



The U3A Crier

NEWSLETTER OF NATURALISTE UNIVERSITY OF THE THIRD AGE INC Summer Edition 2016

EDITORIAL

Many thanks to those who, during the year, have contributed to *The Crier*. Whether through providing information, making suggestions or proof-reading, it certainly makes it easier with your involvement.

As you will see, it has been a big year for Naturaliste U3A and we hope you enjoy reading about some of the different events and Course activities. A glance over the Courses on offer for Semester 1 next year shows we will be off to a good start. It is always fun when courses resume or new ones begin, catching up with familiar faces and completing conversations started previously!

Good wishes for a happy Christmas and a fulfilling New Year. **(Joan and Chris)**

FROM THE CHAIR

As 2016 draws to a close it is interesting to look back over the year and see just how much has been achieved! Our members, touching 220, have had the opportunity to attend from a selection of some 41 courses, to listen to four Topical Talks on a range of topics, to meet up with others at our Enrolment days and the Show Case and AGM. Members of the Committee have been involved in attending the U3A Network Conference in Perth, sharing ideas and learning from other groups, and in attending training workshops related to incorporating new Government requirements regarding Constitutional changes. We have a Planning Day coming up on the 16th December where we will be putting the information we have gained into place with our Constitution and drawing up plans for the coming year.

As you will see when you read the information soon to arrive regarding courses for 2017, again we have an interesting range on offer. Thanks go to leaders offering on-going courses and others coming forward with some new ones.

I would like to give a special thanks to Christine McDonald, who has now stood down from the Committee, for the work she has put in over a number of years. She has also been our representative on the U3A Network committee and this has involved trips to Perth to attend meetings and has been Co-editor of *The Crier*.

Thank you all for your support of Naturaliste U3A and participation in what our group has to offer. Many of you are 'spreading the word' and this is reflected in our growing numbers and awareness in the community of what things we do to help us have satisfying, stimulating and interactive lives. Best wishes for an enjoyable festive season. **Joan Parke (President)**

KNOW YOUR COMMITTEE

Naturaliste U3A has been fortunate in being able to welcome two new members to the Committee for this coming year. Cathy Oldman came on board a couple of months ago to fill a space left by Jeanne Dawson who needed to resign. She has now been elected to the Committee formally. Lorraine Watts will be known to some of you already because of the Transition to Retirement courses she led this year. Both bring a wealth of skills to our organisation as well a commitment to, and enjoyment in, being involved in the various activities we offer.

Cathy Oldman

My husband and I retired to Busselton in January 2010, following our migration from the South of England.

We have a daughter and two granddaughters living in Perth, but decided after a working life near London we wanted a more gentele life by the sea. We have another daughter and her Australian husband still in the UK, with three more granddaughters there. We hope they will be here with us in the coming years. We have just spent a few months there with them this winter. The world is really getting smaller.

I have been a member of NU3A since 2010 participating in many courses over the years, but have become an avid Dru Yoga Practitioner and Circle Dancer for the last two years. Thank you Valerie and Jacqui.

During my working life I was fortunate enough to be the elected Staff Governor of Croydon College, the third largest Further Education College in the UK, which gave me an insight into ensuring policies and procedure were compliant with the legislation of the day.

Since retiring here I have been involved in voluntary work in Busselton, previously being Secretary to the Festival of Busselton Committee for four years and a Committee Member for the Geographe Catchment Council for four years. These activities have allowed me to get to know many organisations, groups and individuals in Busselton and the surrounding area.

Like many of us I try to keep fit by joining a local walking group and Aqua Zumba sessions at the local Leisure Centre. My interests are varied, from Book Club to natural resources and feel I am privileged to live in such a beautiful environment

Being fortunate enough to be on the Committee of NU3A it is my hope that my understanding of compliance and financial control will be of use in taking the organisation further. **(Cathy Oldman)**

Lorraine Watts

My husband Tom and I relocated to Busselton in 2010 after enjoying holidays in the South West over many years.

Prior to 2010, I was a Senior Policy Officer at the WA Department for Communities however, for most of my career was a Regional Employment Coordinator for the WA Department of Education and Training.

This role involved traveling throughout much of regional Western Australia and working with many not-for-profit organisations to develop employment, education and training strategies for these communities.

I have a Graduate Certificate in Management from Curtin University and a Graduate Certificate in Professional Writing from Edith Cowan University.

I have three adult sons and two young grandsons and enjoy blogging, researching information about retirees, photography, dining out and engaging with others in U3A.
(Lorraine Watts)

AROUND THE GROUPS

Textile Art: Leader Helen Wheeler



Helen with samples of participants' work.



Rosemary Keynes with some of her pieces.



More samples from our Showcase Day display.

During late August, early September and October (6 sessions) the group of Textile Art participants worked on producing designs on and with fabrics.

To begin with, the magic of Vliesofix (a fusible film) allowed for pieces of fabric to be quickly and easily attached to a background fabric. This could then be enhanced with stitching (by hand or machine), beading or other items to add texture and interest. We created the beginnings of 3 pieces of work using this technique: one using a geometric shape as the basis; another using a curved shape, curved lines and texture; and another using foil as the main medium.

More magic happened when we converted a perfectly plain piece of calico fabric into a pastel multi-coloured picture of a collection of fruit –the technique involved tracing the design onto the piece of calico with a permanent black marker then painting with transparent fabric paints. Dampening the fabric first allowed the colours to bleed into each other creating interesting effects.

Our final activity was the creation of a little embroidered landscape featuring our own painted background fabric, permanent marking pens, embroidered knots and free cut circles for flowers in the foreground.

For most of the activities participants were provided with a kit containing a selection of colour coordinated items (such as matt and sheer fabrics, beads, buttons, textured yarns, ribbon and lace) that could be used to create their artwork. The classes could only be an inspiration and starting point as this type of work generally requires a good deal of time. Those who were able to make time to continue working at home were able to complete several lovely little pieces of work.

We barely scratched the surface of the many techniques that can be used to produce textile art so watch this space for something similar next year. **(Helen)**

Transition to Retirement: Leader Lorraine Watts

The Transition to Retirement Course ran in Semesters 1 and 2 in 2016 with a total of nine enthusiastic participants. In Semester One we met at Stilt's in Broadwater but in Semester Two we used and enjoyed the facilities at the Busselton Family Centre.

Topics discussed included: the different stages in retirement; thoughts about identity and purpose; looking at how we use our time; positive thinking habits; creativity; networks and issues around estate planning plus more.

The feedback from participants was positive and attendance was excellent. A few people suggested a name change and that was taken on board; the course will be continued in 2017 and will be called **Retired, now what?**

It doesn't matter how long you have been retired; it is always good to take stock to see if you have found yourself in a rut or if you are living out your retirement dreams. **(Lorraine)**

Into Drama: Leader Gwyn Cracknell

Semester 1, 2016 Into Drama commenced in March with 18 enrolments, which included past and present Thespians. Numbers have now settled to 15 averaging 9/10 attendees.

Marg Winchcombe and Vivienne Page performed in the "Wild Capers" production of "*The Newspaper of Claremont Street*", based on Elizabeth Jolly's novel.

David Williamson's "*The Removalists*", our first reading, presented a powerful comment on Australia's male chauvinism and police violence while Louis Nowra's delightful "*Così*" asked the big questions about who is sane or insane with his play centred on a mental institution's

production of Mozart's "*Così fan tutte*". On to the entertaining Shakespearean comedy, "*The Taming of the Shrew*," where traditional (400 years ago) views of arranged marriages were seriously questioned and laughed over.

From comedy to tragedy with Arthur Miller's famed "*The Crucible*", based on the infamous Witch Trials of Salem in Massachusetts, Miller's powerful warning on the McCarthyism of the anti-communist movement in the USA.

All participants enthusiastically projected themselves into the lives of their dramatic characters as we brought these great plays to life, that is, we had fun while being intellectually stimulated by great dramatists.

Semester 2 From tragedy to comedy: Tom Stoppard's "*Rozencrantz and Guildenstern are Dead*"; based on Shakespeare's, "*Hamlet*", provided us with plenty of laughs based on dramatic irony and Stoppard's wit. Then to Ibsen's melodramatic tragedy "*Hedda Gabler*". From Norway back to West Australia with local traditional melodrama from Peter Flanigan's "*Black Revenge*" and Jack Davis's "*No Sugar*" providing insight into the 30's government's approach for "protection" of indigenous Australians centred on Northam and the Moore River Native Settlement near Mogumber. Back to Louis Nowra's "*Inside the Island*" for a portrayal of the mechanics of power with a matriarchal imitation of English society set in NSW during an outbreak of madness. **(Gwyn)**

Book Club: Leader Joan Parke

We have had an interesting year's reading, encountering quite a range of books; some of which were enjoyed by the majority of the group, a couple that were almost universally disliked and others receiving mixed responses. One of the good things about a Book Club is that it takes us out of our comfort zones and gives an opportunity to read something different from our usual fare. However, we have been known to apply the '30 page rule' that 'suggests' that if not into the book by then it is ok to leave it for one of greater appeal. I guess we are at an age where there are still too many good books left to read than to spend time on one that is just not worth the eye strain. Although, some books have survived the challenge of persevering with.

For a few years now we have been hiring our books from 'Book Talk' in Mandurah and occasionally supplementing with extra books from the Busselton Library's bulk loan scheme. This has worked well. Our favourite books for the year have been 'The Unlikely Pilgrimage of Harold Fry' by Rachel Joyce (especially if followed up by what is a companion book, 'The Love Song of Queenie Hennessey') and 'Year of Wonders' by Geraldine Brooks. A popular book with the group last year was the West Australian novel, 'The Light Between Oceans' by M.L. Stedman, which has now been made into a film and has been showing at the Orana Cinema. Our least favourite book was 'Red House' by Mark Haddon.

Thanks must go to Suzanne Beggs who has hosted the Book Club at her place this year and to Jean Dawson who has spoiled us with her homemade goodies for afternoon tea.

I have enjoyed facilitating Book Club very much but this coming year a small team will share the pleasure. **(Joan)**

UPCOMING: the FRENCH groups

Those who are keen to learn French and/or are looking for an opportunity to practise their French conversation will be pleased to see that Ian Benporath, who has conducted a number of courses in previous years, is offering a 'French Beginners' class as well as a 'Conversation (Advanced)' class for experienced speakers of French.

Added to this, Elizabeth Home who is new to Nat U3A, is offering a 'French - Conversation, coffee and croissant' informal group for those who would like to enjoy practising new skills or refreshing previous learning. Elizabeth has lived and worked in Paris and more recently has facilitated similar groups in Fremantle.

Details will be in the course outlines that should arrive very soon.

COURSES SEMESTER 1 2017

I am pleased to advise you that there are 25 courses on offer for next semester:

Blogging for Beginners (WordPress)
Book Club
Circle Dance Afternoon, May 5th
Creating Collage Art
Creative Writing
Crochet for Beginners
Dru Yoga (Monday Class)
Dru Yoga (Tuesday Class)
French - Beginners
French – Conversation (Advanced)
French – Conversation, Coffee & Croissants
Geological Perspectives
Into Drama
Latin – Intermediate
Let's Talk – Discussion Groups
Let's Walk & Talk
Love Your Garden
Mah Jongg
Music Appreciation
Psychology Classics
Retired, now what?
Tap Dancing for Beginners
Tap Dancing (Advanced Class)
The Enneagram
Write Your Autobiography

The full details are available on our Website: <http://u3anaturaliste.com.au/>

Members will also receive a personal copy by email or post.

Enrolment is best made through the Website or by post before enrolment day Friday 3/2/17. However members are welcome to enrol in person on the day and get to talk to some of the Course leaders, from 2pm – 4pm at the Busselton Family Centre, 19-21, Kent St, Busselton.

David McDonald (Course Coordinator)

ANNUAL GENERAL MEETING and SHOWCASE

The Annual General Meeting and Showcase, held on Friday 14th October, was a great success! Not only did we have a quorum, but we also had a number of visitors come to the Showcase part of the day who were interested in finding out about our group; some keen to get signed up as members. Course leaders made good use of displaying and promoting their courses, the 'Into Drama' group acted out an amusing skit; the Circle Dancers performed like seasoned troupers; the Mah Jongg players stayed focused amidst the chatter and laughter going on around them.

This format of Showcasing what is happening in Naturaliste U3A prior to the AGM seems to be one that is successful on many levels and certainly brings to all of us a big picture of the Nat U3A group.



Members of the Mah Jongg group gave the game their full attention!



Pat Holyoake, and Ken, manned the Psychology display and Pat was on hand to talk about the Art and Enneagram groups that she runs throughout the year.

TOPICAL TALK

Richard Rennie, from the Sound and Light Discovery Centre in Perth, rounded off this year's talks with a very interesting presentation and display. On this occasion the focus was on very early recordings and phonograph equipment and Richard included a re-creation of a speech by Sir John Forrest, as demonstrated by Professor Archibald in WA in 1891, and played live on an Edison cylinder Phonograph. The sound quality was amazing.



CALENDAR Diaries ready....

Information on website: This will be available from December 5th.

Enrolment day: FRIDAY FEB 3rd 2017 2.00-4.00pm at the Busselton Family Centre, Kent St, Busselton. For those who will be enrolling in person, or who want to come along, have a chat, meet Course leaders. On-line enrollees can do so prior to this date.

Leaders function: FRIDAY FEB 3rd 2017 4.30 – 6.00pm at the Busselton Family Centre. It has become the custom for the Committee to hold a Thank you function for this year's Course leaders and a Welcome to new Course leaders, following the enrolment session. Invitations to leaders and their partners will be forwarded early in the New Year.

SNIPPETS

*Members may be interested in finding out details about the Bunbury Summer School which takes place over 2 weeks in January and offers a series of short courses on various subjects for all ages. It runs out of the Stirling Street Arts Centre and is a not for profit organisation. For further information please contact Sue Dennis, Co-ordinator, on 9791 1256/ 0498 011256 or email summerschool@stirlingstreetarts.com.au

* Julie Howes, Community Services Co-ordinator from BESS Home and Community Care, Busselton, has forwarded an invitation from the organisers of the South West Harmony Festival in Bunbury, March 2017, for those who may be interested in being a **volunteer** at the festival. Featuring cooking, music, dance and art this year's Harmony Day was an amazing event. For further information please contact Tessa Phipps on tessap@satterley.com.au or Julie on julianne@bess.org.au

* Grrrr! If you get an email that looks convincingly like one from Telstra that tells you have paid an account twice and to forward contact details for a refund (the figure is commonly \$202.42) DON'T DO IT! Block sender. A scam that has been making the rounds.

FEEDBACK

A nice one from Gillian Hartley in response to the *Spring Crier*: 'This is the best newsletter of any of the clubs I belong'. Thanks Gillian, hope you continue to enjoy our newsletter.

As always, your feedback regarding the newsletter, courses or events is welcome, as are contributions.

CONTACT DETAILS

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The hard copy version of this newsletter has been printed courtesy of the office of Libby Mettam, MLA