



South Perth Learning Centre

Where good things happen!
Lower level of South Perth Community Centre
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**TERM 1 2018 COURSES
5 FEB - 6 APRIL 2018**

We aim to provide a focal point in the South Perth area for the social and educational interaction of all adult members of the community. Our objectives are to create a welcoming environment in which people can develop their personal and community lives in a friendly neighbourhood context. Our courses and activities include arts & creativity, club activities, language, computer & technology, cooking, health & wellness and more!

Hard to imagine isn't it, but the SPLC was started by a group of young mums more than 30 YEARS AGO, aided by a \$1500 grant from the City of South Perth, with the Centre opening in February 1985 in the Uniting Church Hall, Broome Street, SOUTH PERTH. After an inaugural AGM in 1987, the Centre was incorporated in 1988, and in the following year we moved to temporary premises in the Ernest Johnson Hall and then in 1990 to premises owned by the City of South Perth at 12 Labouchere Road.

In late 1998 there was a suggestion that SPLC Inc relocate and merge with the Lady Gowrie Centre in Karawara. This idea did not receive full support of the members, and led to several fruitless stop-gap measures being employed. Membership dropped perilously low – less than 90. Following an emergency meeting, a new Committee was formed and from 1999 there was a re-birth and rapid growth of SPLC Inc. All thanks to the enthusiasm, dedication and advice from members and volunteers and lots of hard work.

2007 saw the Centre thriving – it received the 2007 Premier's Australia Day Active Citizenship Award for an outstanding contribution to the Community. Our Constitution was updated in March 2009, again in 2013 to conform to DOCEP's requirements for an incorporated body and in 2017 to adhere to the Associations Incorporation Act 2015.

Our relocation from Labouchere Road to the City of South Perth facilities, provided a wonderful new premises at Lower Level of the South Perth Civic Centre in South Terrace, South Perth in January 2011 and ensured that 7 years on we continue to be a successful and thriving organisation, with hundreds of members. We continue to welcome new and ongoing members to the wide variety of lifelong learning courses and activities offered in languages, arts, clubs, information technology, health & wellness, cooking demonstrations and talks and lifestyles. Our experienced teachers, dedicated volunteers and 1 full time staff continue to welcome, educate and assist members with enthusiasm and support!

Online enrolments are now available on our website (www.splc.org.au). All members & non-members are required to pay upfront for their courses, as we do not reserve spots without a payment.

There are NO REFUNDS OR COURSE CREDITS and there are no revisions to the course cost (all members & non-members must pay upfront and for the entire course fee).

ARTS & CREATIVITY

ACRYLIC PAINTING FOR BEGINNERS AC1

Peta Zeller

9.30am-12.30pm \$160

7 Tuesdays

6th Feb - 3rd April (No class on 20th and 27th Feb)

This class is an opportunity to continue developing skills with Acrylic Paint, to see the possibilities and a range of outcomes with this fun and versatile medium. The lessons will continue to develop knowledge in tone, color, brushwork, texture and composition, where the student will be providing their own personal photo material to work with to produce artwork. This painting course would be ideal for ongoing students from Term 4, 2017 or those who have had limited access to painting instruction/ tutoring and would like to continue building on their skills. Material not included (Reference website for material list)

CREATIVE WRITING: FOR PERSONAL ENJOYMENT, PROFIT & PUBLICATION AC2

Marsha Tang

1pm-2.30pm \$125

8 Wednesdays, 7 Feb - 28 Mar

This course is ideal for those who are passionate about the written word and seek to hone their skills in the craft of writing. Week 1: The 3Fs - Fun, Flow and Familiarisation. Week 2: Characters & Characterisation. Week 3: Writing Style & Point of View. Week 4: Dialogue. Week 5: Setting & Descriptions. Week 6: Plot. Week 7: Writing for Different Mediums. Week 8: Pathways to Publication

CROCHET BEGINNERS AC3

Susan Sands

10.30am-12.30pm \$95

8 Tuesdays, 13 Feb - 3 April

Come and learn the fundamentals of this fun and useful craft. We'll cover basic stitches and techniques as well as how to read patterns and charts. Learn all you need to know to get you started on creating fashionable accessories, cosy rugs and useful items for your home. In the first lesson, we'll start from the very beginning with how to hold the yarn and hook, how to make your first stitches and what pitfalls to avoid.

CROCHET BEGINNERS PLUS AC4

Susan Sands

1.00 – 3.00pm \$95

8 Tuesdays, 13 Feb - 3 April

Building on material covered and skills learned in Crochet beginners, this class will take your crochet into 3 dimensions. We will explore more complex stitches, patterns and structures to make bags, baskets, beanies and more. Join us if you already know the basic stitches and techniques and want to take your crochet further.

CROCHET INTERMEDIATE AC5

Susan Sands

10.30am-12.30pm \$95

8 Mondays, 5 Feb - 9 April (No class on 5 Mar / 2 April)

This class is intended for those who have already completed workshop classes at SPLC.

Challenge yourself with more advanced stitches and techniques while making your chosen projects.

CROCHET INTERMEDIATE / ADVANCED AC6

Susan Sands

1pm-3pm

9 Wednesdays, 7 Feb - 4 April

This class is intended for those who have already completed workshop classes at SPLC. Challenge yourself with more advanced stitches and techniques while making your chosen projects.

DRAWING FOR NON DRAWERS –Beginners AC7

Barbara Arenson (FULL)

9.30am –12.30pm \$135

8 Thursdays, 8 Feb - 29 Mar

Come along and learn how to draw in a stress free, friendly environment. Barbara, with her extensive international teaching, experience will teach you how to move from drawing the absolute basics to developing your own style. Please bring A2 sketchbook, 4B, 6B and 8B pencils, pencil sharpener and eraser. Limited places - so please register early. Min 7 Max 12

DRAWING FOR NON DRAWERS – Ongoing (Level 2) AC8

Barbara Arenson (FULL)

9.30am–12.30pm \$135

8 Wednesdays, 7 Feb - 28 Mar

This class is for those people who have previously attended these classes in 2016 or for those who have completed a beginner's class. You will be able to continue drawing under Barbara's expert guidance in a stress free and friendly environment. Remember to bring an A2 sketchbook, 4B, 6B and 8B pencils, pencil sharpener and eraser. Limited places, so please register early. Min 7 / Max 12

FABULOUS FASCINATOR WORKSHOP AC9

Gail Reading

9.30am-1.30pm

Monday, 5 Feb

OR

9.30am-3.30pm

Sunday, 18 Mar \$70(member) / \$80 (non-member)

Create a gorgeous small and colourful fascinator to proudly wear at a wedding, the races or some other outing. Learn a few basic and simple millinery techniques and use your creativity with sinamay, flowers, feathers and small jewels.

SINAMAY is a very popular hat making foundation. It is produced by weaving fine strands of fibre from the processed stalks of the Abaca tree, a banana palm native to the Philippines.

Abaca fibre is three times stronger than cotton or silk. Sinamay takes dye very well and it can be moulded easily and manipulated into different shapes. Materials are included in price. Tools required: Pencil, paper, ruler, eraser, paper scissors. Sewing needles, thimble, fabric scissors (but NOT best) to be used for cutting the sinamay. If you have a flower, jewel, feather you want to use in your creation please bring it with you.

FLOWER CROWN WORKSHOP(EASTER CELEBRATION) AC11

Brooke Hatton

10am-12pm \$50 (member) / \$60 (non-member)

Sunday, 18 Mar

Celebrate this Easter with your very own flower crown! Show off to your family and friends this season by creating your own flower crown to wear or gift to somebody special. The workshop will be guided by a qualified florist with over 7 years experience to assist you in creating your own flower crown to keep forever. So just enjoy a morning with like minded people and let your creative juices flow!

FLOWER CROWN WORKSHOP(NATIVE AUSTRALIAN FLOWERS) AC12

Brooke Hatton

10am-12pm \$50 (member) / \$60 (non-member)

Sunday, 18 Feb

Do you love native flowers and all things rustic? Then this workshop is perfect for you! Come enjoy a beautiful day creating your own native themed flower crown that you can wear and keep forever! The workshop will be lead by a fully qualified florist who will assist you in designing and constructing your very own native flower crown.

HOW TO TAKE PICTURES (FOR MUMS, DADS + BUBS) AC13

Cyrus Roussilhes

4pm-5.30pm \$35 (member) / \$45 (non-member)

Monday, 12 Mar

Perfect for beginners, people who have just bought a camera and those wishing to learn how to shoot better images on their smart phones.

Would you like easy tips to take better pictures? This is a fun learning workshop, where questions will be answered by professional Portrait and Landscape photographer Cyrus from Lighthouse Photography. He will cover the basics of photography and more. Bring some form of camera (SLR, compact, tablet or smart phone)

Cyrus prefers an interactive approach, so if you need clarification or guidance on a particular technique/subject please ask... Topics covered on the day may include....

- How to shoot day time landscapes.
- Manual settings for portraits, closeups and landscapes.
- How to get what you want in focus and more!

I DON'T NEED A PRINTING PRESS (PRINT-MAKING COURSE) AC14

1pm-4pm \$155

Mikaela Miller

4 Wednesdays, 7 Feb - 28 Feb

"I Don't Need a Printing Press" is an introductory course with a whole heap of handy printmaking hacks you can use at home – without needing access to a printing press! This course is suitable for those with any level of printmaking or arts experience. Pieces can be as simple or advanced as determined by each student's individual skill and confidence levels. Each week the class will be introduced to a new printmaking processes, covering multiple variations of relief, etching or screen printing, plus more! Each week students will need to bring drawing/ sketching materials and some inspirational images to create designs from. Students should also bring a folio or box to keep their prints in.

INTRO TO PHOTOGRAPHY AC15

Carlos Arevalo

10am-12pm \$100

5 Tuesdays, 6 Feb, 20 Feb, 6 Mar, 20 Mar, 3 April

Get the most out of the camera in your iPhone or digital camera. Carlos is a professional photographer and a computer whizz. He'll talk you through composition, aperture, shutter speed, and much more. This course will help you make the transition from shooting in Auto Mode into Manual Mode and capturing some amazing images

LINO-PRINTING - BEYOND BLACK AND WHITE (PRINT-MAKING COURSE) AC16

Mikaela Miller

1pm-4pm. \$140

5 Wednesdays, 7 March - 4 April

"Lino Printing – Beyond Black and White" will be an intermediate level course that will introduce students to the process of multi-coloured lino printing.

This course would still be suitable for beginners (esp. those who like a challenge) as we will begin the course by doing a single colour Lino print design to make sure we can all wrap our heads around how the process works. However, the main focus will be to produce a final collection of prints with 3 or more colour separations, using the degenerative process of removing more and more lino from your block with each layer until the block is eventually destroyed by the end of the process – meaning your prints will be exclusive, limited edition pieces. During the course we will look at examples of this process used by artists who have mastered the craft, and investigate the variations in materials & equipment, as well as looking at alternate methods that can be used to incorporate layers of colour into your lino printed artworks.

Students will need to bring some inspiration and/ or pre-developed ideas & sketches from which they will create their designs, and a portfolio or box to keep their prints in. If students are working on pieces at home and would like to incorporate these into their work or receive feedback/ direction they are welcome to bring these along also. Students who have their own carving tools (and are happy to use them) should notify the SPLC coordinator. All other tools/ materials will be provided.

WATERCOLOUR BEGINNERS AC17

Verena Marmion (FULL)

10am-12pm. \$125

8 Mondays, 12 Feb - 9 April (No class on 5 Mar / 2 April)

Simple activities are structured to gradually expand students' repertoire of techniques and knowledge of how to manipulate watercolour paint. This includes colour mixing, brush control and planning a composition. Each lesson starts with a warmer and is followed by a main activity based around a theme. Themes include still life, floral and landscape subjects.

WATERCOLOURS BEGINNERS & ONGOING AC18. (FULL)

Verena Marmion

1pm-3pm. \$125

8 Mondays, 12 Feb - 9 April (No class on 5 Mar / 2 April)

Students will be encouraged to expand their repertoire of skills and techniques. This includes colour mixing, brush control, wet in wet painting and planning a successful composition. Each lesson starts with a warmer and is followed by a main activity. Students can follow their own choice of subject matter, or create an individual interpretation of the theme the teacher introduces with a demonstration at the start of class. Students are encouraged to paint from real objects and personal photos, but also have the option of using the teacher's resources. This course is for both beginning and intermediate students. The beginning students will be recommended simpler excersizes than the more experienced students.

WEAVING WORKSHOP (BEGINNERS) A19

10am-2.30pm

\$100 (members) / \$115

(non-members)

Sunday, 25 Mar

Create a beautiful woven wall hanging for your home on a simple handloom. Learn about the weaving process and various simple techniques. Define your colour palette, incorporating natural and recycled fibres into your design. This class runs for 4.5 hours with a 30 minute lunch break. Participants will learn how to weave and complete a small woven wall hanging to take home. This class is suitable for those with no experience weaving, to those with an intermediate level understanding who want to expand their knowledge. This class is suited to young adults 15 years and above and adults. Materials include: A instruction booklet, copper hanging rod, wool, roving yarn, warping yarn & vintage/recycled fibres

BUS OUTINGS

SCULPTURE BY THE SEA - COTTESLOE BEACH BS1

Bus Around Tours

9.30am-12.30pm

\$70 (members) / \$80

(non-members)

Thursday, 8 Mar

Sculpture by the Sea is an annual event staged on the beautiful Cottesloe Beach.

On this tour participants will be able to meet some artists and have a guided tour on sculptures displayed. There will be time to see the exhibition at the Surf Club and time for a cuppa while discussing the sculptures and the tour events. Please remember to bring weather protection gear (**sunscreen, sunglasses & sun hat**) and **insect repellent**. **UPON ENROLMENT, PLEASE LET US KNOW YOUR DIETARY REQUIREMENTS SO THAT THEY CAN BE CATERED FOR / PLEASE ARRIVE 15MIN PRIOR TO DEPARTURE (Morning or Afternoon Tea is included in price).**

STUDIO CRAWL TOUR (MEET PERTH ARTISTS!) BS2

Bus Around Tours

9.30am-12.30pm

\$70 (members) / \$80

(non-members)

Thursday, 22 Feb

A Studio Crawl is the act of visiting multiple art studios in a single morning / afternoon. What better place than the Perth Hills to explore a variety of art studios. Meet the artists in their environment and see the different mediums used for their art. Over a cuppa you can share and discuss the beautiful art seen on this tour. **UPON ENROLMENT, PLEASE LET US KNOW YOUR DIETARY REQUIREMENTS SO THAT THEY CAN BE CATERED FOR / PLEASE ARRIVE 15MIN PRIOR TO DEPARTURE (Morning or Afternoon Tea is included in price).**

CLUB ACTIVITIES

BOOK CLUB CA1

Catherine Rousset

9.30am-11am \$15

2 Fridays, NO NEW ENROLMENTS

Calling all bookworms. Do you enjoy discussing with others books that you have read? Having read the book are there parts that you liked especially or bits that you did not like, or were there any surprises? These are some of the items that can be discussed in the group with the help of the facilitator Catherine. Titles of the books to be read this term are: Sixty Seconds by Jesse Blackadder (2 Mar) & The Lie of the Land by Amanda Craig (6 April)

CHESS CLUB CA2

Self-managed

2.30pm-4.00pm. \$50.00

9 Tuesdays, 6 Feb - 3 April

Social chess is the perfect combination of mental stimulation, social interaction and fun. Enjoy a coffee/tea and a chat with fellow lovers of the game as you hone your strategic thinking skills.

CROQUET CA3

Susan & Alan Sands

6.30pm-8.30pm \$45.00

3 Mondays, Feb 5, 19, 26

Como Croquet Club has a friendly and very active membership of over 100 members playing both golf croquet and association croquet codes. The club has experienced coaches who will teach you how to play this interesting game. Come along and have fun while getting some exercise in a social setting. This club is located on the Corner Reserve with entry from Eric Street

CRYPTIC CROSSWORDS CLUB CA4

Self-managed

1pm-3pm \$45

8 Mondays, 5 Feb - 9 April (No class on 5 Mar / 2 April)

Cryptic crosswords are crossword puzzles in which each clue is a word puzzle in and of itself. Cryptic crosswords are particularly popular in the United Kingdom where they originated. If you enjoy Cryptic Crosswords and are you looking to extend your knowledge by practicing how to do them then come along to this club. Remember research has shown that by keeping the brain active it will remain healthier, delay any early signs of memory loss and help prevent Alzheimer's. Members are encouraged to bring their favourite crosswords to share (copies can be made in the centre).

FILM CLUB CA5

Self-managed

1pm-2.30pm \$25

3 Thursdays, 15 Feb, 15 Mar, 5 April

Are you a movie buff who enjoys sharing your thoughts with others? If so, then come along to our friendly club to join in the discussions on the movies we've seen. You will get a chance to voice your opinion and listen to that of others on topics such as the acting, directing, the story, costumes etc.

Why not discuss areas that perhaps could have been improved. This is your club so make the most of it. The titles of the movies to be discussed: Paddington, Breathe, The Greatest Showman, Darkest Hour, The Post and Sweet Country (Please see at least 2-3 movies)

Friend HER ORIGINAL CA6

Rachelli Yaafe-Payne

7pm-9pm \$180

9 Wednesdays, 7 Feb - 4 April

If you have ever wanted to try a bit of everything this is the course for you. Friend Her is a women only course designed to introduce you to many new skills while encouraging you to make new friends. You don't need to feel daunted if you have no one to attend with, as these women are all here for the same reason, to try something new and make friends.

Friend HER TAKEOVER CA7

Rachelli Yaafe-Payne

7pm-9pm \$205

8 Fridays, 9 Feb - 6 April (No class on 30 Mar)

Every Friday night we are going to take over the whole centre. Over the 9 week term the group will be split in to 3 groups, each group will get to experience 3 subjects, Personal Development with Rachelli, looking at personality types, the love languages, goals, spiritual developments, vision boards and much more. Woodwork with Cat, Cat will be bringing in some Jarrah and Tasmanian Oak for you to work with and get your hands a little dirty while making some beautiful homemade woodwork that you will be able to take home. Lastly embroidery with Ana, this has got to be one of the faves from last term. Ana will show you how to sew some pretty images. All of the groups will get the opportunity to socialise before and after class to give you the best opportunity to make friends, we may even order pizza one night ;)

INTERNATIONAL CURRENT AFFAIRS CA8

Di Ciantar, Wendy Howlett & Michael Cazalet

1pm-3pm \$50. (FULL)

9 Tuesdays, 6 Feb - 3 April

NO NEW ENROLMENTS

The International and Current Affairs Club will continue in the same successful self-managed discussion group format. Participants may volunteer to present a pre-programmed subject during the first hour followed by a casual discussion on current topics for the second hour. A rotating chairperson will facilitate each session and club members may invite occasional guest speakers, as approved by the group

INTRO TO CHESS. CA9

Marsha Tang & Chris Robertson

2.30pm-4.00pm. \$80

8 Tuesdays, 6 Feb - 27 March

No class on 20 Feb / Make-up class on 10 April

Dr Dre made chess cool after he appeared on

the cover of music magazine XXL with a chessboard and declared himself a lover of the game. Crowds of seniors have filled classes since research has shown chess to be one of the most effective and enjoyable methods of preventing the onset of Alzheimer's disease. This class has been designed for all age groups and introduces beginners to the game in a fun way whilst developing player's strategic thinking skills. Throughout the course, participants will learn the purpose and function of each chess piece and the openings, strategies and tactics that even Grand Masters use. As an all inclusive course, equal opportunity employer SPLC welcomes instructor Chris Robertson, who is an inspirational reminder that disability is no barrier to learning or teaching the artful game of chess.

LOVERS OF POETRY CA10

Brian Smith

10.30am-12pm \$35

4 Tuesdays, 13 Feb, 27 Feb, 13 Mar, 27 Mar

Come along and join our group. We will discuss our favourite poems, poets – Australian, English, American and much, much more. Come and listen or bring your own poem or one of your favourites to share with the group.

MAHJONG TUESDAY CA11

Self-Managed

9.30am-11.30am \$50

9 Tuesdays, 6 Feb - 3 April

Come along and play this fascinating ancient game. We are always looking for new members to join in and get those brain cells working. Notes and sets are provided.

MAHJONG FRIDAY CA12

Self-managed

10am-12pm \$45

8 Fridays, 9 Feb - 6 April (No class on 30 Mar)

This friendly and popular group is for the more experienced who wish to play this fascinating and ancient game. So come along and get those brain cells working. Notes and sets are provided, but please bring along your own if you wish.

MAHJONG FOR BEGINNERS - CHINESE CA13

Marsha Tang

12pm-2pm \$105

8 Fridays, 9 Feb - 6 April (No class on 30 Mar)

This course introduces participants to the fascinating and ancient game of Mahjong. Players will learn the structure and the rules of game in a friendly, social environment and by the course conclusion, acquire the knowledge, skills and ability for independent / self-managed gameplay.

MAHJONG INTERMEDIATE - WESTERN CA14

9 Tuesdays, 6 Feb - 3 April

No class on 20 Feb / Make-up class on 10 April

9.30am-11.30am \$105

Marsha Tang

Intermediate Western Mahjong consolidates the learning and skills acquired in Mahjong for Beginners and focuses on the continued expansion of players' repertoire of winning mahjong hands. The course is also suitable for those that possess an understanding of the rules of mahjong and are comfortable with semi-independent gameplay.

MAHJONG INTERMEDIATE - CHINESE CA15

Marsha Tang

2pm-4pm \$105

8 Fridays, 9 Feb - 6 April (No class on 30 Mar)

Intermediate Chinese Mahjong consolidates the learning and skills acquired in Mahjong for Beginners with a stronger focus on strategic understanding and gameplay. This course is also suitable for those already familiar with the rules of Chinese-style mahjong and comfortable with independent gameplay.

MAHJONG INTERMEDIATE - WESTERN CA16

9 Tuesdays, 6 Feb - 3 April

No class on 20 Feb / Make-up class on 10 April

12.15pm-2.15pm \$105

Marsha Tang

Intermediate Western Mahjong consolidates the learning and skills acquired in Mahjong for Beginners and focuses on the continued expansion of players' repertoire of winning mahjong hands. The course is also suitable for those that possess an understanding of the rules of mahjong and are comfortable with semi-independent gameplay.

MAHJONG WEDNESDAY CA17

Self-managed (FULL)

10am-12pm \$50

9 Wednesdays, 7 Feb - 4 April

This friendly and popular group is for the more experienced who wish to play this fascinating and ancient game. So come along and get those brain cells working. Notes and sets are provided, but please bring along your own if you wish.

NON-FICTION BOOK CLUB CA18

Finn Barrett

6pm-8pm \$15

2 Wednesdays, 28 Feb & 28 Mar

New Members are welcome to join this discussion group to share their interest in matters of the world. The books we will be reading this term are: Cathy O'Neil, 2016. Weapons of math destruction: how big data increases inequality & Christina Lamb,

2016. Farewell Kabul: From Afghanistan to a more dangerous world

THURSDAY BOOK CLUB CA21

Self-managed

1.30pm-3pm \$15

2 Thursdays, 22 Feb / 22 Mar

This self-managed Book Club provides a great opportunity for book lovers to discuss what they've been reading. Titles to be read this term are: The Dry by Jane Harper & Clear to the Horizon by Dave Warner

YARN CRAFT CLUB CA22

Self-Managed

1pm-3pm. \$45.00

8 Mondays, 5 Feb - 9 April (No class on 5 Mar / 2 April)

Do you knit or crochet? Why not join us for a chat and some quality time with your needles or hooks and, of course, your yarn. This group is for those who can already knit or crochet and would like to relax and create with other yarn crafters.

COMPUTERS & TECHNOLOGY

HOW TO USE YOUR ANDROID/TABLET CT1

Mike Burns

1pm-3pm \$105

4 Wednesdays, 14 Mar - 4 April

Android phones are made by HTC, Sony, Samsung, Huawei, Xiaomi, Motorola and LG. Starting with the basics and assuming no prior knowledge this course will enable you to use your Android Phone and tablet with confidence. You'll learn about apps, what they are, how to get them and which ones are really useful. We'll look at photos and how to manage them. Bring your Android Phone and tablet along as these courses are very hands on. **No Apple iPhones on this course please.**

HOW TO USE YOUR IPHONE/IPAD CT2

Mike Burns

1pm-3pm \$105

4 Thursdays, 8 Feb - 1 Mar

Starting with the basics and assuming no prior knowledge this course will enable you to use your Apple iPhone and Apple iPad with confidence. You'll learn about apps, what they are, how to get them and which ones are really useful. We will also cover how to set up your iPhone and iPad so all your messages and alerts show up on both. We'll look at photos and how to manage them. Bring your Apple iPhone and iPad along as these courses are very hands on. **If you have a non-Apple phone or tablet please enrol on the Android course.**

INTRO TO ADOBE LIGHTROOM CT3

Carlos Arevalo

1pm-2pm \$55

5 Tuesdays, 6 Feb, 20 Feb, 6 Mar, 20 Mar, 3 April
Looking to further enhance your photos? This workshop will show you the fundamentals of making the most of Lightroom. So you can organise, edit, share, export and print your images. **(Requirements: BYO laptop and adobe lightroom software)**

INTRO TO ADOBE PHOTOSHOP CT4

Neil Thomas

5.30pm-7.30pm \$155

8 Wednesdays, 7 Feb - 28 Mar

This course will commence with an initial introduction to Photoshop:

1. The basic structure of Adobe Photoshop and image manipulation. Pixels, colour models, image size, file types and how it all affects the image you are working on.
2. The basic photoshop tools - when to use them and when not.
3. Filters - blur and grain - their relevance. Layers - the most important aspect of Photoshop. Even advanced users of Photoshop often do not realise the power of layers and the variety of different ways to use them. The use of Photoshop layers will be a main focus of this course and all levels of users will be catered, from the first time user to the more advanced. (Requirements: BYO laptop and adobe photoshop software)

INTRODUCTION TO COMPUTERS (WINDOWS, MICROSOFT OFFICE AND MORE!)

CT5

Mike Burns

1pm-3pm \$105

4 Thursdays, 8 Mar - 29 Mar

Bring your own laptop along and learn how to use Windows effectively. We'll look at privacy settings, backups, the Windows store, Microsoft Office and a free alternative. We'll also cover the most popular email client software. This course will also cover the best Web browser software and cloud storage options. Learn how to download and install software for use on your computer with devices like printers and how to connect to your other devices.

INTRO TO EXCEL CT6

Swee Lee

1pm-3pm \$80

3 Wednesdays, 14 Feb - 7 Mar

The aim of this three-week introductory course is to help you dispel any anxiety you may have about the use of this "computer numbers programme".

No previous knowledge of MS Excel is assumed although a cursory knowledge of using a computer is a distinct advantage. You will learn the basic layout of Microsoft applications and where Excel fits in the Microsoft software family. You will have some hands-on experience with the application by building a simple spreadsheet for household budgeting. **(Required: BYO laptop & Microsoft excel software)**

COOKING

BIBIMBOBO & CUCUMBER SALAD KIMCHI C1

Ebony Bae & Ms Lee

11.30am-1.30pm \$60 (member) / \$70 (non-member)

Friday, 16 Mar

Bibimbob is an amazingly delicious rice & vegetable signature Korean dish that is loved dearly by many! If you're looking to encourage your family to incorporate healthy meals into their diet or cooking for a vegetarian/vegan friend, then this would be the perfect choice! Your instructors will start with a brief history of Korean food and then will demonstrate the cooking process from beginning to end. They will also include a side dish called "Cucumber Salad Kimchi" that completes your main beautifully! (Both dishes are vegetarian & vegan friendly).

Friend HER Cooking Class (Walk-In) C3

Rachelli Yaafe-Payne

7.00pm - 9.00pm \$30 (members) / \$40 (non-members) per session

7 Mondays, 5 Feb - 9 April (No class on 5 & 12 Mar / 2 April)

This is for anyone that doesn't want to commit to a whole course or is worried about the finances. This will be a drop-in class meaning you have 48 hours beforehand to register for this class. Natalie, our chef, is amazing and you will always get to take some home with you. Natalie will be teaching you all sorts of quick and healthy dinners and salads to get your taste buds tingling and bring excitement back to your kitchen. Every week students will be given a special ticket and you will need to keep hold of this. The person at the end of the course with the most will be getting a prize!

INTRO TO MAKING KOMBUCHA C5

Sammantha Grant

10.30am start \$30 (members) / \$40 (non-members)

Thurs, 8 Feb

OR

7.30pm start

Monday, 12 Mar

Come and learn how to make your own gut healing brew of booch. Never heard of it.... don't worry. I'll talk you through what it is and WHY its all the rave. I will demonstrate for you how to ferment, look after your SCOBY, share my hints and tips for a successful brew & how to store your resting SCOBIES whilst away or taking a break. We will then have tasters to sample and I'll show you how to flavour your booch through secondary fermentation, or cheating using an alternative method that has been tried and tested in many of my workshops!

Come with a sterile glass jar with a screw top lid if you'd like to take a SCOBY and starter tea home or for just an additional \$10 you can purchase a fermenting jar, with SCOBY, starter tea and brewing liquid ready to ferment at home.

Kombucha fermenting jars ready to go must be reserved in advance 2 DAYS PRIOR TO THE WORKSHOP so they can prepared.

INDIAN STREET FOOD (GLUTEN FREE AND VEGETARIAN) C7

Madhu Seth

10.30am-12.30pm \$80 (member) / \$90 (non-member)

Friday, 6 Apr

Learn some innovative Indian street food that is yummy, healthy and tickles your taste buds. If you love eating tangy Indian food this class is for you! Madhu Seth of Sacred cooking will demonstrate and cook some Indian favourites like aloo tikki chaat, savoury lentil pancakes with tangy chutney and besan pakoras that are lip smacking dishes rarely served in restaurants. Serve and wow at parties or just indulge it yourself for morning or afternoon tea or as a snack. Class is vegetarian and gluten free!

KOREAN SUSHI MAKING (KIM BAP) C8

Jeongsook Eaton

11am-12.30pm \$45 (members) / \$50 (non-members)

Tues, 27 Feb

What we know as 'Sushi' is known in Korea as 'Kimbap', which simply translates as 'seaweed/rice'. But the Korean version contains a lot more than that. It is a staple snack and lunch food in Korea and can easily be made at home. The presenter is a Korean lady who has lived in Australia for seven years and regularly impresses visitors to her home with this Korean delight. Ingredients will be provided including a bamboo roller used for making the kimbap.

PAELLA IN THE COURTYARD C9

Gualtero Fernandez

2pm-4pm \$60 (members) / \$70 (non-members)

Sunday, 25 Feb

Learn and enjoy how to cook Paella from Spanish Chef. Gualterio. He will provide a 2 hour cooking session that includes the history and origin of this dish. You will learn the proper technic, the right equipment to use and about the traditional ingredients used in Paella. You will be fully involved in creating this dish from the beginning to the end. Benefits of Paella Fiesta: You have access to your own Spanish Chef that will guide you through a traditional and cultural experience. You will learn how to make traditional Spanish recipes, using the correct technique and ingredients.

HEALTH & WELLNESS

AGELESS YOGA: CHAIR FLOW YOGA FOR SENIORS - LEVEL 1 HW1

Sri Shanthi Bhavana

3.30pm-4.30pm \$105

8 Mondays, 5 Feb - 13 April (No class on 5 Mar / 2 April)

WALK IN - \$20

"Ageless Chair Flow Yoga Program" is a gentle form of Yoga practiced while sitting on a chair, or standing with a chair for support. It is adaptable to everyone's level of ability, and medical condition, and a perfect way to achieve physical or mental fitness.

It is practiced by seniors, or anyone concerned about their mobility, their independence... promoting a better quality of life. Mobility affects mental and emotional health, the balance factor: fall preventions, outdoor slipping and falling in bad weather or indoor accidents. Yoga for seniors is very beneficial for so many aspects of life, including: Lower Blood Pressure, more Flexibility & Range of Movement, better Sleep, enhanced Respiratory Function, moderation of Chronic Pain, the positive management of Arthritis and Diabetes, and Reduction of Stress & Anxiety.

AGELESS YOGA: CHAIR FLOW YOGA FOR SENIORS - LEVEL 2 HW2

Sri Shanthi Bhavana

5pm-6pm \$105

8 Mondays, 5 Feb - 13 April (No class on 5 Mar / 2 April)

WALK IN: \$20

Gentle, non-invasive, low-impact Yoga-based exercise program specially designed for older people (seniors). Suitable for all age groups, and especially for people suffering limited flexibility and range-of-motion (ROM), injuries and medical conditions.

This exercise program is recommended by medical physicians (GP's), chiropractors, physiotherapists and psychologists, and is practiced sitting in a Chair, and standing with the support of a Chair. The Chair is used as a prop to help support the person, and as an aid in assisting the person to gain strength and balance. Pre-requisite: Participants must have completed at least one Term in "Chair Flow Yoga - Level 1.

CRYSTAL SOUND THERAPY MEDITATION HW3

Karen Wiese. (FULL)

6pm-7pm \$45

3 Tuesdays, 13 Feb, 13 Mar, 3 April

Guided meditation session whilst playing quartz crystal bowls. Crystal sound therapy is a vibrational remedy that uses the principle of resonance. As the sound waves enter the body, sympathetic vibrations occur within the cells. If an organ or system is out of balance (normal vibrational frequency) we can use a vibrational remedy to bring it back into its normal pattern. The overall effect can be likened to a deep massage at the atomic & molecular level.

Materials: Bring yoga mat/cushion, water & a light rug

PILATES FOR BEGINNERS. HW4

Carmel Simojoki. **(FULL)**

1.00pm-2.00pm \$55

6 Saturdays, 17 Feb - 24 Mar

Are you interested in developing your strength, improving your flexibility and strength as well as participating in a cleansing and invigorating form of exercise? In the Pilates for beginners' classes, learn and practice exercises to improve flexibility, build strength and develop control and endurance. The many and varied exercises focus on alignment, breathing, developing a strong core, as well as improving coordination and balance. Muscle tone, posture and well-being can also be improved through regular practice of the exercises. Pilates is suitable for all ages.

LET GO & FLOW (GUIDED MEDITATION) HW5

Deanne Wray

9.30am-10.30am. \$105

8 Mondays, 5 Feb - 9 April (No class on 5 Mar / 2 April)

WALK IN: \$20

Starting the morning with meditation is the most wonderful way to start your day with a healthy mind & body. Meditation brings us an inner peace to help us focus to be more in the present for our day activities. So join on this beautiful meditation experience and let go of everything. Being grounded gives us a clear direction in life.

RELAX & REJUVENATE (GUIDED MEDITATION) HW6

Annie Knoth

9.30am-10.30am \$105

8 Saturdays, 10 Feb - 7 April (No class on 31 Mar)

Learn the powerful art of staying in the present moment. Unleashing all resistance and blockages in the emotional body. Learning the skills to calm, settle and find your innate blissful state of being, through guided meditation. Every week focusing on a topic of mindfulness development and helping restore balance, love and contentment back to the body, mind and spirit.

RESTORATIVE YOGA HW7

Sri Shanthi Bhavana. **(FULL)**

3pm-4pm \$105

8 Fridays, 9 Feb - 6 April (No class on 30 Mar)

This course is designed for adults of all ages – particularly useful for busy mums and older adults and can be practised anytime (very useful after a long day and before bed); Restorative asanas (postures) are designed to stimulate energy flow, rejuvenation and restoration of energy (prana/chi) through the Subtle Anatomy (Chakras) – modified for each individual.

Subtle stimulating movement and comfortable, long-held static postures with breath-awareness increases flexibility and range-of-motion, and promotes good joint health

This form of yoga increases breath capacity, therefore: more energy, more vitality!

- Breath/energy control (pranayama), promotes flow of prana (life-giving energy) throughout the entire physical Body, and Subtle Anatomy

- Meditation – for relaxation, self-awareness and clarity of Mind

- Stimulates and activates the Parasympathetic Nervous Systems (PNS) to bring relaxation benefits: therefore helps de-stress

- Stimulates a peaceful calm feeling, with clarity of mind – transforms tired energy and stress into relaxed productive energy, with increased tranquility for Body, Mind and Spirit

TAI CHI FOR BEGINNERS HW9

Stephen Ho. **(FULL)**

4pm-5pm \$105

8 Tuesdays, 13 Feb - 3 April

Tai Chi Kung Fu is a complete system of Chinese martial art developed from Taoist philosophies. Its development was based on sound scientific principles. Its gentle flow and graceful movements are now recognized also as a very good form of exercise. With constant practice, it can promote good health and relaxation.

However, for maximum benefit and to avoid possible injury, proper instruction is essential. The principles of Tai Chi are closely related to Chi Kung. "Chi" is the Chinese word for Internal Life Energy. While Chi Kung promotes the flow of life energy through deep breathing and meditation, Tai Chi does the same through slow gentle movements. After practising Tai Chi diligently and correctly for some time, students will be able to develop deeper breathing and begin to experience the benefits associated with the smooth gentle flow of Chi within their bodies.

The instructor is Stephen Ho who is a retired academic and he has been a Tai Chi practitioner with over 40 years experience.

Please remember to bring a bottle of water and wear comfortable loose clothes

SUPPORT GROUPS

LIT: LIVES IN TRANSFORMATION (MENTAL HEALTH SUPPORT GROUP) SG1

Marsha Tang

9am-10am \$20 (member) / \$30 (non-member)

5 Fridays, 16 Feb, 2 Mar, 16 Mar, 6 April

A support group for those struggling to cope with problematic life issues, ranging from mood disorders such as anxiety and depression through to marital and relationship difficulties. The fortnightly group will be conducted by a nationally accredited therapist who will provide psycho-educational information and oversee group discussion in a confidential and empathic environment over a ten week period.

TINNITUS SUPPORT GROUP SG2

John Eaton

3.30pm-4.30pm \$5 (member) / \$10 (non-member)

Monday, 19 Feb

Many people have tinnitus and some people find it very difficult to cope with. I am proposing a gathering of people who battle with tinnitus who would like to get together with others to exchange stories and ways of coping. If there is enough interest we may consider regular gatherings. I am not an expert but simply a person who is living with the condition and managing it quite successfully. If a group is formed, we may eventually consider accessing professional presenters.

LANGUAGES

FRENCH (ADVANCED) L1

Linda Lee

9am-11am \$105

8 Tuesdays, 6th Feb – 27th Mar

This class is for students who have studied French at an Intermediate level and also students who have more than a basic knowledge of French grammar and vocabulary. A French/English dictionary will be needed.

FRENCH FOR TRAVELLERS (BEGINNERS) L2

Linda Lee

10am-12pm \$80

6 Mondays, 12 Feb - 26 Mar (No class on 5 Mar)

For those interested to go to France and learn some basic communication skill. Basic topics such as greetings, numbers, ordering in a restaurant / cafe and buying from a shop/market will be covered.

FRENCH BEGINNERS ONGOING L3

Linda Lee

1.15pm-3.15pm \$105

8 Wednesdays, 7 Feb - 28 Mar

OR

9am-11am

8 Thursdays, 8 Feb - 29 Mar

These classes are for those who have attended a previous SPLC French class or have some prior knowledge of the French language. You will learn practical everyday words and phrases. Materials will be provided, however you will need a French/English dictionary

FRENCH CONVERSATION (ADVANCED) L4

Linda Lee
1pm-3pm \$105
8 Tuesdays, 6 Feb - 27 Mar

This course is intended for those who wish to practise their acquired French language skills. The classes will be based mainly on preparation for discussion covering a wide variety of topics. Participants will be encouraged to help each other. All who show any interest in keeping their knowledge alive, irrespective of their advanced levels, will be made most welcome.

FRENCH CONVERSATION (INTERMEDIATE) L22

Linda Lee
11am-1pm \$105
8 Tuesdays, 6 Feb - 27 Mar

This course is intended for those who wish to increase and practise their acquired French language skills. The classes will be based mainly on preparation for discussion covering a wide variety of topics. Participants will be encouraged to help each other. Some grammatical areas will be examined from time to time. All who show an interest in keeping their knowledge alive, at this intermediate level, is most welcome.

FRENCH INTERMEDIATE (LEVEL 1) L5

Linda Lee
9am-11am \$105
8 Wednesdays, 7 Feb - 28 Mar

This class is intended for mainly students who have recently completed a least one year of 'French for Beginners'. It can also accommodate any other student who has some basic knowledge of French grammar and simple vocabulary. A French-English dictionary will be needed.

FRENCH INTERMEDIATE ONGOING L6

Linda Lee
11am-1pm \$105
8 Wednesdays, 7 Feb - 28 Mar

The class is intended for students who have previously studied French at an Intermediate level. It can also accommodate any other student who has more than a basic knowledge of French grammar and vocabulary. A French-English dictionary will be needed.

INDONESIAN BEGINNERS (LEVEL 1) L7

Kus Sujatna
10.30am-12pm \$80
8 Fridays, 9 Feb - 6 April (No class on 30 Mar)
Max 12

If you want to learn an Asian Language, Indonesian is the one for you because it has the same alphabet as English!

INDONESIAN CONVERSATION L8

Kus Sujatna
10.30am-12pm \$80
8 Thursdays, 8 Feb - 29 Mar

This conversation class is for those who have studied Bahasa Indonesia in the past and would like to come along to practise and improve their language skills. Our Indonesian

teacher, Ibu Kus, has extensive experience in teaching Indonesian as she taught for many years at TAFE. Come along and join the fun.

INDONESIAN INTERMEDIATE L9

Kus Sujatna
12pm - 2pm \$105
8 Fridays, 9 Feb - 6 April (No class on 30 Mar)

If you want to learn an Asian Language, Indonesian is the one for you because it has the same alphabet as English! And, if you've been to Bali and loved the experience, the people, the food and the culture, come along and learn more about it. Enhance your holiday in Indonesia. Our teacher will show you how easy it is to get started on the basics of the language, while you learn about Indonesian culture.

ITALIAN BEGINNERS (LEVEL 1) L10

Alessandra Luatii
6pm-8pm \$118
9 Wednesdays, 7 Feb - 4 April. **(FULL)**

OR
6pm-8pm
9 Thursdays, 8 Feb - 5 April

The course is designed for those who are ready to learn Italian from the beginning or for those who know a few words or phrases and are keen to learn more. It aims to give students the opportunity to learn basic Italian vocabulary and grammar, to gain confidence in understanding and using the language and to learn more about Italian culture. We will give emphasis to speaking activities, learning how to communicate in a variety of social situations, such as introducing yourself, talking about daily activities, travelling etc.. And grammar will be combined with real-life situations. Every week, we'll learn and practice useful expressions, and work to enhance your vocabulary and pronunciation. You'll be surprised how much you learn in just nine weeks!"

ITALIAN CONVERSATION L12

Ambra Marra
10am-12pm \$85
9 Thursdays, 8 Feb - 5 April

These classes are intended for those of you who have already studied Italian in the past and who wish to continue to practise and improve your acquired Italian language skills. Based mainly on preparation for discussion, a wide variety of topics will be included. Participants will help each other and some

grammatical areas may be examined from time to time. Those interested in keeping their knowledge alive are most welcome.

ITALIAN B1 (INTERMEDIATE) L13

Natalia Achino
9.30am-11.30am \$117
8 Mondays, 5 Feb - 9 April (No class on 5 Mar / 2 April)

This class is for people who are not complete beginners or those who have recently attended Italian Pre- Intermediate classes. The course is ideal for students who already have a basic ability to communicate in Italian in everyday situations. You will learn to understand questions and statements at normal speaking speed.

ITALIAN A2 (PRE-INTERMEDIATE) L14

Natalia Achino
12pm-2pm \$117
8 Mondays, 5 Feb - 9 April (No class on 5 Mar / 2 April)

This class is for people who have recently attended Italian Beginners classes and who know a few words and phrases and can respond to simple questions in the Italian language. Ability upon completion – able to communicate in everyday situations and can understand Italian when spoken slowly and clearly. Whether you are learning Italian language for pleasure and/or stimulation or to get more out of your European travel, this class should be just what you need

SPANISH BEGINNERS (LEVEL 2 - ONGOING) L15

Ruperto Nunez
11am-1pm \$120
9 Thursdays, 8 Feb - 5 April
"Hola amigo!

There are around 406 million native Spanish speakers, 60 million as a second language and 20 million students of Spanish. This class is for students who have studied Spanish in Terms One & 2 and for those people who have a little prior knowledge of the Spanish language. The textbook Pasos 1 Spanish Beginners Coursebook by Rosa Maria Martin & Martyn Ellis (ISBN 9781473610682) will be used. Can be purchased online from the Book Depository.

SPANISH BEGINNERS (LEVEL 2) L16

Ruperto Nunez
1.30pm-3.30pm \$120
9 Thursdays, 8 Feb - 5 April
"Hola amigo! This class is for those who have completed Spanish for Beginners recently or for those who have some previous knowledge of the Spanish Language. The textbook Take Off in Spanish Oxford (book only) will be used.

TALKS & LIFESTYLE

SPANISH FOR TRAVELLERS LEVEL 2 (THEORY, PRACTICE AND CONVERSATION) L17

10am-12pm \$120
9 Wednesdays, 7 Feb - 4 April
Alicia Zablah

The Spanish Language Course Level 2 is a continuation from Spanish Language L-1. The lessons are based on Pasos 1 Book and Berlitz Spanish Language training. The course accommodates people who have finished L-1. People having knowledge of the basics of the Language. If you've travelled to speaking Spanish countries or you're interested in keeping your brain fit by learning the Spanish Language and its Culture then this course is for you!

SPANISH FOR TRAVELLERS LEVEL 1 (BASIC THEORY AND PRACTICE) L19

Alicia Zablah
3.30pm-5.30pm \$120
9 Tuesdays, 6 Feb - 3 April

This is the first level to commence learning the Spanish/Latin American Language and Culture. No need to have experience however having it is an advantage. Open to everyone wanting to train your brain keeping it fit, flexible and quick thinking. You will build vocabulary, understanding, pronunciation, reading and writing skills

SPANISH INTERMEDIATE L20

Ruperto Nunez
9am-11am \$120
9 Thursdays, 8 Feb - 5 April

This course is for anyone with some prior elementary knowledge of Spanish. Ruperto will follow on from the Spanish Beginners classes so students can continue to have fun while increasing their fluency, their vocabulary and their knowledge of the Spanish Language. The textbook Pasos 2 Spanish Intermediate Course by Rosa Maria Martin & Martyn Ellis will be used

GREEK MYTHOLOGY: THE BEGINNING T1. (FULL)

Ruperto Nunez
10am-12pm \$70
5 Wednesdays, 14 Feb - 14 Mar

As any respectable dynasty, the Olympians have changed their king a couple of times. Currently, Zeus, together with his wife/sister, Hera, are the monarchs of a dysfunctional family. Zeus, who holds the aegis and a known womanizer, is sometimes thwarted in his amorous adventures by Hera. The whole family is made up of gods and goddesses, each one having authority over diverse aspects of life: war, wisdom, marriage and so on. In this course we'll explore this and other Greek myths dealing with the origin of the universe and diverse aspects of nature like night, day, the sea, mountains, and so on, and the different families of goddesses and gods.

CONTEMPORARY KOREA T2

John Eaton
12.30pm-2pm \$15 (member)/ \$20 (non-member)
Friday, 9 Feb

Following on from a talk last year, this talk will present an exploration of the history, culture, customs, traditions and lifestyle of South Korea, with an emphasis on contemporary culture and also South Korea's relationship with other countries in the region, including China, North Korea and Japan. Some historical perspectives that shape modern issues will be discussed. The presenter lived in Korea for more than three years and fell in love with all aspects of its history, culture and lifestyle. The talk will be presented in a workshop style encouraging discussions and questions from participants.

BOOK LAUNCH: LOVE, LAUGHTER AND LONGEVITY T3

Janni Goss
12.30pm-2.30pm \$15 (member)/ \$20 (non-member)
Friday, 16 Feb

Meet Janni Goss, the author of "Love Laughter and Longevity - the Art and Science of Wellbeing". Learn some tips for your health and wellbeing including the benefits of laughter!

M.I.N.D DIET T4

Juniper (Caitlin Parker)
12.30pm-2.30pm \$15 (member)/ \$20 (non-member)
Friday, 23 Feb

"The M.I.N.D. diet (Mediterranean-DASH Intervention for Neurodegenerative Delay diet) is an eating pattern that has shown to decrease risk of Alzheimer's Disease. The M.I.N.D. diet seminar discusses Alzheimer's disease and its relationship with diet and lifestyle, as well as foods to include (and foods to reduce) to follow this eating pattern."

MEMORIES MAKE ME (WRITING WORKSHOP) T5. (FULL)

Shoma Mitra
12.30pm-3.30pm \$15 (member)/ \$20 (non-member)
Friday, 23 Mar

Have you often thought of writing a book or even a story, but was never sure where to start, how to go about it, or wonder if anyone would even care to read your story? You would be surprised! As humans we feed on stories, we need them for our own survival because we learn from them, we relate to them and stories help us to understand each other. If it weren't for stories, on rock carvings, stories told around a fire and tales etched in ancient caves how would we ever know what our ancestors were like?

Storytelling is inherent in us all. We all have lived experiences which others can learn from. So come along and find out if this is for you. See if you would like to become a published author in ninety days. This is an introductory workshop for people who are considering writing their memoirs or business stories.

It is a 3 hour interactive workshop which will cover

- the nuances of storytelling,
- memory mining techniques,
- how to edit so that the manuscript is polished enough to present to a publisher,
- the differences between the world of traditional publishing and self-publishing,
- how to upload and sell on Amazon
- how market your book successfully - the world of media & publicity, book launches and more...

MUSLIMS IN AUSTRALIA: INCLUSION AND EXCLUSION T6

Professor Samina Yasmeen
12.30pm-2pm \$15 (member)/ \$20 (non-member)
Friday, 9 Mar

With their number totaling more than half a million, Muslims are often identified as 'outsiders'. This is despite the fact that Muslim presence in Australia predates European arrival. But their number has gradually increased since the mid-19th century. The talk would assess their experiences of inclusion and exclusion in Australia against the slowly growing Islamophobia. It would show that the picture is mixed in terms of how Muslims are engaged by the non-Muslim communities in Australia, and that Muslims themselves react and interact with the wider community in different ways. To view and portray Muslims as a community, therefore, is to miss out on the diversity inherent in Muslim communities living around the world.

O'CONNOR PIPELINE T7

Bill Cutler

12.30pm-2pm \$15 (member)/ \$20 (non-member)

Friday, 2 Mar

"We will do an exploration of the work and projects undertaken by engineer CY O'Connor, principally the impact of his great works following the discovery of new wealth (for some but not all) in the eastern goldfields, and the establishment of the cities of Coolgardie and Kalgoorlie, where great hardship affected the early explorers. During this period O'Connor developed a special relationship with Premier John Forrest.

The pipeline is perhaps O'Connor's flagship project, but he achieved much more for Western Australia in his 10 years in this state. We will also touch on his untimely fate and the frustrations of the Royal Commission into his Goldfields pipeline project.

We will discuss some of the myths surrounding O'Connor, and the enduring legacies left behind by a brilliant but sometimes troubled man. This is the story of Western Australia's first golden years of development, and the period when the state came of age in the 1890s and early 1900s.

PHILOSOPHY AND THE SEARCH FOR WISDOM T8

Jason Hughston

12.30pm-2.00pm \$60

7 Fridays, 9 Feb - 23 Mar

Philosophy is an attempt to understand some of the most difficult and fundamental questions and issues that we encounter in life. Studying philosophy develops advanced reasoning and communication skills, depth and breadth of view and the ability to think creatively and objectively. The purpose of this course is to present philosophy at the practical level where one can gain experience in discussing a series of classic questions in philosophy. Participants will be encouraged to discuss their views on a topic, listen to the views of others and ask questions.

THE POWER OF NOW T9

Angelina Stojic

1pm-2pm \$15 (member)/ \$20 (non-member)

Friday, 9 Mar

In a world full of too much work and not enough play, Angelina intends for you to have FUN in this workshop. Rediscover the ways to live the joy in our lives again. Reignite our flame of fire for life and living and connecting to our POWER within. Simple tools and fun ways to feel good, habituate new ways of being, embracing our voice and understanding the law of attraction. The time for you is now.

THE VIKINGS T11

Ernie Jones

1pm-2.30pm \$80

8 Thursdays, 8 Feb -5 April

The Vikings burst onto the European scene by sacking the monastery of Lindisfarne in Northern England in 793 and they remained a threat to many parts of the continent till the end of the twelfth century. This course will cover, in traditional style, most of their features from their trading to their plundering, from their fighting to their settling, from their culture to their customs, dispelling a few myths along the way. We can also have a chat about the recent T.V. series on them and how accurate it actually is!

WA PREMIERS FROM DAVID BRAND TO MARK MCGOWAN T12

Peter Kennedy

12.30pm-2.30pm \$15 (member)/ \$20 (non-member)

Friday, 16 Mar

"PETER KENNEDY is one of Western Australia's most experienced political journalists. Peter is Perth born and educated, and graduated from the University of WA with a major in Economics. He was initially a high school teacher and technical college lecturer, joined The West Australian in 1970, and was a member of the paper's reporting team for the

1971 election in which Labor's John Tonkin ended Liberal leader David Brand's record 12 year term as Premier. He has reported on state and federal elections ever since, including in NSW during a seven year stint with The Sydney Morning Herald. He retired from full time political reporting in 2010 after 20 years with the ABC in Perth, including the last 11 years with ABC TV News. Peter is an adjunct professor at the University of Notre Dame Australia, and the author of ""Tales from Boom Town - Western Australian Premiers from Brand to Barnett"". He contributes the regular Political Perspective column for Business News, and often comments on political issues for radio, television and newspapers. He is married to Chris, and has a son and a daughter and six grandchildren. Come along to this talk and learn about his 1st hand experience with WA Premiers!"

FOOD & FUN CLUB

Dear Epicureans, we will meet at the Como Hotel for our Feb outing and the Windsor Hotel for our April Outing. All members will receive private invitations. Interested in becoming a member? Please contact Lorraine at 9470 1546 during business hours. Bon Appetit!

WEDNESDAY WALKERS

The Wednesday Walkers are continuing to feel the joy of the outdoors and welcome anyone who'd like to join us. We meet at the end of Coode St at the pavilion to the west of the Boatshed Café at 8am sharp. We walk for an hour along the South Perth foreshore, and then have coffee at the Café.

The Centre is extremely grateful for the support and generosity of:

**The City of South Perth - the Centre
Lotteries West - equipment and furnishings
Royal Perth Golf Club - the reception area furnishings, computers & iPads**

WHERE GOOD THINGS HAPPEN!

MEMBERSHIP

Annual membership is \$40 and term membership is \$15
 Membership is not required if you enrol in a 1-day activity, but you will have to pay the non-member fee.
 You don't have to be a South Perth resident to become a member – everyone is welcome!

ENROLMENTS

Online enrolments are now available for Term 1 2018 courses and one-off events, head to www.splc.org.au for more information. Email enrolments are accepted via admin@splc.org.au, but please remember to provide your debit/credit card details. EFT is accepted, but please contact the centre to confirm that there are available spots in your requested course/class. Below is our bank information - Account Name:
 South Perth Learning Centre Inc | BSB 066124 | Account No. 00910855

Postal enrolments are accepted and will be processed as received. Please post enrolments to **PO BOX 254, COMO 6952**, do not post to our South Terrace address. We highly recommend coming to the centre or having someone come on your behalf to ensure your slot in a course. If you post it in and require a receipt, please be sure to include a self-addressed stamped envelope.

If a course happens to be full, please put your name on the waiting list (with the volunteer at the reception desk), so that we can contact you if a student decides to withdraw. **There are NO REFUNDS OR COURSE CREDITS and there are no revisions to the course cost (all members & non-members must pay upfront and for the entire course fee).** Post-poned classes due to an instructor's illness or unexpected emergency will result in alternative course being provided, however, no refund will be provided.

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TERM MEMBERSHIP \$15
 ANNUAL MEMBERSHIP \$40

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