



# *The U3A Crier*

NEWSLETTER OF NATURALISTE  
UNIVERSITY OF THE THIRD AGE

Volume 1, Number 2, May 2013

## HEAR YE, HEAR YE, OUR SECOND NEWSLETTER

Hello and welcome to this our second edition of our Naturaliste U3A newsletter which like our first edition which had our Book Club as its theme, this edition is flavoured by the Armchair Theatre group. Your committee has decided to retain the newsletter name of **The U3A Crier** – no suitable alternative suggestions were offered.

All of our 2013 first semester courses are well under way and a short report on how three of our courses are going can be found on page 4. There is also a preview of semester two courses on page 8.

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.

### *Our Armchair Theatre Group*



*"Performance enhancing drugs or not, Fenworth, you still can't act your way out of a paper bag."*

### DID YOU KNOW?

There are around 70 U3As in New Zealand, over 180 in Australia, over 700 in the UK and over 28,300 in China in 2004. Extensive U3A on-line resources are provided by Griffith University in Australia and by the UK Third Age Trust. U3A groups vary greatly in size, many having a membership of 100-200 members, but some exceed 2000 - 3000. There is also vU3A, a world wide Virtual U3A group running meetings solely via computers. The target for this group includes older people who are isolated – geographically, through illness or because of personal commitments.

### 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.

### *Thought for the Issue*

"Intellectual growth should commence  
at birth and cease only at death."

Albert Einstein

### WHAT U3A MEMBERS THOUGHT OF ISSUE 1

'Its terrific and very professional ' DawnTaylor

'Well done, a great read.' Charmian Terry

'What a great idea! Many thanks,' Diana Hannemann

'posted it for everyone to see.' U3A Network WA



## A WORD FROM OUR CHAIRMAN

2013 Chairman Don McDonald

This year Naturaliste U3A started in February with 20 courses established for the First Semester, and over 220 initial enrolments. Most members renew their memberships at the start of the year, and many new members join then. Others take slightly longer, and a few simply don't renew. So we have an initial inrush, followed by a trickle of renewals and new members, levelling off in second half of the year. By mid March 2013 we had over 160 financial members, a little above the same time last year,

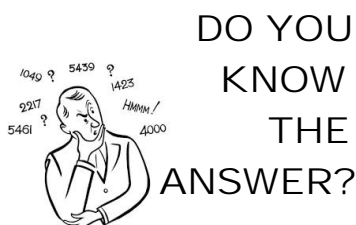
In addition to those 20 courses, there were another 4 courses offered which did not enrol sufficient numbers to commence. These were withdrawn, and some of them will be offered again in the Second Semester – enrolment day being Friday 14<sup>th</sup> June.

We are fortunate in being able to attract interesting visiting guest speakers to Busselton for our General Meetings But our members also cover a vast range of vocations and life experience, providing us with our own rich pool of talent. Twice in recent months, with guest speakers from our own membership – Albert Haak and John Slee - we attracted visitors to our audience. Albert spoke last July on the WA wine industry. John's timing was exquisite for his recent topic "Can Journalists Tell the Truth?" - his witty address coincided with the ill-fated media regulation bills being debated in Canberra's lower house. We hope to continue with a mix of visiting and "in-house" speakers. Your suggestions, in either category, are welcome.

While many of our functions and courses are conducted at the Busselton Family Centre – and they give us great service – we are using an increasing variety of venues in and around Busselton and Dunsborough. In many cases the venue is a course leader's residence, and we who attend must remember this is a gift to U3A for the occasion. As another variation, I conducted a course recently at The Equinox restaurant: a waterfront location with a good meeting room, and at the end of our final session we all enjoyed a luncheon in that same attractive room. Which leads me to the social aspect of U3A: through four years we have done remarkably well in providing courses for our members, and I am sure this can increase even further. But would our members like to add more social contact to this "working" aspect of U3A, or perhaps mix both when possible? Undoubtedly, many would, while others feel their existing family and other social contacts are sufficient. If you would like to see further social activities in U3A, and especially if you have a suggestion, please write a brief letter to the Editor, or tell one of our Committee members.

I am sorry to advise that Ken Jack has had to resign from the Committee, for health reasons. Ken was one of the founding members of the Committee from 2009, and after a one-year break rejoined following our AGM last October. Most recently, he had been working enthusiastically on preparations for our website. We wish Ken and his wife Joan the best possible health, and we hope they will be able to continue to enjoy some U3A activities.

*Don McDonald*



What could the following statement by Adam be called?

When Adam first met Eve he said, '**Madam Im Adam**'.

Answer on Page 5



## Brain Teaser

The U3A members of the Armchair Theatre group have different skills. 70% have acting experience while 60% have singing experience.



What % of the group have both acting and singing experience?

Answer on Page 6

## *Smile a While*

As one of Naturaliste U3A senior citizens was driving down the freeway, his mobile telephone rang. Answering, he heard his wife's voice urgently warning him.

"Don, I just heard on the news that there is a car going the wrong way on the Kwinana freeway. Please be careful!"

"Hell," said Don, "It's not just one car. Its hundreds of them."



## **In The Pipeline**

U3A badges for all members  
Our own web site and e-mail address  
U3A on - line being considered

## **‘U3A NETWORK WA’ News**

By Peter Flanigan - President

I can now report that the Network is officially incorporated with a certificate dated 24 Dec 2012. The process took rather less time than I expected. Bouquets to the Department of Commerce.

Online voting to approve the Constitution closed on 25/10/12 where six of the seven member clubs voted in favour with one 'No Response'. Therefore, the motion to approve the Constitution was carried.

Our experiment with holding an online meeting was a success, however the voting method has yet to be approved by the Department of Commerce.

### **U3A Australian 2013 Conference Programme**

State	Dates	Venue
NSW	4/5th April 2013	Goulbourn
Qld.	23/24th April 2013	Toowoomba
Vic.	14/15th October 2013	Melbourne

## **U3A Australia – ‘U3AAA BULLETIN’ News**

By Lindsay Glen - Chairman

Many U3A individual members and also U3As received New Year awards for their community contributions from the various levels of Government this year. We offer our congratulations to all recognised for their work in this and related sectors. We are very proud of these recipients whose often inspirational efforts contribute so much of value to their communities and thus our society.

The State Conferences in both NSW (Goulbourn) and Queensland (Toowoomba) were held during April. It appears that our own Victorian Asia Pacific Conference in October will be the sole opportunity to hold a formal Alliance meeting this year.

Extracts Only

## *Our Next Guest Speaker*

Linda Jackson is our guest speaker for Naturaliste U3A GM on 26/7/13. Linda is the Regional Manager Aged Care - Southern Country Health Service - South West and members will find this both an interesting and stimulating presentation. Don't miss it.

Friends, members  
and leaders,  
lend me your ears.....



The following three courses were conducted in 2013 Semester 1 which may tempt and encourage you to participate in during Semester 2!

## Music Appreciation with John Slee

The music appreciation course has been running regular sessions on anything from Bach through Beethoven to the Beatles and with 27 enrolees is a well-established course where you can sit back for two hours, close your eyes and absorb some great music through a superb surround-sound system.

## Climate Change with Don McDonald

Our enthusiastic class met at The Equinox, a great waterfront location, achieving 86% attendance for 10 sessions, and Coral Stewart drove from Donnybrook! Muffled dining sounds from the next room were not a distraction, but we had to close the window at times when Christina Marruffo's U3A Cryptic Crosswords group, at an outside table, became too hilarious. In an anonymous survey at the end, all members voted the class was "reasonably" or "very" helpful in "understanding climate change and its implications"; two-thirds voted that way on "feeling able to form an opinion on public statements about climate change".

## Mandalas and Meditations with Joan Parke

Our first group ran for 8 weeks in the latter part of last year (2012) – in fact we needed to make 2 groups to cater for those interested in attending! What pleasure we got from immersing ourselves in making and reflecting on a range of mandalas from different cultures and religions, finding mandalas in nature and recognising the healing power of these 'sacred circles'. Strictly speaking I should call the course 'Mandalas **as** Meditation' because it really is a meditative process and time flew by – most sessions I had to remind everyone to stop and take a break midway through!

We worked with a range of materials, concluding our group with the dyeing of fabric and making of prayer flags. Over-all, participants were pleasantly surprised at both the process and the results of their mandala making and the insights they gained.

This year a number of the ladies returned to complete another 6 weeks of mandala making and this time the group explored more of the symbolism and Jungian aspects related to mandalas. We also ventured into using more fabric and collage techniques and made a mandala with clay. The results were superb! We were all surprised by how different each mandala turned out and how even those with no art experience could produce such interesting work. A new group has just started for the remainder of Semester 1 and it promises to be just as beneficial and interesting as it was for the earlier participants.



Kath & Rosemary  
'serious contemplation'

Rosemary's  
'clay mandala'

Patrice  
'I'll draw it first'

Pat's  
'mandalas on canvas and clay'

Joan & Kath  
'that's the colour I want'

Did these courses 'whet your appetite' for they demonstrate clearly what U3A espouses – U3A provides courses designed to educate, to encourage new ideas and discussion but more importantly, to enjoy with other members. CHECK OUT PAGE 8 TO FIND OUT WHAT COURSES ARE AVAILABLE DURING SEMESTER 2

## *From the Editors Desk*

Over the many years that I have been compiling newsletters for so many organisations, I have often been asked what it is that makes a great newsletter that is waited for by the readers, that is enjoyed and is talked about with affection.

It is a difficult question to answer but I believe that if the newsletter is stimulating, is a combination of facts and opinions mixed with a little humour, is truthful and honest, reflects the aspirations of the organisation and its members but above all contains contributions from its members, then the newsletter has the foundations for success. The measure of that success is when members and others ask when the next edition is due and seek a copy for themselves and others.

It is my opinion that should any one of these facets be forgotten, then the newsletter begins to fail. It is with this in mind that I compile each edition of this newsletter and would expect that if I fail to deliver all that is required, then the membership will remind me of that fact because this is your newsletter.

*John Wilkins*

## **Members Contributions**

U3A  
By June Anderson  
March 18 2013

U3A eh! – what's that? It's where we are at  
when we are slightly bored or worse; ignored  
No longer remunerated for years of wisdom stored

Retirement misgiving? Is this really living?  
Few of us are wealthy but many of us healthy  
with adequate capacity to accomplish self proficiency

When age takes retribution against the constitution  
Chill out, reflect, respect your precious intellect  
Do courses for pleasure or those with profound effect

Take this time that's given to make life worth living  
Avoid the risk of stagnation, aim for mental  
sublimation

U3Aer's- seek stimulation, strive to be an informed  
nation



## **This n' That**

- . Sixty members and thirteen guests attended our March general meeting.
- . It has been reported that both John Slee and his wife Eleanor are becoming so forgetful that each carries a note book so as to remember tasks to do.
- . The ladies who donate so much of their time and generosity so as to provide such wonderful afternoon teas at meetings should consider opening an opposition 'Goose' for they would certainly 'pull the crowds' with their food.



## **DO YOU KNOW THE ANSWER**

From Page 2

You knew the answer didn't you. Of course you did. It is a **palindrome** - it reads the same backwards as it does forwards. Do you know other palindromes?

## **THE NEXT EDITION of 'The U3A Crier'**

The next edition of the **Crier** will be August 1<sup>st</sup> 2013  
All contributions need to be in the hands of the Editor  
by **Monday 22 July 2013**

## **WORTH A THOUGHT**

You will never do anything in this world without courage. It is the greatest quality of the mind next to honour.

Aristotle



## BRAIN TEASER SOLUTION

Total Membership 0% I---I---I---I---I---I---I---I---I---I 100%  
 Acting Experience 0% I---I---I---I---I---I---I---I---I---I 70%  
 60% I---I---I---I---I---I---I---I---I---I 0% Singing Experience  
 0% I---I---I---I---I---I---I---I---I---I 30% Acting and Singing Experience



## Letters to the Editor

Dear Editor

I'm a visual artist, which means I not only paint pictures but I have a degree to say I can!  
 But all my life I have written poetry, which in later years has become prose, compositions which I rarely kept.

Recently, however I wrote very short prose which won me 10 of 50 Australia's books rated too hard to put down [another story] Then on March 12<sup>th</sup>, did an exercise lead by member Ted Witham. More words on paper!

The marvel is; it is so much easier now with a word processor. Less paper, easier to read drafts, my arthritic fingers are less complaining and best of all – I don't get dirty !

The submission in the 'Crier' which is loose verse came in response to a conversation at the U3A meeting. It may amuse [or amaze]; depending on spell check! To illustrate the ambiguity of this devise I relate that once writing to Busselton Council on a public matter, Mr Spell check said pubic is fine- much to my embarrassment

For writers, a thesaurus is a word solver, but not enough for Ed's brain teasers for which dummies like me needed a physical demo - Thanks Ed

June Anderson [Bachelor [visual] Arts]

Dear Editor

I recently completed an Art For Pleasure course with Pat Holyoake and thoroughly enjoyed it – I was disappointed when it finished! Pat has some very interesting techniques that she taught us and she is an artist who doesn't hesitate to share her knowledge and skills with others. She is adventurous with materials and encouraged us to try new things that many had not encountered before. Whatever your art experience has been, this is a course that certainly lives up to its name.

Joan Parke

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.

*Terry Thompson*

*'Terry has been involved with Busselton Repertory Club for about 20 years. He is also Director with South West Academy of Performing Arts Inc. As well as having a keen interest in acting on stage (particularly in dramatic roles), Terry works in Bare Naked Theatre Company productions and has established the very active and exciting Acting Up! Drama School, providing drama classes and opportunities for both adults and children throughout Busselton, Dunsborough, Margaret River and Augusta.*

*Working with young people and helping them realise their creative and imaginative side has always been one of Terry's strong points. He likes the challenge that acting brings and has been in local productions over the last 20 years.*

*Terry now relishes the opportunity to share the theatre experience with U3A participants at an "Armchair Theatre" course, and understandably is very keen'.*

Terry leads the Armchair Theatre and it is that course which is the flavour of this edition of **'The U3A Crier'**.



## The Attention Grabber

Our guest speaker at the 15 March general meeting was the humorous ex newspaper man John Slee who fascinated members with his view that everyone should have an opinion, even an incorrect one. He believed that all media, particularly the newspapers should gather facts and details and report opinions for all to judge even though some sources may argue against the opinions. Sad and sometimes funny examples highlighted John's short but interesting presentation. The consensus of the members was that his talk was first class but there again that could be a wrong opinion.

## What is University of the Third Age?

This maybe the question you are asking. Well, the University of the Third Age is an international organisation whose aims are the education and stimulation of retired members of the community - those in the third 'age' of life. It is commonly referred to as U3A. U3A is a voluntary learning cooperative of older people that encourages members to share educational, creative and leisure activities. Membership is open to anyone in the 'third age' (retirement) and activities are organised by members by drawing on the skills of each other. Each U3A's program is specific to the group and is developed from the interests of its members and the resources of its community.

If you are reading our 'U3A Crier' for the first time and would be interested in being part of this dynamic learning group, please call or e-mail the Editor to obtain details. The members would warmly welcome your membership.

## **Course and Enrolment Details: Semester 2, 2013.**

Following are details of courses planned for 2<sup>nd</sup> Semester, 2013.

Subject to viability, and unless stated otherwise, courses will begin in the week commencing the: **22<sup>nd</sup> July, 2013.**

Applications for enrolment in selected courses should be made by completing an enrolment form provided in a future mail out and submitting completed form in one of the following ways:

1. Present to enrolling officers:

**Enrolment day: Friday, 14<sup>th</sup> June, 2013,**

**between: 2pm and 4pm.**

**Busselton Family Centre, Kent Street, Busselton.**

2. Post to: Naturaliste U3A,

PO Box 1792

Busselton 6280 -

**to arrive before Friday, 14<sup>th</sup> June, 2013.**

**Any queries: please phone, David McDonald, on 9752 3013.**

### **Important: Please Note:**

1. All students, including those in continuing courses, **must complete a 2013 Semester 2 Enrolment Form**
2. *2013 Membership fees must be paid before your enrolment form can be processed.*
3. All enrolment forms will be processed after the close of the enrolment period on Friday 14<sup>th</sup> June, 2013. Where courses are oversubscribed, a ballot will be held to allocate places. (Students continuing in some courses from last year will be guaranteed a place.)
4. Once enrolment forms have been processed, successful students will be notified by the relevant leader.
5. A number of courses will require students to share a modest room hire or other charge (e.g. stationery, printing, tea/coffee)

**Don McDonald,  
Chairman, Naturaliste U3A.**

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

### **COURSES ON OFFER:**

All students wishing to participate in Semester 2, 2013 must complete an enrolment form. Full details of each course will be found on a separate mail out document. This list is accurate as of the issue of this edition of The U3A Crier but can change with final and correct lists soon to be provided in the mail out.

1. Armchair Theatre
2. Australian Native Plants
3. Australian Social Issues Programs 1 & 2
4. Book Club
5. Creative Writing
6. Darwin's Legacy
7. Doing Something About Climate Change
8. French Conversational
9. French Culture and Language Appreciation
10. French (Intermediate) Level 1
11. French (Intermediate) Level 3
12. Looking at Life's Transitions
13. Mah Jong
14. Music Appreciation
15. Painting for Pleasure
16. Psychology
17. The Enneagram



## NEVER STOP LEARNING

"Tell me and I forget, teach me and I may remember, involve me and I learn."

Benjamin Franklin

"Education is the kindling of a flame, not the filling of a vessel."

Socrates

"You cannot open a book without learning something."

Confucius

"Learning never exhausts the mind."

Leonardo da Vinci

"The beautiful thing about learning is that nobody can take it away from you."

B.B. King

## *For Your Information*

Thank You

A number of members contributed in many ways to this edition of '**The U3A Crier**' and to all those members I express my gratitude for you have not only made my job a little easier but you have added variety to your newsletter.

Let me encourage all members to consider a contribution for our 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)

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

Enrolment Day – 14 June

Semester 2 course commencement – 22 July

General Meeting - 26 July

Linda Jackson – 26 July

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.

'**The U3A Crier**' can be reproduced in its entirety without alteration and distributed to interested persons.