

Glyde-In

Community Learning Centre Inc

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Office hours: Monday - Friday 8am - 4pm

ABN: 12 477 460 811

PROGRAMME TERM 1 2019 - Monday 11 February to Friday 12 April

SPEAKERS UNLIMITED

AGEING AND THE BRAIN

Code AS1

Hakuei Fujiyama and Jane Tan, Murdoch University

When we think of ageing, we think 'memory loss', but our brains decline in many ways, for example in our reflex capacity and fine motor control. So we might not quickly dodge an oncoming cyclist, or we have trouble using our hands for delicate tasks. This can lead to hospitalisation or care, which can influence our mental health. Murdoch University researchers are looking at non-invasive ways to stimulate the brains of healthy older adults as well as those with some impairment, which might translate into treatment for Parkinson's, dementia, stroke and the like. Come and hear more; if you want you can become involved.

Tuesday 12 February, 10.00 - 11.00am

Members \$12 / \$8 Conc. / Non-mbr. \$17

LIFE IN NORTH KOREA

Code AS2

Alek Sigley

Alek is the first Australian to study formally in the Democratic People's Republic of Korea; he is a Masters student at Kim Il Sung University. He offers an engaging introduction to daily life in North Korea based on his personal experiences and observations. Alek has been leading tours to North Korea for many years through Tongil Tours (tongiltours.com).

Thursday 14 February, 10.00 - 11.30am

Members \$12 / \$8 Conc. / Non-mbr. \$17

THE CYBER EFFECT

Code AS3

Lorenz Wuthrich

The internet is changing human behaviours online. Cyber-psychologist Maria Aiken's book *The Cyber Effect* offers a starting point for conversations about how the Internet is shaping development and behaviour, values, children and security. Lorenz Wuthrich explains, and offers ways to protect ourselves and our families from some of the less-desirable effects.

Friday 15 February, 10.00 - 11.00am

Members \$12 / \$8 Conc. / Non-mbr. \$17

WALKING THE KUMANO KODO

Code AS4

Deb Mickle

The Kumano region is nestled in the verdant mountains of Wakayama Prefecture, the spiritual heartland of Japan on Honshu Island. This lush rugged area has for centuries been worshipped as the abode of the gods. Walking the spiritual Kumano Kodo pilgrimage route, 30-70 kms over 4-6 days, is a unique way to explore Japan. Dine on local cuisine, relax in the healing waters of onsens, and interact with the hosts. Deb, an experienced long-distance walker, offers tips on how to plan for this (self-guided) walk.

Saturday 16 February, 2.00 - 4.00pm

Members \$12 / \$8 Conc. / Non-mbr. \$17

ECCENTRIC EXERCISES

Code AS5

Dr Ken Nosaka, Edith Cowan University

We know that exercise is good for us – but now the *types* of movement matter too! Walking down the stairs, eg, is better than walking up. When descending, 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 eccentric exercise and has developed a home-based exercise program. They're less challenging but require more brain-power, so they could help ward off dementia. Hear about their effects in session 1, try some in session 2.

2 Tuesdays, 19 & 26 February 9.00 - 10.00am

Members \$24 / \$16 Conc.

Non-members welcome

You don't have to be a member to enjoy Glyde-In's activities. Non-members can enrol into single events at a slightly higher fee. Or you can join as a member for a single term at \$15 and enrol in anything at the member fee, either the full or Centrelink concession rate.

A single term membership is \$15 and a regular 12 month membership is \$35 or \$30 concession. East Fremantle residents pay just \$20 per year.

**Enrolments in person from 8.30am on Wednesday 6th Feb
or book on-line from 9.30am**

ARTEFACTS & CURIOS

Code AS6

Michael Wilson

As a petroleum geophysicist, Michael Wilson lived and worked in various countries, among many cultures and traditions. During this time he built up an astonishing collection of flints, arrowheads, tools and implements. Come and hear the stories of geology and anthropology that lie behind these important artefacts.

Tuesday 19 February, 11.00 - 12.30pm

Members \$12 / \$8 Conc. / Non-mbr. \$17

SPOT A SCAM

Code AS7

Lorenz Wuthrich

It takes good skill or a bad experience to recognise a scam, whether it comes by phone, email or a website. Lorenz shows what to watch for, when to duck, and where to go for reports and specialist info. He also offers some useful tips to keep your online shopping risks to a minimum. Note, this is a presentation and not hands-on.

Tuesday 19 February, 2.00 - 3.00pm

Members \$12 / \$8 Conc. / Non-mbr. \$17

MEMORY GOT YOU WORRIED?

Code AS8

Alfiah Blond, Naturopath

Alfiah suggests some daily practices that might help memory function. She will introduce the lifestyle aspect of preventing or reducing the symptoms of Alzheimer's. Alfiah is an accredited Bredesen Protocol Practitioner and naturopath and

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ENROLMENTS - Begin Wednesday 6 February, 8.30am - 3pm OR book online from 9.30am

1.



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

works to improve brain function through lifestyle, diet, herbs and supplements. (See the last item in our Private Groups section for more.)

Tuesday 19 February, 6.30 - 7.30pm
Members \$12 / \$8 Conc. / Non-mbr. \$17

THE LION THAT ROARED **Code AS9**

Roy Mudge

Retired projectionist Roy Mudge began his career at 16 at Fremantle's Princess Theatre. Now curator at the Australian Museum of Motion Picture and Television, Roy tells the story of Metro Goldwyn Mayer, its rise and its demise and the great films between.

Thursday 21 February, 10.00 - 11.15am
Members \$12 / \$8 Conc. / Non-mbr. \$17

PALESTINE/ISRAEL CONFLICT **Code AS10**

Jafar Ramini

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 his perspective.

Friday 22 February, 10.00 - 11.30am
Members \$12 / \$8 Conc. / Non-mbr. \$17

INDIGENOUS ART **Code AS11**

Eve White

From traditional to contemporary forms, Aboriginal and Torres Strait Island artists have produced an astonishing range of works, expressing profound meanings linked to country and culture. Eve White, WA Art Gallery guide and art history enthusiast, explores some of this complex and beautiful story.

Monday 25 February, 10.00 - 11.00am
Members \$12 / \$8 Conc. / Non-mbr. \$17

CHINESE MARXISM **Code AS12**

Gary Sigley

A hundred years after the foundation of the People's Republic of China, we'll look at the world's so-called clashes of civilisations and of ideologies. Gary Sigley, a professional scholar focusing on China's cultural and social transformation, offers a brief history of Marxism in China and looks at the 'Sinification' of Marxism. Then he'll explore the revival of Marxist ideology since Xi Jinping, President of the PRC and General Secretary of the Communist Party of China, came to power in 2013.

Tuesday 26 February, 11.00 - 12.30pm
Members \$12 / \$8 Conc. / Non-mbr. \$17

GLOBAL GOVERNANCE **Code AS13**

Michael Beeson, UWA

When problems cannot be resolved by individual governments or organisations, the concept of global governance raises its head again. But more often it is conspicuous by its absence. Many people would like to see more effective global governance, but preferences alone are unlikely to bring it about. Mark Beeson, Professor of International Politics at UWA, explains some of the obstacles it faces and suggests that, for all its problems, we need global governance more than ever.

Wednesday 27 February, 2.00 - 3.00pm
Members \$12 / \$8 Conc. / Non-mbr. \$17

MENTAL HEALTH & YOUR GUT **Code AS14**

Nick Nation, dietician

There's a definite relationship, says Nick Nation, between our digestion and our mental well-being. It's not for nothing that we use phrases like 'a gut feeling' or 'I can't

Continued in next column....

stomach the thought'. The question is, which has the upper hand? Nick is a dietician and a health coach, and reckons that with the right information we can all get the most out of our gut.

Thursday 28 February, 10.00 - 11.00am
Members \$12 / \$8 Conc. / Non-mbr. \$17

GEORGIAN SONG **Code AS15**

Shirley Guy

Voicemale is a Fremantle-based group of blokes who sing. (Their leader Digby Hill is also choirmaster of the Glyde-In Songsters.) Voicemale's repertoire includes the complicated Georgian polyphony. Recently the group travelled to that country to sing traditional Georgian and Australian songs, and to learn more of the music. The trip was a hoot and a hit, and Shirley Guy, a member of the Glyde-In Songsters, went along for the joy of it. She tells the tale.

Friday 1 March, 10.00 - 11.00am
Members \$12 / \$8 Conc. / Non-mbr. \$17

A STAR IS BORN **Code AS16**

Stephen Holtz

Stars form from huge super-heated bodies of mass from clouds of dust and gas called nebulae. When an area of high density in a stellar nebula condenses, it focuses on a single point. This point of matter becomes hotter and starts to glow. Some grow to be a red giant, then a planetary nebula and then a white dwarf until they die. Others become super-giant stars. Then they become either neutron stars or black holes. Come and hear how it all happens.

Tuesday 5 March, 10.30am - 12 noon
Members \$12 / \$8 Conc. / Non-mbr. \$17

HEALTH IN WEST TIMOR **Code AS17**

Trish Green

For three years Trish has worked stints as a volunteer in West Timor's public hospital in East Nusa Tenggara, a region in which poverty and malnutrition are rife. Trish has brought new skills to staff in the hospital's microbiology lab, and will describe her teaching experiences as well as the increased anti-microbial resistance and cases of tuberculosis and leprosy.

Thursday 7 March, 10.00 - 11.00am
Members \$12 / \$8 Conc. / Non-mbr. \$17

LAND FOR OUR WILDLIFE **Code AS18**

Angela Bowman

Australian Wildlife Conservancy protects endangered wildlife across 4.65 million hectares in the Kimberley, Cape York, Lake Eyre and the Top End. It is Australia's largest private owner of land for conservation. Angela Bowman is AWC's Senior Development Executive, responsible for WA, SA and the NT. She will describe how they work with the wild populations of our most endangered species.

Friday 8 March, 10-11am
Members \$12 / \$8 Conc. / Non-mbr. \$17

SANDRA HILL, artist. **Code AS19**

Eve White

The life of Noongar artist Sandra Hill has been profoundly shaped by political and policy attitudes towards her people. Born in South Perth, she was removed from her family at age

Continued on next page....

7 and put in an orphanage and then into foster care. Sandra's art responds to the experiences of Aboriginal people in WA. It is also a celebration of survival, revival and, finally, a triumph of the Indigenous spirit. WA Art Gallery guide Eve White tells more.

Monday 11 March, 10.00 - 11.00am
Members \$12 / \$8 Conc. / Non-mbr. \$17

EXOPLANETS **Code AS20**
Stephen Holtz

Exoplanets lie beyond our own solar system. Thousands have been discovered in the past two decades. These worlds come in a huge variety. Some are gigantic planets hugging close to their parent stars; some are icy, some rocky. And the search is on for a habitable exoplanet, as Stephen explains.

Tuesday 12 March, 10.30 - 12noon
Members \$12 / \$8 Conc. / Non-mbr. \$17

SOLAR & WIND POWER **Code AS21**
Craig Carter, Murdoch University

Craig devoted 18 years to the planning and design of renewable energy projects within WA. He was a pioneer in the development of wind and solar PV generation and developed the Renewable Energy Buyback Scheme in the 90s. As if that weren't enough, Craig also played a major design role in most of WA's coastal wind farms, before becoming adjunct professor in Murdoch's School of Engineering and Information Technology. Come and learn about the state of play.

Thursday 14 March, 10.00 - 11.00am
Members \$12 / \$8 Conc. / Non-mbr. \$17

SUPER, PENSIONS & CENTRELINK **Code AS22**
Julia Schortinghuis

Let's get clear about pensions, accounts-based pensions and Centrelink's part in them. Firstly, find out how to start an account-based pension, one that lets you draw a regular retirement income from your superannuation. Learn about the new rules for 'grandfathering', a mix of super and Centrelink pension. And we'll look at how much to safely draw from your pension so that it will last the duration. Julia, a certified financial planner, will also explore estate planning, and the reversionary pension.

Friday, 15 March, 10.00 - 11.30am
Members \$12 / \$8 Conc. / Non-mbr. \$17

NAKURU HOPE **Code AS23**
Susan Saleeba

Susan is a resounding force for change. In 2008 she began a school in a rented property in one of Kenya's most destitute areas. It provided education, housing and medical help. As if that weren't enough, in 2014 Susan built her own school and an orphanage. Now 300 children call her Mumma Susan. And her plans haven't stopped yet. Come and hear more of Susan's astonishing story. See www.nakuruhope.org

Friday, 22 March, 10.00 - 11.00am
Members \$12 / \$8 Conc. / Non-mbr. \$17

THE POWER OF MAPS **Code AS24**
Michael Tassell

Primitive maps helped enhance our newly-emerging sense of space as humans first began to look outwards. Over time, as mobility increased, so did the need for accuracy in navigation maps. The discovery of 'new' worlds and the expansion of empires depended upon them. And now the growing awareness of differences in social, economic and environmental climates has led to the need for different types of maps to make sense of them. Retired lecturer in Spatial

Sciences Michael Tassell tells the story.

Tuesday 26 March, 10.00 - 11.30am
Members \$12 / \$8 Conc. / Non-mbr. \$17

SHAKESPEARE'S SONNETS **Code AS25**
Rosemary Longhurst

In Shakespeare's day, playwrights were regarded as artisans, workers who wrote plays for entertainment and profit. Sonnets were regarded as personal, for circulation among the poet's friends; it was out of order to write them for publication. Luckily for us, a collection of 154 sonnets were published in 1609 by a disreputable publisher notorious for stealing manuscripts. While in his plays the poetic passages convey the emotions of a dramatic character, here are Shakespeare's own feelings of love, adoration, frustration, betrayal and more, telling the stories of two romantic entanglements in his life. Hear more, and enjoy some readings.

Thursday 11 April, 2.00 - 3.30pm
Members \$12 / \$8 Conc. / Non-mbr. \$17

NOT-SO-TRIVIAL PURSUITS

YOGA, Saturdays **Code BN1**
Uwe Oswald

Learn about yoga postures (asanas) and the art of relaxation. All ages and all levels welcome. Reduce stress and tension and learn simple techniques to take home. Suitable for anyone who can move from standing to floor with relative ease. Wear a smile and loose comfy clothing.

10 Saturdays, 9 February to 12 April, 8.00 - 9.15am
Members \$100 / \$80 Conc.

REFRESH YOUR POTENTIAL: The Artist's Way **Code BN2**
Cecily Cropley

We work with Julia Cameron's book *The Artist's Way*. It's not an art course, but a way to discover a creative, joyful, effective way of living. It helps participants to find new potential and self-confidence 'from inside out'. The activities are fresh and full of surprises. Working with fellow travellers adds fun, support and motivation as we share our observations and adventures week by week. (You will need a copy of the book (\$25-\$40.)

8 Wednesdays, 13 February to 3 April, 6.30 - 8.15pm
Members \$112 / \$90 Conc.

IT'S NOT WHAT YOU KNOW, it's how you think **Code BN3**
Meera Finnigan

Philosophy teaches us to think critically and broadly. This helps us unmask our assumptions, resolve confusion, examine world-views and question our conceptual frameworks. It helps us to explore thought-provoking ethical questions and dilemmas. In these times of chaotic ramblings and alternative facts, philosophical thinking becomes more imperative. If you enjoy intellectually stimulating discussion that touches on different areas of philosophy, join us!

8 Thursdays, 21 February to 11 April, 1.30 - 3.30pm
Members \$128 / \$102 Conc.

QI GONG **Code BN4**
Toni Weston

For beginners and ongoing students. The 'Eight Pieces of Silk' is a classic ancient Qi Gong method. It cultivates the body's life force to calm the mind, help blood circulation, improve organ function, strengthen bones and much

NOT-SO-TRIVIAL PURSUITScontinued

more. Toni is a dedicated Qi Gong practitioner and teacher involved in the art for 14 years.

5 Thursdays, 7 March to 4 April, 4.00 - 5.30pm

Members \$60 / \$48 Conc.

CLASSICAL LITERATURE

Code BN5

Ruperto Nunez

Some texts have transcended time and geography to become classics. Let's find out why. We'll taste parts of epics like Homer's Iliad and Virgil's Aeneid, some drama like Sophocles' Oedipus and Euripides' Medea, some history from Herodotus and other poets like Catullus. Most were composed in Greek, some in Latin. Despite the centuries that separate us, the themes and the ethical and philosophical questions seem very close to our own. Let's explore together.

5 Fridays, 15 March to 12 April, 3.30 - 5.00pm

Members \$60 / \$48 Conc.

FLAWS OF ATTRACTION

Code BN6

Caroline Harry

Like a buddy to share your life? Stop searching for the perfect 'One'. Learn the formula to find the partner who is perfect for you and all your wonderful imperfections. Come prepared for some hard work (play, really) and enjoyable conversations and new ideas.

4 Mondays 18 March to 8 April, 10.00am - 12noon

Members \$64 / \$51 Conc.

BETTER RELATIONSHIPS

Code BN7

Caroline Harry

Despite our very good intentions we are different from others in so many ways that it is surprising that we manage to communicate at all. Let's look at some of those differences and find a pathway through the minefield of relationships. And let's see how we (often unwittingly) create barriers when instead we want to create connection, collaboration and rich communication.

4 Fridays 22 March to 12 April, 10.00am - 12noon

Members \$64 / \$51 Conc.

GUITAR, Absolute beginners

Code BN8

Steve Coleman

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

6 Sessions, 3 Mondays & 3 Thursdays, 25 March to 11 April

Members \$48 / \$38 Conc.

11am - 12noon

POSITIVE MINDFULNESS

Code BN9

Jane Morton Zumbuhl

To know what mindfulness is, it's best to try it yourself. We will explore a variety of mindfulness meditation and sensory practices; body scans, breathing meditations, mindful movement, kindness and 'habit-releasers'. We'll also learn ways to apply mindfulness activity to our daily routines.

2 Saturdays, 30 March & 6 April, 10.00am - 2pm (bring your lunch)

Members \$56 / \$45 Conc.

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

DRAWING FOR FUN

Code CB1

Mal Cunningham

It's all about looking, says Mal, artist and tutor, and Leonardo and Picasso were good at looking. Come along; Mal will teach

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

you how to see before you even pick up a pencil. A long-time art teacher, Mal will help you enhance your skills along with your confidence. Bring an A3 cartridge pad, sharpener and eraser, and a range of pencils from HB to 6B. Allow another \$20 for materials during the course.

8 Mondays, 11 February to 8 April (not 4 March),

10am - 12noon

Members \$128 / \$102 Conc.

DRAWING

Code CB2

Fiona Rafferty

Be guided through drawing techniques using charcoal, pencil and ink. Learn to draw contours, spaces, perspective and shading - using the right side of your brain! Fiona's work is inspired by our landscape and her environmental concerns. She was a finalist in the Adelaide Perry Drawing Prize, the Waterhouse Natural Science Prize and the Caldera Art Award. Please bring 2B pencil, sharpener, kneadable eraser, 4 sticks charcoal (assorted sizes), a set of pens 1-7mm, and an A3 sketchbook.

4 Thursdays, 21 February to 14 March, 1.30 - 3.30pm

Members \$64 / \$51 Conc.

THE ART OF SUMI-E

Code CB3

Sayaka Ishii

The 2000 year-old art form of Japanese brush painting is spiritually rooted in Zen Buddhism. Discover the calming qualities of this meditative art practice as you work with wash and ink under Sayaka's experienced guidance.

3 Tuesdays, 26 February to 12 March, 1.30 - 3.30pm

Members \$48 / \$38 Conc. (+\$25 all materials)

FUN WITH COLOUR

Code CB4

Sean Corr

You'll use fingers, brushes, spatulas and have fun as you learn to mix colour. From four basics, create all the colours you need to paint a landscape in acrylic paint. You can paint the glorious Monet haystack painting or do your own project if you prefer. Sean is an artist and an experienced teacher.

6 Fridays 1 March to 5 April, 1.30 - 3.30pm

Members \$96 / \$77 Conc. + things to bring

PLAY WITH WATERCOLOURS

Code CB5

Laurie Cochrane

A morning of fun and colour with Laurie, as you discover the spontaneity of watercolours. You do not need any experience and you do not need to bring a thing. And you'll take home two small artworks. Laurie offers a fresh approach and good guidance.

Tuesday 19 March, 8.30am - 12.30pm

Members \$32 / \$26 Conc. Non-Memb. \$37

(+\$5 materials, please pay your tutor on the day)

HIME WALLET

Code CB6

Kerry Moore

Hand-make this gorgeous fully-lined wallet in just two hours. You'll use top-quality Japanese printed cottons and a clever magnetic sliding closer. The design is exquisitely simple and it makes a great gift if you can give it up. Kit supplied, please bring needles, thread, scissors.

Book before 7 March

Wednesday 20 March, 1.00 - 3.00pm

Members \$16 / \$13 Conc. Non-Memb. \$21 (+\$30 kit)

Continued on next page....

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

CROCHET for beginners Code CB7

Shirley MacDougall

A wonderful way to learn basic crocheting is to make useful and attractive wash cloths. You'll learn four styles, and they can be used as face washers, kitchen or dish cloths. Small enough to finish quickly – and superb gifts. Bring 2 balls of 50g 8 ply cotton yarn and a 4.5mm crochet hook.

4 Wednesdays, 20 March to 10 April, 10.00am - 12 noon

Members \$64 / \$51 Conc.

WET FELTING Code CB8

Peta Korb

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

Thursday 21 March, 10.00am - 2.30pm

Members \$36 / \$29 Conc. Non-members \$46

(+\$55 all materials)

GLASS BEAD MAKING Code CB9

Sayaka Ishii

Shape molten glass by hand and transform it into earrings and a necklace in the colours of your choice. Enjoy the spontaneity as you create your own pieces; it's easier than you might think, and a lot of fun.

2 Tuesdays, 26 March & 2 April, 1.00 - 3.00pm

Members \$32 / \$26 Conc. (+\$35 materials)

JAPANESE FLORAL ART Code CB10

Junko Takatsuki

Ikebana, or floral art, is an ancient Japanese art also known as 'the way of flowers'. It blends aesthetics and simplicity to create quiet works of beauty, where blossom, branch, leaf, and stem find new life in the home. Junko is a qualified ikebana teacher, taught by her own mother and other masters. She will demonstrate, then help you create your own arrangement to take home.

Friday 12 April, 1.30 - 3.30pm

Members \$16 / \$13 Conc. Non-Memb. \$21 (+\$10)

LANGUAGES

SPANISH, New beginners Code DL1

Ruperto Nunez

Learn the basics of this melodious language as you begin to develop your new language skills.

8 Mondays, 11 February to 8 April (not 4 March) 1.30 - 3.30pm

Members \$128 / \$102 Conc.

SPANISH, Beginners, year 2 Code DL2

Ruperto Nunez

Our students continue their Spanish journey with Ruperto.

9 Fridays, 15 February to 12 April, 1.00 - 3.00pm

Members \$144 / \$115 Conc.

SPANISH, Advanced beginners Code DL3

Ruperto Nunez

Our course continues for the advancing beginner, a lively Spanish journey with Ruperto.

9 Tuesdays 12 February to 9 April, 11.30am - 1.30pm

Members \$144 / \$115 Conc.

SPANISH, More advanced Code DL4

Ruperto Nunez

We are well into our third year of Spanish conversation and grammar.

9 Tuesdays 12 February to 9 April, 2.00 - 4.00pm

Members \$144 / \$115 Conc.

SPANISH, Intermediate Code DL5

Ruperto Nunez

In this continuing Spanish-language group, newcomers will need a good grasp of Spanish.

9 Tuesdays 12 February to 9 April, 9.00 - 11.00am

Members \$144 / \$115 Conc.

ITALIAN, Ongoing Code DL6

Millie Kursar

Sorry, this class is full (continuing students, please re-book).

9 Wednesdays 13 February to 10 April, 10.30am - 12noon

Members \$108 / \$86 Conc.

FRENCH, New beginners Code DL7

Paddy Glasgow

For the real beginner.

9 Thursdays 14 February to 11 April, 3.30 - 4.30pm

Members \$72 / \$58 Conc.

FRENCH, Ongoing Code DL8

Millie Kursar

Sorry, this class is full (continuing students, please re-book).

9 Tuesdays 12 February to 9 April, 10.30am - 12noon

Members \$108 / \$86 Conc.

FRENCH, Advanced beginners Code DL9

Paddy Glasgow

Our continuing beginners enter their second year.

Newcomers with a smattering of French are welcome.

9 Wednesdays 13 February to 10 April, 4.00 - 5.00pm

Members \$72 / \$58 Conc.

FRENCH, More advanced Code DL10

Paddy Glasgow

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.

9 Thursdays 14 February to 11 April, 1.00 - 3.00pm

Members \$144 / \$115 Conc.

FRENCH on Friday, Continued Code DL11

Millie Kursar

Sorry, this class is full (continuing students, please re-book).

9 Fridays 15 February to 12 April, 10.30am - 12noon

Members \$108 / \$86 Conc.



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OUT 'N ABOUT

Our bus trips depart from the EF Football Club car park, cnr Moss/Marmion Streets (Marmion St 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.

MORNING TEA CRUISE

Code EO1

Boat trip, meet there: Take the little ferry Ellie J from Elizabeth Quay and cruise along Riverside Drive, past Heirisson Island and the Perth stadium, into Claisebrook Cove. Disembark at Toast Café and relax over morning tea (included). Take your time; enjoy the gardens and the Mediterranean architecture in one of Perth's hidden gems. The ferry will return you to the quay two hours later. Meet at Elizabeth Quay at 9.40am for a 10am sharp departure.

Wednesday 20 February, 10.00am - 2.00pm

Members \$43. Non-members \$52

SWAN RIVER CRUISING

Code EO2

Bus & boat trip: Board our bus at the EF Football Club. Enjoy a morning cuppa at Point Walter, then a drive along the river to Fremantle to board the Captain Cook for a 1.5 hour cruise. Enjoy a wine tasting and a commentary as you cruise our spectacular waterway up to Barrack Street. There's time for a casual lunch (at own cost) and perhaps a visit to the Bell Tower if you wish. Then we travel by bus through Kings Park on the way home.

Thursday 14 March, 9.30am - 3.30pm

Members \$68. Non-members \$78

DESERT RIVER SEA, Art Gallery of WA

Code EO3

Meet there: The gallery offers a rare experience of the land, artists and art of the Kimberley in an illuminating guided tour of 150 works from independent artists and the major art centres. Meet in the gallery foyer, 10am for 10.15-11.15am tour. Stay for coffee if you like.

Wednesday 27 March, 10.00 - 11.15am

Members \$5. Non-members \$10

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.

COMPUTING & TECHNOLOGY



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

IPAD Apps for everyday living

Code GC1

Isobel Pearson

Learn how to be 'cloud' savvy, take charge of your digital footprint and effectively manage storage on your device and on iCloud. Use your iPad tools to organise and enhance your photos and discover ways to share your photographs. Explore apps to use your library, find a café, read news, buy an eBook, listen to music or keep in touch with friends at no cost.

3 Mondays 11 to 25 February 10.30 - 12noon

Members \$36 / \$29 Conc.

Continued in next column....

COMPUTER HELP DESK



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

Memb. \$20 / Non-members \$25

Windows, Android devices or Smart phones: Fay Gerhard, Mondays from 11 February, 4.00 or 4.30pm

Code GC9

Windows, Linux, Android devices or Smart phones: Warren Kimble, Wednesdays from 13 February, 12 noon or 12.30pm

Code GC10

Macs: Isobel Pearson, Mondays 11, 18 or 25 February, 2.30 or 3.00pm

Code GC11

ONLINE SHOPPING

Code GC2

Fay Gerhard

It can be fun, it can be fraught. Learn how to shop with confidence on sites like eBay, Amazon and others. Learn what not to do, and see how setting up a PayPal account might offer added security.

2 Mondays, 11 & 18 February, 10.00am - 12 noon or 1.30 - 3.30pm

Members \$32 / \$26 Conc.

CLEVER PHONE SETTINGS

Code GC3

Fay Gerhard

Is your phone set up the way you want it? Find how to improve your privacy settings, security, backup, display features, sounds, wallpaper, vision and hearing improvements.

Monday 25 February, 10.00am - 12noon or 1.30 - 3.30pm

Members \$16 / \$13 Conc. Non-Memb. \$21

BUILD YOUR OWN WEBSITE

Code GC3

Lorenz Wuthrich

In simple steps you will learn how to set up your free website using the latest technology. Bring along your text, pictures and aims of your website and we will set it up in four sessions. You need to have access to an email address. This will all be done online using our PC, or you can bring your laptop, Mac or PC, and connect via wifi.

4 Tuesdays, 26 February to 19 March, 10.00am to 12noon

Members \$64 / \$51 Conc.

GET YOUR MESSAGE OUT

Code GC5

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 Tuesdays, 26 February to 19 March, 1.30 - 3.30pm

Members \$64 / \$51 Conc.

EXPLORE YOUR CREATIVITY WITH IMAGES

Code GC6

Mal Christison

Learn to enhance your photos and create your own images and designs. You can edit and montage photos, create posters, illustrations, banners and signs. Paint Dot Net is similar to Photoshop and entirely free. It supports large format high-resolution files, has a simple user interface and a wide range of features.

4 Wednesdays, 13 February to 7 March, 10.00am - 12noon

Members \$64 / \$51 Conc.

FASTER KEYBOARD SKILLS

Code GC7

Fay Gerhard

You'll be dramatically faster, more accurate, and the envy of others if you can touch-type. Two-fingered typing is slow; you need to look for each key before the finger can move. Use all five, and with practice you'll tap the right key without looking, simply through muscle memory. Have fun as you pick up an enviable new skill.

4 Mondays, 11 March to 1 April, 10.00am - 12noon

Members \$64 / \$51 Conc.

EXCEL for beginners

Code GC8

Fay Gerhard

The clever way to set out figures and numbers, or columns of any kind. You can make lists and budgets and do some financial wizardry without being a maths expert. You can even convert your work into pie-charts and graphs if you want. Let's start from scratch.

4 Mondays, 11 March to 1 April, 1.30 - 3.30pm

Members \$64 / \$51 Conc.



A word from the chair

Bike safety was high on the November Committee meeting agenda following John Greville's shocking accident. We are happy to report that he survived and is recovering well. We wish you a speedy recovery John.

We planned to find a new Sandra by advertising the role to our members first. We discussed a send-off, but Sandra told us she didn't want one, which was surprising since it was going to involve bubbles. Maybe we can get her to change her mind. We are so grateful for her extraordinary contribution over many years.

We formed a subcommittee to get the Out and About bus program back on track with volunteer member drivers and hosts. Glenda has agreed to continue her hosting role, which is great news for everyone who enjoys a warm hug and lovely smile.

We wish you all a happy, healthy and productive New Year.

Mal Christison

Teach - Who me?

If you have a special interest, topic, hobby or art form that you think would interest others, we're keen to hear from you.

Our tutors are not necessarily highly specialised or qualified. They simply enjoy their subjects, are pretty good at it and wish to share what they know. Some are former teachers, some are keen hobbyists, others retired professionals. And some are trying out new-found skills.

Please talk to Ann Reeves, 9339 3964 about your thoughts. And if you like the idea but are hesitant about your teaching skills, come and speak with us about that too; we're keen to help.

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/hr)

BOOK CLUB: Second Monday/month, 3.45 to 5.45pm. Books not provided, all welcome. Jill Brown 0433 402 401 or Glyde-In 9339 3964

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 124 6818, Penny 0400 044 835

CYCLING GROUPS: Monday and Wednesday mornings. Sorry but our Monday group is full. Phone Marilyn Carosella 0407 082 038 for the Wednesday group.

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

MAHJONG: For experienced players. Monday & Friday afternoons, Denise Versteeg 9319 2368. Thursday mornings, Maureen Hislop 9494 1451

MAKING MUSIC: Bring your acoustic instrument and join our small friendly music group. Every second Wednesday from 13 February 2.30-5.30pm. Joe Soley 9330 8381 or Andrew Monka 0407 761 292

SCRABBLE: Wednesdays, 9.30am - 12 noon from 13 February. All welcome, \$5 each plus \$1 morning cuppa. Warren Kimble 0407 171 442

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, 1.00 - 3.00pm. \$5 per session Join our social non-competetive group. Marg Dewar 93198358

SOUND OF SOUL: "The person singing Hu tunes in to a higher spiritual awareness"- Harold Klemp, "Hu The Most Beautiful Prayer". 7.30pm, 4th Thursday/month, gold coin. 0408 957 514

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

PROSTATE CANCER SUPPORT FOUNDATION: 3rd Mon/month 7.30 - 9pm. Information and support for men with prostate cancer, their families and partners. Richard Flanagan 0418 858 003

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

SVAROOPA YOGA®: Thursdays, 6.30-8.00pm. 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 927 259.

TWIN HEARTS MEDITATION: Wednesdays, 6.30-7.30pm. Guided meditation to bless humanity, the earth and loved ones with peace, joy, healing, reconciliation. All welcome. Jan Duckett 0419 947 941 By donation.

WHITE EAGLE Perth: Share the beauty of White Eagle's teachings; meditation, spiritual healing, earth healing and sending out the light for world peace. All welcome, 1st Saturday of the month, 11am. Enquire Walter Walker, 0404 904 648.

WORRIED ABOUT YOUR MEMORY OR ALZHEIMER'S? Practical steps to reduce symptoms and risk of Alzheimer's. 3 Tuesdays, 5-19 March 6.30-8pm, \$45/\$35. Alfiah Blond, Accredited Bredesen Protocol Practitioner, Naturopath, 0422 021 149

