

**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 ([u3aperth.au](http://u3aperth.au)) on your device and click the **City Courses** button. If you are not a member and you wish to participate, click the **"Join U3A"** button on the U3A Perth webpage.

U3A Perth is now registered for the Goods and Services Tax (GST). U3A Perth has decided not to increase the cost of City Courses, and therefore **all course prices include the GST**.

### Art for Everyone

Learn about art and artists by attending richly illustrated presentations, on the 3rd Wednesday of the month, through to November.

**Please note:** Art for Everyone is fully subscribed, but you can register to be on our **Standby List** to be offered a once-off opportunity to try out the lectures. **See Appendix 1 for the list of presentations, and how to register your interest.**

**Venue: Art Gallery of WA, Private Theatre**

**10.55 – 12.15** Please arrive 15 minutes in advance.  
3<sup>rd</sup> Wednesday of each month to 20<sup>th</sup> November.

**Email:** [U3A.ArtforEveryone@gmail.com](mailto:U3A.ArtforEveryone@gmail.com)

### Art for Everyone - 25 Artists you should know about!

Popular lecturer from the Art Gallery series, Carl Altmann MA presents a 5-week course on **25 Artists You Should Know About**. After this course you will be able to impress others with your knowledge about twenty-five artists (and their artworks) from Europe, Britain, USA and Australia. **See Appendix 2 for further information.**

**Venue: Citiplace, Ground floor, Conference Room**  
**2.00 – 3.30** Wednesdays; 14<sup>th</sup> and 28<sup>th</sup> August, 11<sup>th</sup> and 25<sup>th</sup> September, 2<sup>nd</sup> October.

**Cost \$45** 5 sessions Maximum 30

**Email:** [U3A.ArtforEveryone@gmail.com](mailto:U3A.ArtforEveryone@gmail.com)

### Australia, China and the Geopolitics of the Indo-Pacific

In this series of two "taster" lectures leading into a longer course in 2025, Emeritus Professor Dennis Rumley will present perspectives of both China and Australia in the Indo-Pacific region. **Lecture 1:** a critical analysis of six aspects of the rise of China and its relationships in the Indo-Pacific; **Lecture 2:** a discussion of Australian actions and policies in regard to the Indo-Pacific. Highly relevant to current events, this series will provide vital insights for us all. **See Appendix 3 for further details.**

**Venue: State Library, Kimberley Room, G3**

**11.30 – 1.00** Thursdays 24<sup>th</sup> Oct and 28<sup>th</sup> Nov

**Cost \$10** 2 sessions Maximum 17

**Presenter:** Dennis Rumley

### 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; 6<sup>th</sup> August, 3<sup>rd</sup> September, 1st October, 5<sup>th</sup> November

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

### History Alive

"What have the Romans ever done for us?" This tongue-in-cheek quote from the film *The Life of Brian*, encapsulates the idea of colonialism. Such was the desire among European nations to acquire an empire that Australia might have been a Portuguese, Dutch or French colony rather than a British one. Today 'colonialism' is almost a dirty word but this connotation is relatively recent; in the past, the extent of a nation's empire was a sign of its power and status on the world stage. Why did countries decide, and consider it perfectly acceptable, to take over other lands? What were some of the consequences? These questions will be considered using three contrasting examples:

The Roman Empire; The Spanish Empire; The British Empire. **See Appendix 4 for further details.**

**Venue: Citiplace, 1st floor, Conference Room**

**09.45 – 11.15** 3<sup>rd</sup> Tuesdays, 20 August, 17 September, 15 October, 19 November

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

**Presenter:** Susie King

### Lecture Series

A series of one-off sessions on various subjects: After the Voice; 18th Century London's Social Evils; Music, Movement and Healthy Ageing; Organ & Tissue Donation - why is it community AND a government issue?; The Underground Collaborative; Art with a Purpose; The Uthando Project. **See Appendix 5 for details.**

**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. However, those with mobility issues can**

request Library staff at the Welcome Desk to take them to Level 4 via the staff lift.

**Venue: State Library, Great Southern Room, Level 4**

**13.30 – 15.00** 1st and 3rd Tuesdays, 6 & 20 August, 3 & 17 September, 1 & 15 October, 5 November.

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

**Introduced by** Valerie Buckley

## Literature

Join us for lively discussion on the following recently published best-sellers: *Trust* (2022) by Hernan Diaz; *All The Words We Know* (2024) by Bruce Nash; *North Woods* (2023) by Daniel Mason; *The Prize* (2023) by Kim E. Anderson. **See Appendix 6 for more detail.**

**Venue: State Library, Kimberley Room, G3**

**11.30 – 13.00** 1st Tuesdays, 6 August, 3 September, 1 October, 5 November

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

**Presenter:** Athene Baugh

## Meditation

Energise - take a break - get a good night's sleep! Regular meditation can bring many benefits such as lower blood pressure, pain reduction and improved memory. Take time out in your day to completely relax and recharge, both physically and mentally, by learning these meditation techniques. Additional relaxation and breathing exercises will have you drifting out of the session with a calm and positive perspective. **See Appendix 7 for important information about meditation before you enrol.**

**Venue: Citiplace, 1st floor, Conference Room**

**13.30 – 15.00** 1st and 3rd Tuesdays, 6 & 20 August, 3 & 17 September, 1 & 15 October, 5 & 19 November.

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

**Presenter:** Chamaylee Wong

## Migrant Success Stories

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

**Venue: Citiplace, downstairs Conference Room**

**9.45 – 11.15** 4th Thursdays, 22 August, 26 September, 24 October

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

Sue Cooper will introduce the various presenters.

## Perth Histories

A series of three talks by much loved historian and author Richard Offen. In this series, Richard will bring you the stories of the places and moments that have shaped our city. **Session 1:** Beginnings; **Session 2:** Perth Then and

Now; **Session 3:** Heroes, Villains and Vagabonds. **See Appendix 9 for more detail.**

**Venue: Citiplace, downstairs Conference Room**

**11.30 – 1.00** 4th Thursdays, 22 August, 26 September, 24 October

3 sessions Maximum 45

**Cost \$15**

**Presenter:** Richard Offen

## 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, 8 & 22 August, 12 & 26 September, 10 & 24 October, 14 & 28 November.

8 sessions Maximum 17

**Cost \$40**

**Presenter:** Hans Hoette

## 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** 1<sup>st</sup> Tuesdays; 6<sup>th</sup> August, 3<sup>rd</sup> September, 1<sup>st</sup> October, 5<sup>th</sup> November

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

**Presenter:** Ken Mullin

## Secret Science – Lifting the Veil

A continuing series of illustrated presentations and discussions on a secret science lifting the veil on the little-known laws of nature and the incredible power of consciousness. Session 1: The Search for the Divine. Session 2: Consciousness; The New Frontier. Session 3: Time, Seriality & Synchronicity. Session 4. Illuminated Perception. **See Appendix 10 for further detail.**

**Venue: State Library, Kimberley Room, G3**

**11.30 – 13.00** 3rd Tuesdays, 20 August, 17 September, 15 October, 19 November

**Cost \$20** 4 sessions Maximum 17

**Presenter:** Tina Hentisz

## Travel Writing

What do we mean when we talk about 'travel writing'? What is the history of the genre, and how has the genre adapted to changes to global communications and transport in the twentieth century? In this discussion forum we'll look at a selection of authors who have left home, and gone 'elsewhere' with their eyes wide open: Gertrude Bell, Bruce Chatwin, Robyn Davidson and George Orwell. **See Appendix 11 for more detail.**

**Venue: Girrawheen Library, 6 Patrick Ct, Girrawheen**

**10.30 – 12.00** Fortnightly on Wednesdays, 11 September, 25 September, 9 October, 23 October, 6 November

**Cost: free** 5 sessions Maximum 15  
Enrol via the U3A Perth website in the usual way.  
Presented at Girrawheen Library by City of Wanneroo Community Librarian and author, Dr. Tom Wilson with support from U3A. Queries to:  
tom.wilson@wanneroo.wa.gov.au, 9342 8844.

### Words and Language

An intriguing and entertaining series about language - mainly that weird one we speak in Australia. Daniel Midgley delves into all kinds of things you may have wondered about the quirks and foibles of language.

**Session 1:** A short history of the alphabet; **Session 2:** Ambiguity and redundancy; **Session 3:** Gender and language; **Session 4:** A short history of dictionaries. See Appendix 12 for more detail.

**Venue: Citiplace, 1st floor, Conference Room**

**11.30 – 13.00** 3rd Tuesdays, 20 August, 17 September, 15 October, 19 November

**Cost \$20** 4 sessions Maximum 35  
Presenter: Daniel Midgely

### 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 Tuesday morning choir and is currently full. A waitlist is available but wait time is uncertain. Contact Dinah at jackanddinah@optusnet.com.au and specify U3A Choir. Alternatively, see Third Age Singers below.

**Venue:** Yokine Baptist Church, 50 Frape Avenue, Yokine  
**10.00 – 12.00** Every Tuesday, Commencing 9<sup>th</sup> January until 17<sup>th</sup> December.

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

**Musical Director:** Richard Braham

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

### Third Age Singers

Third Age Singers, U3A's Tuesday afternoon choir, was set up in 2023 in response to popular request. Enrolments open in January 2025 and will close in March 2025 to allow us to build numbers from 32 to 45. Join the waitlist by contacting Nigel at nigelpenfold53@gmail.com and specify Third Age Singers.

**Musical Director:** Richard Braham

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

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

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

### Venues

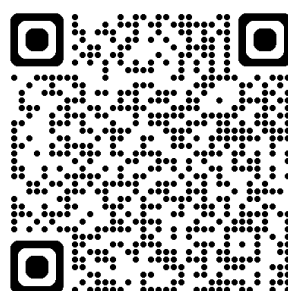
- **Citiplace** refers to the Citiplace Senior Citizens' Centre above the Perth Railway Station.
- **State Library, Kimberley Room G3** is on the ground floor of the State Library Building.
- **State Library, Great Southern Room, Level 4.** Access via lift to Level 3 then 2 flights of stairs. Those with 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.
- **Girrawheen Library**, 6 Patrick Court, Girrawheen

### Refund Policy

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

### Enrol using your phone or tablet

You may now use your phone or tablet to enrol and pay online. Open the U3A Perth webpage ([u3aperth.au](http://u3aperth.au)) and click on the **City Courses** button on the home page



Use your phone or tablet camera on the **QR** code to open the U3A Perth web page.

## Appendices Semester 2, 2024

### Appendix 1: Art for Everyone Lectures at AGWA 2024

Five more illustrated lectures at the <b>Art Gallery of Western Australia</b> on the 3 <sup>rd</sup> Wednesday of the month, through to November. Fully subscribed, but opportunities exist for free one-off lectures to fill a vacant seat – to register on the <b>Standby List</b> see <a href="https://u3aperth.au/activities/art-for-everyone/">https://u3aperth.au/activities/art-for-everyone/</a> .		
17 July	<b><u>Listening to paintings</u></b> <i>Brendon Darby</i>	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!
*21 August	<b><u>Glass – a magical medium</u></b> <i>Jill Yelland</i>	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 also revel in illustrations of some of the world’s top Glass Artists of the 21 <sup>st</sup> Century.
*18 Sept	<b><u>Édouard Manet, Claude Monet: Titans of the Western Canon</u></b> <i>Gillian Gallagher</i>	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.
*16 October	<b><u>E Philips Fox in North Africa – send me a postcard</u></b> <i>Rob Bower</i>	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.
20 November	<b><u>The Barnes Foundation</u></b> <i>Adrienne Marshall</i>	An art collection and educational institution promoting the appreciation of art. This incredible institution boasts over 900 paintings valued at US\$25 Billion!
Dates marked with an asterisk	<b><u>A variety of Gallery artworks will be viewed and discussed</u></b>	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.) <b>Tours are free, courtesy of the AGWA Guides, but bookings are essential:</b> <a href="https://u3aperth.au/activities/art-for-everyone/">https://u3aperth.au/activities/art-for-everyone/</a>

### Appendix 2: Art for Everyone – 25 Artists you should know about

Overview	There are some names you never forget and then there are others which you only remember once you are reminded of them. In the Art world many people remember names like Leonardo, Michelangelo and Picasso. High school students are more likely to rattle off the names of football players but can hardly name half a dozen artists and probably not a single Western Australian one. In this course you will hear about 25 artists from Europe, Britain, USA and Australia (a mere drop in the ocean). It is an opportunity to make up questions for quiz nights and impress your dinner guests with the range of your knowledge. The images to be shown will not always include ones you may be familiar with, therefore introducing you to others less easily recognised. The course will start with the Renaissance and conclude with the present day, so it is also a survey of Art through the centuries.
14 Aug	<b>Week One:</b> Botticelli is always popular because of his “Birth of Venus” and Durer was a wonder at drawing. Add to the mix with Giotto, van Eyck and Bosch who had the wildest imagination and you have a mixture of world leading artists.
28 Aug	<b>Week Two:</b> This week the wicked Caravaggio makes an appearance followed by the well-rounded figures by Rubens. Then there are the serious artists like Velasquez, Rembrandt and Vermeer with his “Girl with the Pearl Earring”. Beautiful.
11 Sep	<b>Week Three:</b> In this session Cezanne gives us structure while Monet gives us the joy of light on colour. In contrast along comes van Gogh, Seurat and Klimt who are regarded somewhat as rebels.
25 Sep	<b>Week Four:</b> Toulouse-Lautrec was not attractive himself, but his figures of the night clubs certainly were. Away from the night life there are the serious men such as Matisse, Kandinsky, Klee and our own famous Australian, Streeton.
2 Oct	<b>Week Five:</b> Following Streeton, other Australians include Boyd, Nolan, Williams, Olsen and Pravica, a local genius. These five complete a stirring set of world leading artists who influenced our world of to-day.

### Appendix 3: Australia, China and the Indo-Pacific Region

24 Oct	<b>The Rise of China and the Indo-Pacific</b> A broad overview and critical analysis of the rise of China and the geopolitical and geo-economic implications for the Indo-Pacific region. It is divided into six main parts: China's rapid economic growth; China's reform agenda; China's trade relationships; China's Belt and Road Initiative; considering the future for a risen China. This latter theme will be picked up in Lecture 2.
29 Nov	<b>Security Australia's Future in the Indo-Pacific.</b> A critical analysis of Australia's 2023 <i>Defence Strategic Review</i> in the context of its primary orientation and whether it appreciates the new strategic regional environment, the region's geopolitical nuances and its historical basis. How does the DSR stand in relation to whether China is a security threat? What problems has the Australian security community faced in addressing a sustained regional security initiative? Is the "rules-based order" necessarily in the interests of all regional states? What strategies can be used to maximise national and regional security?

### Appendix 4: History Alive

20 Aug	<b>Introduction to colonialism and the Roman Empire.</b> This session will commence with a general look at the causes and characteristics of colonialism followed by focusing on the Roman Empire. What was Rome like by 27 BC? Why and how did it expand from Hadrian's Wall to the banks of the Euphrates? Who was Boudicca? Why did the Empire decline and what was its legacy?
15 Sept	<b>The Spanish Empire.</b> The Age of Discovery also heralded the empires of the 16 <sup>th</sup> and 17 <sup>th</sup> Centuries. The relatively recent unification of Spain in 1469 and its desire to outdo Portugal led to the exploration and conquest of distant lands. How did the Spanish treat the native people and what was the response of such groups as the Aztecs and Incas? Like the Roman Empire, it too declined. Why?
17 Oct	<b>The British Empire.</b> From the late 18 <sup>th</sup> to the end of the 19 <sup>th</sup> Century Britain dominated the world and its Empire was vast. How did such a geographically small nation become so powerful? Why did it lose the American colonies? What was the Black Hole of Calcutta? What part did the African continent play in the scramble for colonies and the events leading to WW1?

### Appendix 5: Lecture Series

6 Aug	Professor Bertus de Villiers	<b>After the Voice?</b> The post-Voice world of Australia is uncertain. The rejection of the Aboriginal Voice has left a void - emotionally, intellectually, and spiritually - that will take a long time to fill. Arguably, the idea of one national advisory body speaking for Aboriginal people in a top-down manner was not reflective of Aboriginal social, linguistic and cultural organisation. What kind of model can be developed to offer practical benefits to Aboriginal communities in a bottom-up manner?  Prof Bertus de Villiers is a Visiting Professor at the Law School of Curtin University. He has travelled widely to give lectures on constitutional issues and published extensively on topics such as native title, human rights, indigenous rights, and land reform.
20 Aug	Elton Brown	<b>18th Century London's Social Evils: A city of depravity.</b> London in the 18 <sup>th</sup> century was a rapidly expanding city with many social evils - crime, squalid housing, disease, addiction to gin, prostitution, child neglect and abuse for example. The Cockney engraver & painter William Hogarth captured these conditions in his artwork and was a champion for reform especially the welfare of children. However, he himself was also a flawed character engaging in some of these social evils.  Elton Brown is a historian & a former tutor at Kalamunda and South Perth learning centres. He gives talks on famous historical events and characters and is a regular speaker at metropolitan branches of U3A.

3 Sept	Professor Alan Harvey	<p><b>Music, Movement and Healthy Ageing</b> Both music and language can be considered universal communication systems. What is known about the brain circuits and neurochemistry involved in processing music, including emotional responses such as motivation and reward? We discuss the life-long and beneficial impact that music and exercise (dance) have on brain function, plasticity and memory.</p> <p>Alan Harvey was educated at the University of Cambridge and Australian National University, and moved to UWA in 1984. He is an Emeritus Professor and Honorary Senior Research Fellow in Human Sciences, the Perron Institute, Lions Eye Institute and the Conservatorium of Music. In 2017 his book <i>Music, Evolution and the Harmony of Souls</i> was published by Oxford University Press Alan now lectures to academics, teachers, musicians and the general public, emphasising the life-time benefits of music education, training and therapy.</p>
17 Sept	Jenny Duggan	<p><b>Organ &amp; tissue donation – why is it a community issue and not just a government issue?</b> In this talk, Jenny will discuss donor pools and the importance of registration as a donor (an option no longer available on the WA driver’s licence for many years). She will address a few myths about organ and tissue donation and answer such questions as “why should I donate?”, “how do I become an organ and/or tissue donor?” and other frequently asked questions.</p> <p>Jenny has worked as Communications and Community Engagement Coordinator with DonateLife WA since 2016. She is responsible for raising awareness of the importance of organ and tissue donation for transplantation which can save and improve the lives of approximately 1800 Australians currently on a transplant waitlist.</p>
1 Oct	Katie Liew	<p><b>The Underground Collaborative.</b> Katie Liew started <i>The Underground Collaborative</i> in 2017. It exists to provide employment to educate and empower women who have experienced family and domestic violence and at-risk young people, with the mission to break the cycle of homelessness. It achieves this through its employment café <i>Ground+Co</i> with a flagship cafe in the State Library of WA. Since launching the initiative, <i>The Underground Collaborative</i> has impacted the lives of 6 young people and 4 women who have experienced family and domestic violence.</p> <p>Katie actively seeks solutions to social issues such as disadvantage, employment and homelessness through social enterprise. She is a passionate advocate of how we can all play a part to break the cycles of disadvantage.</p> <p>Katie completed her Bachelor of Commerce (accounting and business law) at Curtin University, qualified as a CPA and spent the better part of a decade as a management accountant.</p>

15 Oct	David Hounsome	<p><b>Art with a Purpose.</b> What is the purpose of Art? Art has been used by the church to promote the faith, by Governments to support wars and by the wealthy to immortalise their status. Today it's often intended to shock. From Banksy's street art to the Arnolfini portrait of Van Eyck there is something for everyone in this visually rich presentation which includes four successful but now forgotten women artists who all had a message in their art.</p> <p>David Hounsome has been a manager of the Perth Theatre Trust. He is a graduate of UWA and a long time art lover who, on retirement from his long career in disability services, trained as a guide at the Art Gallery of WA while completing an art history course at TAFE.</p>
5 Nov	Lynne Jones	<p><b>The Uthando Project – Dolls for South African Children</b></p> <p>Uthando Project is a registered charity that grew in response to a plea for resources for organisations working with young children severely affected by the HIV/AIDS pandemic in the rural communities of KwaZulu Natal, South Africa. Uthando ships thousands of handmade dolls each year to six organisations working to improve the lives of children and their carers, the majority of whom would never have owned a doll. Its major objective is to provide dolls to children living in abject poverty, but it also supports the social and emotional health of its volunteers by easing social isolation among community members in Australia.</p> <p>Lynne is the current Chairperson of the Uthando Project. She has lived and worked in South Africa, Lesotho, USA and UK before emigrating to Australia with her husband and 3 children in 1988 and working as a primary school teacher.</p>
19 Nov	NO LECTURE	<i>We apologise for the absence of a lecture – no venues were available for this date.</i>

## **Appendix 6: Literature**

6 Aug	<p><b>Trust (2022) by Hernan Diaz</b></p> <p>A literary puzzle about money, power, and intimacy, Trust is a novel that challenges the myths surrounding wealth, and the fictions that often pass for history. Even through the roar and effervescence of the 1920s, everyone in New York has heard of Benjamin and Helen Rask. He is a legendary Wall Street tycoon; she is the daughter of eccentric aristocrats. Together, they have risen to the very top of the world of seemingly endless wealth – all as a decade of excess and speculation draws to an end. But at what cost have they acquired their immense fortune? This is the mystery at the centre of Bonds, a successful 1938 novel that all New York seems to have read. This is another version of this story of privilege and deceit.</p>
3 Sept	<p><b>All The Words We Know (2024) by Bruce Nash</b></p> <p>A wickedly funny and genuinely moving novel about memory, language and love. Rose is in her eighties and has dementia, but she's not done with life just yet. Alternatively sharp as a tack and spectacularly forgetful, she spends her days roaming the corridors of her aged-care facility, ruminating on the staff and residents, and enduring visits from her emotionally distant children and grand-daughters. But when her friend is found dead after an apparent fall from a window, Rose embarks on an eccentric and deeply personal investigation to discover the truth, and exposes all manner of secrets – even some from her own past. All the Words We Know is a wickedly funny and genuinely moving story about loneliness, language and how we make sense of the world.</p>

1 Oct	<p><b>North Woods (2023) by Daniel Mason</b></p> <p>American novelist Daniel Mason's sixth novel, North Woods is a work of historical fiction that tells the story of a single house in New England over the course of several centuries. When a pair of young lovers abscond from a Puritanical colony, little do they know that their humble cabin in the woods will become home to an extraordinary succession of inhabitants. Traversing cycles of history, nature, and even literature, North Woods shows the myriad, magical ways in which we're connected to our environment and to one another, across time, language and space. Written along with the seasons and divided into the twelve months of the year, it is an unforgettable novel about secrets and fates that asks the timeless question - how do we live on, even after we're gone?</p>
5 Nov	<p><b>The Prize (2023) by Kim E. Anderson</b></p> <p>When two artists enter the 1943 Archibald Prize, a scandal erupts that grips not only the art world, but the nation. A poignant love story with shattering consequences, inspired by real-life events. As WW11 draws to a close, Australian society is still deeply conservative. Homosexuality is illegal, and the scourge of Modernism is infecting Australian Art. When William Dobell paints a portrait of lover and fellow artist Joshua Smith, he is awarded Australia's most prestigious art prize. His celebration is cut short after a protest is lodged claiming the painting is a caricature. Their relationship is put under pressure in a world where they must choose between love and art: between acceptance and exile.</p>

## **Appendix 7: Meditation**

In addition to the in-person sessions, you will also receive a set of guided meditations that will enable you to start your own meditation practice at home. Each session also includes practical tools to help you gain a new outlook, focus in the present moment and reduce negative emotions.

**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. Please bring the letter along to the first Meditation session. Thank you.

## **Appendix 8: Migrant Success Stories**

22 Aug	<p><b>Maria Bunn</b> Cultural and Linguistic Diversity Pioneer</p>	<p>Maria was born in Italy and migrated to Australia with her parents when she was 10 years old. She experienced first-hand the challenges of arriving as a non-English speaker in a very different country and society. Maria will share how she overcome these struggles to forge a successful career in Perth in the fields of aged and community care services, Italian language and cultural diversity education, finance and public relations. One of her personal missions is the support of CaLD (culturally and linguistically diverse) communities, service providers and health professionals to promote social cohesion within our multicultural society.</p>
26 Sept	<p><b>Susan Nkechi Anopueme</b> Community and Cultural Leader</p>	<p>Susan was born in Nigeria and is a member of the Igbo community. She came to Australia to join her husband who was already here working as a GP. Susan founded the Multicultural Drama Dance group, a unique mix of contemporary dance and creative psychological therapy. She will share how using her energy and skills in the areas of kids' holiday programs, not-for-profit mental health awareness and youth mentorship has helped to preserve her cultural background an shaped her life in Australia.</p>
24 Oct	<p><b>Nirmal Singh</b> Project Manager, Podcaster and Community Volunteer</p>	<p>Nirmal was born in New Delhi, India. He came to Australia in 2014 in search of better life opportunities for his family. Nirmal is a very active member of his community and since living in Australia has worked in Procurement/Project Management roles and has been involved in many volunteering activities. Nirmal will tell us about life in India, the Sikh religion, his reasons for coming to Australia, the experience of settling in here and his philosophy of how to make life as rewarding as it can be.</p>



## Appendix 9: Perth Histories

**About Richard Offen:** Richard Offen's writing career began whilst heading up the UK National Trust's highly successful Neptune Coastline Campaign where he used his radio, television, video skills and the written word to reach a wide audience. In 2001 Richard, first visited Australia and made an immediate connection with WA, its people and landscape. He was appointed inaugural Executive Director of Heritage Perth in 2005. In this role he was able to activate his interest in people and places of the State to become a popular lecturer, and a broadcaster on radio and television, Richard left Heritage Perth in 2017 to focus on writing, lecturing and gardening. His three books are, *Perth Then and Now* (2016) and *Lost Perth*(2018) and *A Perth Camera* (2022), and his history of St Mary's Anglican Girls' School, *A Place to Grow* celebrated their centenary in 2021.

22 Aug	<p><b>Beginnings</b> Archaeological evidence shows the history of Perth goes back over 40,000 years, making it possibly the oldest city on the planet. Interactions between local people and visitors from overseas occurred for thousands of years before Captain James Stirling arrived in 1829 with 850 would-be settlers. Richard Offen will tell the story of the earliest settlers in this land and their first encounters with Europeans until the gold rushes of the 1890s.</p>
26 Sept	<p><b>Perth Then and Now</b> This talk, based on Richard's book of the same title, accurately matches historic photographs of the city with contemporary views that show how each site looks today. For the first 60 years of its existence, Perth was no more than a small country town which lived on an economic knife-edge between riches and ruin. Then, in the 1890s, gold was discovered in the North and East of Western Australia. This sparked the first of several mineral booms in the State and resulted in the grandiose city buildings which began the transformation from modest town into the Perth we know today.</p>
25 Oct	<p><b>Heroes, Villains and Vagabonds</b> Perth's history is littered with wonderful characters that shaped the city in a multitude of ways - such as Eliza Shaw whose diaries and writings reveal the joys, sorrows and extreme hardships of early life in the Swan River Colony and Moondyne Joe, the infamous 19th century Houdini. Richard Offen will take you on a fascinating journey through the history of Perth, highlighting some of the people who, in their own way, for good or bad, and even sometimes a bit of both, contributed to the way Perth is today.</p>

## Appendix 10: Secret Science- Lifting the Veil

20 Aug	<p><b>The Search for the Divine</b> (<i>missed session in Semester 1</i>). 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?</p>
17 Sept	<p><b>Consciousness- The New Frontier.</b> Consciousness can be said to be a constant vibratory matter which energizes and stimulates sensitive receptors everywhere. The more we know about our awareness and personal input the better equipped we shall be to handle a future with Artificial Intelligence. This detection and reception of consciousness takes place on all subtle levels, including animal, plant, and mineral. Can a personal consciousness ever be superseded by Artificial Intelligence? A timely exploration into possibilities.</p>
15 Oct	<p><b>Time, Seriality &amp; Synchronicity.</b> We explore the complexity of time, perception, and connectivity. What advances this abstract emergent state to an optimum level? We look at the complexity of reality creation and synchronicity. New scientific theories are published daily, but exactly what is the common thread or methodology? Can a winking rabbit or a string of pearls show us the way? Our intuition and essential gregarious human nature will be sure to guide us. Do not miss this.</p>
19 Nov	<p><b>Illuminated Perception.</b> We may be standing on the edge of new discoveries, a new continuum, a new world, and the right decisions need to be made. We take a dive into the intricacy and precepts of decision making. Just what is likely to happen? Are we all Magicians? The miracle of everyday happening is not just coincidence; attitude, thought and consequent action will surely determine the day. How we use the potential of time and personal energy is totally up to us. Is a creative potentiality quietly collapsing? You may be surprised at a possible sequence and consequence.</p>

## Appendix 11: Travel Writing

Overview	This course is conducted as a discussion forum. As with any discussion, what you get out of it depends largely on what you put into it: it's crucial that participants taking the course prepare for each session and take an active role in the discussion. <b>The Travel Writing Tribe by Tim Hannigan</b> , published by C. Hurst & Co. (2021) is useful background reading for those who would like to explore the topic in greater depth.
11 Sept	<b>Introductory lecture and housekeeping.</b>
25 Sept	<b>Gertude Bell – a selection.</b> We will look at extracts of two of Gertrude Bell's most compelling works of travel writing, <i>Persian Pictures</i> and <i>Syria: The Desert and the Sown</i> , as well as some of her most fascinating letters.
8 Oct	<b>Bruce Chatwin – extracts.</b> In this talk, we consider Bruce Chatwin's exquisite account of his journey through Patagonia, as well as his 'commonplace book' of quotes found inside his book <i>Songlines</i> .
23 Oct	<b>Robyn Davidson – Travelling Light.</b> We enjoy the author's solo, phoneless trips well off the beaten track. She shares the wilds of many geographical countries as well as countries of the mind with the reader.
6 Nov	<b>George Orwell – Burma in fiction and nonfiction.</b> A look at the travel writer's penchant for escaping conventional modern life in the Western world, through <i>Burmese Days</i> and <i>Essays</i> .

## Appendix 12: Words and Language

20 Aug	<b>A short history of the alphabet</b> It's one of the most successful inventions in the history of language. It's the Roman alphabet. How did we get it? Why is the alphabet in that order? (Is it because of that song?) We're going to find out where it came from, but there are some twists and turns in this story.
17 Sept	<b>Ambiguity and redundancy</b> Why do we talk about a FREE GIFT? When is NEXT THURSDAY? Why do so many words have multiple meanings? And why isn't language more efficient? People feel irritated about ambiguity and redundancy, but they're important design features that make language work. We'll delve into ambiguity and redundancy, and see how they're tools that we're great at using.
15 Oct	<b>Gender and language</b> Men and women use language differently. And throughout history, women have been at the head of linguistic change. In this talk, we'll see how language and gender interact — and how women often get undue criticism for their language use.
19 Nov	<b>A short history of dictionaries</b> How does a word get into "the dictionary"? Wait, which dictionary is THE dictionary? Dictionaries (plural) have an important place in the history of the English language, but they haven't always been around. When and why did they start? And how can you get the most out of yours?