



# The U3A Crier

NEWSLETTER OF NATURALISTE  
UNIVERSITY OF THE THIRD AGE INC  
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## FROM THE EDITORS

How the year seems to be flying by and Mother Nature is aiding this illusion by sending signs of an early Spring. This year's new initiative from the committee of adding Topical Talks to our regular programme of 2 general meetings and an AGM per year, has proved to be very popular. The groups, too, have been busy with lots of action already happening this new semester. It is always a bit tricky in Semester 2 for leaders to present courses, and for participants to attend all sessions, as it is the time when 'U3Aers' are still on the move heading somewhere north of this region – if not for pleasure, at least as far as Perth where the orthopaedic surgeons are kept busy fixing knees, hips, shoulders that have ached far more in the colder weather! But it seems that considerable effort is being made by members to do their best to get to as many course sessions as possible – they are too interesting to miss! It certainly appears that most of us are not yet ready to really 'slow down' - but isn't there a saying that 'it is better to wear out than to rust out'?? (Joan and Christine).

## FROM THE CHAIR

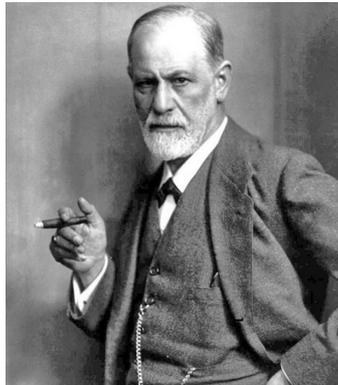
Again, for this semester we have a great range of courses - thanks to the leaders who present them and the participants who make them viable. Courses have been the essence of Naturaliste U3A throughout our five years, but many U3A's succeed without relying on courses. Your committee intends to maintain our strength in courses, but as membership has declined slightly over the last 2 or 3 years, we have decided to offer more group functions, such as the recent Topical Talks on the new Busselton Hospital and Computer Security. Members are welcome to make suggestions for further events, to be considered by the new committee which will be elected at our AGM on 17<sup>th</sup> October. (Don McDonald)

## COURSES

For Semester 2 we originally had 18 courses on offer, with 119 members enrolled in 207 classes. Unfortunately Joan Parke had to postpone her two courses, hopefully she can offer them again next year. The end result is 16 courses on offer and 116 members enrolled in 197 classes. A pretty respectable result. (Richard Liston)

## AROUND THE GROUPS

### FREUD FOR BEGINNERS



During this semester John Watt and a small band of intrepid souls are risking a foray into the mind of Sigmund Freud, one of the most strikingly original and controversial thinkers and psychotherapists of the relatively recent past. On the expedition they have been facing, and will continue to face, a wide range of dangers: oral fixation, the origins during toilet-training of the anal-retentive personality, the Oedipus Complex, penis envy, the Death Wish, and no doubt other equally alarming threats. So far their sanity has been holding up reasonably well, but they still have a wide stretch of this wilderness territory to traverse. In the meantime any of the group would no doubt be happy to interpret any dream you would like to describe, working on Freud's principle that most adult dreams are disguised expressions of repressed sexual fantasies!

(Internet: [sigmund freud pictures free](#))

*(When John handed me the photo of Freud, I commented that it was one of those pictures where the eyes seemed to follow you no matter where you moved. John, quick-witted as always, replied, "He knows what you are thinking, too!" Hmmm, the group sessions must be very interesting. Joan)*

### CRYPTIC CROSSWORDS

There have been three groups of Cryptic Crossword solvers in U3A and we all enjoy stretching our imagination and powers of lateral thinking to reveal the correct answer.

Working on the crosswords in a group is an excellent way to learn and to grapple with the devious nature of the crossword setters.

We have an ongoing ad hoc group who meet on Wednesday afternoons and I am delighted to report that we have graduated to the devilish LB crossword from the Sunday Times!  
*(Christina Marruffo)*

*(Members might like to follow this up by tuning in to the ABC's Radio National programme, 'Sunday Extra' where you can listen to David Astle's cryptic clue for the day at 7.40 am (followed later by the answer). David writes cryptic clues for 'The Age' newspaper. Otherwise, you can log on to Radio National 'Sunday Extra' where you will also find past cryptic clues and anagrams.)*

## CIRCLE DANCE

"All My Life's a Circle" circle dance group met for the first time on 22 August at the Family Centre. There are twelve ladies enrolled in the course. The dances I've chosen are modern choreographies, mostly from the UK. I'm using steps and movements which, hopefully, are easy on our hips and knees. We are using the title of the music and dance as our theme because all of life is a circle, many times events or people are repeated during our life-times.

We dance for an hour then have a cuppa and a chat for 30 minutes, and already new friendships are forming. This course is running for four weeks, but if there is enough interest I plan to run it again in 2015.

So I hope we all keep dancing for a long time into the future. *(Jacqui Rawling)*



Coralie Stanlake, Cathy Oldman, Peg Smith, Cynthia Williamson, Joan Parke, Libby Hornibrook, Evelyn Jennings, Jill Goddard . *(dancers at our first session)*

## RELIGION

There were 21 enrolled in Semester 1 with an average attendance of about 15. People were very engaged in the subject. We had an overview of the 'big' (in number) religions from India, China and the monotheistic religions. Participants were surprised to learn that Yoruba from West Africa and the east coast of the Americas was still so widely practised. The group chose the order in which we explored the different religions and added some extras like the New Atheists. Partly because of the size of the group and partly because they were just so much to cover, people were disappointed that there was not enough time for discussion. For example, they would have liked more time to discuss contemporary Islam and politics.

**Below are some of the comments from Semester 1 participants' evaluations.** *(Ted Witham)*

- \* An excellent presentation on a difficult subject – unbiased and well-researched.
- \* The wide coverage of such a number of diverse religions. I now have a much better understanding of religions of which, previously I knew very little. I really appreciated the amount of time and knowledge that had been used in the preparation of each class.
- \* The hour lesson went very fast, and after the presentation when interesting discussions had to be cut short due to time restraints.
- \* Most interesting to find so many variations of beliefs held by so many different peoples., indicating a deep need for people to have that base of belief, or superstition?, in their lives.
- \* It has been an eye opener for me to realise just how many variations on a theme there are in the world around us. It has shown a very clear need for peoples to have a system of beliefs to cope with the vagaries of fortune that surround us, and to give meaning to our lives.



Some food for thought on a deep and meaningful statement here!!!

### **TOPICAL TALK – ‘Computer Security’**

A good number of members, plus some visitors, attended a great talk by Sam Kennedy from Computer West on the topic of computer security. The information he delivered was most interesting and he competently answered a range of pertinent questions from the audience. It seems that some of those at the talk almost followed him out the door to put into place some of the advice he offered, and others were putting into practice some of his new security strategies soon after! Thanks Sam.



## GENERAL MEETING and Guest Speaker

With very little 'meeting news', we were lucky to get straight into Professor David Thorne's talk on the topical issue of Palliative Care and the making of Advanced Care Directives. What a wonderful session it was, with David's sense of humour and compassion coming through the wealth of information he gave us. Many thoughtful questions were asked by members in the audience and were well answered. Apart from U3A members there were a number of visitors at the talk, and many of those were volunteers and workers from the Busselton Hospice. It is heartening to see the interest in this topic and the considerable choices that people now have as they face issues surrounding the ageing process.

A heartfelt vote of thanks was given to David by Creena Holly.



Ted Witham, Mary Caporn, Marg Tickle enjoying a moment with David after the talk.

## CALENDAR

**\*[Annual General Meeting](#) Friday October 17<sup>th</sup> 2- 4pm at the Busselton Family Centre, Kent St:** meeting, office bearers for 2015 committee, plus **guest speaker Ian Benporath** who will speak on the topic '*Journeys with a Foreign Language*,' followed by afternoon tea.

**\*[Topical Talk and Ukulele Performance](#) Friday 7<sup>th</sup> November 2-4pm at the Busselton Family Centre, Kent St.** Trish Robinson will present a talk on documenting family histories (plus more, as you can see below). This will be followed by a performance from the Ukulele group, formed this year under the tuition of Richard O'Donohue. Light refreshments.

### "Trish Tells Tales"

Trish Robinson is an oral historian, writer and poet. Her business "Your Life, Your Story" was established 15 years ago to capture those wonderful stories that we all wish we had the time or the skills to write to pass on to our children.

Trish continues to document family stories and local histories for metropolitan and country clients throughout WA.

At this talk, Trish will share with U3A members two of her passions - capturing oral history and penning poetry.

### Ukulele Group

The beat goes on, each Tuesday, at the second ukulele course. Enthusiastic participants are increasing their knowledge of strumming patterns and chords and trying a variety of songs: Calypso, folk, blues, rock, even a touch of classics, on the menu. The longer term aim is to start a permanent ukulele group.

**Our first public performance will be on this day (7/11/14).** We hope you enjoy listening to us as much as we enjoy playing our 'ukes'. (Richard)

***NB** This is the last of our Topical Talks for 2014. These have been very successful and we will be keen to follow up with such talks next year.*

### NOTICE BOARD

\*Barbara Taylor has forwarded the following two websites that many of you might find interesting in terms of facing the transition of moving into smaller, easier to manage homes and of course, the importance of staying active. **Moving to a Smaller Home, and Decluttering a Lifetime of Belongings** [http://www.nytimes.com/2014/08/23/your-money/moving-to-a-smaller-home-and-decluttering-a-lifetime-of-belongings.html?smid=nytcore-ipad-share&smprod=nytcore-ipad&\\_r=0](http://www.nytimes.com/2014/08/23/your-money/moving-to-a-smaller-home-and-decluttering-a-lifetime-of-belongings.html?smid=nytcore-ipad-share&smprod=nytcore-ipad&_r=0)

**Walk well. Age well.** <http://www.oversixty.com.au/health/health/2014/08/walk-well-age-well.aspx>

\*We have a request originating from the Val Lishman Foundation for anyone in our group who may have a PhD related to autism and would like to assist in research in that area or knows of someone who could be interested. If so, please contact Don McDonald on 0414.711.815 for further details.

\* Valerie Frearson-Lane would like to put out a request to those who enjoy fishing, to make sure that if they catch any blowfish to make sure that they are binned rather than just left on the beach. There have been a number of instances where dogs have found and eaten these fish with very dire consequences. Thanks.

### FEEDBACK/LETTERS

Feedback regarding *The Crier*, letters, a pat on the back for courses, or any queries you have are welcome and can be sent to the Editors via email : [admin@u3anaturaliste.com.au](mailto:admin@u3anaturaliste.com.au) or by post to Naturaliste U3A, PO Box 1792, Busselton WA 6280

***We trust that you have enjoyed this newsletter. Thanks to all those who have contributed. (Joan and Christine)***