

City Courses is a program of learning opportunities for U3A Perth members. Most City Courses are conducted within walking distance of the Perth Train station and the Busport.

How to Enrol - Open the U3A Perth website (u3auwa.org) and click the **CITY COURSES** button on the home page. You can use your phone, tablet or computer. If you need assistance, contact Ron 0439 919 670.

If you are not a member of U3A Perth you must first join and pay the \$45 annual fee. Open the web page, click on the **JOIN U3A PERTH** button and follow the instructions.

Alexander Technique

You may have heard of the Alexander Technique in connection with educating actors and musicians, but did you know it's very useful for helping people out of low back pain? The British Medical Journal in controlled trials rated it above every other therapy. **Glenn Swift**, with 35 years of teaching experience, will introduce you to the basic principles and practice through gentle hands-on suggestions which will change your sense of balance to something easier than you might imagine.

Venue: Citiplace, 1st floor, Conference Room

9.45 – 11.15 Thursdays; 14th March, 28th March, 9th May, 23rd May, 13th June

5 sessions Maximum 15 **Cost \$25**

Art for Everyone

Learn about art and artists by attending all nine monthly illustrated presentations, on the 3rd Wednesday of the month, March to November.

See **Appendix 1** for the list of presentations.

For additional interesting Art activities available to U3A members, visit the Art for Everyone webpage:

u3auwa.org/activities/art-for-everyone/

Please aim to arrive and sign in 15 minutes in advance.

Venue: Art Gallery of WA, Private Theatre

11.00 – 12.00 3rd Wednesday of each month; 20th March to 20th November.

9 sessions Maximum 90 **Cost \$55**

Robyn Talbot roblyntalbot22@gmail.com

Early History of WA

What happened in the first 10 years of the Swan River Colony and who were the first European settlers? Come with me on an intriguing journey where we encounter the stories of the development of the Swan River Colony and come to understand how the state of Western Australia progressed to become what it is today. See **Appendix 2** for more detail.

Venue: State Library, Kimberley Room, G3

11.30 – 13.00 3rd Tuesdays, 19th March to 18th June.

4 sessions Maximum 18 **Cost \$20**

Anthony Alborn 0433 132 172

anthonyalborne@westnet.com.au

Film Discussion

Discussion about current films showing at the cinema, on TV or on streaming sites. Members share and compare views on the quality, direction, acting and story line of films which they have seen.

Venue: Citiplace, 1st floor, Conference Room

09.45 – 11.15 1st Tuesdays; 5th March, 2nd April, 7th May, 4th June

4 sessions Maximum 25 **Cost \$20**
Nicky Dair 6250 0553 nic@bentleypark.com.au

History Alive

'Reds Under the Bed'

The Russian Bolshevik Revolution of 1917 and the devastation of WWI provided Communism with a voice amongst the disenchanted and those who sought a new and different world social order. Support came from intellectuals, artists and the labour movement. The response in established western democracies was often one of horror combined with paranoia and suppression. This series of talks looks at three separate examples of this in the UK, USA and Australia. See **Appendix 3** for more detail.

Venue: Citiplace, 1st floor, Conference Room

09.45 – 11.15 3rd Tuesdays: 16th April to 18th June

3 sessions Maximum 25 **Cost \$15**
Suzie King sueking@y7mail.com

Important Stories told in Music

Can music portray a story? If so, how does it achieve this? This course of 8 sessions examines these questions by examining 3 key works of the concert hall repertoire. They were all written in 1895 and exhibit important characteristics in terms of European history leading up to WW1. The three works are by the composers: Rachmaninov [Russia], Richard Strauss [Germany] and Mahler [Austria]. No prior knowledge of the music or of music theory needed - only open and enthusiastic ears and heart.

*Please note this course requires a minimum of 8 participants to run, and participants are strongly encouraged to attend all sessions in order to gain the benefits intended. See **Appendix 4** for more detail.*

Important Stories told in Music (continued)

Venue: State Library, Kimberley Room, G3

9.45 – 11.15 1st & 3rd Tuesday; 5th March to 18th June

8 sessions Maximum 18 **Cost \$40**

Greg Hurworth 0416 631 824 greghurworth@gmail.com

Lecture Series

A series of one-off sessions on various subjects. The Camino Track; Digital Decluttering; Fish and Ships; When Animals Infect Humans; Beyond Built Form: how architects can make a social difference; Fire Investigations; Wheelchairs for Kids.

Please note that access to the Great Southern Room on Level 4 at the State Library is via lift to Level 3 then 2 flights of stairs. Those with mobility issues can request Library staff at the Welcome Desk to take them to Level 4 via the staff lift.

See **Appendix 5** for descriptions of the lectures.

Venue: State Library, Great Southern Room, Level 4

13.30 – 15.00 1st and 3rd Tuesday; 5th March to

18th June. (No lecture on 2 April - Easter Tuesday)

7 sessions Maximum 75 **Cost \$35**

Introduced by Valerie Buckley 0438 272 911

valeriebuckley@westnet.com.au

Literature

Join us for lively discussion on the following recently published best-sellers: Chai Time at Cinnamon Gardens (2022) by Shankari Chandran; Back to Bangka (2023) by Georgina Banks; Wifedom: Mrs Orwell's Invisible Life (2023) by Anna Funder. Oh William! (2021) by Elizabeth Strout. See **Appendix 6** for more detail.

Venue: State Library, Kimberley Room, G3

11.30 – 13.00 1st Tuesdays; 5th March until 4th June

4 sessions Maximum 12 **Cost \$20**

Athene Baugh 0478 641 277

athenetruman@hotmail.com

Meditation

Meditation is more popular than ever as people discover its many health benefits. These sessions will help you to find out how to cultivate a calm and positive mind, as well as provide practical tools that will enable you to deal more efficiently with life's challenges.

See **Appendix 7** for important information about meditation before you enrol.

Venue: Citiplace, 1st floor, Conference Room

13.00 – 15.00 1st & 3rd Tuesdays; 5th March to 18th June

8 sessions Maximum 25 **Cost \$40**

Chamaylee Wong 0420 910 4545

jasminewong@live.com.au

Migrant Success Stories

Inspirational stories from new Australians who have made their home in our state. Hailing from a wide variety of backgrounds, they have all overcome challenges, embraced opportunities, worked hard to contribute their own creative ideas and enriched the diversity of life in Western Australia. See **Appendix 8** for more detail.

Venue: Citiplace, 1st floor, Conference Room

11.30 – 13.00 Thursdays; 28th March, 23rd May, 27th June

3 sessions Maximum 25 **Cost \$15**

Sue Cooper will introduce the various presenters.

0403 492 597 sue.cooper@iinet.net.au

Philosophy

Ideas and aspects of past and contemporary philosophical topics are explored, where discussion and contributions are encouraged.

Venue: State Library, Kimberley Room, G3

09.45 – 11.15 2nd & 4th Thursdays; 14th March until 27th

June - except Anzac Day 25th April

7 sessions Maximum 18 **Cost \$35**

Hans Hoette 0419 906 310 noltenpin@gmail.com

Science and Technology Discussion

A continuing discussion about recent trends in Science & Technology from a popular perspective - eg: genetics, climate change, mobile phones. Each session will have a number of pre-prepared discussion items, led by a member of the group, as well as a general discussion on contemporary topics.

Venue: Citiplace, 1st floor, Conference Room

11.30 – 13.00 1st Tuesdays; 5th March, 2nd April,

7th May, 4th June

4 sessions Maximum 25 **Cost \$20**

Ken Mullin 0414 521 390 ken.mullen@iinet.net.au

Secret Science – Lifting the Veil

Join us for this series of illustrated presentations and discussions on consciousness, the supernatural and the mysterious laws of nature. Over four sessions we will discuss three books: *The Secret Science Behind Miracles* by Max Freedom Long (a classic for delving into the secret science of invisible fields, or the quantum theory effect); *The Secret Science of Tibet* by the explorer Alexandra David Neel; and *The Search for the Divine*, the legendary memoirs of Paul Brunton, Thomas Merton, and Colin Wilson. These presentations will be interspersed with present day technology and discoveries, throwing further light on a Cosmic Science. Believe it or not, this series will be an eye opener.

See **Appendix 9** for more detail.

Venue: State Library, Kimberley Room, G3

11.30 – 13.00 2nd Thursdays; 14th March to 13th June

4 sessions Maximum 18 **Cost \$20**

Tina Hentisz tinahentisz@gmail.com.com

Travel Writing Course

As Laurie Lee wrote of his travels before the second world war, Europe was “wide open, a place of casual frontiers, few questions and almost no travellers”. In this fortnightly course, we’ll look at a selection of classic travel writers and tales from this older, quieter Europe; particularly focusing on Greece, Berlin and southern Spain.

Please note: this course will be run at the Wanneroo Library. Presented by the City of Wanneroo Community Librarian & author, Thomas Wilson & supported by U3A Perth. See **Appendix 10** for more detail.

Venue: Wanneroo Library & Cultural Centre, 3 Rocca Way, Wanneroo

10.30 – 11.30 Fortnightly on Mondays; 11th March, 25th March, 8th April, 22nd April, 6th May

5 sessions Maximum 15 **Cost: free**

Enrol via the website in the usual way.

Tom Wilson Tom.Wilson@wanneroo.wa.gov.au

Words and Language

What was language like 100 years ago? A thousand years ago? Ten thousand? Historical linguistics can give us a picture of what language and culture were like long ago. Are there any words that haven't changed? How did language arise in the first place?

See **Appendix 11** for more detail.

Venue: Citiplace, 1st floor, Conference Room

11.30 – 13.00 3rd Tuesdays; 19th March to 18th June

4 sessions Maximum 25 **Cost \$20**

Daniel Midgely tdanielmidgely@gmail.com

U3A Choir 1

Singing with others is an ancient art. It's also modern medicine. Learning to sing well and in harmony increases well-being, raises self-esteem and builds communities.

The U3A Choir is our original choir and unfortunately is presently unable to take any new members. However we encourage you to join our new choir Third Age Singers below.

Musical Director: Richard Braham **Venue:** Yokine Baptist Church, 50 Frape Avenue, Yokine **10.00 – 12.00** Every Tuesday, Commencing 9th January until 17th December.

Pay at practice or into the Choir Bankwest account by EFT.

Contact: Dinah Heap 0408 936 737
jackanddinah@optusnet.com.au

Third Age Singers

Singing has proved a very popular pastime with U3A members. So much so that we started up our second choir, Third Age Singers, in 2023. Now you too can join us and experience the benefits of singing and making harmony together to build your confidence and well-being.

Musical Director: Richard Braham

Venue: Yokine Baptist Church, 50 Frape Avenue, Yokine. **14.00 – 16.00** Every Tuesday, Commencing 9th January until 17th December.

Pay at practice or into the Choir Bankwest account by EFT.

Contact: Nigel Penfold 0417 710 714
Nigelpenfold53@gmail.com

Venues

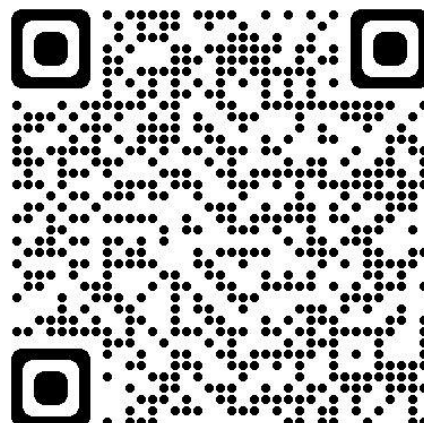
- **Citiplace** refers to the Citiplace Senior Citizens' Centre above the Perth Railway Station.
- **State Library, Kimberley Room G3** is on the ground floor of the State Library Building.
- **State Library, Great Southern Room, Level 4.** Access via lift to Level 3 then 2 flights of stairs. Those with mobility issues can request Library staff at the Welcome Desk to take them to Level 4 via the staff lift.
- **The Art Gallery of WA** – Perth Cultural Centre, Northbridge.
- Wanneroo Library & Cultural Centre, 3 Rocca Way, Wanneroo

Refund Policy

City Courses are **not refundable**. Please check the dates and times of City Courses carefully before you enrol

Enrol with your phone or tablet.

Use your phone or tablet camera on this QR code to open the U3A Perth web page. Then click on the **CITY COURSES** button on the home page.



Appendices Semester 1 2024

Appendix 1: Art for Everyone Series at AGWA 2024

<p>Nine illustrated lectures in the Art Gallery of Western Australia on the 3rd Wednesday of the month, March to November. <i>Entry instructions will be emailed prior to each lecture. Please aim to be seated by 10:55, lectures from 11am to approximately 12noon.</i></p>		
*20 March	<p><u>“Every time I paint a portrait, I lose a friend”</u> <i>Peter Ciemitis</i></p>	<p>A Lester Prize winner and Archibald finalist will talk about portraiture, and its ability to express ideas about our inner worlds.</p>
17 April	<p><u>Far Horizons – journeys into the known and unknown</u> <i>Karen McKay</i></p>	<p>Take a small step into the known and unknown by joining an art teacher and AGWA Gallery Guide on this unique journey in search of distant horizons.</p>
*15 May	<p><u>Do art prizes really matter? – a critical view of Australian art prizes</u> <i>Carl Altmann MA</i></p>	<p>What is THAT supposed to be? It is not an infrequent question overheard at Art exhibitions. Sadly, in many cases the question is quite justified. The Archibald Prize for Portraiture has come in for severe criticism in recent years. That same criticism is often leveled to other notable prizes as well, even the ones held here in Western Australia.</p>
*19 June	<p><u>All nature is a garden – 18th Century garden design</u> <i>Sue Geddes-Page</i></p>	<p>See how garden design absorbs and reshapes influences and ideas from architecture, literature, painting, politics, fashion, and history.</p>
17 July	<p><u>Listening to paintings</u> <i>Brendon Darby</i></p>	<p>A talented local musician and artist will describe his personal journey which eventually led to the combining of his painting, his musical compositions and performance!</p>
*21 August	<p><u>Glass – a magical medium</u> <i>Jill Yelland</i></p>	<p>A local Glass Designer will explore the wonders of Art Glass. From some of the techniques she uses to create her own designs, see examples of her work, and revel in illustrations of some of the world’s top Glass Artists of the 21st Century.</p>
*18 Sept	<p><u>Édouard Manet, Claude Monet: Titans of the Western Canon</u> <i>Gillian Gallagher</i></p>	<p>Friends and fellow artists Manet and Monet changed the direction of art history - you could say that we’re still feeling the effects of their radical shifts from accepted representation and subjects.</p>
*16 October	<p><u>E Philips Fox in North Africa – send me a postcard</u> <i>Rob Bower</i></p>	<p>AGWA holds at least 6 of this important Australian impressionist and painter’s works, but this is a story about Fox’s trip to the Orient in 1911 and the overlooked or mistitled paintings he produced.</p>
20 November	<p><u>The Barnes Foundation</u> <i>Adrienne Marshall</i></p>	<p>An art collection and educational institution promoting the appreciation of art. This incredible institution boasts over 900 paintings valued at US\$25 Billion!</p>
Dates marked with an asterisk	<p><u>A variety of Gallery artworks will be viewed and discussed</u></p>	<p>Guided tours in the Art Gallery with a trained gallery guide, exclusively for U3A members – each limited to 15 participants. 1:15pm – approx 2:15pm (meet at the foot of main stairs.) <i>Tours are free, courtesy of the AGWA Guides, but bookings are essential.</i></p>

Appendix 2: Early History of WA

19 March 16 April 21 May 18 June	<p>A series four progressive linked talks with the following overview of the content material.</p> <p>Most of us today know WA as a vast state with huge mineral deposits, and the iconic Eagles and Dockers footy teams, among other things. But how did the activities of the first colonists contribute to the Western Australian economy and culture of today?</p> <p>What drew settlers to the state, and how many people actually arrived? What were living conditions in the Swan River colony like back in 1829 and what trials and tribulations were faced by those early colonists? In this series of four presentations, we will look at the first ten years of the colony, and the people who left such a big footprint on its creation. We will discover how suburbs, streets and other geographic locations were named after people linked to the colony’s early development. We also consider the history of Yagan and his family and how their story will live on forever.</p>
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Appendix 3: History Alive

16 April	<p>Session 1: The Cambridge Spies</p> <p>The Cambridge spies were possibly recruited in the 1930s whilst attending university and they were convinced that a form of soviet communism was the best defence against Fascism. Who were the Cambridge spies and why did they believe this? They went on to act as spies for the Soviet Union during WWII and the early 1950s. Why were they able to get away with it for so long? What happened to them?</p>
21 May	<p>Session 2: McCarthyism</p> <p>The east/west tensions following WWII led to the second 'Red Scare' in the USA during the 1940s and 1950s. Senator McCarthy led the accusations of subversion and treason against anyone who appeared socialist or to support Communism. Targets included entertainers, academics, writers and left-wing politicians. Many lives were ruined and the entrenched American beliefs in the freedom of the individual and free speech were seriously challenged by McCarthy, Hoover and their acolytes.</p>
18 June	<p>Session 3: The Petrov and Skripov Affairs</p> <p>The Australian Communist Party was founded shortly after WWI but was small and relatively ineffective. However, it grew during WWII and as a consequence the Australian Security Intelligence Organisation (ASIO) was established. Its main purpose in the early days was to catch spies! It, like McCarthyism, tended to lump together genuinely hostile Communists with those who struggled for improved conditions. Who were the Petrovs and who was Skripov? What roles did they play in the Cold War world?</p>

Appendix 4: Important Stories told in Music

The key works under consideration in this course are by the composers: Rachmaninov [Russia], Richard Strauss [Germany] and Mahler [Austria]. They were all written in 1895 and exhibit important characteristics in terms of European history leading up to WW1.

5 March	Session 1: overview of favourite Western concert hall music in 1895, with musical examples.
19 March	Session 2: Rachmaninov's Symphony no. 1 – Russian music just prior to the 1 st Revolution (1905).
2 April	Session 3: Rachmaninov continued.
16 April	Session 4: Richard Strauss and Nietzsche, the German philosopher. Musical work highlighted: <i>Also Sprach Zarathustra</i> .
7 May	Session 5: Strauss continued.
21 May	Session 6: Mahler's Symphony no. 3 . Nietzsche again, and Genesis.
4 June	Session 7: Mahler continued.
18 June	Session 8: Drawing together the elements of the sessions.

Appendix 5: Lecture Series

Date	Presenter	Topic
5 March	Lari McDonald	<p>The Camino Track: Panic, Addiction and Sanity Restoration</p> <p>Lari's arrival in Australia in 1966 instituted her first passion for walking where she would walk and walk in the bush growing up around Albany WA. As an adult, choosing walking as the preferred mode of transport, much to the chagrin of her children, Lari has developed a passion/addiction for walking further and further for as many months at a time as she can get away with. From initial day walks to weeks on the Bibbulmun Track to finally being able to string together her first long non-stop walk on the Camino de Santiago. This ignited an addiction that can't be quelled and the passion burns brighter with every year. Lari will talk to us about her journey from all things Camino to creating and researching where she will walk next somewhere in the world, from the tough hard core to the simple slack pack.</p>
19 March	Sindy Dowden	<p>Digital Decluttering</p> <p>Are you drowning in data? Finding it difficult to locate the important stuff? Running out of cloud storage or constantly spammed with unwanted emails? Then this is the lecture for you. Join Sindy and Darby from City of Vincent Library to discover simple steps to ease your digital overload.</p>
2 April	Easter Tuesday	No Lecture

16 April	Patrick Baker	<p>Fish and Ships</p> <p>Patrick Baker has been a passionate photographer for over sixty years; from the heavens to the depths of the sea, from mountains to the microscopic world. But, primarily, he is a specialist photographer for Maritime Archaeology. Pat will tell a little of his photographic life, illustrated with many of his amazing, oft published, images.</p>
7 May	Dr David Thorne	<p>When Animals Infect Humans</p> <p>Whilst there are similarities between the anatomy, physiology and illnesses of humans and many other animal species, we tend to regard the science and practice of human medicine and veterinary medicine as two distinct pursuits. Other than when on safari in Africa, and the rather obvious possibility of being eaten by a lion, what risks do animals in general pose to our two-legged walking erect kind? There are some unique infections animals are prone to, that carry a likelihood of being transmitted directly from the host animal to the human victim. These are called “zoonoses” and we shall endeavour to explore and describe a few of the more common examples, and how the risks to ourselves can be minimised.</p>
21 May	Michelle Blakeley	<p>Beyond built form: how architects can make a social difference</p> <p>“My Home” is an innovative program bringing together Public, Private and Community Sectors to deliver housing for people who are homeless or at risk of becoming homeless. Each project uses Government or Church owned land with a long-term peppercorn lease; Government and Private Sector contributing to the construction costs; and a Community Housing Provider taking over the management of the property and the tenants. In this presentation, Michelle will discuss the “My Home” public-private partnership model and how it bridges the gap between housing need and housing supply for the most disadvantaged people in our community.</p>
4 June	John Haddon	<p>Fire Investigation</p> <p>Fire Investigation is the science of determining the origin and cause of both structure and bush fires and working closely with various agencies and industry bodies, the findings can effect changes to legislation.</p> <p>The presentation will discuss the causes of fires, differences between structure and bush fire investigations, fire setters, investigation tools to identify trends and successes in legislative changes over recent years.</p>
18 June	Greg Hebble	<p>Wheelchairs for Kids</p> <p>Greg Hebble, CEO of Wheelchairs for Kids Australia, describes the work and impact of this amazing organisation.</p> <p>The world over, millions of children with disabilities can’t get access to adequate wheelchairs—and the impact on their quality of life is profound.</p> <p>Wheelchairs for Kids is a volunteer-based not-for-profit organisation providing the transformative gift of mobility to children in impoverished and under resourced communities both in Australia and around the globe. As of November 2023, they have manufactured and distributed over 59,000 wheelchairs to more than 80 countries around the world!</p>

Appendix 6: Literature

5 March	<p>Chai Time at Cinnamon Gardens – Shankari Chandran (2022)</p> <p>Miles Franklin Literary Award Winner. As both a writer and a social justice lawyer, Chandran’s interests lie in dispossession, genocide and the ongoing impacts of colonialism. This novel follows the lives of the residents and staff in a nursing home in Western Sydney. It is set against the backdrop of rising racism in contemporary Australia, but also flashes back to the residents’ ancestral homeland of Sri Lanka, decades before, during that country’s brutal and far-reaching civil war.</p>
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2 April	<p>Back to Bangka – Georgina Banks (2023) Banks searches for the truth of what happened to her Great Aunt ‘Bud’, who was killed in World War II. Survivors of the torpedoed ship, <i>Vyner Brooke</i>, evacuees from the fall of Singapore, swam or paddled to the nearest land, a beach on Bangka Island. Dorothy ‘Bud’ Elmes, and her fellow Australian nurses tended the wounded as they formulated a survival plan. However, it is soon discovered that the island is occupied by Japanese forces. <i>Back to Bangka</i> is a deeply moving international family story, a gripping retelling and investigation of events that throw a spotlight on women in wartime – both their vulnerability and also their profound strength.</p>
7 May	<p>Wifedom: Mrs Orwell’s Invisible Life – Anna Funder (2023) In her forensic reading and research on George Orwell (Eric Blair), Funder discovers Eileen Blair (nee O’Shaughnessy), the talented, daring, stoical woman hidden behind the writing and life of Orwell. Funder argues that patriarchy allows men to quarantine their professional and private lives, delegate and lie to the women who support them, and leave them out of the story. <i>Wifedom</i> is a dashing addition to a genre of books that bring out of obscurity the women behind famous writers and artists. It tells the story of an Oxford scholar who left her masters study in psychology to move to a humble country cottage to enable her new husband to fulfil his desire to be a writer. She ran the farm and shop, typed and edited his work, held paying jobs to support them, cared for their adopted son, and nursed her husband through a bout of tuberculosis, whilst herself debilitated with uterine cancer, until she died at the age of 39.</p>
4 June	<p>Oh William! – Elizabeth Strout (2021) Pulitzer Prize winner, Elizabeth Strout returns to the world of Lucy Barton in a luminous new novel about love, loss and family secrets. <i>Oh William!</i> explores the mysteries of marriage, and the secrets we keep, as a former couple reckon with where they’ve come from – and what they’ve left behind. This sequel to Strout’s Booker –listed, <i>My Name is Lucy Barton</i>, tells the story of a successful writer navigating the second half of her life as a recent widow and parent of two adult daughters. A surprise encounter leads her to reconnect with William, her first husband – and long-time, on-again/ off-again friend and confidante. The book centres on the emotional dynamics of marriage and divorce, and the effects of history and geography on personal identity.</p>

Appendix 7: Meditation

Please note: In some instances, and for some people, meditation may not be suitable. Meditation is not advisable if you are using certain medications. It may also not be beneficial if you are receiving treatment for a mental health condition, particularly if you are taking prescribed medication. If any of the above apply in your case, please discuss them with your GP and request they provide you with a letter stating the suitability for you to learn meditation. Then please bring the letter along to the first Meditation session. Thank you.

Appendix 8: Migrant Success Stories

29 March	<p>Benny Chan – Artistic Director, Playwright and Performer Benny was born in the Philippines and came to Australia in January 1999. Benny is the Artistic Director of the Philippine Educational Theatre Artists of Western Australia (PETAWA Inc.), a community theatre group. Benny promotes diversity and acceptance through theatre arts and develops talent within the community to improve self-esteem and stronger community engagement. Benny was a full time carer for 8 years for his mother who suffered vascular dementia, and has written an autobiographical play entitled Life with Mamay (The Dementia Carer Chronicles). He was proud to be awarded WA Senior Citizen of the Year (Perth Metropolitan Area) in 2023.</p>
23 May	<p>Daniela Ion – Lawyer and Business Owner Daniela was born in Romania where she practised as a barrister. When she came to Australia in 2001 she had to requalify in order to practise her profession and has since acquired high-level qualifications in law and national security, terrorism and counter-terrorism from Murdoch University. She lives in Perth with her family and runs her own business in migration law and family mediation. She has an ambition to become a Councillor for the City of Stirling.</p>
27 June	<p>Ron Deng – Multilingual Mental Health Advocate Ron was born on Christmas Island. He came to Australia in 1976 and has Australian-born children and grandchildren. Ron is multilingual (Cantonese and Hainanese as well as English) and has worked in Mental Health Advocacy. He feels extraordinarily lucky to have been able to live and flourish in Australia.</p>

Appendix 9: Secret Science - Lifting the Veil

14 March	Secret Science Behind Miracles 1- Even though this book is over 60 years old it is a classic for delving into the secret sciences, invisible fields, or the quantum theory effect. This book is essential, as a sound basis for the investigating the human science of miracles and healing, giving us greater insight into conscious manipulation of thought and energy. Taking a closer look at fire walking, death spells and healing.
11 April	Secret Science Behind Miracles 2. We delve further into the secret science of miracles and healing. We will be taking a closer look at dreaming the future into reality, raising the dead, telepathy, and multiple personality phenomena. This investigation will give us further clues about invisible fields and energy manipulation. Much research has been done since this amazing publication in the 1950s which will undoubtedly throw further light on the amazing phenomena.
9 May	The Secret Science of Tibet . In this presentation we accompany Alexandra David Neal in her secret exploration into Tibet before it was invaded by China. We will consider the question; can powerful thought suggestions kill? We discuss dedicated scarves, loaded knives, and come across a leaping lama. We will also meet a jolly fat monk who takes a turn for the worse through reasons unknown. Something needed to be done!
13 June	The Search for the Divine. The search for the divinity, wisdom and true happiness has fascinated mankind for centuries. We look at the path and progress of Paul Brunton, Thomas Merton, and Colin Wilson as they travel the globe looking for answers. Where can truth be found? This is an exciting excursion into the realm of possibilities, but dare you believe it? However, something is sure to be familiar; we will discuss the possibilities.

Appendix 10: Travel Writing

Please note this course will be conducted at the Wanneroo Library.

In our look at books by classical travel writers, we will think about what motivated such writers to leave the security of home and set forth on voyages of discovery and adventure. Is the Europe these travellers and novelists portrayed different to the Europe we might encounter on a holiday today? What has changed and has it all been for the better?

11 March	Introductory lecture on the genre of travel writing.
25 March	In <i>Tales of the Alhambra</i> by Washington Irving takes us to the Alhambra of Southern Spain.
8 April	In J.B. Priestley's <i>English Journey</i> we follow the author as he travels around the country in 1933.
22 April	In the classic novel <i>Mr Norris Changes Trains</i> by Christopher Isherwood, we look at an expatriate's experience of life in 1930s Berlin.
6 May	We finish the course with a visit to Greece, and read <i>The Colossus of Maroussi</i> , an impressionist travelogue by American writer Henry Miller, first published in 1941.

Appendix 11: Words and Language

19 March	Semantic shift: how language changes. Words change their meanings over time – sometimes by a lot! In this session, we'll examine the paths they take and why the original meaning of a word is not the only one.
16 April	The linguistic time machine: History. How has language changed in the last year? In the last ten years? What about a hundred or a thousand years? We're going to climb into the linguistic time machine and find out about the latest happenings in language and how it got the way it is.
21 May	The linguistic time machine: Prehistory. What was language like 10,000 years ago? A hundred thousand years ago? A million? Ten million? Was there even language? How did language arise in the first place? And how do we know? We're going to look at clues from historical linguists, anthropology and anatomy to find out what language was like and how it started.
18 June	Language myths. Can pets communicate by pressing buttons? Do some languages make you better at saving money? Did Shakespeare really invent all those words? And where did the Australian accent really come from? We're going to delve into some linguistic myths and sort out the facts.