



The U3A Crier

NEWSLETTER OF NATURALISTE
UNIVERSITY OF THE THIRD AGE INC

Spring Edition 2015

EDITORIAL

While thinking about what we would put in the editorial for this edition of *The Crier* it was very fortuitous to receive, in a Linkwest Information Update, the news that this week is Adult Learners' Week (September 1-8)

'Adult Learners' Week (ALW) 2015, is coordinated by Adult Learning Australia, the peak body for Adult and Community Education. ALW celebrates lifelong learning, and is designed to not only increase awareness of adult learning opportunities across Australia, but to demonstrate the dynamic personal, social and professional benefits of adult learning through a range of celebrations, activities and events. This couldn't describe Naturaliste U3A better! Often it is difficult to answer the question about the 'University' part of our organisation, but to consider it to be a concept of participating in, and benefiting from, a wide range of activities that lead to lifelong learning is just what we do. Regardless of the courses we take and the Talks we go to, we are learning something and gaining from the interaction with others. So, we are sure there will be a rush on for the remainder of the year's events and for Enrolment Day next year. (Joan and Chris)

FROM THE CHAIR

Along with David and Chris McDonald, I recently attended an excellent seminar on 'The Power of Ageing' facilitated by U3AWA and attended the U3A Network's AGM that followed. This gave me a good chance to chat with members of other groups, as also happened at the Network 'Gathering' we held here earlier this year. Thus I feel confident in saying that we seem to have struck a really good balance between running courses, offering 'Topical Talks' and producing our 'seasonal' newsletter, *The Crier*.

The word must be spreading (keep it up) as we have had quite an amazing increase in new members this year, heading towards 200 at our last count. Of course these things don't just happen, so a big thank you to Course Leaders who work so well at maintaining and developing courses of interest. Thanks also to members who have strongly supported our Topical Talks, committed to participating in courses and in many cases are sampling 'new' things they never thought they would do. And of course, a very big thank you to others on the committee who keep everything running so well. (Joan Parke, Chairperson)

GETTING TO KNOW YOUR COMMITTEE

Jeanne stepped in to take the vacancy when Christina needed to withdraw from the committee and new members, in particular, will have been welcomed to our group by her when joining on-line.

Jeanne Dawson (Committee member)

I'm a late bloomer in the education stakes, having started my university course at the age of 30 (thankyou Mr Whitlam for abolishing uni fees!), juggling family, part-time jobs, and that sense that most mature age, first-in-family, female students seem to have of being a fraud, not a *real* student. However, the lecturers at the WA Institute of Technology English Department were wonderful – knowledgeable, approachable, encouraging, and inspiring – and I soon felt that I had found my natural habitat. I followed my first degree with an MA from Murdoch and a PhD from Curtin. Meanwhile I joined the ranks of academia, lecturing in Literature and Cultural Studies.

In 1993 I moved into the Curtin Business School's International programs to create and deliver communication management and research methods programs in Hong Kong, Singapore, Malaysia, and Indonesia and to consult in the Sultanate of Oman and the Republic of the Maldives. I later headed Curtin's Learning Centre, working mostly with international postgraduate students. I found this enormously rewarding and learnt so much from these exceptional young people.

I retired in 2013 and Trevor and I made the sea-change to beautiful Busselton. Trevor had a faint hope that I might churn out best-selling novels in my declining years, but apart from doing some online academic editing, I'm enjoying life without intellectual pressure, focusing on important things like gardening, the beach, and drinking Margaret River wine. However, I was delighted to discover and join U3A and to explore its opportunities for enjoyable, collaborative learning with like-minded life-long learners. Naturaliste U3A rocks!

U3A NETWORK SEMINAR

U3A (UWA) Seminar, *The Power of Ageing*, WA State Library, 22/7/15

Joan Parke, Christine and David McDonald met up with our immediate past Chairman, Don McDonald and Joan McDonald (see photo):



Chris McDonald, Joan McDonald, Joan Parke and Don McDonald at U3A (UWA) seminar

Following on from the Seminar Joan Parke represented *Naturaliste U3A* at the AGM of U3A Network WA Inc. Don McDonald, our previous delegate and Chairman, was elected Chairman. Christine McDonald has become a committee member.

At the Seminar we listened to talks from:

- Ken Marston, CEO of COTA WA.
- Greg Mahney, CEO of Advocare Inc.
- Associate Professor Christopher Etherton-Ber, Geriatrician at the WACHA.

Some information from the talks:

Council on the Ageing WA (COTA , WA)

- Their website, <http://www.cotawa.org.au/> provides excellent information, viz. *As the voice of seniors in Western Australia and a member of COTA Australia, our national organisation, COTA (WA) provides advice and assistance to government through regular meetings, submission and letter writing and media work.*

Anyone can join COTA irrespective of their age, background or where they live. For a low annual fee, you can become a member and enjoy the benefits of being part of the COTA community. (The single joining fee is \$34.)

- To find out more about becoming a COTA member call **1300 1400 50**

Advocare Inc

- The website, <http://www.advocare.org.au/> informs: *an independent, community based, not for profit organisation that supports and protects the rights of older people and people with disabilities.*

Contact details:

Unit 1/190 Abernethy Road, Belmont WA 6104 Phone: (08) 9479 7566
Elder Abuse Helpline: 1300 724 679

Join the mailing list: <http://www.advocare.org.au/newsletter/?standalone=true>

Western Australia Centre for Healthy Ageing (WACHA)

- The website, <https://www.perkins.org.au/wacha/> states: *Current projections indicate that older adults will represent 24 per cent of the Australian population in 2056...residential ...a key issue for older people in our rapidly ageing society, and:*
...to extend healthy lives, to prevent the onset of disabling illnesses, to find better ways to treat diseases common amongst older people and to improve the way health services are delivered.
...Be part of our research story and help us unlock the secrets to healthy ageing by volunteering to participate in one of our many research studies, e.g. Living with Alzheimer's disease: Enquiries - Contact: 9224 2750 or wacha@uwa.edu.au

In Summary:

We encourage Members to Join COTA as this is our advocacy group with Government!
(Joan, Christine and David) Thanks David.

AROUND THE GROUPS

MUSIC APPRECIATION: Leaders John Slee and David McDonald

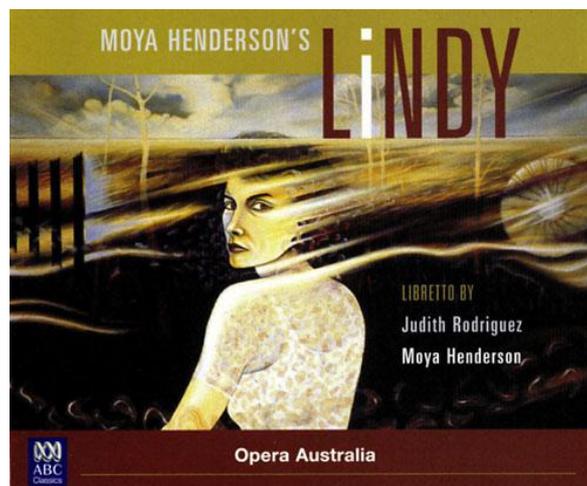
This course has been running for many years and attracts on average 25 members per session. John Slee runs the First Semester sessions from his home in Dunsborough. His excellent audio equipment, his knowledge of classical music and his droll humour ensure that each session is great fun.

Second Semester Sessions are conducted from my home. Following on from last year we will continue working through Rosalind Appleby's book, *Women of Note - The Rise of Australian Women Composers* (Fremantle Press, 2012).

Highlights of the program include:

- Helen Gifford: *Choral Scenes. The Western Front, World War 1*. This work, written for the Australia Council and the Melbourne based Astra Choir, was first performed in 1999. It is a collection of poems written by combatants (from both sides) and skilfully set to music by Gifford. We will also hear Gifford's piano meditation, *Menin Gate* (the memorial in Ypres, Belgium, for our missing soldiers from World War 1). Very modern and very moving.
- Selections from Moya Henderson's Opera *Lindy*, based on the conviction (and subsequent reversal) of Lindy Chamberlain for the murder of her daughter Azaria. In the cover notes to the CD* Henderson explains why she was drawn to the tragic story, "It suits my style to create a work which plays off the sacred against the profane, the ingenuous tenderness of the individual against the irrational rage of the mob". The libretto by Judith Rodriguez draws heavily on court room dialogue. The whole work is extremely emotional.

* CD: ABC Classics 476 7489



Members who have not enrolled but who wish to sample a program are welcome. Please let me know if you would like to attend a session.

David McDonald (9752 3013)

MAH JONGG Leader: Wendy Beames

Mah Jongg update.

In May, due to increased numbers, the Mah Jongg group moved into bigger, more convenient premises – the Salvation Army Hall in Kent Street.

Members are enjoying having a lot more elbow room and the new tables, purchased by NatU3A with a grant from the City of Busselton, are great to play on!

The group has 29 members now, with an average of 20 turning up to play each week.



Pictured enjoying the afternoon are (foreground - from left) Jen Baker, Judy Stainton, Wendy Beames (leader) and Graeme Stainton.

CIRCLE DANCE Leader: Jacqui Rawling

What fun we have had at Circle Dance with cries of dismay when Jacqui reminded us that the following week would be the last of the current course! Not only did we enjoy the challenge of 'getting our feet to get the message from the brain' (a commonly heard comment), we enjoyed the dances themselves, the music they were choreographed to and the stories about where they came from. The room buzzed with chatter as the group finished each session with a cuppa and got to know each other. Thanks Jacqui, we are looking forward to next year!



INTO POETRY Leader: Gwyn Cracknell

Progris Riport # 2

Interest in poetry has progressed to a class of ten! However, due to winter travels and surgery our potential has still to be realised.

In First Semester the "Historical " approach took us from pre-print Traditional ballads to Chaucer, Shakespeare, The Romantic Poets (Wordsworth, Keats, Shelley etc) on to Pope 18th and Browning 19th centuries.

Topical poetry came with Easter, Anzac Day (war poetry 1st and 2nd) and AFL Football. Colin as our resident Bush balladist keeps us entertained with Australiana. Wendy has led us from Les Murray's "Killing the Black Dog" to Dylan Thomas's "Under Milkwood". Australian poetry has ranged from Banjo Paterson, Henry Lawson and Dorothea Mackellar to Judith Wright, Kenneth Slessor, A.D Hope, James McAuley and Bruce Dawe.

From first Semester everyone has consulted their poetic muse and composed their own poetry, including this one from Christine McDonald:

Love of Singing on a Swing

When just thirteen two girls on swings

Swung their legs backwards and forwards.

Their voices in harmony happened so naturally,

Without tuition or help other ways.

Carefree to enjoy the park with its trees and open spaces,

Their sound without thought that others might hear.

Wooden Heart was a favourite and Ave Maria.

Other songs, if any, forgotten over the passing of years.

A beautiful memory of friendship,

Before the preoccupation of crushes on boys.

Christine M Buzzard (McDonald)

CALL FOR NEW COURSE LEADERS

It's that time of the year again - yes, time flies by. How lucky we have been with members who have been prepared to run a variety of courses; a number of which have become regulars on offer for some time, and each year some new ones emerge. If you would like to put up your hand to offer a course please contact David McDonald on 97523013 and discuss your ideas or get further information from him. Thank you to those who have already expressed interest.

One of those who is offering a very interesting course is Dr Dennis Gee. He is an eminent Australian geologist and aside from mineral exploration, his geological interests range from Precambrian crustal evolution, to contemporary landscape evolution. Recently he has delved into the voluminous and often contradictory reservoir of climate science. The course he is offering is titled *Geological Perspectives* and promises to be one to look forward to.

More details on this and other new leaders and courses will be mentioned in our Summer *Crier*.

REMINDERS

TOPICAL TALK: Modifying your Home (COTA) and Financial information from Centrelink

Friday September 18th, 1.30 – 3.30 pm, Busselton Family Centre, Kent St, Busselton

RSVPs appreciated to help with knowing at least approximate numbers to set up for and refreshments (Joan, 97524669 or 0410667696). This event is **free** to members of Naturaliste U3A; a gold coin from visitors for refreshments please.

ANNUAL GENERAL MEETING: Friday October 23rd 2015

Please mark this date in your diaries, on your calendars, in your phones!! Of course information will be sent out closer to the date but a good attendance is needed to ensure a quorum can be formed. Ideas are in the pipeline to make sure that this will be a very interesting event.

SNIPPETS

Joan and Barbara were able to hand deliver to Susan Ley (Federal Minister for Health) a letter of support from Naturaliste U3A for the BHAS request for funding to assist with ongoing research. Nola Marino was also forwarded a copy. This action arose from the Topical Talk given by Dr Michael Hunter earlier this year.

CONDOLENCES

Sincere condolences are sent to MargTickle and family on the passing away of Phil.

FEEDBACK

Your feedback regarding the newsletter, courses, events, is welcome, as are contributions.

Contact details:

Post to: The Editors, *The Crier*, PO Box 1792, Busselton, WA 6280

Email: admin@u3anaturaliste.com.au

Phone: Joan Parke 9752 4769 Christine McDonald 9752 3013

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