game of skill.

2 Mondays, 9 & 16 January, 9.30am–12noon.  
\$35 / \$28.

### Writing short fiction SS9

Alan Hancock

Learn how to write a short story from first draft to final edit. This hands-on course will be useful and enjoyable, whether you're a beginner or a more experienced writer. Plenty of exercises will get you started and open up memory and imagination. And you'll learn from the writings of successful authors how to shape your story into a form that will engage readers. This course will take your writing to new places, and it will be a lot of fun.

5 sessions, Monday 16 to Friday 20 January,  
12.30–3pm. \$87 / \$70.

### Play Marimba SS10

Mike O'Shaughnessy

Marimbas are wooden xylophones; they're easy to play and a lot of fun. Played together they sound wonderful. Learn the basics and then play African-style tunes and well-known songs. They'll include simple and more complex parts and so are suitable for complete beginners and those with some musical experience. Come and enjoy yourself!

5 sessions, Monday 16 to Friday 20 January,  
3.30–5.30pm. \$70 / \$56.

### Sketching around town SS11

Jane Lidbetter

If you have some drawing experience, join Jane to sketch outdoors: by the river, in a park and at Fremantle Arts Centre. You'll build up your artistic and observation skills.

Session 1 at Glyde-In. Bring sketch pad, board and HB, 2B, & 4B pencils.

4 sessions, Monday to Thursday, 9 to 12 January,  
9.30am–12noon. \$70 / \$56.

### Japanese and Chinese brush painting

Jane Lidbetter SS12

Enjoy learning about the beautiful art of brush painting and the meditative qualities that go hand in hand. Techniques will be demonstrated for you to try, and we will make up cards at the end of the day.

Friday 13 January, 9.30am–3pm. \$39 / \$31  
(plus \$12 all materials, pay tutor on day 1.)

### Pen and ink and nature SS13

Jane Lidbetter

Discover close-up a humble leaf or a sea-shell that you might otherwise pass by. It's all in the shading and your observation skills. Using pen and ink and

washes Jane will teach you different techniques in this exciting medium. Please bring cartridge paper, ecoline black ink and Jane will provide pens for you to buy at a small cost.

3 sessions, Tuesday to Thursday,  
17 to 19 January, 1.30–4pm. \$53 / \$42

### Salt painting SS14

Leisa Antonio

Salt and watercolour paints can create exciting finishes and textures, and allow for surprising effects. Use salt and adhesive on a base board to create a basic design, then add paint and glitter to bring your work to life.

3 sessions, Tuesday, Wed, Thurs, 10–12 January,  
12.30–3pm. \$42 / \$34 (+ \$15 materials)

### Create jewellery SS15

Sandra Jamieson

Experiment under guidance with beads, ribbon and cord, beading wire and thread, clasps and crimps. You'll learn several ways to professionally assemble your jewellery, and take home the skills to make more. Make 6–8 pieces. Please bring a non-towelling tea-towel, 3 small containers and sharp scissors.

3 sessions, Tuesday to Thursday, 10–12 January,  
4–6 pm. \$42 / \$34 (+ \$45 materials).

## TECHNOLOGY

### Start your online business SS16

Lorenz Wuthrich

Do you have an idea for an online business, or are you curious about it? How do you begin to sell a product, a course, a service? How do sales happen online, what makes a successful site? Three steps will get you started; set up your package and delivery method; attract people to your website through an effective newsletter or Facebook and Instagram; and increase your contact list to broaden your client base. (For experienced internet users only; you'll need an email address and access to it). For Macs or PCs.

4 sessions, Monday 9 to Thursday 12 January,  
9–11am. \$56 / \$45.

### Get your message out SS17

Lorenz Wuthrich

Any online business needs lots of clients. A professional e-mailed newsletter is by far the best way to attract people to your website. Learn what makes a good one and how to build your list of potential clients. Create a newsletter with the right message and a call for action, interpret the results, and if need be, revise the letter. (For experienced internet users only; you'll need an email address and access to it). For Macs or PCs.

4 sessions, Monday 9 to Thursday 12 January,  
1–3pm. \$56 / \$45.



## A RICH HERITAGE

### What's in the box? Code SS18

Diane Foster

That dusty box or old suitcase that you found tucked away could prove to be the secret to your own family history, or hold answers to the question you never asked. Or perhaps you'd like to know how to organise your own collection of documents and memorabilia. Diane will help you put into context and make sense of the treasure you hold. Part 1 will explain how to approach the materials. Part 2 will focus on maintaining the integrity of the collection and better understand its worth by describing the information in a meaningful way.

Monday & Tuesday, 9 & 10 January, 1–3pm.  
\$28 / \$22.

### World heritage in danger SS19

Luke Donegan

Wars, natural disasters and neglect can mean the devastation of precious world heritage sites. Luke Donegan, Freo Prison's heritage conservation manager, looks at Bali's cultural landscape; Palmyra's site of ancient Syrian antiquity; the Great Barrier Reef; and the Fremantle Prison.

Monday 16 January, 10–11am. \$12 / \$8.

### Bride ships SS20

Leonie Hayes and Tricia Fairweather

Our fledgling colony had many men and too few women. Bride ships were commissioned to bring young girls out to WA. It started in the 1850s and, surprisingly, continued well into the 20th century. Hear how these young women were selected, about their experiences on board and how they were treated on arrival. Tricia and Leonie, history specialists at the State Library, tell the story.

Tuesday 17 January, 10–11am. \$12 / \$8.

### Port for a storm SS21

Mike Lefroy

On the 4th May 1897 Lady Forrest, wife of the Premier, was at the wheel of SS Sultan, the first ship to enter Fremantle's new inner harbour. Mike Lefroy, great grandson of the harbour's designer C Y O'Connor, will share stories of harbour development in the Swan River Colony,

from a 'few sticks in the ocean' to a safe all-weather port in the mouth of the Swan River.

Wednesday 18 January, 10–11am.  
\$12 / \$8.

### Where the hell are we? SS22

Steve Howell

A surprising look at early maps of WA—admiralty charts, maps of the Swan River Colony and South West. Learn how the first 3D maps were created during WWI and see the exquisite hand-drawn maps used by explorers.

Thursday 19 January, 10–11am. \$12 / \$8.

### Museum without walls SS23

Mike and Joy Lefroy

Do you know that one of the few surviving slave trading ships in the world was wrecked off Woodman's Point? why the man on a horse in the water is looking backwards? or where Fremantle's shore line was in 1829? Take a bike ride to Woodman's Point and return to discover some of our intriguing maritime stories with historians Mike and Joy Lefroy. Meet at the Maritime Museum, Victoria Quay at 7.30am. Coffee at the South Beach café on the way back. Bikes not provided; bring yours, or hire from self-service racks at Fishing Boat Harbour.

Tuesday 10th January, 7.30–10am. \$20.

### Our precious river SS24

Toni Webster and Cathie O'Neill

Our migratory bird numbers are declining—Toni should know, she counts them regularly for Birds Australia, and says that loss of habitat in the Yellow Sea is the main cause. Both Cathie and Toni help monitor the health of the A-class reserves on the Swan, either by restoring habitat or counting bird life. Learn about our shorebirds and our river. Hear about work to strengthen its fragile marine parks and nature reserves, and why they are critical for our precious shore and migratory birds. An evening talk and an early morning river walk to spot and identify our shorebirds at special estuarine spots (binoculars supplied).

Thursday 12 January, 6–7pm at Glyde-In, then  
Thursday 19, 7.30–9.30am at Troy Park sporting complex, Burke Drive, Alfred Cove. \$21.