



# Mature Adults Learning Association (Inc.) - Perth

## PERTH COURSES SCHEDULE - SEMESTER TWO 2024

### PART A – 23 August- 20 September

<b>10:15am to 11:15am</b>	<b>Ian Reid</b> Why everybody needs poetry	<b>Grace Blackburn</b> Birds of the world and the threats they face	<b>Karen McGlue</b> Smartphone Photography - Tips and Tricks
<b>11:45am to 12:45pm</b>	<b>Steve &amp; Mikaela Castledine</b> Unlocking Creativity: Exploring Art, Design, and Everyday Life	<b>Laura Dales</b> The Dynamics of Contemporary Japan: Gender, Work and Identity	<b>Michele Castle</b> Beginner's Feng Shui

*BREAK: 21 September to 10 October (no courses run during this time)*

### PART B – 11 October - 8 November

<b>10:15am to 11:15am</b>	<b>Robin Stevens &amp; Dr. John Stanton</b> Aboriginal Culture, Heritage and Art	<b>Cathryn Urquhart</b> Practical Mindfulness & Emotional Intelligence	<b>Steven Tingay</b> The Nobel Prize in physics: What has it ever done for you?
<b>11:45am to 12:45pm</b>	<b>Hans Lambers</b> Thriving in Scarcity: Exploring Plant Diversity and Phosphorus Adaptations in Southwest Australia	<b>David Hayles</b> The Crying Need for Laughter	<b>Jasmine Day</b> Mummies, Myths and Magic in Ancient Egypt

*We suggest you mark on this sheet the courses you enrol in as a reminder when classes start, as MALA no longer sends out Confirmations of Enrolment.*

### PART A: 23 August- 20 September (5-week courses)

#### WHY EVERYBODY NEEDS POETRY

10:15am to 11:15am

#### \*With Ian Reid

*Adjunct Prof. Ian Reid is author of 20 books including poetry, fiction, literary criticism and history.*

Poetry was once conspicuous not only in the school curriculum but also in mainstream Australian culture, but the situation has changed. Recent surveys show that very few adults now read poetry, and the study of it in classrooms has declined. Is this poetry's fault? Or have our reading habits deteriorated? Ian Reid will discuss the distinctive qualities of poetry and the benefits of reading it attentively. Covering a wide range of traditional and contemporary writing in verse form, with plenty of accessible examples, this course is suitable for everyone interested in developing their ability to read with enjoyment.



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**BIRDS OF THE WORLD AND THE THREATS THEY FACE****10:15am to 11:15am****\*With Grace Blackburn**

*Grace Blackburn is a PhD candidate and behavioural ecologist at the University of Western Australia. Grace's PhD focused on Western Australian magpies, and specifically how they respond to human-induced stressors such as anthropogenic noise. Grace teaches various units at UWA to do with conservation and ecology and is also a volunteer for BirdLife WA's community and engagement committee.*

Birds are a diverse and captivating group, but human activities threaten many species, leading to declines and extinctions. This course will introduce members to remarkable birds from Australia and around the world, detailing the threats they face and how to mitigate them. Grace will also cover bird biology and ecology, impact of rising temperatures, human-made noise, and other human-induced stressors such as artificial light and chemical pollution.

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**Smartphone Photography - Tips and Tricks****10:15am to 11:15am****\*With Karen McGlue**

*Karen McGlue is passionate about sharing photography knowledge for others to advance their skills.*

Join our Smartphone Photography series to master capturing stunning photos with your mobile device. Learn essential skills in composition, lighting, exposure and editing. Discover how to use your smartphone's camera features and enhance images with editing tools. By the end, you'll confidently take quality photos anytime, anywhere. Suitable for beginners and those looking to refine their techniques, this series will elevate your smartphone photography.

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**UNLOCKING CREATIVITY: EXPLORING ART, DESIGN, AND EVERYDAY LIFE****11:45am to 12:45pm****\*With Steve & Mikaela Castledine**

*At Castledine & Castledine, Stephen and Mikaela blend graphic design and fine art from their vibrant Perth studio. With Stephen's design prowess and leadership in Australian Graphic Design Association (AGDA), paired with Mikaela's acclaimed sculptural expertise, they deliver a dynamic creative punch.*

Join us for a captivating lecture series on creativity, design, and art appreciation by renowned experts Stephen and Mikaela Castledine. Through insightful presentations and engaging discussions, this series explores graphic design, art's impact on memory and identity, and how creativity enriches our lives.

1. **The Secret Language of Logos** (Stephen Castledine): Understanding logos, their designers, and their effectiveness.
2. **Effective Graphic Design** (Stephen Castledine): Tips for optimising text, images, and data, with demystified terminology.
3. **Ground Truthing** (Mikaela Castledine): Mikaela's art practice focused on dementia, memory, and place.
4. **Sculpture Appreciation** (Mikaela Castledine): How to understand and discuss sculpture.
5. **Living a Creative Life** (Stephen and Mikaela Castledine): A conversation on how creativity influences our lives and work

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**THE DYNAMICS OF CONTEMPORARY JAPAN: GENDER, WORK AND IDENTITY****11:45am to 12:45pm****\*With Laura Dales**

*Dr. Laura Dales is an author and senior lecturer at the University of Western Australia who researches in gender and contemporary Japan, focusing on intimacy, marriage, and social dynamics.*

This course explores the evolution of Japanese society over the last 70 years, focusing on significant political, economic and social trends. Beginning with a brief overview of modern Japan, the series will examine the roots of contemporary Japan in the pre- and post-war periods. The sessions will then concentrate on subsequent 40 years, covering the high economic growth period and the subsequent burst of the economic bubble in the early 1990s. Key themes include the impact of these economic shifts on work culture, employment trends, gender roles, marriage, and national identity. The series will end by addressing future prospects and ongoing societal changes. Participants will gain a comprehensive understanding of how the dynamic 20th century shaped contemporary Japanese society and the ongoing transformations within it.



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**BEGINNERS FENG SHUI****11:45am to 12:45pm****\*With Michele Castle**

*Michele Castle - esteemed Feng Shui expert and author with over 20 years of transformative wisdom.*

Embark on a journey into the world of Feng Shui, tailored for those seeking harmony and abundance in their lives. Led by acclaimed expert Michele Castle, this immersive course offers a gentle yet profound approach to Feng Shui, empowering you to cultivate health, harmony, wealth, peace, and nurturing relationships within your home. Deep dive into practical techniques, enriched by wisdom and tailored insights, supported by comprehensive workbooks and notes. Join us and rediscover the joy of living in alignment with your surroundings, unlocking a path to enriched well-being and fulfilment.

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**PART B: 11 October - 8 November (5-week courses)****ABORIGINAL CULTURE, HERITAGE AND ART****10:15am to 11:15am****\*With Robin Stevens & Dr. John Stanton**

*Robin Stevens is an anthropologist and archaeologist, who specialises in Aboriginal cultural heritage in Western Australia. He has a deep interest in anthropogenic landscapes and ecology. His current area of work is working collaboratively with Indigenous groups and mining companies to ensure that mine design and large-scale developments have less negative impact upon the cultural-environmental landscapes.*

*John Stanton is a specialist in Aboriginal art, art curation and Indigenous art studies. He was director of the Berndt Museum of Anthropology at The University of Western.*

This course, featuring three talks by Robin Stevens and two by Dr. John Stanton, introduces members to Aboriginal culture and cultural heritage in Western Australia. Key themes include Aboriginal identity, a sense of place, and well-being.

1. **Introduction to Aboriginal Culture and Heritage** (Robin Stevens): Explores the concept of heritage globally and focuses on Aboriginal cultural heritage in WA, discussing cultural identity and communication across cultures.
2. **Aboriginal Rock Art** (John Stanton): Examines Australian Aboriginal rock art, highlighting the enduring relationship between the First Australians and their land over 80,000 years.
3. **Aboriginal Children's Art at Carrolup** (John Stanton): Showcases the 1940s landscape drawings by Aboriginal children at Carrolup Native Settlement, which gained international recognition.
4. **Care for Country** (Robin Stevens): Discusses the ecological-cultural ethos of "Looking After Country", emphasising Aboriginal spiritual connections to the land and land management.
5. **Statement from the Heart: Moving Forward** (Robin Stevens): Highlights the positive contributions of Aboriginal people and the importance of appreciating and communicating Aboriginal cultural heritage to build a more inclusive society.

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**PRACTICAL MINDFULNESS & EMOTIONAL INTELLIGENCE****10:15am to 11:15am****\*With Cathryn Urquhart**

*Cathryn Urquhart is an experienced legal professional turned mindfulness coach, delivering life-changing training for well-being and peak performance.*

Join a developmental series blending wisdom and practice. Explore the profound realms of mindfulness, emotional intelligence, and resilience to enhance well-being and inner strength. Learn neuroscience-backed techniques to understand the mysteries of triggers and negativity bias. Through immersive sessions, discover invaluable strategies for enriching conversations and fostering resilience amidst life's challenges.

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**THE NOBEL PRIZE IN PHYSICS: WHAT HAS IT EVER DONE FOR YOU?****10:15am to 11:15am****\*With Steven Tingay**

*Steven Tingay is a professor of astrophysics at Curtin University and Director of the Murchison Widefield Array radio telescope.*

Over the five-week program, Steven will run through some of the Nobel Prizes in physics that have resulted in fundamental changes to our understanding of the Universe and/or fundamental changes to society and the way we live.

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Do you know the story of the discovery of X-rays, or what Einstein won his Nobel Prize for? How about the discovery of quantum mechanics, that paved the way for modern electronics? Or when the accelerating expansion of the Universe was discovered? Steven will go over the exciting, exotic, and sometimes quirky discoveries that have won the Nobel Prize for physics, and trace their impact in practical terms.

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**THRIVING IN SCARCITY: EXPLORING PLANT DIVERSITY AND PHOSPHORUS ADAPTATIONS IN SOUTHWEST AUSTRALIA** **11:45am to 12:45pm**

**\*With Hans Lambers**

*Hans Lambers is a UWA emeritus professor, originally from The Netherlands, who focuses on plant mineral nutrition.*

Southwest Australia hosts remarkable plant diversity, thriving on severely phosphorus-depleted soils. Notably non-mycorrhizal plant families like Proteaceae excel in these impoverished environments but are rare in nutrient-rich soils. Their success is attributed to cluster roots, which efficiently extract scarce phosphorus and adeptly recycle it from senescing leaves. Proteaceae enrich neighbouring plants with essential nutrients, contributing significantly to the region's ecosystem dynamics. Join Professor Hans Lambers as he delves into these fascinating adaptations and their impact on Southwest Australia's unique plant ecology.

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**THE CRYING NEED FOR LAUGHTER** **11:45am to 12:45pm**

**\*With David Hayles**

*David Hayles - After spending 11 years as a teacher, David joined UWA as the Schools Liaison Officer in 1973. He later became director at the Graduate Careers Service until 1996. With counselling roles at WAIS, Murdoch, and Notre Dame universities, he holds a Bachelor of Arts (honours) and a Masters in Classic and Ancient History.*

Delve into the profound significance of humour in human experience. From its historical roots in ancient medical theory to its modern therapeutic applications, humour serves as a vital coping mechanism and social lubricant. We explore several types of humour, both verbal and non-verbal, and examine its philosophical underpinnings, including its relationship to human consciousness and the question of whether it uniquely defines our species. By investigating theories of humour and dissecting its role in ancient texts, we aim to understand its universal appeal and its power to transcend cultural boundaries.

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**MUMMIES, MYTHS AND MAGIC IN ANCIENT EGYPT** **11:45am to 12:45pm**

**\*With Jasmine Day**

*Jasmine Day is an anthropologist, Egyptologist, author, President of The Ancient Egypt Society of WA Inc.*

Explore ancient Egyptian views on death, covering beliefs about the soul, the afterlife, mummification, amulets, and coffin design. Discover the process and recent surprising finds about mummification. This series will feature original photographs from Egyptian museum collections worldwide and hands-on experiences with genuine ancient amulets. (Contains images of human remains)

Dr Jasmine Day, author of *The Mummy's Curse: Mummymania in the English-speaking World*, has contributed to the *International Congress on Mummy Studies*, *Tea with the Sphinx* and *International Society for the Study of Egyptomania* conferences and documentaries including *Egypt's Unexplained Files*.

**Please refer to next page for payment details and important information.**



## IMPORTANT INFORMATION – PLEASE READ!

WEBSITE: [www.mala.au](http://www.mala.au)

ENROLMENTS: [enrol.perth@mala.org.au](mailto:enrol.perth@mala.org.au)

LOCATION: Perth Campus: [George Burnett Leisure Centre](#), Manning Rd (opp. Elderfield Rd) Karawara/Bentley (between Freeway and Curtin University)

PARKING: Is abundant and free for those travelling by car.

PUBLIC TRANSPORT: is available, very regular, and stops right outside the Centre.

Phone **Transperth - 13 62 13** - for update on information.

COMPANION CARDS: Perth MALA will support members with the [Companion Card](#). Please contact us if you need to enrol a companion (at no cost).



VOLUNTEER CONTACTS: Neil (Enrolments) 0439 921 294 Julie (General enquiries) 0498 560 026

### ENROLMENT & PAYMENT

- Use our [ONLINE ENROLMENTS](#) - no printing or postage with direct credit payments.
- Alternatively, you can print or email the attached enrolment form – is also available from our website.
- **PAYMENT:** Please complete the enrolment form and mail it with Cheque OR mail/email with evidence of Direct Credit to:  
◆ Westpac Bank ◆ BSB: 036-000 ◆ Account: 98-3937  
❖ If paying by Direct Credit - please use your surname and initial in the Reference/Payer box ❖
- **POST:** 163 GIBBS ROAD, BANJUP WA 6164 (for return of enrolment forms and cheques).
- **PROVIDE YOUR DETAILS:** Please include your details on the enrolment form every time you enrol:  
Name | Postcode | Phone Number | Email address (preferred for sending information)
- **CHOICE OF COURSES:** Please clearly indicate your first and second choice for your enrolment in each session. Some courses may fill early or be cancelled, and we may not be able to provide your first choice each time.
- **ENROL EARLY:** Get your enrolment application in early to avoid disappointment and allow timely processing.

*Consider yourself enrolled in your first choice unless you hear otherwise and KEEP A RECORD of the classes you select and their START DATES AND TIMES*

- Confirmation emails will NOT be sent for enrolments by Post UNLESS you are a new member. If you are a new member, we will provide general orientation information and a map showing our location. Your name badge will also be waiting for you at the information desk in the reception area on the first day of classes.

**LECTURE ROOM ALLOCATIONS:** Check the notice board near the information desk on the first day of classes.

**TELL SOMEONE ELSE ABOUT MALA:** You are our best advertisement – please pass along the information. Everyone needs a separate Enrolment Form!

Additional forms can also be downloaded from the website: [www.mala.au](http://www.mala.au)

### WEAR YOUR NAME BADGE EVERY WEEK:

Kindly write your **Emergency Information** on the back for the paramedics should you be unable to speak.

**The views expressed by lecturers may not reflect the views of MALA or any of its members or officers.**