



South Perth Learning Centre

Where good things happen!
Lower level of South Perth Community Centre
admin@splc.org.au
08 9367 1254
www.splc.org.au

TERM 4 2018 COURSES
15 Oct - 15 Dec 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!

CHRISTMAS LUNCH!

FRIDAY 14TH DECEMBER 1PM START
At the Learning Centre

MEMBERS & FACILITATORS

The volunteers would love for you all to join with us to celebrate the Festive Season and the end of a fantastic and successful 2018.

An informal get together over a casual lunch and Christmas cheer.

Please indicate your attendance by adding your name to our list at the front desk along with \$10 to help cover the catering.

Final date for our catering numbers Friday 7th December.

ART EXHIBIT - OPENING NIGHT

FRIDAY 30TH NOVEMBER 6.30PM START
At the Learning Centre

MEMBERS, FACILITATORS, FAMILY & FRIENDS

We are holding an exhibition to celebrate the achievements of the watercolour and acrylic painting students at the Learning Centre. This will be the first exhibition to be held to show case students work. A range of landscape and still life subjects will be on display.

Join us for live music, wine and nibbles on the opening night or drop by the centre during the week!

Exhibition 30th Nov to 9th Dec
(Mon to Friday, 9am - 3.30pm)

Please indicate your attendance by adding your name to our list at the front desk or via email info@splc.org.au

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. Walk-in enrolments are ONLY open on 8, 10 and 12 OCT from 10am-12pm. 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).

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 3 2018 courses and one-off events, head to www.splc.org.au for more information. 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 **ONLY** accepted for **cheque payments** 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. **Credit/Debit Card enrolments available via phone enrolments - PLEASE DO NOT SHARE YOUR DEBIT/CREDIT CARD INFORMATION ON THIS FORM OR VIA EMAIL.** There are **NO REFUNDS OR COURSE CREDITS** unless a course/event is cancelled by the centre and there are no revisions to the course cost (all members & non-members must pay upfront and for the entire course fee). Postponed classes due to an instructor's illness or unexpected emergency will result in alternative class being provided.

Title		First Name		Last Name	
Phone		Mobile		Emergency No.	
Address					
Suburb					
Email					

TERM MEMBERSHIP

☐

\$15

ANNUAL MEMBERSHIP

☐

\$40

Code No.	COURSE / TALK / EVENT	Amount
		\$
		\$
		\$
		\$
		\$
		\$
		\$
		\$
		\$
		\$
		\$
		\$
		\$
		\$
Membership Fee		
PAYMENT	Cash Cheque EFT	TOTAL

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!

ARTS AND CREATIVITY

Acrylics for Beginners (Ongoing) AC2

Peta Zeller

9.30am-12.30pm \$165

7 Tuesday 16 Oct - 11 Dec (No class on 23 & 30 Oct)

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.

Crochet Beginners AC3

Susan Sands

9.30am-11.30am \$85

8 Tuesdays 16 Oct - 11 Dec (No class on 27 Nov)

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

10.30am-12.30pm \$85

8 Tuesdays 16 Oct - 11 Dec (No class on 27 Nov)

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

Crochet Intermediate AC5

Susan Sands

10.30am-12.30pm \$85

8 Mondays 15 Oct - 10 Dec (No class on 26 Nov)

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

Crochet Intermediate / Advanced AC6

Susan Sands

1pm-3pm \$85

8 Wednesdays 17 Oct - 12 Dec (No class on 28 Nov)

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

Drawing for Non-Drawers Beginners AC7

Barbara Arenson

9.30am-12.30pm \$135

8 Thursdays 18 Oct - 6 Dec

Thought that you were hopeless at drawing? Well think again. Come along and under the expert guidance of Barbara, you will learn how to draw, in a stress free and friendly environment. Barbara, with her extensive international teaching experience, will teach you all how to move from drawing the absolute basics to the development of your own style. Places are limited, so please register early to avoid disappointment

Drawing for Non-Drawers Ongoing (Level 2) AC8

Barbara Arenson

9.30am-12.30pm \$135

8 Wednesdays 17 Oct - 5 Dec

This class is for those people who have previously attended these classes in 2017 or for those who have completed a beginner's class. You will be able to continue on under Barbara's expert guidance drawing, in a stress free and friendly environment. Places are limited, so please register early to avoid disappointment.

Intro to Landscape Photography AC10

Cyrus Roussilhes

10am-12pm \$130

5 Tuesdays 16 Oct, 30 Oct, 13 Nov, 27 Nov, 11 Dec (every 2 weeks)

Do you want to improve your general photo taking skills? This course is perfect for beginners, people who have just bought a camera and those wishing to learn how to shoot better using manual settings. From learning more about your camera's functions to easy ways to take better photos of people and landscapes, professional portrait and landscape photographer Cyrus from Lighthouse Photography, will teach all there is to know about landscape photography. This will be an interactive course and will involve a mixture of indoor/outdoor sessions.

Topics covered may include:

- How to shoot daytime landscapes.
- Manual settings for portraits, close-ups, and landscapes.
- How to get what you want in focus.
- Rules of shutter speed.
- How to create bokeh (beautiful blurry backgrounds).
- How to make a photo look blue or warm using white balance settings.
- What does ISO do?
- Finding interesting shots from challenging lighting conditions.
- How to create art using creative settings and composition.
- How to identify and capture beauty in a photograph.
- Working with light and backgrounds.
- Nature closeups & interesting patterns.
- How to shoot macro images

WHAT YOU NEED

- Preferably an SLR camera, however, smartphone camera or compact camera is ok.
- Enough battery & memory card space to last more than 1 hour.
- 1-3 lens (if you have an SLR) and a camera bag.
- Bring your widest lens for landscapes, and a macro if you have one.
- A mini notepad and pen (optional).

Watercolours Beginners AC12

Verena Marmion

10am-12pm \$125

8 Monday 15 Oct - 10 Dec (No class 29 Oct)

OR

8 Saturdays 20 Oct - 8 Dec

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. **No class on 29 Oct (Materials NOT included, please request material list)**

Watercolours Ongoing AC13

Verena Marmion

1pm-3pm \$125

8 Mondays 15 Oct - 10 Dec (No class 29 Oct)

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 exercises than the more experienced students. **No class on 29 Oct (Materials NOT included, please request material list)**

Ban the Bag Workshop (Crochet Edition) AC15

Susan Sands

1.30pm-4.30pm \$50 (members) / \$60 (non-members)

Sunday 18 November

Come and learn the fundamentals of this fun and useful craft. In this single session introduction we'll cover the basic stitches and techniques to get you started on making a cool and practical string market bag. Don't worry if you haven't crocheted before - we start at the very beginning with how to hold the yarn and hook, how to make your first stitches and what pitfalls to avoid. We'll provide you with a copy of the bag pattern, a crochet hook and the cotton yarn you need to make the bag. Just come along and enjoy yourself **(All materials included)**

Coil Bowls Workshop AC16

Pauline Franklyn

1pm-4pm \$90 (members) / \$100 (non members)

Wednesday 14 November

If you love bowls and love fabrics, combine these to make your own vessel! Learn this strong coiling technique to make use of unused fabrics and garments to make a beautiful bowl. During this workshop you can choose from my fabric stash or you are welcome to bring along some fabrics of your own too. Once you get the hang of it, coiling becomes a meditation and a great way to give new life to discarded fabric and garments.

Felt Angels for Xmas! AC17

Pauline Franklyn

1pm-4pm \$90 (members) / 100 (non members)

Wednesday 21 November

During this workshop you will learn to lay wool fleece, use a template to create a seamless 3 dimensional felted form, attach vintage lace with the nuno felting technique, make a solid ball and learn clever stitches to give your Christmas Angel its own unique character. You will leave with your own Christmas Angel complete.

Pottery Hand Building Workshop - Mugs & Bowls AC18

Lucy

10am-12pm \$105 (members) / \$115 (non-members)

Saturday 17 November

Come along to Not Yet Perfect's Pottery Hand building Workshop, where you are encouraged to get creative, trying your hand at the beautiful art of Pottery. Pottery hand building workshops are a great time to, relax, unwind and meet other like-minded people. Lucy's welcomes individuals and groups to come and learn a new skill during this two hour creative experience. There are no previous skills required, simply bring your authentic self. **Appropriate for 18+ No experience necessary. (All materials included)**

What you will learn : Hand building perhaps for the first time in a fun, relaxed environment

What you will get: Clay and tools. If any work made is kept, a charge is applicable to cover firing & glazing.

*****Please note:** All work will be glazed in white gloss glaze. What to bring: Yourself, apron, ideas .

What to wear: Casual comfortable clothes, short nails. Remove all valuable jewelry.

*****Please note:** All pieces made will be fired and ready for pickup 4-6 weeks after workshop date. All participants will be notified when items are ready for pickup.

CLUB ACTIVITIES**Book Club (Friday) CA1**

Catherine Rousett

9.30am-11am \$15

2 Fridays (every 4 wks) **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: 9 Nov : Whipbird by Robert Drewe & 7 Dec :

The Ruin by Dervla McTiernan **(NO NEW ENROLMENTS)**

Cryptic Crosswords Club CA2

Self-managed

1pm-3pm \$50

9 Mondays 15 Oct - 10 Dec

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.

Film Club CA3

Self-managed

1pm-2.30pm \$25

3 Thursdays 18 Oct, 15 Nov, 13 Dec

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: Ladies in Black, Crazy Rich Asians, Christopher Robin and A Simple Favour **(Please see at least 2-3 movies)**

International & Current Affairs CA5

Self-Managed

1pm-3pm \$50

9 Tuesdays 16 Oct - 11 Dec

Our 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 **(NO NEW ENROLMENTS)**

Lovers of Poetry

CA7

Self-Managed

10.30am-12 noon \$35.00

Tuesday (every 2 weeks - start with week 2)

23 Oct, 6 Nov, 20 Nov, 4 Dec

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 CA8

Self-managed

9.30am-11.30am / 12pm-2pm \$50

9 Tuesdays 16 Oct - 11 Dec

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 CA9

Self-managed

9.15am-11.15am \$45

8 Fridays 19 Oct - 7 Dec

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. Please note that this course is for Chinese Mahjong players.

Mahjong Friday - Western CA10

Self-managed

9.15am-11.15am \$45

Friday (8 weeks) 19 Oct - 7 Dec

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. Please note that this self-managed course are for Mahjong Western players.

Mahjong for Beginners - Chinese CA11

Marsha Tang

11.45pm-1.45pm \$115

8 Fridays 19 Oct - 7 Dec

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. Note: The Western game varies somewhat from the old Chinese game, but the principles and scoring are exactly the same, the only difference being the types of hands plus a slight variation in the doubling. The Chinese game is very simple and has no complicated hands as has the Western.

Mahjong for Beginners - Western CA12

Cindy Livshitz

9.30am-11.30am OR 12pm-2pm \$105

8 Tuesdays 16 Oct - 4 Dec

This course introduces participants to the fascinating and ancient game of Mahjong. Players will learn the structure and rules of game in a friendly, social environment and by the course conclusion, acquire the knowledge, skills and ability for independent / self-managed gameplay. If you're a complete novice, we highly recommend enrolling into Chinese Mahjong for Beginners. **Note: The Western game varies somewhat from the old Chinese game, but the principles and scoring are exactly the same, the only difference being the types of hands plus a slight variation in the doubling. The Chinese game is very simple and has no complicated hands as has the Western.**

Mahjong Intermediate - Chinese CA13

Marsha Tang

2pm-4pm \$115

8 Fridays 19 Oct - 7 Dec

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 Wednesday CA14

Self-Managed

10am-12pm \$50

9 Wednesdays 17 Oct - 12 Dec

This friendly and popular Wednesday 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 CA15

Finn Barrett

6pm-8pm \$15

2 Wednesdays (weeks 3 & 7) 31 Oct & 5 Dec

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: 31 Oct: Alice Roberts, 2017. Tamed. Ten species that changed the world / 5 Dec: Matthew Walker, 2017. Why we sleep. The new science of sleep and dreams.

Thursday Book Club CA16

Petrice Judge

1.30pm-3.00pm \$15

2 Thursdays (weeks 3 & 7) 1 Nov & 29 Nov

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: 1 Nov: The Bonesetter's Daughter by Amy Tan [set in California

- section 1 Chinese American woman writes about her life
- section 2 Memoir by her mother about her life back in China and
- section 3 The knowledge gained] & 29 Nov: Before the Fall by Noah Hawley

Knit and Crochet Club CA17

Self-Managed

1pm-3pm \$45

9 Mondays 15 Oct - 10 Dec

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.

Learn to play Croquet CA18

Susan Sands

6.30pm-8.30pm \$45

3 Thursdays 6.30pm-8.30pm

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. **Dates: 18 Oct, 25 Oct, 1 Nov**

COMPUTERS & TECHNOLOGY

How to use your Android/ Tablet CT1

Mike Burns

1pm-3pm \$105

4 Thursdays 25 Oct - 15 Nov

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 Wednesdays 24 Oct - 14 Nov

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 PC Computers: Windows, Microsoft Office and more! CT3

Mike Burns

1pm-3pm \$105

4 Wednesdays 21 Nov - 12 Dec

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.

Digital Club for Seniors CT4

Kim Horne

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

4 Thursdays 22 Nov - 13 Dec

Come along and feel empowered to learn the basics of the internet, setting up emails,

making online payments and so much more! This club encourages digital learning and enjoying great company with like-minded people! Our aim is increase digital literacy for Australians over 50 and support them in their journey.

COOKING

Introduction to Cheese Making C1

Tanya Barrotte

10am-11.30am \$50

Thursday 25 Oct

In this introduction to home cheese making, Tanya Barretto from The Cheese Maker will demonstrate how to make your own ricotta and yoghurt quickly and easily from home.

You'll be surprised how simple and cost effective it is to make these home made delights. You'll learn the advantages that homemade ricotta and yoghurt provide for your sweet and savoury creations, and taste your way through endless variations from hot fresh ricotta to pot set and greek style yoghurts.

Participants will receive take home easy to follow instructions and will be able to purchase items to take home and start making delicious ricotta and yoghurt right away. What you will learn: 1. How to make ricotta in less time than it takes to drive to the shops 2. How to make yoghurt (without added sugars, thickeners or preservatives). What you will get: 1. Take home easy to follow instructions 2. Loads of recipe ideas for your homemade ricotta and yoghurt

Holy Haloumi C2

Tanya Barrotte

10am-11.30am \$100

Monday 14 Nov

If you're ready to understand the art of home cheese making, and also find this exquisite 'squeaky' cheese, purely moreish...in this two hour course Tanya Barretto from The Cheese Maker will show you how to make your own delicious Halloumi at home for a fraction of the cost of what you'd pay at the store! Enjoy it fresh or brined, baked or fried, it's so delicious that you'll be addicted to making your own Halloumi in no time.

Participants will receive a Take Home Guide and be able to purchase items to take home and start making Halloumi right away.

Street Food : A journey of flavours from Palestine and Jordan

Sandra Bahbah

10am-12.30pm \$90

Wednesday 31 Oct

Embark on a journey for the tastebuds with Meast food truck owner Sandra Bahbah as she showcases the best of Middle Eastern street food. Specialising in the regions of Jordan and Palestine, Sandra will show you how to make the tastiest hummus and baba ghanoush, beef and lamb kofta kebabs, tabouli salad, lentil rice and the quickest show-stopping cake affectionately known by Arabs as 'Lazy Cake'. Come see why this cuisine is touted as one of the freshest and flavoursome in the world. Did we mention it's also great for a quick feast for any hungry dinner guests? You'll receive all the recipes and some take home spices at the end of the session and of course, the food for you to enjoy! .

LANGUAGE

French (Advanced) L1

Marion Buegels

9am-11am \$120

8 Tuesdays 16 Oct - 4 Dec

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 (Beginners) - Ongoing L4

Marion Buegels

1.30pm-3.30pm \$120

8 Wednesdays 17 Oct - 6 Dec

These classes are for those who have attended Term 1 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) L5

Marion Buegels

1.15pm-3.15pm \$120

8 Tuesdays 16 Oct - 4 Dec

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) L6

Marion Buegels

11am-1pm \$120

8 Tuesdays 16 Oct - 4 Dec

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) L7

Marion Buegels

9am-11am \$120

8 Wednesdays 17 Oct - 6 Dec

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 L8

Marion Buegels

11am-1pm \$120

8 Wednesdays 17 Oct - 6 Dec

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.

German for Novices L9

Marion Buegels

9.30am-11.30pm \$120

8 Thursdays 18 Oct - 7 Dec

A fun and informative introductory course to the German language and culture. Learn how the German language works,

pronunciation, basic conversation, travel, food and traditions. Bis bald - see you soon!

German for Beginners with basic knowledge L10

Marion Buegels

12.00pm-2pm \$120

8 Thursdays 18 Oct - 7 Dec

Willkommen! A fun and instructive course for those who seek to refresh or broaden their German skills. Get excited as basic communication becomes a chat with your classmates! You will also learn how to navigate German websites and much more.

Indonesian Beginners (Level 1) L11

Kus Sujatna

10.30am-12 noon \$80

8 Fridays 19 Oct - 7 Dec

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.

Indonesian Conversation (Level 2) L12

Kus Sujatna

10.30am-12 noon \$80

8 Thursdays 18 Oct - 6 Dec

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 L13

Kus Sujatna

12pm-1.30pm \$105

8 Fridays 19 Oct - 7 Dec

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 for Beginners (Level 2) L14

Alessandra Luati

6pm-8pm \$120

9 Wednesday / Thursday 16 Oct - 11 Dec / 17 Oct - 12 Dec

This class will expand on the Italian knowledge that students have learned in the Beginners Level 1 class, or for those who know familiar words and very basic phrases, knowing how to ask and answer simple questions on very familiar topics. The course is geared towards those who wish to take their learning of the language just one step further. This class will focus on expressions, socialising, asking questions and various activities to further your speaking, listening and reading development. You will expand and improve your vocabulary related to a wide range of topics.

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 Beginners L15

Alessandra Luati

6pm-8pm \$120

9 Mondays 15 Oct - 10 Dec

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 will 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 (Thursday) L16

Ambra Marra

10am-12pm \$85

9 Thursdays 18 Oct - 13 Dec

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. (NO NEW ENROLMENTS)

Italian B1 (Intermediate) L17

Eleonora Duso

9.30am-11.30am \$125

8 Mondays 15 Oct - 10 Dec

This class is for people who have recently attended Italian Pre- Intermediate classes and already manage to use simple expressions and words to describe their needs, family members, current job, life condition, etc.

Upon completion the students will be able to understand familiar topics on work, school, past time and will gain confidence in handling basic matters/situations whilst travelling in Italy.

Students will learn to understand and describe the main points on topical subjects either of personal or professional interest in a clear and slow speech mode

Italian A2 (Pre-Intermediate) L18

Eleonora Duso

1pm-3pm \$125

9 Mondays 15 Oct - 10 Dec

OR

Alessandra Luati

6pm-8pm

9 Thursdays 18 Oct - 13 Dec

This class is for prospective students who have recently attended Italian Beginners classes and who are already able to understand simple words, verbs and easy sentences and manage to reply to simple questions within familiar contexts. At the end of this course the students will be able to read short and simple texts and seek for specific and predictable information on material for daily use (ads, programmes, menus, timetables).

Every session will include grammar, vocabulary and targeted exercise to ensure understanding and learning scaffolding. Part of the course will also be dedicated to Italian culture and society using audio-visual material. This is a useful course for everyone who wants to improve their Italian language regardless of their needs.

Spanish Beginners (Level 2 - Ongoing) L19

Ruperto Nunez

11am-1pm \$120

9 Thursdays 18 Oct - 13 Dec

"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 for Travellers - Beginners L-1.1 (Ongoing) L22

Alicia Zablah

3pm-5pm \$107

8 Tuesdays 16 Oct - 11 Dec (No class on 6 Nov)

This course is for the students who completed Beginners Basic L-1 and Beginners L-1.1 ongoing at SPLC / in other institution or having previous knowledge and understanding of rules of the Language. Someone who has travelled and had practiced Spanish before. You will continue learning practical vocabulary and conversation. It is suggested to bring a Spanish Dictionary

Spanish for Travellers - Basic L-2 (Ongoing) L23

Alicia Zablah

10am-12pm \$107

8 Wednesdays 17 Oct - 12 Dec (No class 7 Nov)

This course is for the students who completed Beginners Basic L-1 and Beginners L-1.1 ongoing at SPLC / in other institution or having previous knowledge and understanding of rules of the Language. Someone who has travelled and had practiced Spanish before. You will continue learning practical vocabulary and conversation. It is suggested to bring a Spanish Dictionary

Spanish Intermediate L24

Ruperto Nunez

9.00am-11.00am \$120

9 Thursdays 18 Oct - 13 Dec

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.

Italian Conversation (Monday) L25

Eleonora Duso

11.30am-12.30pm \$55

9 Mondays 15 Oct - 10 Dec

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. (NO NEW ENROLMENTS)

Spanish Language for Travellers - Beginners Basic L-1 ongoing L26

Alicia Zablah

5.30pm-7.30pm \$107

8 Tuesdays 16 Oct - 11 Dec (No class on 6 Nov)

This course is the first course for those who have not experienced the Spanish Language before but is interested and would like to learn it. The Basic Spanish Language course will give you the first skills, read, write, learn vocabulary, learn grammar and practice your first conversations. It is suggested to have a Spanish Dictionary.

HEALTH & WELLNESS

Ageless Yoga Program: Chair Flow Yoga – for Seniors - Level 1 HW1

Sri Shanthi Bhavana

3.30pm-4.30pm \$115

9 Mondays 15 Oct - 10 Dec

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.

Sri Shanthi Bhavana specialises in Therapeutic Yoga for older populations and is an internationally registered and certified Yoga Teacher with AURA Wellness Center, Massachusetts, USA, and the International Institute for Complementary Therapists (IICT). He brings experience and knowledge in Yoga as therapy from years of

study with his mentors in India, Australia and the USA.

Ageless Yoga Program: Chair Flow Yoga – for Seniors - Level 2 HW2

Sri Shanthi Bhavana

5pm-6pm \$115

8 Mondays 15 Oct - 10 Dec

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. Prerequisite: Participants must have completed at least one Term in "Chair Flow Yoga - Level 1"

Restorative Yoga HW3

Sri Shanthi Bhavana

3pm-4.15pm \$105

8 Fridays 19 Oct - 7 Dec

Designed for adults of all ages –

particularly useful for busy mums and older adults / Rejuvenating, Restoring, Relaxing Gentle, Rejuvenating and Transformative Yoga practice suitable for all adults; Can be practised anytime (very useful after a long day and before bed); Restorative asanas (postures) 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; 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 - Intermediate Level HW4

Stephen Ho

4.30pm-5.30pm \$110

8 Tuesdays 16 Oct - 4 Dec

Tai Chi Kung Fu is a complete system of Chinese martial art developed many centuries ago based on Taoist philosophy. Although each movement had been designed for hand fighting, its gentle flow and gracefulness are now also recognised as a good form of exercise. With constant practice, Tai Chi can promote good health and relaxation. The original form of Tai Chi was first developed by Master Chan. Since then, various styles had emerged, each with some variations and characteristics. The form of Tai Chi to be covered in this course is the Wu Style which consists of 108 movements. This introductory beginner's class will cover the first 30 movements of Wu Style Tai Chi Chuan.

INSTRUCTOR: Stephen Ho. Stephen is a retired academic in engineering. He learned Tai Chi Chuan in Hong Kong when he was a teenager. He continues to practise Tai Chi and Chi Kung over the years. In Australia, he followed Master Michael Yung for a few years and improved and perfected his forms under Michael's supervision. He has been running Tai Chi classes at various venues in Perth for over 20 years.

Sound Healing Therapy HW6

Karen Wiese

3pm-4pm \$75 (members) / \$85 (non-members)

3 Sunday 28 Oct, 25 Nov & 9 Dec

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

Gentle Yoga Flow HW7

Shawn Arlene de Smidt

1pm-2pm \$60

5 Saturday 1pm-2pm

Come join this calming and soothing weekend yoga class and learn how to take time to breathe and salute to the sun. Work as hard or be as gentle as you like, you are your own teacher.

DIY Essentials Home Care HW8

Samantha Grant

10am-11.30am \$35 (members) / \$45n (non-members)

Thursday 8 Nov

Returning due to demand, Samm will walk you through some simple and easy recipes, using natural ingredients to rid your home of harsh chemicals and toxic perfumes.

Samm will demonstrate how to make a variety of low tox everyday home cleaning items, with minimal ingredients, no fuss and an amazing aroma that will uplift your spirits, motivate you and get your sassy on whilst you do house work! Items include laundry powder, fabric softener, soft scrub (for grout/bathrooms) toilet bowl cleaner, bed freshener, wooden chopping board spray.

Samm's enthusiasm and passion for natural living is contagious and makes this a fun and interactive class not to be missed!

At the popular mini market afterwards recipe booklets will be available for purchase, along with spray bottles & roller ball bottles to get you started on your DIY creating & an opportunity to purchase essential oils.

Oils For Daily Wellness HW9

Samantha Grant

10am-11.30am \$35 (members) / \$45 (non-members)

Tuesday 30 Oct

Returning due to popular demand, Samm will walk you through some simple and easy recipes, using natural ingredients to rid your bathroom of harsh chemicals and

toxic perfumes. Samm will demonstrate how to make a variety of everyday personal care items, such as facial toner, facial oil, facial exfoliant, body spray, pit preparation paste & deodorant balm*. Samm's enthusiasm and passion for natural living is contagious and makes this a fun and interactive class. Recipe booklets will be available to purchase & options will be discussed for sourcing your own DIY ingredients to make at home. Spray bottles and roller ball bottles will also be available for purchase and the option to buy your essential oils at wholesale price.

* Items made will be dependent on sourcing the best available ingredients at the time.

Let go & Flow (Guided Meditation) HW10

Deanna Wray

10am-11am \$105

8 Monday 9.30am-10.30am

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.

How to Find Calm in a Frenetic World: An Introduction to Mindfulness Practice HW11

Jane Morton-Zumbuhi

1pm-2.30pm \$60

4 Wednesday 17 Oct - 7 Nov

Mindfulness has the potential to become a transformative social phenomenon and yet it is NOT rocket science. Anyone of us can do it. Neuroscientists have found that through mindfulness practice we can actually shift our brain activity and essentially retrain our brain. This has proven to decrease the negative effects of stress thus improving our overall health and wellbeing. – Psychology Today In a world focused on 'doing,' often bringing with it low mood, depression, anxiety and negative thinking, we will explore a variety of practices to promote a sense of calm and restore that extremely powerful and therapeutic tool of 'being.'

If you'd like to know just what Mindfulness is all about, it's best to try it for yourself. The course will be essentially experiential as we explore a variety of Mindfulness meditation and sensory practices. These will include body scans, breathing meditations, mindful movement, kindness, and how to apply mindfulness activity to our everyday routine. Please bring a yoga mat or similar, a pillow/cushion and light blanket.

TALKS & LIFESTYLE

Introduction to Fragrance Qigong T1

Stephen Ho

10am-12pm \$15 (member) / \$20 (non-member)

Sunday 4 Nov

Qigong (also known as Chi Kung) is a set of exercises involving body movements and deep breathing to promote the flow of internal energy within us (known as 'Qi' or 'Chi' in Chinese). There are many forms and approaches with Qigong, all dated back hundreds of years. Fragrance Qigong is one form which was initially promoted by Master Tian Rui Sheng in 1988 who was taught by monks earlier in his life. Qigong is very popular in China and it has been claimed to be beneficial in treating many forms of sicknesses. Although it is most useful during rehabilitation and recovery, if practised regularly, Fragrance Qigong can promote good health. In this talk and demonstration, an introduction to Fragrance Qigong will be given and the speaker will share his experience with this form of Qigong. He will also demonstrate levels 1 and 2 of the practice with the participants.

Conscientious Objectors, Cowards, Draft Dodgers or War Resisters? The young Australians who took a stand against going to war. T2

Associate Professor Bobbie Oliver

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

Friday 2 Nov

In recent years, there has been an upsurge of fervour surrounding the sacrifice of young men who have laid down their lives for their country in the

overseas wars in which Australia has been involved for over a century. As we commemorated the centenary of World War I and governments spent large sums on new war memorials, another story has been largely forgotten — the story of those young men whose conscience dictated that they could not take up arms and kill their fellow human beings. In this talk, Associate Professor Bobbie Oliver will outline the history of conscientious objectors and war resisters in three wars, World Wars I and II and the Vietnam war, and discuss how the profile of 'objectors' and their reasons for not enlisting changed over the years. While their principled stand did not cost them their lives, they endured charges of cowardice, loss of jobs and friends, police brutality and sometimes long periods in prison for their beliefs.

Associate Professor Bobbie Oliver is an Honorary Researcher in the History Department at The University of Western Australia. Prior to her retirement this year, she taught History at Curtin University for 21 years. Bobbie has published several works on conscientious objectors to military service, including *Peacemongers* (Fremantle Press, 1997), and chapters in *Lest we Forget*, co-edited with Sue Summers (Black Swan Press, 2014) and *Fighting Against War*, ed. Philip Deery and Julie Kimber (Left Bank Press, 2015).

Greek Mythology T3

Ruperto Nunez

10am-12pm \$70

5 Wednesday 17 Oct - 14 Nov

In this third term of stories of deceit and lust, divine revenge and human inescapable fate, we will continue exploring some famous Olympian divinities: Apollo, Hermes, the savage Dionysus, and Demeter and the Eleusinian Mysteries. Finally, we'll have a closer look at the Greeks' conception of the Underworld. As usual, we'll read excerpts from ancient sources like Homer, Hesiod and Ovid. It is not necessary to have attended the previous term to enjoy this one. Each goddess or god is presented and discussed independently

Healthy Longevity - Moving through the finite barrier' Discussion Group T5

Janni Lloyd

10am-11.30am \$75

Friday 26 Oct - 16 Nov

Janni Lloyd's interest in health began in 1973 when she commenced her degree at the University of Western Australia. With a special interest in the psyche and emotions, she later moved into holistic health.. In 1992 Janni began studying Healthy Longevity , Indefinite Life Extension and Life philosophy from many perspectives - psychology, spirituality, holistic health and medical science. This discussion group is an exploration of the 'big picture' of healthy longevity and indefinite life extension - the journey and also some lifestyle shifts to implement now.

Introduction to Propagation (Gardening Workshop) T6

Leesa Caldwell

1.30pm-4.30pm \$50
(members) / \$60 (non-members)

Thursday 1 Nov

This course is designed for gardeners who would love to be able to propagate their own plants and save money!

This will be a hands-on opportunity to try a number of different techniques, and learn the best way to get successful germination and improved strike rate of your cuttings.

What will be covered in this workshop:

- Learn what time of the year to do propagation
 - Learn the right way to sow seeds: How to treat different seeds and the germination process
 - Seed saving and storing of you seeds
 - When to transplant, how to transplant and when to fertilise
 - Dormancy factors affecting germination
 - Learn how to do various cutting techniques
 - Water propagation
 - Learn how to do root division, growing from rhizomes and layering
 - Regrow plant from kitchen scraps, and regrow plants you have already harvested.
- Designed to be fun, interactive and to give you confidence to grow your own Food and Medicine.

Persian Poetry - The Description of Life T8

Saleh Kafami

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

Friday 16 Nov

Every inhalation of the breath prolongs the life and every expiration of it gladden our nature; wherefore every breath confers two benefits (blessings) and for every benefit gratitude is due. (Saadi) Spanning themes of love, divine mysticism and human rights, Persian poetry is a magnificent life force in Iranian culture. Saleh brings the works of Saadi, the poet who advises us how to live; Hafez who shows how we can endure life, and Rumi, the great life philosopher and Omar Khayam the designer of life. There will be readings in Farsi and English, so prepare to be enchanted.

The Birth of the Florentine Renaissance T9

Arvi Wattle

12.30pm-1.30pm \$20 (members) / \$30 (non-members)

Friday 16 Nov

The start of the fifteenth century saw a flourish of activity in Florence: Filippo Brunelleschi designed the famous dome for the Cathedral, Lorenzo Ghiberti created the impressive bronze doors for the baptistery and Donatello set the first steps in what would become a long and successful career in sculpture. While the city of Florence was under direct threat of an attack by its mighty neighbour Milan, these artists – through their rivalry – brought out the best in each other and changed the face of the city forever.

The Centenary of the Armistice T10

Anthony Styan - Local History Librarian

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

Friday 9 Nov

As we approach the centenary of the Armistice, City of South Perth's Local History Librarian will present the stories of some of the hundreds of men and women who left South Perth to serve at Gallipoli, Palestine, the Western Front, at sea, in the air, and in British munitions factories. Their experiences shaped the

development of South Perth, and today's cultural and civic institutions remain profoundly influenced by the horror and comradery of the Great War.

Write your Memoir in 30 Days T12

Shoma Mittra

1pm-3pm \$70

4 Thursdays 1 Nov, 8 Nov, 29 Nov & 6 Dec

This 4 week course will show you how to stay on track and finish your memoir in 30 days. Yes – It can be done! All it takes is desire, focus and a structured plan. At the end of the 4 week course you will be ready to publish a well written manuscript. The course will teach you how to write and edit to perfection. It will teach you strategies that are easy to implement and classes which are fun to be in.

So if you are ready to dive in and have some fun, join in this 4 week intensive course to write the book you have always dreamed of writing.

The Ancient Tea Horse Road: Cultural Heritage and Regional Identity in Southwest China T13

Professor Gary Sigley

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

Friday 9 Nov

The Ancient Tea Horse Road is a series of trading networks linking the tea producing areas of Southwest China (Yunnan and Sichuan provinces) with the tea consumption zones in Tibet, Nepal, India and beyond. The ATHR passes through one of the most topographically, botanically and ethnically diverse regions in the world. The ATHR was only named as such in the early 1990s by a handful of Yunnanese scholars looking for a suitable alternative to the dominant narrative of the Silk Road. Since then it has transformed from being a concept of purely scholarly interest to become a major form of regional branding with the rise of domestic tourism and revival in the tea industry. In this presentation Dr Gary Sigley, who has spent the last decade studying and walking the tea road, will examine the history of this ancient route and its place in the broader discussions of cultural heritage and regional identity in contemporary China.

Food & Fun Club

Dear Epicureans, we will meet at the Coco's for our Oct outing (breakfast) and the Pines Restaurant for our Nov Outing (Xmas lunch). 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.

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