



# *The U3A Crier*

NEWSLETTER OF NATURALISTE  
UNIVERSITY OF THE THIRD AGE INC

Volume 1, Number 3, August 2013

## HEAR YE, HEAR YE, OUR MIDYEAR NEWSLETTER

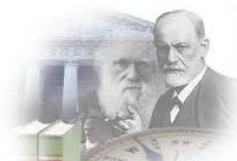
Hello and welcome to this our third edition of our Naturaliste U3A newsletter which like our previous editions which had one of our dynamic courses as its theme, this edition is flavoured by the Psychology group. As you would be aware, psychology is the science of the mind so this edition will allow you to challenge your own mind in different ways.

Many of our second semester courses are under way with those attending understandably enjoying them.

From this edition of '*The U3A Crier*', members can expect to read a little about what goes on behind the scenes of this great university branch with brief reports from the Executive Committee and the Treasurer so that members who do not frequent the general meetings can have an understanding of our present and future plans and activities.

As with this edition, member contributions are most welcome and it is hoped that this edition brings all its readers a few smiles, a little news and enjoyable reading.

### REVERSE PSYCHOLOGY



## What is Psychology? <sup>The E</sup>

Again this semester, U3A has a psychology group enjoying the many challenges that this science brings. What then is psychology? Psychology is the scientific study of the mind and behaviour. Psychology is a multifaceted discipline and includes many sub-fields of study areas such as human development, sports, health, clinical, social behaviour and cognitive processes.

Psychology is really a very new science, with most advances happening over the past 150 years or so. However, its origins can be traced back to ancient Greece, 400 – 500 years BC. The emphasis was a philosophical one, with great thinkers such as Socrates influencing Plato, who in turn influenced Aristotle.

### *Newsletter Contributions*

A big and grateful thanks to all our members who took the time and trouble to contribute to their newsletter. It makes my task so much easier but above all, it reflects the sentiments of the membership. **The Editor**



"And mark it 'strictly confidential', I want everybody to read it."

### Something to Ponder when Gardening

Plant three rows of peas - Preparedness, politeness, and perseverance.

Next to them plant three rows of squash -

Squash gossip, squash criticism and squash indifference.

Then plant four rows of lettuce - Let us be faithful, let us be unselfish, let us be helpful and let us care for one another.

And no garden is complete without turnips-

Turn up to U3A meetings, turn up with determination and turn up with a smile.



## A WORD FROM OUR VICE CHAIRMAN

2013 Vice Chairman David McDonald

Hello to all,

Don & Joan McDonald are currently holidaying in Victoria until 6/9/13 and so the job of penning a report has fallen upon my shoulders.

### Some recent events:

Christine and I attended the U3A (UWA) Seminar – *Australia: A Sense of Place in the 21<sup>st</sup> Century* held at UWA on 3/7/13. Absolutely top speakers! The Seminar was great value @ \$30/head – inclusive of morning tea and lunch. This is the second year we have been and we recommend you think about going to next year's.

After the seminar I attended the AGM for U3A Network WA Inc (as proxy for Don). Peter Flannigan (Chair) reported receiving help from the Ministry for Regions for printing and expects that money from Royalties for Regions will become available to U3A in the future. Secretary Norma Vaughan has sent out details of U3A activities to the various seniors' Councils. Don McDonald was re-elected as Treasurer. Peter Flannigan remains Chairman and says he plans to visit the South West in the near future.

Website: Richard Liston and Warwick Rowell are working with Website designer Leanne Williamson. The layout of the Leading Page has been agreed on. Once our Website is operating one advantage will be to streamline enrolments.

Enrolment Day: I thank those committee members and leaders who attended to help with the physical enrolments on 14/6/13. Most enrolments are done by post, and very few members actually presented on the day. Once the Website is functioning we can expect Enrolment Day numbers to be even less. We will plan the best way in the future to provide face to face consultation for members with leaders to discuss questions about their courses.

Dialogue with Cape Care: We have begun talking to Margaret Brash from Cape Care. There is a need for U3A to provide stimulating courses at Cape Care and similar facilities. Secretary Creena Holly comments that a lot of our older members find it very difficult to get out and a few of them have also lost their licences due to Glaucoma and Macular Degeneration. She thinks that the usual group activities at Retirement Villages really do need to change. No doubt these issues will be raised by Guest Speaker Linda Jackson at the GM on 26/7/13.

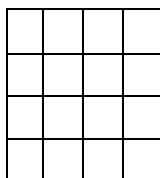
Call for Nominations to Executive Committee: As soon as the date is set for the October AGM nomination forms for the Executive Committee will be sent to all members. These must be completed and sent back prior to the meeting. I urge everyone to consider joining the committee and contributing to planning the provision of intellectual stimulation for us all. That is what U3A is all about!

*David McDonald*

## ON REFLECTION

### Brain Teaser

Psychology – the science of the mind.  
Use your mind, concentrate and  
determine the easy answer.



Count the total number of squares.  
The answer is on page 6

- \* The greatest discovery of my generation is that human beings can alter their lives by altering their attitudes of mind.
- \* Creativity is scarce because that's the way we always do it.
- \* Much learning does not teach understanding.
- \* There is nothing either good or bad, but thinking makes it so.
- \* At times, inactivity is preferable to mindless functioning
- \* Thinking is harder work than hard work.
- \* A healthy mind is always open to new learning.



# Letters to the Editor

Dear Editor

For lovers of fine orchestral and choral music and those who would like to know more about the composers and being able to “read” a score (that is written notes), MUSIC: THE EUROPEAN TRADITION was the ideal course to attend.

Cornelius de Munck’s knowledge and enthusiasm for music is none other than outstanding and his choice of material offered was popular.

From Baroque through to the 20th Century was a musical journey of absolute joy.

Thank you so much Cornelius from all who attended.

**D.Lester**

Dear Editor

The words, Climate Change, are often bandied about, but Don’s 10 week course dispelled any doubts about it being a simple concept. In a strongly documented, electronic- screen performance Don outlined firstly what climate actually is and then, how many factors the world over contribute to its intricate and repetitive patterns. These reoccurring cycles, from aeons ago to the present, have formed from natural variations within the earth’s own movements in the solar system, and have continually changed temperatures and rainfall distribution, each affecting the liveability of differing parts of the earth’s surface from time to time. These variations predict the inevitability of the same cycles repeating themselves, if left to their own devices.

Mankinds’ sudden interference in these matters, now the bone of contention in today’s politics, was examined in its complex detail. In particular, effects from the present climate situation and from imminent future changes to the atmosphere, and their relationship to the Australian continent rather than the whole world, were looked at critically. Significant changes to food producing areas and their distribution will have to be expected. To finish, Don discussed the complex and often unsatisfactory attempts by Governments to legislate appropriate controls, as for instance, Carbon “tax” and Emission Trading Schemes, terms which are not readily understood by many.

Over all, an informative but sadly, not encouraging session. Don put in a huge effort to obtain all his data and we thank him for it.

**Brian Winchcombe**

## Second Semester Sign-on Day



Armed with the appropriate forms, pens, computer and enthusiasm were members of the Executive Committee awaiting the multitudes to flock in and sign up for courses in the second semester. Sadly their preparations only found a few members signing on that day however applications continued to flow in for days after and now there are 100 members registered for this semester courses. Congratulations to those members signing up.



‘I’m looking for a card dealer’s course. There! I’m attending every course?’ ‘... but we don’t conduct fishing courses!’

## *From the Editors Desk*

Recently a prospective new member asked me why we called ourselves University of the Third Age – U3A followed by what subjects were taught, what prerequisites were required and was a degree an outcome. I managed to ramble my way through to a satisfactory response but it got me thinking what I should say in the future if asked. The 3A is easy – members are in their third age of life or in their third score years. University was a little more difficult so the Webster Dictionary came to the fore. The word "university" is derived from the Latin *universitas magistrorum et scholarium*, which roughly means "community of teachers and scholars." It is an institution organised and incorporated for the purpose of imparting instruction.

Well that is what U3A does hence our name. In addition, Universities can grant and are authorised to confer both undergraduate and graduate degrees. U3A does not recognise course attendance with certificates.

*John Wilkins*

### *Smile a While*

The guest speaker was chatting with the Chairman at a U3A meeting. All the other U3A members were smiling and laughing in pre meeting conversation.

Looking upon the happy scene the Chairman said: "Everyone really seems to be enjoying the meeting. I don't know whether to let them have fun or to introduce you."

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An extract from the Column 8 in the Sydney Morning Tribune last week.

'It is with the deepest sadness that we announce the passing of the man who wrote the song "Hokey Pokey". As a foot note it was said that they had trouble however in keeping him in the casket. They'd put his left foot in and ..... Well you know the rest!

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Fred was on his deathbed and called for best friend, Bill. As Bill stood next to the bed, Fred's condition appeared to get worse and he frantically motioned for something to write on. Bill handed pen and paper to Fred, who managed to scribble a short note before dying. Bill placed it in his pocket. At the funeral, Bill was giving the eulogy and said: Fred handed me a note just before he died, I haven't read it yet but, knowing Fred, I'm sure there is a word of inspiration there for all of us. Bill opened the note and read: "Please step away. You're standing on my oxygen tube".

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Three retired U3A members, each with hearing loss problems, were playing golf one fine August day. One remarked to the other, "Windy isn't it?" "No", the second member replied, "It's Thursday" and the third member chimed in, "So am I, lets have a beer."

### IMPORTANT INFORMATION

As the newsletter does not wish to be caught up in copyright issues in the future relating to information it contains, the Editorial staff will acknowledge writers, companies and authors of drawings, cartoons or photographs when available.

From time to time, the editorial staff will be given or will take pictures of individual members or groups of members for use in this newsletter. Likewise, some stories or articles will contain the names of various members. Those taking pictures or writing an article with someone's name appearing should obtain their permission first.

If any U3A member feels that they do not want their photograph or name to appear in the newsletter except perhaps by accident, please advise the Editor in writing who will take every possible step to fulfill your wishes.

This is brought to your attention as the newsletter is now being read Australia wide and perhaps overseas in the future.

**The Editor**



### **This n' That**

U3A Bunbury Inc are conducting five courses this semester –Music Appreciation, Open Gardens, Numero Card Game. Book Club and Computer Know How.

Margaret River U3A commenced operations by offering fifteen courses in its first full semester.

# Executive Committee Report

COMMITTEE MEETINGS 24/6/13 AND 22/7/13



- Chairman Don McDonald advised that he will be interstate from 28/6/13 until 6/9/13. During this period David McDonald will be acting Chairman.
- Membership 170 as at 22/7/13. A figure which has been fairly consistent over the past four years.
- We have changed banks from the Commonwealth to Westpac as the latter provides a more user friendly electronic transfer system for our requirements.
- The date for the AGM is Friday 25<sup>th</sup> October.
- Alan Wells has agreed to continue as our Auditor.
- We met with '**The U3A Crier**' Editor John Wilkins immediately before the June 24<sup>th</sup> Executive Committee meeting. Some points resulting from our discussions:
  - '**The U3A Crier**' will be used for providing information about our activities and will be used to promote and recruit new members.
  - It is expected that there will be 4 to 5 editions per year.
  - Members are encouraged to contribute articles – about 50 to 300 words are ideal.
  - '**The U3A Crier**' will be an Agenda item at future GMs so that members are advised of developments and are included in decisions about '**The U3A Crier**'.
  - Members are encouraged to submit photographs of our activities to the Editor - provided permission is gained from those who appear in them.
- Members may be aware that there are Computer Courses running at the Senior Citizens Centre. These courses are conducted by Busnet and utilize U3A online *Computer Course* resources. This is a separate entity to our own *Naturaliste U3A*. Members who wish to increase their computing skill are encouraged to contact Dina Smith the volunteer facilitator at the Senior Citizens' Centre for more details.
- Following on from some initial discussions with Margaret Brash at Cape Care we plan to investigate all Aged Care facilities in the area to see how we can best serve the residents.

*David McDonald*

## CAN YOU SEE THE LADY?

Our brain is made up of two parts each with different functions? Most of us have a predominant part so we appreciate or see things differently to others. Answer on page 7



It is difficult to look at the same information from different perspectives.

### GENERAL MEETING GUEST SPEAKER

Speaking with a wealth of knowledge, our General Meeting guest speaker Linda Jackson enlightened members with important information regarding aged

care in the south west. ABA figures indicate that at present there are 21,500 people aged sixty five or more and by 2026 the number is expected to rise to 36,000 which will place enormous strains upon already strained resources. Busselton is lucky to have an aged care office where all enquiries can be made. Jeremy Higgins representing the new Busselton hospital also fielded questions from members.





# Matters financial with our Treasurer

The Editor thought it would be useful to provide some information on the group's finances. When I suggested that financial information tends to be dry and boring he pointed out that I only get to bore about a third of the membership - those who attend our General meetings! Anyone thus bored can jump immediately to the next article!



From its beginnings Nat U3A has maintained an affordable annual membership fee of \$25. Our current membership of 170 translates to annual income of \$4,250. Such strong membership numbers, coupled with sensible control of expenses, has seen us develop a very healthy financial position. The group currently has funds exceeding \$6,000.

The contributions of volunteers with catering for General Meetings saves us a lot of money and I thank them all very much for that – not to mention the yummy food they provide!

Of course the very nature of our U3A Group with course leaders volunteering their time and expertise which plays the major role in being able to give our members such a lot for so little cost.

From last year's Financial Report to the AGM I can inform you that the recurrent expenses consist mainly of meeting expenses, advertising and insurance.

The Executive Committee keeps me on my toes at being accountable for your funds, and the Auditor has been satisfied with the accuracy and clarity of the accounts.

An important point to bring to your notice is that we have recently changed banks – from the Commonwealth to Westpac. This was done to enable the Committee to access more 'user friendly' electronic banking. For those of you who pay your annual subs by direct credit please note.

Next Issue of **The Crier**: Just where does YOUR Nat U3A money go?

*Richard Liston*

## FIRST TIME READER

If you are glancing through this newsletter for the first time, thank you. Perhaps your cursory glance has whetted your appetite to perhaps join with many other community members not unlike yourself with an interest in learning and exploring new knowledge. We would love you to consider joining the Naturaliste U3A learning community for to be part of a group is enlightening and fun but best of all it keeps the brain active.

## NATURALISTE U3A COURSES FOR 2<sup>nd</sup> SEMESTER 2013

1. Armchair Theatre
2. Book Club
3. Creative Writing
4. Darwin's Legacy
5. French Conversational
6. French Culture and Language Appreciation
7. French (Intermediate) Level 1
8. French (Intermediate) Level 3
9. Looking at Life's Transitions
10. Mah Jong
11. Music Appreciation
12. Painting for Pleasure
13. Psychology
14. The Enneagram

## Brain Teaser

Easy wasn't it!  
The total number  
of squares was  
**30**



## PALINDROMES

In Issue 2 of **The U3A Crier**, readers discovered a type of palindrome. Warwick Rowell has another type of palindrome. Take the last letter of a word, move it to the front of the word, reverse the word and it is the same. For instance:  
*banana, mini, mono*

## NOW THIS IS A PSYCHOLOGICAL APPROACH



# From the Courses

Psychology with Veronica Bre

I joined U3A last year and have enjoyed many courses. I was disappointed that there was no psychology available and so I decided to see if there was any interest. Last year I presented a broad sketch of the huge subject using Power Point presentations. This was great for me and was an opportunity for revision. We covered some issues in some depth, including anger management. This was in order to follow through from the causes to the "cures" in one area of our lives. We looked at "triggers", "cues" and resulting behaviours. In order to look at various therapies, we followed through the possibilities for people who have anger issues. We looked at CBT or Cognitive Behaviour Therapy and many other ways of dealing with issues. We also looked at the progression, to this client centred approach, from Behaviour Therapy and Psychotherapy. We looked at some of our own healthy characteristics and noted how different everyone is, in many ways. Most of us understand that we are responsible for our own psychology. This was an academic look at the subject and it was not a therapy course in any way.

In this year's course, we have enjoyed more discussion in the Psychology group. We have a text book with fifty chapters, each chapter devoted to a single psychologist of note. Each week we prepare a chapter and related readings for discussion. Some of the participants have most kindly offered to present the discussion for the week. I have enjoyed all of this and have found it to be a fairly rigorous study programme for myself. I love to learn and I have found this a wonderful opportunity to learn more about a fascinating subject.

*Veronica Bre - Course Leader*

## DID YOU SEE THE LADY?



My question is – was she old or was she young?  
The answer is on Page 8

## U3A Network WA News

It is reported in the newsletter that there are 1500 individual members in eight areas across Western Australia. The Annual General Meeting was held on 3<sup>rd</sup> July at the University of Western Australia. Information and registration forms can be downloaded from <http://www.u3anetvic.org.au> for the Asia Pacific Conference which is an international conference with the theme being "Ageless Learning Begins with U3A".

## U3A AUSTRALIA – U3AAA BULLETIN NEWS

Some interesting topics emerged from the newsletter some of which will affect Naturaliste U3A. Delegates are trialing electronic meetings to defray travel costs. ACT and NSW delegates will meet with government to further the recognition of health benefits of positive aging activities. In the WA section of the newsletter Naturaliste U3A course on Mandalas featured with photos while all our other courses rated a mention.

Pen



Portraits

We often see pictures of people who we do not know and away goes our imagination and perception steps in. Our perceptions of that person is usually very wrong when we perhaps get to know them. There are so many people in U3A that each of us does not know and there will be many new ones. As a way to getting to know some of our members, this section, Pen Portraits, will provide all of us a little about someone each edition.

*John Wilkins*

*'John is a qualified family and marriage counsellor having completed his initial training with Lifeline and the Australian Institute of Professional Counsellors. He has been a counsellor for over 40 years in Fiji, PNG and some Australian states. John has been a marriage celebrant, radio announcer and a member of Telstra for 35 years in the technical arena, training and management. Married to Barb, they live a quiet life on a farming property just out of Busselton and it is there that John continues his counselling consultancy. John is a keen video photographer and saves Phantom comics. It is his empathy with people which forms the basis for the work that he does and enjoys.'*

John has conducted U3A courses on Australian Social Issues

(This Pen Portrait is a substitution.)

## NOW YOU CAN SEE TWO LADIES

One young and one old



It is difficult to look at the same perspectives.



It is difficult to look at the same information from different perspectives.

## What is the psychology of this poem?

Two of the cornerstones of U3A are learning and opinion. What do you think Sam was thinking and then expressing when he penned this poem? Can this poem be applied to our present day life and if so, what is an example?

'**The U3A Crier**' would be interested in your opinion and the best opinion written in 100 words or less will appear in the next newsletter.

To assist with your considerations Sam was born Sam Walter Foss in 1858 in America and grew up in the small town of Candia, New Hampshire. A farm boy, he attended university but his love of verse saw him working as a librarian and part time poet in Massachusetts. Much of Sam's work has been used as ideals for many companies and the US armed forces and is well known for his 'The Coming American'. Sam died in on 26 February 1911 and is buried in Rhode Island.



### *The Calf Path*



One day, through the primeval wood, a calf walked home, as good calves should;  
But made a trail all bent askew, a crooked trail, as all calves do.

Since then three hundred years have fled, and, I infer, the calf is dead.  
But still he left behind his trail, and thereby hangs my moral tale.

The trail was taken up next day by a lone dog that passed that way;  
And then a wise bellwether sheep pursued the trail o'er vale and steep,  
And drew the flock behind him, too, as good bellwethers always do.

And from that day, o'er hill and glade, through those old woods a path was made,  
And many men wound in and out, and dodged and turned and bent about,  
And uttered words of righteous wrath because 'twas such a crooked path;  
But still they followed — do not laugh — the first migrations of that calf,  
And through this winding wood-way stalked because he wobbled when he walked.

This forest path became a lane, that bent, and turned, and turned again.  
This crooked lane became a road, where many a poor horse with his load  
Toiled on beneath the burning sun, and traveled some three miles in one.  
And thus a century and a half they trod the footsteps of that calf.

The years passed on in swift fleet, the road became a village street,  
And this, before men were aware, a city's crowded thoroughfare,  
And soon the central street was this of a renowned metropolis;  
And men two centuries and a half trod in the footsteps of that calf.

Each day a hundred thousand rout followed that zigzag calf about,  
And o'er his crooked journey went the traffic of a continent.  
A hundred thousand men were led by one calf near three centuries dead.  
They follow still his crooked way, and lose one hundred years a day,  
For thus such reverence is lent to well-established precedent.

A moral lesson this might teach were I ordained and called to preach;  
For men are prone to go it blind along the calf-paths of the mind,  
And work away from sun to sun to do what other men have done.  
They follow in the beaten track, and out and in, and forth and back,  
And still their devious course pursue, to keep the path that others do.

They keep the path a sacred groove, along which all their lives they move;  
But how the wise old wood-gods laugh, who saw the first primeval calf!  
Ah, many things this tale might teach — but I am not ordained to preach.



# For Your Information

## General Meeting Figures

A general meeting of Naturaliste U3A was held at the Busselton Family Centre, Kent Street, Busselton on Friday afternoon, the 26 July on a cold and wet day which may have deterred some members. However, a heated room, a great afternoon tea and warm and welcoming members saw to it that it was a great meeting. Forty four members together with 12 welcome guests attended. There were 45 apologies.

## Aged Care Contacts

[www.myagedcare.gov.au](http://www.myagedcare.gov.au) Telephone: 1800 200 422. or [www.ruralhealthaustralia.gov.au](http://www.ruralhealthaustralia.gov.au) Telephone: 1800 899 538

## 'The U3A Crier' wants to hear from you

Let me again encourage all members to consider a contribution for your next newsletter. No matter how small or how big, send it to me for consideration. We are all friends in U3A and sharing is the foundation of what U3A is founded upon. **Editor**

## Contributions to the Newsletter

Contributions to '**The U3A Crier**' must be provided in writing – mail, facsimile or e-mail on or before the closing date advertised in each preceding newsletter. It is the author's responsibility to ensure the contribution reaches the Editor. Should you wish to discuss any aspect of providing a contribution or make any suggestion as to how to improve '**The U3A Crier**', please call the 'Editor' John Wilkins on 0447 237 695.

Mail; The Editor, 182 Kalgup Road, KALGUP 6280

Facsimile; (08) 9753 1273

e-mail; [swpc1@bigpond.com.au](mailto:swpc1@bigpond.com.au)

## The Next Edition

The next edition of **The U3A Crier** will be November 1<sup>st</sup> and all contributions need to be in the hands of the Editor by:  
**Monday 21 October 2013**

It should be noted that production of '**The U3A Crier**' is severely affected if contributions arrive after the due date as it drastically affects the setting out, proof reading and of course the printing and distribution of your newsletter. Please assist the Editorial staff to meet edition time frames.

## Privacy Concerns

If any U3A member feels that they do not want their photograph or name to appear in the newsletter except perhaps by accident, please advise the Editor in writing who will take every possible step to fulfill your wishes.

## Complaints

Any complaint that members wish to make regarding any aspect of '**The U3A Crier**' must be made in writing and signed to Creena Holly, Secretary, Naturaliste U3A, PO Box 1792, BUSSELTON 6280.



## Dates to Remember

**Annual General Meeting** – 25 October

Nomination forms for Executive Committee membership will be e-mailed or sent to members following the August Executive Committee meeting

**Executive Meetings** – 4<sup>th</sup> Monday of each month

Readers of '**The U3A Crier**' need to be aware that advertised dates in this edition may, due to circumstances beyond the scope of the newsletter, change so attention should be given to future e-mails or correspondence.

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