PROGRAMME TERM 2 2016 - Monday 2 May to Friday 1 July

RELEIVNG STIFFNESS
John Polley
Stiff joints and muscles are a pain. It’s hard to warm them up or feel comfortable, and the stiffness makes other parts of your body work too hard, and then they get sore too. John Polley is a physical therapist and movement coach and offers some simple movements right here that can relieve the restrictions and allow you to move more freely. They’re not your usual exercises.

Tuesday 3 May, 10.30am-12noon. $12 / $8 conc.

INVISIBLE COUNTRY
Bill Bunbury
ABC broadcaster (Hindsight, Encounter) and documentary maker Bill Bunbury joins us to talk about his latest book ‘Invisible Country: Understanding the landscape of southwest Australia’. This insightful ecological and social history explores the ways European settlers had to come to terms with the landscape, rivers and forests of this region. Come for a fresh look at the history of our south west.

Thursday 5 May, 2-3pm. $12 / $8 conc.

MIDWIFE TO THE DYING
Joy Brann
Reflections of a hospice/palliative care pioneer. Before the 1970s Australia had no dedicated services to care for the terminally ill. Nor was there education to prepare medical professionals to be end-of-life carers. It took a small group of dedicated nurses to see the need and get things moving, and theirs is an extraordinary story. One of them is Joy Brann.

Friday 6 May, 10-11.30am. $12 / $8 conc.

HOW SAFE TO DRINK?
Wendell Ela
We trust our drinking water, don’t we? Filtered, bottled, tap water, recycled, desalinated, groundwater – how safe are they, and what are the differences? Wendell Ela, of Murdoch University’s Desal and Water Treatment unit, works and advises on water treatment for homes, agriculture and mining. He has some surprising news on our drinking water.

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

RESURRECTING THE DEAD IN FICTION
Ian Reid
What’s involved in writing a novel set in times past that has a factual framework but is mostly imagined? How and why does it mix fiction and history together? Why not stick to facts? Author Ian Reid discusses such questions with particular reference to his recent book The Mind’s Own Place, set largely in colonial Fremantle and Perth.

Thursday 12 May, 2-3pm. $12 / $8 conc.

SUFFRAGETTES – heroines or vandals?
Betty Carter
The Suffragettes are generally hailed as the heroines responsible for securing British women’s voting rights. Revisionist history however suggests that their aggressive approach may well have served to delay rather than hasten the granting of the vote. Betty Carter asks why the suffragettes are the heroines and the law-abiding suffragists almost forgotten.

Friday 13 May, 10-11am. $12 / $8 conc.


continued on next page...

LIFE AND TIMES OF CHAUCER

Elton Brown
Soldier, King's envoy, courtier and poet, Chaucer is known as the father of English poetry. Historian Elton Brown explores life in the late medieval era, from the backdrop of Chaucer's most famous work *The Canterbury Tales*, and through the everyday characters it portrays with humorous, sometimes bawdy tales.

Friday 20 May, 10-11.30am. $12 / $8 conc.

AFGHANISTAN AND THE GREAT GAME

Lindsay Dorman
Throughout the 19th century Great Britain and Russia played out what became known as the Great Game. Afghanistan, weak and subject to Britain's suzerainty, became a pawn in the battle for power in Central Asia and beyond. Afghanistan sat between the belligerents, a situation resulting in two British invasions and the overthrow of two kings.

Tuesday 24 May, 10.30am-12.30pm. $12 / $8 conc.

A IS FOR ...

Paquita Boston
Paquita relishes spelling, and says children find that they can enjoy it just as much. She explains why English spelling is so difficult. She will show how the codes that govern English spelling are keys to a hidden treasure, the cultural inheritance of all English speaking people. Paquita treats spelling as a game as serious as any sport, with as many rules and as many game changes, and has written several books on the subject.

Come and be fascinated.

Monday 30 May 10-11am. $12 / $8 conc.

A SAILOR IN ANTARCTICA

Rod Dickson
Rod had been at sea for 51 years before the French government sent him to the Antarctic and sub-Antarctic islands for four months. There he studied close-up the remarkable animals and birdlife, and for 10 days camped among 78,000 very noisy breeding penguins. Come hear his story.

Tuesday 31 May, 10.30-11.30am. $12 / $8 conc.

SECRET MEN'S BUSINESS

Peter Efford & Wes Carter OAM
Women only. Women often share with one another insights about the men in their lives. But there is another side to the coin. Hear from and share with two men who for 20 years have been conducting men’s personal development groups.

We investigate men’s social conditioning and how that affects their lives in society as well as their families, intimate relationships and friendships. We’ll discuss intimacy, emotions, communication and possibilities, and answer a wide range of questions. Nothing is too secret.

Friday 3 June, 9am-12noon. $12 / $8 conc.

TERRORISM & WORST-CASE THINKING

Daniel Baldino
We live in a time of legitimate concern about the risk of militant terrorism. But to establish a more balanced, coherent, sustainable and successful approach to terrorism, we need to start describing it in much more realistic, candid ways. It is worth remembering that the goal of terrorism is primarily psychological. Daniel lectures in politics and international relations at Notre Dame University.

Friday 10 June, 10-11am. $12 / $8 conc.
EASING PAIN & ANXIETY
Lesley Dow
Gentle stretches, easy yoga movements (seated if you prefer) and very deep breathing can work wonders for pain relief and in easing anxieties. Come and stretch with Lesley.
6 Wednesdays, 4 May – 8 June, 4-5.30pm. $63 / $50 conc.

DEEPER CONVERSATIONS
Caroline Harry
‘How was your day?’ ‘What happened at school today?’ Do you find yourself asking dull questions and getting empty responses? Communication is complex and it takes skill, understanding and wisdom to have meaningful conversations. Caroline Harry shares skills enabling you to release old habits and create real connections. You will learn to listen without judgement, to explore others’ perspectives and to ask questions that draw out your fellow interlocutor’s innate wisdom, original thoughts and interesting perspectives.
3 Fridays, 6 – 20 May, 1.30-3.30pm. $42 / $34 conc.

YOGA, beginners
Marianna Garaboni
Marianna is a registered yoga teacher, a psychologist and a mindfulness meditation specialist. This yoga introduction includes postures, breath awareness, meditation and relaxation. No previous experience required, all ages welcome, please wear loose comfy clothing and please note you will lie on the floor.
5 Saturdays, 7 May – 4 June, 8-9.15am. $44 / $35 conc.

OUR WOMEN WRITERS
Fay Kennedy
Three local women used fiction to depict the social aspects of life in their times. Contemporaries Mollie Skinner and Katharine Susannah Prichard (both lived in the Perth hills), and later Nene Gare, were prolific writers and they come to life in this series of readings and exploration. The Boy from the Bush, Coonardoo and The Fringe Dwellers respectively are their best-known novels but there’s far more to their work. We’ll learn about each writer and between sessions we’ll read them.
4 Mondays, 13 June – 4 July, 10am-12noon. $56 / $45 conc.

BELLIES AND BALANCE
Helena Maoz
Movement comes with bright colours and laughter in this short introduction to belly-dancing. The moves use those smaller core muscles that lose condition with age; balance and posture can benefit. So too will your sense of well-being and vitality. Come for a little light-heartedness and, surprisingly, a little sacred geometry too.
4 Saturdays, 14 May – 4 June, 2-3.30pm. $42 / $34 conc.

MINDFULNESS MEDITATION
Margaret Wilkes
Learn how to create a quiet space in a hectic world and become more present in your daily life.
5 Tuesdays, 17 May – 14 June, 8.30-9.30am. $35 / $28 conc.

DEATH WITH DIGNITY AND DARING
David Kelly & Kathryn Richardson
An exploration into ways we might prepare for our death or that of a loved one, so that we hold true to our values and wishes. Let’s investigate services and funerals, eulogies, celebrations and costs. We’ll look at legalities and formalities, and ways that some of us might be a little daring if we want.
5 Wednesdays, 18 May – 15 June, 1-3pm. $70 / $56 conc.

BALANCE & POSTURE
Murray Richards
Exercise physiologist Murray Richards will help us gauge our posture and balance, then introduce some easy exercises that can make a world of difference.
6 sessions; Tuesday 17 May at Glyde-In then Tuesdays & Thursdays to Thursday 2 June at Reps Movement in East Fremantle, all 11.30am-12.30pm. $42 / $34 conc

BUDHISM EXPLORED
Ruperto Nunez
Let’s explore the big questions around Buddhism. We know what the books say, but really, what does rebirth mean? What is it that goes from one life to another? Is Nirvana a state of utter peacefulness or a complete disappearing? Why meditate, and what should we get out of it? Ruperto has read and practised Buddhism for 20 years, and is still exploring.
5 Mondays, 23 May – 27 June (exc 6/6), 12.30-2.30pm. $70 / $56 conc.

ACTING THE GOAT
Lesley Dow
Have fun taking on other personalities and characters. Act the goat and laugh; act out some new feelings as you take on different guises. Lesley is a trained actor who will lead you through some definitely different moments. This is for the shy at heart as well as those more bold.
3 Thursdays, 26 May – 9 June, 3.30-4.30pm. $21 / $17 conc.

ALL DRAMA? No dramas
Miranda Santalucia
Explore the funny side of your experiences through drama. Share and build on moments of frustration, hilarity, anger or joy in your life, and we’ll create sketches and monologues from them. Be prepared to have a laugh.
3 Saturdays, 18 June – 2 July, 1-3pm. $42 / $34 conc.

OUT 'N ABOUT

Bus outings depart from the EF Football Club car park, Moss/Marmion Streets (Marmion Street end) where there’s ample parking.
(Bus departs right on the dot.)
If at the last moment you find you can’t attend, please phone Glenda Burns 0407383604 or Mary Watson 0417250345

ENDERSLEA FARM
Visit historic Enderslea in the scenic Chittering Valley. Take a seat in the old barn to watch ‘And Now ... the Governor’s Wife’, an oral history play about three wives of our early WA governors. 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. Bus departs 11.30am sharp.
Saturday 30 April, 11.30am-6.30pm. $59 / $55 conc.

PERFORMING ARTS ACADEMY
Join our privileged visit to the WA Academy of Performing Arts (WAAPA) in Mount Lawley, one of the top performing arts academies in the world. Find out what it takes to be an actor, a jazz or classical musician or an operatic performer. Go backstage and see sets, props, costume and design, and sit in on classes before lunch at the campus café (allow $20-$25). Finally, enjoy the 1.10pm classical lunchtime concert. An early start – our bus departs 7am sharp. Tuesday 3 May, 7am-3pm. $68 / $63 conc.

IT’S OIL IN THE OLIVES
We visit an olive farm on the edge of the Julimar wandoo forest 20kms from Toodyay, where the olive trees share their grounds with the local guinea fowl, cattle and kangaroos. The trees are grown organically and produce fine oils. Stroll the grove and watch the process from tree to oil. Taste oil, olives and dukkah as you chat with the owners. Lunch nearby (allow approx. $25) before the 2-hour trip home. Bus departs 8.30am sharp. Wednesday 11 May, 8.30am-4pm. $32 / $26 conc.

BUSHWALKERS:
See Regular Groups, page 7.
OUT 'N ABOUT

...continued from previous page

WOODMAN POINT QUARANTINE STATION  CO4
Woodman Point Quarantine Station in Coogee was first used as a human quarantine in 1852 when 226 people with whooping cough were landed on the beach there. It was until 1979 the front line in Australia's defence against contagious disease reaching our shores. Tour the site and hear some remarkable stories before lunch at the Fisherman's Wharf in Freo (allow $15-$20). Bus departs 9am.
Friday 13 May, 9.45am-2.30pm.  $49 / $39 conc.

GRAVITY DISCOVERY CENTRE  CO5
The Gravity Discovery Centre in Gingin is a cathedral of science set in the bush, with soaring ceilings, murals and exhibits. WA artists, sculptors and scientists have created artworks inspired by the science of Einstein. Enjoy morning tea on arrival before our guided tour, then enjoy a casual lunch in Gingin (allow $20-25). Bus departs 8am sharp.
Tuesday 24 May, 8am-5.30pm.  $46 / $40 conc.

HISTORIC GUILDFORD  CO6
Visit the most historic buildings and landmarks of the earliest days of the Swan River Colony. Anthony will take us to see oldest standing church in WA, the most northerly spot Captain Stirling reached when he sailed upriver in 1827, the Yagan memorial and the old jail – and that’s just for starters. You’ll mostly be on the bus and take very short walks. Morning tea is included, lunch at the Rose & Crown is not (allow around $25).
Bus departs 8.30am sharp.
Friday 27 May, 8.30am-4pm.  $43 / $35 conc.

KAARAKIN BLACK COCKATOOS  CO7
At the Kaarakin Black Cockatoo Conservation Centre in Martin, volunteers rescue injured cockatoos. Join a 1-hour walking tour in a bush setting (a degree of mobility is required, wear sturdy shoes) and see dingoes, kangooroos, emus and cockatoos. Lunch afterwards (not included). Bus departs 9am sharp.
Tuesday 7 June, 9am-3pm.  $43 / $37 conc.

CULTURE CLUB

Meet others and enjoy wonderful entertainment. For each, meet Marlene Oostryck 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.
For all events linger over lunch or coffee afterwards if you wish (at own cost). Public transport is easiest. Most venues have street meter parking, so allow time.
There is no late entry for any performances.

ART GALLERY OF WA  Code DC1
Booking Deadline: 1pm Friday 29 April
(2 days after Enrolments open)
A guided tour of the 2016 Tom Malone Prize exhibition of contemporary Australian glass artists. Then we’ll view pottery, glass, plates and jewellery in the Highlights of the Craft Collection; and finally there’s some free time to take in the Year 12 Perspective 2015 showing works from some of the brightest and most talented students in WA. Lunch after if desired. Meet in the Art Gallery foyer at 10.15am.
Sunday 1 May, 10.30-11.30am.  $5

THE WOMAN WHO COOKED HER HUSBAND  DC2
Harbour Theatre
Booking Deadline: 1pm Monday May 9
Kenneth finds himself in the arms of Laura after 20 years of marriage to the culinary talented Hilary. But Laura can’t cook and Kenneth soon mourns the loss of Sunday roasts and haute cuisine. When Hilary invites Kenneth and Laura for dinner, the couple is unaware of the delicacies Hilary has on the menu.
Collect your tickets 1.30-1.45pm, Camelot/Harbour Theatre foyer, 16 Lochee St Mosman Park.
Saturday 25 June, 12.30-2pm.  $37.

ARMY MUSEUM / ARTILLERY BARRACKS  CO8
Take an eye opening journey through history, from the colonial days of the state and the Boer War, through WW1 and WW2, plus the conflicts in Korea, Malaya, Indonesia, Vietnam, Iraq and Afghanistan. Meet for a 10am guided 3-hour tour at the Burt Street Artillery Barracks in Fremantle.
Thursday 9 June, 9.45am-1pm.  $13.

NEW NORCIA  CO9
Take a guided tour through the monastic heritage of the mission established by Spanish Benedictine monks in 1847. Baroque, Gothic revival, Byzantine and Latin architecture styles rise up out of the scrub in an astonishing mixture. After our tour we’ll lunch at the hotel (not included).
Bus departs 8am sharp.
Tuesday 14 June, 8am-5pm.  $65 / $61 conc.

HIGH TEA AT THE NATIONAL  CO10
A traditional afternoon tea at lunchtime with a glass of champagne at the historic National Hotel in Fremantle.
What more need we say? Meet there for 12.30pm, cnr High & Market Streets.
Friday 20 July, 1pm.  $20.

...continued from previous page

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.

ENROLMENTS - Begin Wednesday 27 April, 8.30am-3pm OR book online from 10am
Our classes are small and friendly and our tutors are patient. Our 6 in-house PCs use Win 8.1 and 10. Our courses often suit laptops, iPad and Android tablet users too; just ask if it’s not clear. You can bring your own fully-charged laptop or device if you wish.

MORE iPad
For those who have already done an introductory course, learn some useful things you can do with built in apps and apps you can download from the app store for games, photo management, shopping and travel. Bring your charged iPad. Your Apple ID and password must be working (eg you can download Apps).

4 Saturdays, 30 April – 21 May, 10-11.30am with Linda Gould or 4 Fridays, 10 June – 1 July, 10-11.30am with Isobel Pearson.
$42 / $34 conc.

LP to CD (& other music wonders)
Warren Kimble
Do you long to listen to your favourite old music on LPs, EPs, 45s, 78s or cassettes stored in the garage? Turn them into CDs or add them to your digital music library. You’ll learn how, then how to edit your tracks, get rid of the crackles and pops, and find details of the originals from the internet, etc. We’ll use Nero Wave Editor and Audacity, free software. Learn about other programs that work too, some of them free. Bring your laptop if you like. Some computer experience necessary.
4 Wednesdays, 4 – 25 May, 1-3pm.  $56 / $45 conc.

WINDOWS 10
Craigh Johns
Windows 10 is the latest system on new PCs. If you are already running a licensed Windows 7 or 8.1 the upgrade is free until 29 July, provided your PC is capable. We’ll help you become familiar with it, and then show you some advanced tips and backstage settings for personal use. We’ll show you how to get and maintain the new tiles (apps & icons). Discover the new interactive browser called Edge replacing Internet Explorer and meet Cortana. Basic computer skills required. Bring your laptop or use our desktop PC. Sorry, no tablets or phones.
4 Thursdays, 5 – 26 May, 10am-12noon OR 16 June – 7 July, 1-3pm.  $56 / $45 conc.

SECURE AND PRIVATE
Craig Johns
Protect yourself. Know how to spot good and bad websites, and maintain the new tiles (apps & icons). Discover the new apps you can download from the app store for games, photo management, shopping and travel. Learn to back up your PC, find out where the dross collects and clear it out. Learn to turn off unused features, empty the recycle bin, un-install apps that you don’t need any more. Note, not for complete beginners.
3 Thursdays, 26 May – 9 June, 1-3pm.  $42 / $34 conc.

PHOTO CHAOS
Craig Johns
Get that photograph off the camera, tablet or phone and onto your PC or vice versa - and into a safe storage device while you’re at it. Get all your photos into one place on the PC and make them easier to find again so you can make them ready to edit, make a movie or a glossy photo book online at a later date. Bring camera, phone, tablet, laptop, charger, spare batteries & USB cables, as well as any old prints or slides.
Sorry, not for Macs.
3 Thursdays, 2 – 16 June, 10am-12noon.  $42 / $34 conc.

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 3pm the day before each session. $20
• Fridays 10 June – 1 July, 11.30am or 12 noon with Isobel Pearson (Apple devices & Macs) Code EC8;
• Or Tuesdays 3 May – 28 June, 12.30-3pm with Warren Kimble (Windows, Linux, Android devices or Smartphones) Code EC9;
• Or Thursdays 23 June – 7 July, 10am-12noon with Craig Johns (Windows, Android devices or Smartphones) Code EC10.

LANGUAGES

FRENCH Ongoing
Millie Kursar
We continue to learn the basics of French conversation with some grammatical underpinnings. Newcomers with some elementary French are welcome. Not suitable for complete beginners.
9 Tuesdays, 3 May – 28 June, 9-10.30am.  $95 / $76 conc.

SPANISH Intermediate
Ruperto Nunez
This follows on from our continuing Spanish-language groups. Newcomers need a good grasp of Spanish.
9 Tuesdays, 3 May – 28 June, 9-11am.  $126 / $101 conc.

SPANISH Beginners 4
Ruperto Nunez
Our beginners are progressing in this melodic language. Continuing students please re-book, newcomers welcome space permitting.
9 Tuesdays, 3 May – 28 June, 11.30am-1.30pm.  $126 / $101 conc.

SPANISH beginners Term 2
Ruperto Nunez
Our second term of Spanish conversation and grammar.
9 Tuesdays, 3 May – 28 June, 2-4pm.  $126 / $101 conc.

ITALIAN Ongoing
Millie Kursar
We continue our relaxed course learning the rudiments of Italian conversation and grammar. Newcomers who have elementary Italian are welcome. Not for complete beginners.
9 Wednesdays, 4 May – 29 June, 10.30am-12noon.  $95 / $76 conc.

FRENCH Intermediate
Paddy Glasgow
For moderate level students who just need extra practice to build on grammar and fluency. Sing, chat, read short stories and poems, and laugh a lot.
9 Wednesdays, 4 May – 29 June, 9-11am.  $126 / $101 conc.

FRENCH Term 6
Paddy Glasgow
Our beginners continue to learn their grammar and to use it in everyday French. By now they are a friendship group enjoying their practice.
9 Wednesdays, 4 May – 29 June, 11.30am-12.30pm.  $63 / $50 conc.

continued on next page...
ENROLMENTS - Begin Wednesday 27 April, 8.30am-3pm OR book online from 10am

...continued from previous page

LANGUAGES

GERMAN Ongoing  Paddy Glasgow  FL8
We sing, we talk, and we read about German family life in a text that introduces different grammatical points in each chapter; fluency is growing.
9 Wednesdays, 4 May – 29 June, 1-2pm.  $63 / $50 conc.

FRENCH Beginners, Term 2  Paddy Glasgow  FL9
Now in Term 2, students return to take their French adventure seriously with a book that guides you consistently through grammar and conversation, all in French.
9 Wednesdays, 4 May – 29 June, 2.30-3.30pm.  $63 / $50 conc.

FRENCH Catch-up  Paddy Glasgow  FL10
A reasonably basic class for those who learnt a long time ago, and need to revisit grammar and improve fluency. We use an easy reader to learn some French history, and fluency is improving.
9 Thursdays, 5 May – 30 June, 9-10am.  $63 / $50 conc.

FRENCH New beginners  Paddy Glasgow  FL11
From the ground up. Come along for a friendly French class just for beginners.
9 Thursdays, 5 May – 30 June, 10.30-11.30am.  $63 / $50 conc.

FRENCH, More advanced  Paddy Glasgow  FL12
This class has been going so long it feels like a family afternoon tea. Students with a good grasp of grammar and conversation who want to improve fluency are welcome. Songs, conversation, reading about current affairs and history, contemporary language changes, jokes and recipes make up this class.
9 Thursdays, 5 May – 30 June, 1-3pm.  $126 / $101 conc.

NEW GERMAN Beginners  Christa Kaltenbrunn-Long  FL13
A new course for the complete beginner, with German-born Christa. Come and enjoy learning the foundations of a new language.
7 Mondays, 9 May – 27 June (excl 6/5), 3-4.30pm.  $74 / $59 conc.

Keep on painting  Beverly Henderson  Code GB1
If you’ve some art experience, but want to explore colour – oils, watercolour, pastels, any medium – and want to keep developing your skills and your ‘eye’, join our friendly ongoing studio group. Tutor Bev Henderson will help guide you when you want. Bring your own work.
10 Fridays, 29 April – 1 July, 9am-12noon.  $210 / $168 conc.

CALLIGRAPHY  Sue Hopkins  GB2
Continuing with the GOTHIC script we will move onto the Majuscules, the illuminated capital letters starting each text. We’ll apply gold leaf as part of the illumination and learn more about adding colour. Ongoing students please book, and please bring the same materials.
6 Mondays, 9 May – 27 June, 10am-12noon (not 23/ 5 or 6/6).  $84 / $67 conc + things to bring.

FUSED GLASS JEWELLERY  Leisa Antonio  GB3
Make stunning fused glass pendants, earrings, bracelets, rings or hair clips. Learn this glass fusing technique make around five pieces each week. Magnificent gifts, if you can bear to part with them!
4 Tuesdays, 10-31 May, 11am-1pm.  $56 / $45 conc + $65 materials.

MOSS BALLS  Lynn Christison  GB4
Kokedama or moss balls are pretty hanging string gardens, small balls of wrapped string in which tiny gardens grow. Lynn will show you how to create them; prepare to get wet and messy. See some at Glyde-In.
Tuesday 10 or 17 May, 2-4pm.  $14 / $11 conc (+ $5 per moss ball, pay tutor on the day) + things to bring.

SKETCHING AROUND TOWN  Jane Lidbetter  GB5
If you’ve some drawing experience, join Jane and have fun sketching down by the river, at the Free Arts Centre, in a park. Build on your artistic and observation skills. Session 1 at Glyde-In. Bring sketch pad and board, HB, 2B & 4B pencils.
4 Thursdays, 12 May – 2 June, 9.30-12noon.  $70 / $56 conc.

SKETCHING NATURE  Jane Lidbetter  GB6
For continuing and new students. Discover close-up a humble leaf or a sea shell that you might otherwise pass by. It’s all in the shading and in your observation skills. Learn about contours, light and shade, cross-hatching; continuing students will also use pen and ink and coloured pencils. Bring sketch pad, board, HB, 2B, and 4B pencils. Jane will provide coloured pencils and ink.
4 Thursdays, 12 May – 2 June, 1-3.40pm.  $70 / $56 conc + things to bring.

SAFE HOUSEHOLD PRODUCTS  Maxime Dawson  GB11
Learn to hand-make natural, good-smelling, effective cleaners – an all-purpose cleaning spray, a glass cleaner, wood polish and a small deodorizer/air freshener. Use safe top-quality ingredients including doTERRA essential oils, and still save money. Bring a few empty jars, shampoo bottles and a 16oz spray bottle, all scrupulously clean of course.!
Saturday 9 or 16 June, 10am-12noon.
$14 / $11 conc + $18 materials.

JELLY ROLL QUILTING  Kerry Moore  GB10
Make a jelly roll quilt (40-odd strips of coordinated pre-cut fabric). Come for help to decide on a pattern and how best to use those gorgeous colours. You’ll be shown three designs; all use different techniques and all will be taught today. You can work on one as you hear about the others. Suitable for all levels of quilting.
Saturday 11 June, 9.30am-4.30pm.
$49 / $39 conc + things to bring.

 Employee Read Access
You're Invited... Regular groups

Glyde-In groups for members: Phone the group convenor 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, 0433402401 or Glyde-In 93393964.

BUSHWALKERS: Hikes in the hills, 3rd Saturday of the month starting 21 May. Group members take turns in organising the walks, around 10-15kms. Carpool from Glyde-In at 8.30am, returning 4.30pm. $5 per walk, bookings are essential. Collect or download your info sheet before each walk.

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

COMMUNITY QUILTING: 2nd Thursday / month from 12 May, 4-7pm, supporting the WAQA Community Group which donates quilts to charities. No experience necessary; share the joy of giving through your love of sewing. If you can, bring a sewing machine. Lyn 0405124618, Penny 0400044835.

CYCLING GROUPS: Mondays and Wednesday mornings.
Gordon Whitmore 0418957151 for Monday group, Marilyn Carosella 93191595 for Wed.

CHALLENGE CYCLING CLUB: departs Left Bank café Fridays, 8am. For members able to ride 60kms, sociable, prepared to wear a yellow shirt. Gordon MacNish 0419858960.

GUARDIAN READERS GROUP: 1st Monday of the month from 2 May, 10.30-11.30am. Meet other Guardian newspaper enthusiasts at the Glyde-In version of the paper’s weekly ‘Good to meet you’ series. Lorna Kaino, 0420574499.

GLYDE-IN SONGSTERS: with Digby Hill. All welcome to sing folk, early mediaeval, African etc. Tuesdays from 3 May, 4-6pm; $12/session. Just come along.

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

SCRABBLE: Wednesdays, 9.30-12noon from 4 May. All welcome, $5 each + $1 morning cuppa.

THURSDAY WALKERS: weekly, 8am sharp – 9am from Glyde-In for an hour’s brisk walk then coffee.

Private groups and workshops: Please phone the conveners.
Glyde-In does not take these bookings and does not necessarily endorse these services.

BRAHMA KUMARI MEDITATION: Rekindle your innate inner powers and eternal qualities in this peaceful guided meditation. Tuesdays 7-8pm from 3 May. Phone 93886101, perth@au.brahmakumaris.org, www.brahmakumaris.org.au


FELDENKRAIS: Continuing blocks of 6 Mondays, 6-7pm, $120 or $25 casual. Elwyn Edwards 93815826 or 0417954633.

PROSTATE CANCER SUPPORT FOUNDATION: 3rd Mon / month, 7.15-9pm. Information and support for men with prostate cancer, their families and partners. Margaret Amm, 0419195549.

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

TWIN HEARTS MEDITATION: A guided meditation to bless humanity, the earth and loved ones with peace, joy, healing, reconciliation. All welcome, Jan Duckett, 0419947941. By donation.

A word from the Chair

I might be a touch biased, but I think the garden at Glyde-In is one of the loveliest gardens in the street. The garden is maintained by the so-called “Garden Gnomes” who are all volunteer garden lovers and spend a considerable amount of time in our garden watering, pruning, composting, mulching and generally keeping it looking well kept. At present they are Jan, Jono, Lee, Lynn, Win, Ann, John and Kaye.

The Glyde-In Community Learning Centre’s mission is “to provide a venue for learning, recreation and social participation”. Thus the centre is very happy to share this garden with you and your friends.

There is more to our garden than first meets the eye. Firstly there are lovely shady spots with chairs or benches where people can sit and rest, watch the birds on our bird bath or listen to the children enjoying themselves in the park next door. So why not get a take-away coffee in George Street and come to our garden to read a book, or even better, to have a chat with some friends.

Secondly there is a ‘Garden of Memories’ where members have planted a native plant in memory of a loved one.

Thirdly, there are also propagated plants for sale. These are grown by the gnomes or donated by very generous members, and money raised goes into Glyde-In general funds.

Lastly we have two ‘wicking beds’ for vegetables and herbs (ask our staff for more info), and two worm farms. So please enjoy our garden, Gordon Mac Nish

Computer Tips

Find useful computer tips and ideas on our website (www.glydein.org.au). They’re offered to members by Glyde-In’s computer tutors Craig Johns and Warren Kimble. Our first tip is here; later ones will appear on our web page, so ask us for the password to our website’s ‘Members Only’ page:

- Did you know your computer has an On-Screen Keyboard? It lets you type into password boxes on the internet rather than use your desk keyboard where spy key-loggers can hide.

For PCs, just type the word Keyboard into your start menu search box and left click on On-Screen Keyboard.

For Apple Macs: choose System Preferences→Keyboard→Show Keyboard Viewer in Menu Bar check box. Close System Preferences and click the Input Menu icon that appears in your Finder menu bar — the icon looks like a square containing an asterisk or a country’s flag — and choose Show Keyboard Viewer.
### 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. Use of our data projector, laptop, exercise gear, etc is also available (with refundable deposits). Please phone us for details of availability.

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

<table>
<thead>
<tr>
<th>Title</th>
<th>Ms / Mrs / Mr</th>
<th>First name</th>
<th>Last name</th>
</tr>
</thead>
<tbody>
<tr>
<td>Phone</td>
<td>Mobile</td>
<td>Emergency no.</td>
<td></td>
</tr>
</tbody>
</table>

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

<table>
<thead>
<tr>
<th>Address</th>
<th>Postcode</th>
</tr>
</thead>
<tbody>
<tr>
<td>Email</td>
<td>Programme to be Emailed</td>
</tr>
</tbody>
</table>

*Please tell us of any special needs you have

#### MEMBERSHIP (Please tick)
- [ ] $35 full
- [ ] $30 Pension or Health Care Card (HCC) or DVA

- [ ] New
- [ ] Renewal
- [ ] Current
- [ ] Non-member (only for a single event over a year)

<table>
<thead>
<tr>
<th>Code No.</th>
<th>COURSE / TALK / EVENT</th>
<th>Start date / time</th>
<th>Course fee</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td></td>
<td>$</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>$</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>$</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>$</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>$</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>$</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>$</td>
</tr>
</tbody>
</table>

| ENTERTAINMENT BOOKS @ $65 (+ $10 post / or I’ll collect): |

### PAYMENT

- [ ] Cheque
- [ ] Cash
- [ ] Card

<table>
<thead>
<tr>
<th>TOTAL inc. membership</th>
</tr>
</thead>
<tbody>
<tr>
<td>$</td>
</tr>
</tbody>
</table>

Sorry, no eftpos. Visa or Mastercard only.

Please fill in card details only if enrolling by post.

- [ ] Visa
  - Expiry: .../. ...
  - Signature: ..............................................................
  - CVV*: .................................................................

- [ ] Mastercard
  - Expiry: .../. ...
  - Signature: ..............................................................
  - CVV*: .................................................................

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

---

### HOW TO ENROL

Enrolments begin on Wednesday 27 April, 8.30am-3pm (online from 10am) and continue throughout the term, spaces permitting.

Postal enrolments will be processed from 10am on the 27th, 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 you require a receipt or 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.

### 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. Use of our data projector, laptop, exercise gear, etc is also available (with refundable deposits). Please phone us for details of availability.

### MEMBERSHIP

12 months $35 / $30 concession.

Concession is for holders of a Pension Concession or green Health Care 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.