



Trinity School for Seniors

SUMMER SCHOOL

Please note:

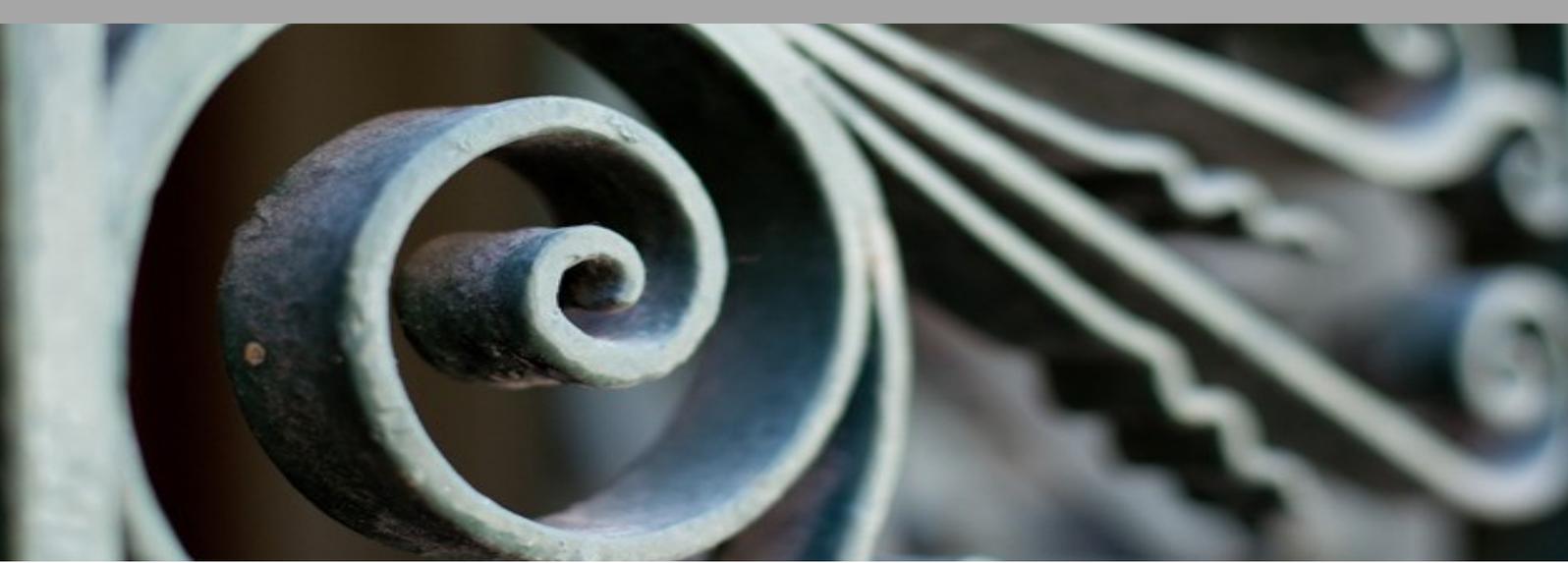
This is the Summer School 2023 program only. Enrolment forms for Summer School 2023 will be available from Monday 14 November, 2022 when enrolments open. No bookings will be accepted prior to this date.



9—27 January 2023

Level 1, 97 William St, Perth, WA 6000 | (08) 9483 1333 | Reception@tsfs.org.au

www.perthunitingchurch.org.au



TRINITY SCHOOL FOR SENIORS

Companionship through Learning

Trinity School for Seniors (TSFS) is a mission outreach of the Uniting Church in the City (UCIC), and is committed to helping adults over the age of 60 to participate in Life Long Learning, and to foster and enhance friendship and companionship on this journey. TSFS functions as an inclusive community facility, to provide education and mutual support to meet the physical, emotional, social, intellectual, pastoral, and spiritual needs of Seniors in the wider Perth community.

TSFS is grateful for the continued financial and administrative support provided by the Uniting Church in the City, without which, it would not be able to continue.

The school was started in 1979 and this year celebrates its 44th Anniversary of providing 'Companionship Through Learning' to the seniors of Perth. TSFS offers a thriving community of activity, providing over 100 courses for more than 600 attendees five days a week, and over four terms per year, with additional short programs available during the Summer and Winter school holidays.

We hope that you enjoy the classes and activities on offer during our 2023 Summer School program and we look forward to being a part of your life, just as much as you are a part of ours.

All money raised during Summer School is used to offset the running costs of our termly programs or to purchase much needed resources for our school community to use and enjoy.

For over 60's



Welcome to *Summer School*

Trinity School for Seniors offers a casual three week 'Summer School' program during the January school holidays which provides the perfect opportunity to try out a variety of classes that you might not normally consider during term time.

To participate in Summer School activities, please complete an enrolment form to reserve your place in your preferred classes. **Enrolment forms will be made available, and accepted for enrolment, from Monday 14 November, 2022.** There is limited availability based on the size of each classroom and thus it is imperative that participants book to reserve their spot. The fee structure for Summer School is a simple **\$2 donation per class**, payable to your tutor on arrival to the class. There are a select few classes that incur a \$12 fee, payable to TSFS Reception prior to your attendance. You will see the following icons referenced alongside each course in this program to assist you in making your selections.



A \$2 Donation is payable to tutor on arrival to the class.



\$12 fee required for attendance at event.
Payable to TSFS prior to event/class date.



Booking required.
Please contact TSFS Reception to reserve your place.



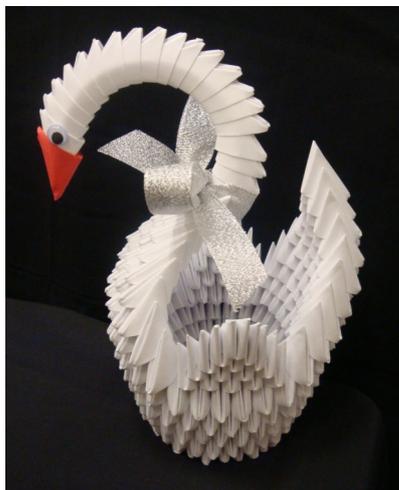
Exercise class/Excursion involving moderate walking or physical abilities.

COVID-19 Vaccination Policy: UCIC requires all attendees to provide proof of up-to-date COVID-19 vaccination to attend their premises. This includes all classes at TSFS. Students enrolling in TSFS classes will be required to show proof of their COVID-19 Vaccination (applicable to participants 16 years and older), or evidence of medical exemption from the COVID-19 vaccination.

We also welcome new students to the school during Summer School as this short program provides a wonderful chance for members of the public to get a feel for the school and a taste of some of the fabulous courses on offer.

Summer School Program

Workshops



Origami for Beginners & Kids

with George Ho

Come by yourself, bring the grand-kids or a friend and discover the wonders of Origami - the art of paper folding. Learn the techniques to transform a piece of paper into an interesting object, for example a flower, bird or a fish. Origami improves hand-eye coordination and fine motor skills. Materials provided, no previous experience necessary. Bring a carry bag or box to take your creations home.



Tuesday
Trinity Main Hall

17 January

9:30am—11am



French Conversation

with Christel Bouton

Suitable for intermediate and advanced students, this class offers a less formal chance to speak French and explore the French language and culture. A variety of topics discussed around the group.



Tuesday
Queens Boardroom

10, 17 & 24 January

12pm—2pm



Walking Tours

with David Dobb

Walking Tours depart from TSFS Reception at 9.30am, travelling to/from destination via train, so don't forget your SmartRider! Come along to explore these stunning historical suburbs with commentary from David along the journey. Optional lunch at the end of each walk at the destination.

Tuesday 10 January—Subiaco

Tuesday 17 January—Kings Park

Tuesday 24 January — Fremantle



Tuesdays

Departing from Queens
Building foyer at 9:30am

9:30am—12pm

*Book in for one or all
three walking tours, the
choice is yours!*

Summer School Program

Workshops



Shapes with Pen Work with Ruth Robartson

This will be an imaginative exercise combining various shapes in an attractive combination.

Then doing pen work designs in some sections. All pencil lines will be overlaid with pen.

To complete the work we will use coloured pencils.

This is a very relaxing exercise.

Please note, materials list for this workshop will be emailed out prior to the commencement of Summer School.



Wednesday
Trinity Main Hall

11 January

9am—11:30am



Needlework Social Group with Faye Etherington

Come and join a friendly handcraft group. Whether it be patchwork, embroidering, knitting, quilting, or something special that you are currently working on, bring it along to this relaxed and social group. Drop in any time between 9am—2pm to join this friendly, outgoing group of handcrafters.

If you would like to learn to knit, bring 8ply wool and 4mm or No.8 knitting needles. If you would like to learn to crochet, bring 8ply wool and a 4mm hook.



Wednesday
Trinity Main Hall

11, 18 & 25 January

9am—2pm



Watercolour with Jeanne McWhirter

Bring all your own gear—paper, paints, brushes etc. Photocopies of the subjects will be provided (a new one each day), each relating to the Japanese term “Wabi—Sabi”.



Thursday
Trinity Main Hall

12 & 19 January

9am—2pm

Summer School Program

Workshops

Button Jewellery

with Sue Scrutton

Bring your Mum's old button jar or visit an op shop or Spotlight for some pretty or unusual buttons. Same applies for the string, ribbon or leather, bring what you can find at home, spotlight or bargain stores that works with the size buttons you bring along. Wax string or leather would be better for strength rather than cotton thread, just make sure it's fine enough to fit through the holes in your buttons. Bring two



needles with large eyes to help with threading. Make sure any thread you bring will fit through the eyes and that the needles can easily push through the holes of the buttons. We'll have a few bits of extra string and needles available on the day, but bring as much as you can get your hands on. We'll learn to string them together attractively to wear ourselves or to make as gifts- birthdays, Christmas etc.

Here's one I made, (left picture) using the button jar I had sorted dozens of times as a child (no TV then) and added to over the years. I found buttons from my brother's playsuit in the collection and a button off my father's army shirt.

Please note, 2pm finish time is an estimate only. Welcome to keep working on your creations until 3pm. There is also a required materials list that will be emailed out separately if enrolling in this class.

A few more examples below of button jewellery for inspiration...



Wednesday
Trinity Main Hall

18 January

12pm—2pm



Army Museum of WA Tour

with Igor Iskra

Departing the Queens Foyer at 9am, join Army Museum of WA Tour Guide and fellow TSFS student, Igor Iskra, on public transport to the Museum in Fremantle. So don't forget to bring your SmartRider for easy travel!

Costs involved: \$12.00 total to cover Museum entry and Summer School donation, made payable to TSFS Reception before the tour.



Thursday

Departing from Queens Building foyer at 9am.

19 January

9am—12pm

Summer School Program

Guest Speakers

Emotional Intelligence *with Rita Choy*



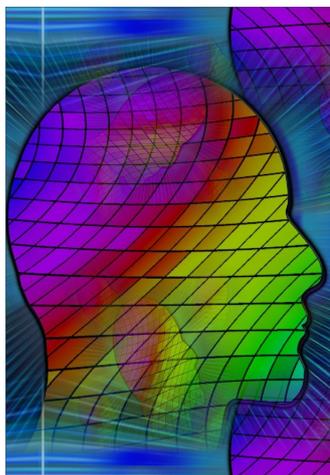
Emotions play an important role in the outcome of many situations. Being attuned to the 'temperature in the room' allows you to better manage emotions. The ability to recognize the full spectrum of emotions when interacting with others can affect different emotional responses. These responses can help improve and strengthen ongoing relationships. These summer school sessions will explore the benefits of understanding and managing different emotions for relationship building and minimizing conflicts in life.

Monday
Queens Board Room

9, 16 & 23 January

9am—10am

The Hidden Psychological Meanings in Photos *with Christian Long*



Photos are a visual record of us... our families, friends and colleagues. We know the joy of memories evoked by the photos.

When we take selfies, we're feeding our desire to capture ourselves in a perfect image, often a replica or a visual conformity to societal acceptance, expectation, trying to conform to a relationship between our self-worth and self-worth judged by others' opinions, and believing that appearance is an important component of one's self-worth.

In 2016 a study published in the journal *Computers in Human Behaviour* found that those who were higher in narcissism were more likely to selfie it up. Self-portraits have been around for ages, *Portrait of a Man in Red Chalk* by Leonardo da Vinci, *Dark Felt Hat at the Easel* by Vincent van Gogh, Pablo Picasso, Frida Kahlo and many more. Today we are able to take and retake pictures of ourselves until we can produce an image that comes closer to matching our perception of what we imagine we look like.

But even though we take these photos and show or distribute them via the media format, what do we really see in all these photos?

Going beyond the superficial, there is a tremendous wealth of information stored in these photos – we can use these photos to learn something deeper about ourselves and those significant others in our lives.

After many years of working with families and individuals in therapy, with a tool known as the Genogram (A genogram is a 'picture' or 'map' of a client's family relationships and history), combined with photos which graphically illustrate the attitudes, connections and emotions of clients and their significant others.

I am providing you an opportunity to discover some of the hidden meanings by participating in an interactive presentation on interpreting the hidden psychological meanings in photos.

Presented by Psychotherapist Christian Long.

Monday
Queens Lecture Room

23 January

10am—11am

Summer School Program

Guest Speakers

Net Zero Perth *with Rob Phillips*



How Perth can reduce its emissions at the metropolitan, neighbourhood and building scale.

Wednesday
Queens Lecture Room

The aim of the Net Zero Perth project is to map out a credible, evidence-based pathway that demonstrates how Perth can reach net zero carbon emissions whilst also becoming a more liveable, prosperous, and connected city. This work, being led by Greens MLC Brad Pettitt and drawing on various experts, will build on the WA 2.0 work started by Greens Senator Scott Ludlam. In recent years, we have seen some successful examples of

11 January

10am—11am

sustainable developments, including White Gum Valley and East Village at Knutsford, and larger communities living by One Planet Principles. We have also seen a rewrite of the State Government's Residential Design Codes and major investment in public transport via Metronet. Despite these encouraging shifts towards creating a more sustainable urban form, unfortunately, many of the design, policy, and planning principles that were focused on in earlier reports haven't been achieved. Net Zero Perth will outline a new roadmap for the future of the metropolitan area. With the growing need to address climate change while sustainably accommodating 3.5 million people in Perth by 2050, there is a key opportunity to change the direction of Perth's urban development in a way that holistically addresses transport, housing supply, affordability, sustainability, and liveability.

This presentation will focus on what can be done at the neighbourhood and household scale, looking at urban planning; transport integration; passive solar house design; electrification of households; the uptake of electric vehicles (EVs); and using EVs as a household battery.

Exploring the Great Western Woodlands *with Rob and Rita Phillips*



Vicarious Adventures in the Outback, Part 3.

The Great Western Woodlands is an area as big as Britain. It stretches from the edge of the wheatbelt out past Kalgoorlie as far as Cocklebidly on the Nullarbor. It is a very arid environment, but it supports a very diverse ecology, from species-rich Kwongan sandplains to eucalypt woodlands. It's called a woodland because it's too dry for the trees to grow in a forest. Nevertheless, the eucalypts are quite large (up to 20 metres tall), even though they are spread out

Wednesday
Queens Lecture Room

25 January

10am—11am



quite widely. We have travelled many times through the Great Western Woodlands between Hyden and Norseman, south of the Great Eastern Highway. We have explored the many granite rock outcrops: Cave Hill, Victoria Rock, McDermid Rock; Banks Rock; and Burra Rocks. We have also travelled the tracks between these outcrops, doing bird surveys as part of volunteer citizen science for Birdlife Western Australia. This research has been looking at the damage that has been done to bird populations through the clearing of the wheatbelt, by investigating bird populations of the intact woodlands.

We will tell you our stories about the rocks, caves, birds, flowers and reptiles through Rita's photos; supplemented by some bird photos from Birdlife WA.

Summer School Program

Guest Speakers

History Alive with Susie King



'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 Summer School looks at three separate examples of this in the UK, USA and Australia.

Session 1: The Cambridge Spies

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?

Session 2: McCarthyism

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.

Session 3: The Petrov and Skripov Affairs

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?

Tuesday
Queens Lecture Room

10, 17 & 24 January

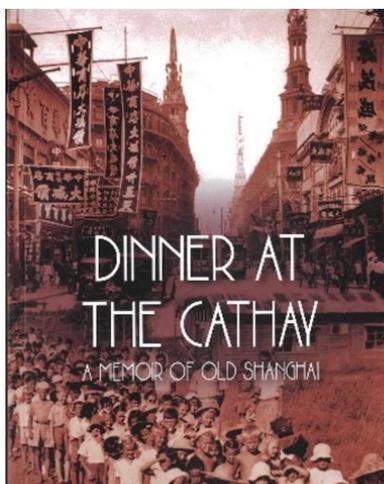
1:30pm—2:30pm



Summer School Program

Guest Speakers

In Search of a Golden Era— My quest to discover my family history in Shanghai with Maureen de la Harpe



NEW BOOK TRACKS A FAMILY SAGA IN OLD SHANGHAI

Shanghai-born author Maureen de la Harpe was eight months old when the city was attacked by Japanese forces and two thousand people lost their lives. When she was seven, her family and close relatives were interned in a Japanese concentration camp until the end of World War Two. The family left China a year later. It was not until 2014 that Maureen returned to Shanghai, with her daughter Lara, to rediscover the city of her birth, and it was that visit that prompted them to begin seriously researching their family history. They discovered Maureen

Wednesday
Queens Lecture Room

18 January

10am—11:30am

was a fourth generation ‘Shanghaiander’, whose family history spanned the period of foreign settlement in the city. The outcome of their research is her new book *Dinner at the Cathay - A Memoir of Old Shanghai*. Through the lives of her ancestors and her own childhood experiences during the war, Maureen has woven the story of foreign settlement in the cosmopolitan city of Shanghai, once celebrated as ‘the Paris of the East’.

This is her third book. The first two, *Msasa Morning* and *Elephant Road*, were inspired by her years in Africa before she came to Australia and settled in the Perth hills. Join Maureen as she shares on her journey, as described in her latest book.

How to Self-Publish Your Memoir or Family Stories with Julia Gross



Have you ever wondered how to go about getting your memoir or family stories into print? Or, have you contemplated writing a book on any subject?

These days it is not so difficult to take control of the publishing process and produce a book yourself. Self publishing is now outstripping traditional publishing in growth. Many people don’t realise that publishing a book is an achievable project. For novice writers of family stories and memoir who may want to give a legacy book to the family, self-publishing is the answer. This presentation will take you through the steps involved in publishing a print book, including editing, cover design, page layout, and printing. You don’t need to do it all yourself. Julia will discuss where to get help for some of the more tricky aspects of self-publishing to complete a

Wednesday
Queens Lecture Room

18 January

12:30pm—1:30pm

quality book that can be deposited in libraries. We’ll also go through the likely costs involved. Come along to this presentation if you are part way through a writing project, or if you are just curious to know what’s involved in self publishing.

How to get to TRINITY SCHOOL FOR SENIORS

Trinity School for Seniors Summer School classes are conducted from the following two buildings:

Queens Building

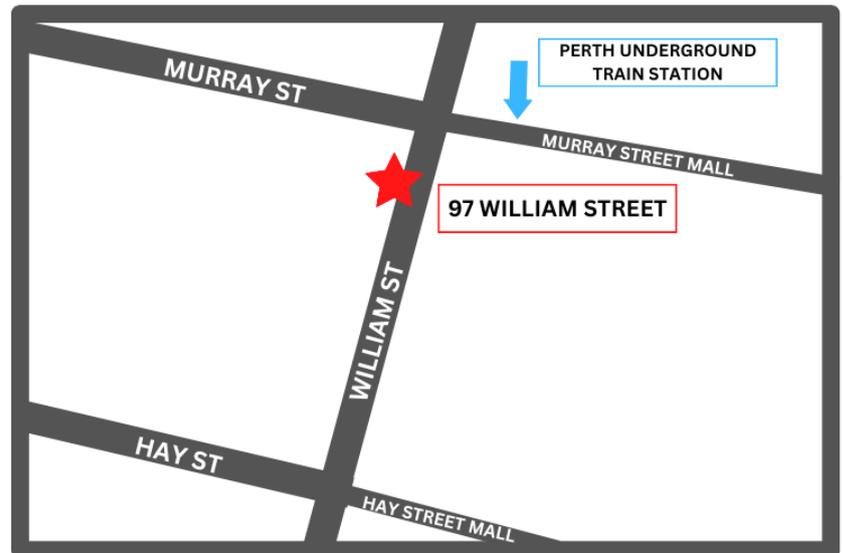
97 William St, Perth WA 6000

All classrooms are located on Level 1 with lift access

Reception is located on Level 1.

Classrooms in this location:

- Queens Board Room
- Queens Lecture Room
- Queens Foyer (as a departure point)



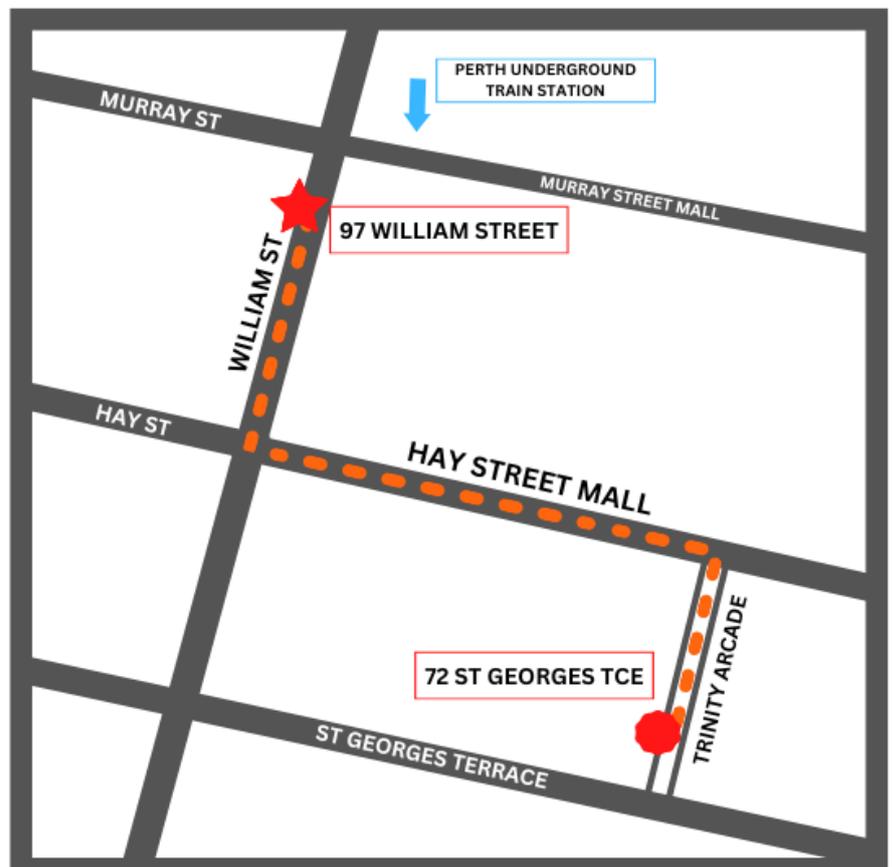
Trinity Building

72 St Georges Tce, Perth WA 6000

All classrooms are located in the Trinity Main Hall, Ground Floors
Trinity Arcade

Classrooms in this location:

- Trinity Main Hall
- Betty Creagh Lounge
- Trinity Church



Summer School

Quick Reference

Summer School Workshop	Workshop Location	Day	Time				
Emotional Intelligence	Q—Board Room	MON 9, 16 & 23 JAN	9am—10am	✓	✓		
The Hidden Psychological Meanings in Photos	Q—Lecture Room	MON 23 JAN	10am - 11am	✓	✓		
Origami	T—Main Hall	TUE 17 JAN	9:30am - 11:30am	✓	✓		✓
Subiaco Walking Tour	Q—Departs from Queens Foyer	TUE 10 JAN	9:30am - 12pm	✓	✓		✓
King's Park Walking Tour	Q—Departs from Queens Foyer	TUE 17 JAN	9:30am - 12pm	✓	✓		✓
Fremantle Walking Tour	Q—Departs from Queens Foyer	TUE 24 JAN	9:30am - 12pm	✓	✓		
French Conversation	Q—Board Room	TUE 10, 17 & 24 JAN	12pm - 2pm	✓	✓		
History Alive	Q—Lecture Room	TUE 10, 17 & 24 JAN	1:30pm - 2:30pm	✓	✓		
Shapes with Pen Work	T—Main Hall	WED 11 JAN	9am - 11:30am	✓	✓		
Needlework Social Group	T—Main Hall	WED 11, 18 & 25 JAN	9am- 2pm	✓	✓		
Net Zero Perth	Q—Lecture Room	WED 11 JAN	10am - 11am	✓	✓		
In Search of a Golden Era	Q—Lecture Room	WED 18 JAN	10am - 11:30am	✓	✓		
Button Jewellery	T—Main Hall	WED 18 JAN	12pm - 2pm	✓	✓		
How to Self-Publish your Memoirs or Family Stories	Q—Lecture Room	WED 18 JAN	12:30pm– 1:30pm	✓	✓		
Exploring the Great Western Woodlands	Q—Lecture Room	WED 25 JAN	10am - 11am	✓	✓		
Watercolour	T—Main Hall	THU 12 & 19 JAN	9am - 2pm	✓	✓		
WA Army Museum Tour	Q—Departs from Queens Foyer	THU 19 JAN	9am - 12pm	✓		✓	✓

* T—Trinity Building; Q—Queens Building (refer to previous page for directions)