



The U3A Crier

**NEWSLETTER OF NATURALISTE
UNIVERSITY OF THE THIRD AGE INC**
Summer Edition 2014

FROM THE EDITORS

The year has flown by and here we are, facing Christmas and 2015 already. As usual, there will be a break for U3A, with activities formally resuming in March 2015. However, we know that much informal contact will be made as many members have formed new acquaintances and friendships during the year and some groups are gathering for end of year luncheons, afternoon teas etc.

Thank you for your support during the year and the contributions you have forwarded that help make 'The Crier' interesting and informative to members. We look forward to another busy U3A year in 2015. (Joan and Christine)

FROM THE CHAIR:

Firstly, I must thank Don McDonald again for his work as Chairman of Naturaliste U3A. As was seen in his report at the AGM, he certainly did a great job in steering both the committee and our group over the past three years. I am sure I will value his advice as I take over his role.

It has been a busy year with our courses, both the short ones and those that are a year long – a nice balance – and with our Topical Talks. It is pleasing to see that some new courses are also being added in 2015. This is important, as is the drive to keep up new members. As to be expected, our membership will have a naturally occurring drop-off as some members find they can no longer participate in courses. We do hope that these members, many of whom have supported us for a number of years, are at least able to attend next year's Topical Talks and other events in the pipeline.

For those members who have been unwell recently, it is to be hoped you will soon be on the mend. Best wishes too, for a happy and peaceful Christmas and New Year to everyone. I look forward to U3A 'happenings' in 2015 and to meeting up with as many of you as possible.

Joan Parke (Chair)

ANNUAL GENERAL MEETING

It was pleasing to see such a good turn up at the AGM – yes, there was a quorum! Business was efficiently and smoothly dealt with – Chairman and Treasurer’s reports read and accepted, and you will be pleased to note that our membership subscription will remain at \$25. All places on the committee were filled.

The Executive Committee for 2015 is: Chair: Joan Parke, Treasurer: Richard Liston, Secretary: Barbara Taylor, Vice Chair: David McDonald, committee members: Christine McDonald, Gwyn Cracknell, Christina Marruffo.



Christina, Gwyn, Joan, Barbara, David, Christine (Absent- Richard)

After the business side of the meeting a most entertaining talk was given by Ian Benporath, who delighted us with his tales! Ian’s expertise as a leader of French courses was obvious when one of his students, Graham Fisher, thanked him for his presentation in fluent French. Thank you again Ian, not just for your talk, but for all the work you have done as a Course Leader and previous committee member.

Thanks also to those who willingly set up for the meeting and who helped with the ‘domestic duties’. Volunteers certainly make things run smoothly and are always appreciated.



Retiring Chairman Don McDonald and Ian Benporath

TOPICAL TALK



Trish Robinson reading her poetry.



Ukulele Group

The audience was delighted with the Topical Talk on November 7th, when Trish gave not only an interesting insight into how she works with clients to gather information to write their family histories, but also read some of the poetry she has written; poignant, humorous, and pertinent to the work she does. Thanks Trish. Trish's talk was followed by the inaugural performance of the Ukulele Group. What a treat it was to be entertained by this group, ably led by Richard O'Donohue, that was only formed this year. Many in the group have never played a ukulele before so the applause was well deserved. Thanks Richard.

CO-HOSTED TALK on MAKING INFORMED HOUSING DECISIONS

On November 20th Naturaliste U3A co-hosted with the Busselton Family Centre, an interesting and informative talk by Diane Marks from the Seniors' Housing Centre/ COTA. During her talk Diane gave a number of options regarding housing as we come to making important decisions about possibilities available to us as we age; issues around down-sizing and making our current homes more user friendly, being just two of a number of options discussed. Certainly the audience was given food for thought and it is likely our group could follow up with another talk, supported with information from Centrelink, next year.

NEW COURSE LEADERS' INFORMATION 2015

DRU YOGA – (Valerie Frearson-Lane)

I have been a student of yoga since 1992. In 2011 I 'discovered' Dru Yoga. Through attendance at weekly classes in Bunbury, at annual Dru Yoga Retreats in Margaret River, and more recently, as a participant in the Dru Yoga Teacher Training programme in Perth, I have developed a strong commitment to, and love for, this form of Yoga.

With a variety of careers 'in a previous life' and more recently for 20 years as a massage therapist and body worker, I am encouraged by the gentle wisdom of Dru

Yoga. It is heart-based yoga which will open your heart, strengthen your body, and ease your mind. Dru Yoga, which is ideal for older persons, offers yoga sequences and postures in a 'staged' way, enabling students to begin simply and within their comfort zone, and progress through the postures if their wellbeing enables this. It is my intention to offer Dru Yoga using the 'wisdom of the heart' as the foundation, and developing each lesson with a focus on a virtue - such as love, kindness, gratitude, generosity. Further information can be found on the Dru Yoga website at dru.com.au

Advite (Listen Up!!) LATIN for BEGINNERS – (Ted Witham)

I enjoyed learning Latin at school and Uni. Our teacher for five years was Mr Drok, a Dutchman who had spent the war firstly as a prisoner of the Germans and then as a prisoner of the Japanese. Sometimes the language lessons would be dropped in favour of lessons about life! Latin is a language where the rules are visible and mostly obeyed. Compared to English, the Latin language is like a house with exposed beams. You can see what holds it together and how it all works. Learning Latin appeals to the puzzle-solvers in us all. It gives us an insight into how all language works, and helps us become more persuasive and interesting speakers and writers.

In the course of Latin for Beginners at U3A in 2015, the main “beams” (nouns, verbs and simple sentences) will be explored, and we will dip into some of the amazing literature of the Romans which ranged from tender love poetry to raunchy ballads, from persuasive political speech-making to history-writing and above all, a legal and administrative expression which held a huge empire together.

INTO POETRY – (Gwyn Cracknell)

An introduction to the joys of poetry, how poetry is “caught not taught”. Questions to be explored will be “What is a poem?”, “What are poems about?” “What are poems for?” and “How can I write poetry?” Our aim will be to make poetry more accessible and more enjoyable. This entails not only reading but writing your own poetry.

We will range from primitive, traditional and playground verses to sophisticated sonnets and dramatic monologues, from the Third World to New York, from traditional to experimental, from domesticity to outer space, from personal to political. Poetry that will allow you to explore your relationship with yourself and other peoples, poetry for purely private consumption, poetry that doesn't wear its heart on its sleeve, poetry that doesn't limit itself to traditional forms and styles. However, if you still love your Chaucer, Shakespeare, Wordsworth, Keats, Browning, Robert Frost, Judith Wright... any of your favourites and your own compositions – all will be catered for.

Roses are red

Violets are blue

Most poems rhyme

This one doesn't.

NEWS FROM GROUPS

PAINTING for PLEASURE - (Pat Holyoake)

I have always enjoyed working with people and the 'Painting for Pleasure' groups have been great fun. My focus this year has been on introducing lots of different texture to our artworks – various texture pastes, different glues, sand, fabric, seeds, leaves, papers and patterns produced from mono-prints – the list could go on! These have been used to make some exciting collage paintings and participants, many of whom have had very little painting experience, have been able to produce interesting pieces of art. Next year, the focus will be on 'Drawing for Pleasure' and again, a variety of approaches will be offered.

Some of the course feedback that has been offered includes comments such as:

"You know the saying that 'anyone can paint'? Well now I know it's true."

"It has been a safe and inspiring environment in which to explore your creativity."

"Wonderful to be challenged by new ideas and techniques."

"This class has become very important to me in developing my confidence and self-esteem"



Joan Parke, Coralie Stanlake, Malcolm Jennings, Glenice Miller

Patti Leahy-Shrewsbury, Shirley Chartres, Gail Priest, Christina Marruffo.

MAH JONGG - (Wendy Beames)

The 'Twittering of the Birds' (usually describing the shuffling of Mah Jongg tiles) began tentatively at the beginning of 2010 with just five keen and interested players. In those days we played at one another's homes but, as we rapidly expanded, were looking for bigger premises.

We play the Chinese classical version of the game and our rules are taken from a book called *The Complete Book of Mah Jongg* by AD Millington, 1987 (ISBN 9780297813408).

The group has grown since those earlier days and we now have 25 members. We've been playing in the Fodder Room at the Artgeo Cultural Complex – Old Courthouse for three years and find it suits our needs well. Our sessions start around 1:45pm on Tuesdays with a mid-afternoon break for tea/coffee and biscuits. For those not sure of the Chinese game we give lessons and hand out information on the rules – especially for scoring.

We have a great mix of happy, generous and caring members who obviously enjoy their weekly game of Mah Jongg and the social opportunity it brings. These days, the 'Twittering of the Birds' and its accompanying interactions between participants, resounds joyfully from the ceiling in the Fodder Room.



Liz Rapsey, Mardi O'Malley, Linda Button, Jan Clarke

Wendy Beames – “getting everyone in order”.

PSYCHOLOGY CLASSICS – (Veronica Bre)

Psychology Classics met weekly for a two hour session. We enjoyed the hospitality of the Equinox the last term. In the class we used Tom Butler Bowden's 50 Psychology Classics as a reference book. Our format was to read a chapter in class and see how it fit into the psychology scheme. Each chapter was a summary of one of the published books of an eminent psychologist. Fifty psychologists are included in the book and so there is plenty of scope.

I have corresponded with Tom Butler Bowden and he said he is delighted that we are using his book in this way. He now lives in Oxford and he told me how his mum led courses for fifteen years at the Adelaide U3A until her death in 2012 and so he was familiar with the concept of U3A and the excellent work it does.

Last term we started off with a “Behaviourist”, followed by a “psychoanalyst” and learned how both these entirely different ways of describing and treating psychological problems fit into the big picture. We would discuss anything that anyone wanted to talk about, as long as it was psychology, as long as it was not about personal issues and as long as it was relevant to the text. When relating something relevant about another person it was always about “someone I know”, even if it was about oneself. We kept ourselves removed from emotional

issues in the class. It was an opportunity to discuss ideas and learn how people get along in the world. I was once asked why I did this and explained that I have always wanted to know how things work and that includes people!

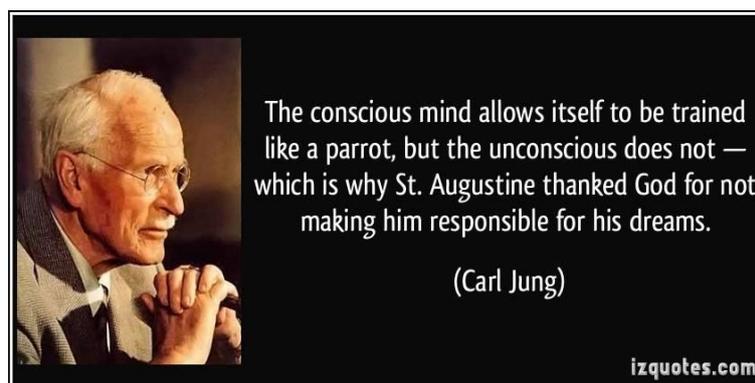
For the big picture we would start with Edward de Bono's GG3. The Great Greek Three, Socrates, Plato and Aristotle and develop the trends and schools of thought from then. They were around before the first century. Before that there was not much written material to go on. Of course Socrates did not write things down either and so we have to rely on his student, Plato's, interpretation of his knowledge. Modern psychology seems to have developed from the end of the second century to the present day.

We noted that all psychologists we looked at had different approaches and often we compared them to Carl G Jung. He tended to focus on how people manage to keep a balance along many continua of opposites.

We had a lot of fun and the last week was amazing for me. Everyone turned up, fourteen in all, and we all had lunch at the Equinox. Quite a few said they would like to continue and so I hope to see them next year at our new attempt to learn about psychology.

I have to say that it was rewarding for me. I find that when you are at university there is so much to learn and write about that you cram and learn only the skeleton of the subjects you study. It has been wonderful to be able to paddle around in the psychology ocean in the last few years to fill out some gaps in my knowledge. A doctor friend of mine agreed about University and said it is like you learn the words of the song. I thought that was a nice way of putting it and repeated this to a guest at one of our sessions who added that yes it was so and when you leave university you have yet to learn the melody! Wow! So true!

I understand that most people don't need to know about the workings of the mind and some do not know about the unconscious. To me it is fascinating.





Some members of the Psychology group at our recent Topical Talk:

Norm McDavitt, Cynthia Williamson, Pat Holyoake, Ken Holyoake, Veronica Bre, Trish Robinson, Christine McDonald

CALENDAR

February 6th 2015: ENROLMENT DAY and LEADERS' THANKYOU and WELCOME FUNCTION

As per this year, a thank you to leaders from 2014 courses and a welcome to new leaders function will be held at 4.00pm at the Busselton Family Centre, following enrolments. Invitations will be sent prior to the day.

On-line membership and enrolments are open already. Even if you have enrolled you are welcome to drop in on the day and say hello or to have questions about courses answered.

Tuesday 3rd March START of Naturaliste U3A SEMESTER 1 2015

Our Semester will formally start in March. Some courses will start on different dates and Course leaders will confirm with their members the actual dates of their particular course.

FEEDBACK

**Thank you, David, for forwarding our Spring Newsletter. Special thanks to both Editors - great, newsy, applicable, appropriate and so member orientated. Much appreciated, Cheers Creena Holly.*

NEXT EDITION: Autumn 2015 will feature articles on 'Getting to know your Committee' and U3A Online Courses

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