



Naturaliste U3A Inc.
2019 Courses - Semester 2

Naturaliste U3A Inc. Contact Details

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THE UNIVERSITY OF THE THIRD AGE

ENROLMENT PROCEDURE **SEMESTER 2 ENROLMENT**

Membership fee for calendar year 2019 is \$25.00

ONLINE Enrolment opens on 21 June 2019

From 14 June Courses can be viewed online

You can enrol on the **26th June** at Novacare (corner of Bussell Hwy and Bell Drive) between 10am and 12pm

You can enrol on the **28th June** at The People Place 19-21 Kent Street between 1pm and 4pm

Please Note – Course codes ending in a 'Y' are yearly courses (with one or more breaks) and **participants need only enrol once at the beginning of the year for these courses.** Vacancies **may** arise during the year opening up positions for those members who are on the waitlist. Each member may enrol in up to 7 courses initially.

Applications for enrolment in selected courses may be made on our website or in person in the following ways:

1. Every existing U3A Member has a Member Number and Password that is required for logging into UMAS. More details are provided on our website <https://u3anaturaliste.com.au>.
2. From 14 June 2019 Courses can be viewed on UMAS via our website.
3. From 21 June Members can complete the Course Enrolment process by following the instructions on UMAS via our website (as above).
4. Postal enrolments can be completed using the attached Enrolment Form and forwarded to **Naturaliste U3A, PO Box 1792, Busselton, WA 6280** or bring to Enrolment sessions as outlined above. Postal enrolments should arrive by **22 June at the latest. Please allow 5 business days for delivery if posting.**
5. Membership is open for (calendar year) renewal at any time and can be paid by direct transfer to: **Naturaliste U3A Account, BSB: 036 123 Account Number: 378016, Reference: Your Member number**
6. Membership and Enrolment forms will also be available at The People Place, Kent St. Busselton

COURSE FEES: Course fees are to be paid to the Course Leader at the beginning of the Course. This fee may include expenses such as room hire, photocopying, materials, light refreshments, as applicable.

N.B Course Leaders will inform Members of any adjustments to the advertised dates e.g. public and school holidays.

- All Course Enrolment forms will be processed after the close of the enrolment period on Friday 28 June 2019. Please allow 5 business days for delivery if posting.
- Once enrolment forms have been processed, successful students will be notified by the relevant course leader.

2nd Semester 2019
Courses Breakdown by Day

<u>Start Time</u>	<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>
8am				Let's Walk and Talk	
9:00am			Japanese Mesh Weaving		
9:30am		Into Drama	Tap Dancing (Advanced/ Seniors) FULL		Art Workshop
10:00am	Drawing Made Easy Continuing French Essential Oils		French Conversation Beauty in Science	Music Appreciation Let's Talk Philosophy	Use of Medical Cannabis Discussion
10:15am	Coffee Meetup				
10:30am	Mandalas as Meditation – Workshop 2	Fancy a New Look? Brain Games Project Course	Film Club		
1:00pm	Creative Writing Let's Talk TED Talks		Tap Dancing (Beginners/ Seniors) FULL		
1:30pm	Sacred Dance		Scrabble		
1:45pm				Mah Jongg (FULL)	
2pm		Book Club 1 Book Club 2	Biodiversity in Australia		Intro to the Enneagram
4pm	Dru Yoga (Monday Class) FULL	Dru Yoga (Tuesday Class) FULL			

U3A SUMMARY OF 2019 COURSES

Monday

COURSE	FREQUENCY	DATES	TIMES
19ESOLS2 Essential Oils	Weekly	19/8 – 26/8	10:00 –12:00
19FRENS2 Continuing French	Weekly	5/8 - 9/12	10:00 -11:30
19DRWS2 Drawing Made Easy	Weekly	22/7- 16/12	10:00 -12:00
19SOCS2 Coffee Meet-up	Monthly	26/8 – 25/11	10:15 - 12:00
18MAN2S2 Mandalas as Meditation - Workshop 2	Workshop	23/9	10:30 - 2:30
19SACDS2 Sacred Dance	Weekly	22/7 – 26/8	1:30 - 3:00
19LTKTS2 Let's Talk TED Talks	Weekly	5/8 – 2/9	1:00 - 2.30
19CWRIY Creative Writing	Fortnightly	12/2 - 10/12	1:00 – 3:00

Tuesday

19DRAMS2 Into Drama	Weekly	8/10-10/12	9:30-11:30
19FAN (1,2,3,4) S2 Fancy a New Look?	Workshop	Various	10:30 - 12:30
19BRA2S2 Brain Games Project	Monthly	13/8 – 12/11	10.30 -12.30
19BOOK1Y Book Club 1 (1st Tues of month) FULL	Monthly	5/3 - 3/12	2:00-4:00
19BOOK2Y Book Club 2 (1 st Tues of month) FULL	Monthly	5/3 – 3/12	2:00-4:00
19YOGATY Dru Yoga (Tuesday Class) FULL	Weekly	23/1 11/12	4:00 - 5:30

Wednesday

19BAG1S2 Japanese Mesh Weaving	Weekly	7/8 – 11/9	9:00-12:00
19TAPAS2 Tap Dancing (Advanced/Seniors) FULL	Weekly	16/10-18/12	9:30-10:15
19FRCONY French Conversation	Weekly	6/2-4/12	10:00-12:00
19BOSCS2 Beauty in Science	Weekly	31/7 – 21/8	10:00 - 12:00
19FILMS2 Film Club	Monthly	6/3 – 4/12	10:30-1:30
19TAPAS2 Tap Dancing (Beginners/Seniors) FULL	Weekly	16/10-18/12	1:00-1:45
19SCRAS2 Scrabble	Weekly	3/7 - 11/12	1:30-4:30
19BTNYS2 Biodiversity in Australia	Weekly	9/10 - 13/11	2:00-4:00

Thursday

19WALKTY Let's Walk and Talk	Weekly	7/3 - 5/12	8am start
19PHILS2 Let's Talk Philosophy	Fortnightly	3/10-12/12	10:00-12:00
19MUSS2 Music Appreciation	Fortnightly	10/10 – 21/11	10:00 –12:00
19MJOGGY Mah Jongg FULL	Weekly	8/3 - 13/12	1:45-4:45

Friday

19ARTS2 Art Workshop	Workshop	9/8	9:30-12:00
19MCAN Discussion – Use of Medical Cannabis	Workshop	19/7	10:00-12:00
19ENNS2 Introduction Session: The Enneagram	Workshop	26/7	2:00 – 3:30

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Art and Craft and related Courses

19ARTS2: Art Workshop

Dates: 09/08/2019 - 09/08/2019

Location: Leader's Home 10 Toolburra Pass

Contact: 9754 3096

Type: Half-day

1/2 Day Course, Fri 9:30 - 12:00

Course Leader: Patricia Holyoake

Come along and enjoy exploring colour, creating a colour wheel and mixing tints and shades. A valuable lesson for those interested in painting. All paint and equipment will be provided. For further details contact Pat Holyoake 97543096

IMPORTANT: Could you please let the Course Leader know if your circumstances change and you are unable to attend as soon as possible so that someone who may be on the waitlist can be notified.

The \$10 cost covers all materials and morning tea.

19BAG1S2: Japanese Mesh Weaving

Dates: 07/08/2019 - 11/09/2019

Location: Leader's Home 450 Bussell Highway

Contact: 0407 477 461

Type: Short Course

Weekly Course, Wed 9:00 - 12:00

Course Leader: Clare Parry

Japanese Mesh Weaving is the art of weaving using bias strips. The result looks like a miniature patchwork quilt. It can be a simple project or a very complicated one, however the results are always quite spectacular. Lesson one will be a preparation lesson. This time will be used to decide on patterns and fabrics, then learn how to make bias strips. You will have the option to purchase a kit to begin weaving without cutting the strips first. You will be shown what you need to buy, and we can also go shopping to choose fabrics and any tools you may need.

Cost is \$10 to be paid to Course Leader on first day.

IMPORTANT: Could you please let the Course Leader know if your circumstances change and you are unable to attend as soon as possible so that someone who may be on the waitlist can be notified.

19DRWS2: Drawing Made Easy

Dates: 22/07/2019 - 16/12/2019

Location: Leader's Home 15 Bignell Drive

Contact: 0422 244 306

Type: Long Course

Weekly Course, Mon 10:00 - 12:00

Course Leader: Lynne Thompson

Learn basic skills to draw with the right side of the brain. Shading, Hatching and Tonal values (Light and Shadow) Negative space (space between items) Contour Drawing. Lynne Thompson, 15 Bignell Drive, West Busselton. Phone: 0422244306 email: lynnethompson20@gmail.com

Cost is \$10 to be paid to Course Leader each week to cover materials, photocopying etc. Bring 4B and 6B pencil, A4 drawing pad, plastic eraser. Morning Tea/Coffee provided.

IMPORTANT: Because of the demand for places, ALL enrollers will initially be placed on a waitlist, and the class list will be finalised later on after discussion with the Course Leader. Please note that there is a two-week gap in classes during school holidays.



Discussion Groups

19BRA2S2: Brain Games Project - Short Course

Dates: 13/08/2019 - 12/11/2019

Location: The People Place 19-21 Kent Street

Contact: 0410 667 696

Type: Short Course

Monthly, Tue 10:30 - 12:30

Course Leader: Joan Parke

Following up the Brain Games workshop (not a prerequisite), this short course will be held on a monthly basis for this Semester, the second Tuesday of each month, August through to November. It will incorporate ideas from 'The Brain Games Project' (U3A Network NSW). This project has been designed as a resource to support U3A classes to encourage mental agility through various activities to stimulate different parts of the brain in a socially friendly and participatory way. Laughter and fun are important components of each session. A variety of exercises will include those that stimulate the main functions of brain activity, for example verbal, numerical, spatial recognition, logical thinking, short and long-term memory, creativity and lateral thinking. **IMPORTANT:** Could you please let the Course Leader know if your circumstances change and you are unable to attend as soon as possible so that someone who may be on the waitlist can be notified.

Fee is approx. \$20 (depending on number of participants). Charge includes materials, room hire and morning tea. Payable on day 1.

IMPORTANT: Could you please let the Course Leader know if your circumstances change and you are unable to attend as soon as possible so that someone who may be on the waitlist can be notified.

19LTKTS2: LET'S TALK Discussion - TED TALKS

Dates: 05/08/2019 - 02/09/2019

Location: The People Place 19-21 Kent Street

Contact: 0410 667 696

Type: Short Course

Weekly Course, Mon 1:00 - 2:30

Course Leader: Joan Parke

TED Talks – ideas worth spreading. There are numerous Talks, check them out on YouTube, that stir our curiosity and broaden our horizons. They are presented by speakers from across the world and include environmental, educational, inspirational and creative topics. Dozens of ideas to stimulate our thinking and discussion. The format is that we will watch two or three Talks each session and discuss each one. Participants will be encouraged (by Googling TED Talks) to find a Talk they particularly find interesting to recommend to others.

The course fee, to be paid on the first day, will be approximately \$25, depending on number of participants.

IMPORTANT: Could you please let the Course Leader know if your circumstances change and you are unable to attend the course, so someone who may be on the waitlist can be notified.

19PHILS2: Let's Talk Philosophy

Dates: 03/10/2019 - 12/12/2019

Location: Novacare 502 Bussell Highway

Contact: 0408 127 674

Type: Short Course

Fortnightly, Thu 10:00 - 12:00

Course Leader: Lorraine Watts

This group will meet fortnightly to consider and discuss six different philosophers over the Semester. It is not an academic study of philosophy but a great opportunity to discuss some of the big questions/issues in life and have some fun as well! Depending on the number of enrolments, there may be scope for an afternoon group as well as the morning one. The leader will contact members to confirm options. All enrolments will initially be waitlisted until final numbers are known.

You will need a copy of '50 Philosophy Classics' by Tom Butler-Bowdon, published by Nicholas Brealey Publishing (approximately \$20). Course leader has four copies for \$22 each. There will be a fee of around \$20 (to be advised) per Semester for light refreshments, room-hire and photocopying.

IMPORTANT: Could you please let the Course Leader know if your circumstances change and you are unable to attend as soon as possible so that someone who may be on the waitlist can be notified.

Exercise

19TAPAS2: Tap Dancing Advanced for Seniors Sem 2

Dates: 16/10/2019 - 18/12/2019

Location: Jazz Attack Strelley Street

Contact: 0427 117 884

Type: Long Course

Weekly Course, Wed 9:30 - 10:15

Course Leader: Penny Swingler

This class is for those who are familiar with tapping steps eg, 'shuffle, ball change and time step'. Each week a new part of the routine will be introduced. I envisage two routines will come together over the year. Tapping is great for the bones, balance and above all, it is fun. There are no classes during school holidays.

\$40 Fee to be paid to Course Leader.

IMPORTANT: Could you please let the Course Leader know if your circumstances change and you are unable to attend as soon as possible so that someone who may be on the waitlist can be notified.

19TAPBS2: Tap Dancing for Begin/Seniors Sem 2

Dates: 16/10/2019 - 18/12/2019

Location: Jazz Attack Strelley Street

Contact: 0427 117 884

Type: Long Course

Weekly Course, Wed 1:00 - 1:45

Course Leader: Penny Swingler

I will introduce tap steps which eventually will become a routine. Tapping is great fun when a routine comes together. There is lots of laughter and you get to imagine yourself as a showgirl or a show-person. Tapping is good for stimulating those brain cells as you are learning a new skill and it is great for you physically. The class will be especially catered for seniors.

\$40 fee to be paid to Course Leader. Bring tap shoes or hard soled leather shoes, layered loose clothing and water bottle.

IMPORTANT: Could you please let the Course Leader know if your circumstances change and you are unable to attend as soon as possible so that someone who may be on the waitlist can be notified.

19WALKTY: Let's Walk and Talk

Dates: 07/03/2019 - 05/12/2019

Location: Busselton Jetty Geographe Bay Rd

Contact: 0408 752 747

Type: Long Course

Weekly Course, Thu Start 8:00

Course Leader: Gwen Braden

A social walk can be as easy or as strenuous as you like. It is an opportunity to come and exercise and to be with friendly people. We will meet at the Jetty so we can walk and talk to the Geographe Bay Yacht Club, or to the Hospital and back or maybe even a walk along the Jetty, walking at a pace that suits you. Although our walks are all based along the foreshore, we see the changing 'moods' of the ocean, the beach sands through the seasons and the beauty of the morning skies-just to be out and about is great! We can turn back anytime. Morning tea is usually at The Goose. Times and start times may vary depending on the time of year. Hopefully we can keep walking through the summer. Our winter walks usually start a little later. Apart from the exercise, this group provides an ideal way to meet new people and make new friendships.

FEE: PAY FOR YOUR OWN MORNING TEA

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Games

19MJOGGY: Mah Jongg

Dates: 10/01/2019 - 19/12/2019

Location: Salvation Army Cnr Kent & Brown Streets

Contact: 9754 6042

Type: Long Course

Weekly Course, Thu 1:45 - 4:45

Course Leader: Wendy Beames

An ongoing course playing the Chinese game. The group has been playing for seven years and consists of experienced players. It is a social group. Equipment is provided. **NO VACANCIES** currently. Interested experienced parties please contact Wendy Beames to go on a waiting list.

A FEE OF AROUND \$20 PER SEMESTER TO BE PAID TO COURSE LEADER. The Salvation Army Hall is on the corner of Kent St. and Brown St. Busselton.

19SCRAS2: Scrabble

Dates: 03/07/2019 - 11/12/2019

Location: Leader's Home 1/8 Talga Court

Contact: 0421 823 888

Type: Long Course

Weekly Course, Wed 1:30 - 4:30

Course Leader: Jacinta Lee

A casual afternoon playing Scrabble. We play a few games, have afternoon tea and enjoy ourselves. Anyone can join us!

No course fee at this stage.

Health Related

19MCANS2: Use of Medical Cannabis - Discussion

Dates: 19/07/2019 - 19/07/2019

Location: The People Place 19-21 Kent Street

Contact: 0424 046 838

Type: Half-day

1/2 Day Course, Fri 10:00 - 12:00

Course Leader: Helena Williams

Welcome to this opportunity to discuss the emerging industry to do with the uses of Cannabis, especially medical uses. This will be a discussion format not a lecture, no expertise is offered, come with an open mind and tolerant attitude for views other than your own. We will see if there is enough interest to have further discussions and if so, use this as an initial planning day to develop a format. Course Leader Helena has a background in personal growth, Art Therapy, Psychology and some studies in Botany and fine art. Also, while she has been reading and studying this area for some time, she offers all care but no responsibility since this is an emerging area of health and changes to information and new insights are being developed as we speak.

An open mind and awareness that while many cities and countries around the world are making Cannabis use legal, it's only legal in Western Australia with various licenses to grow or use medicinally. We ask that all devices are turned off and no recording is undertaken. We may possibly plan for visiting speakers from Police, Doctors, legal growers and proponents as the group deems necessary. PLEASE NOTE that all enrollers will be initially waitlisted. After applications are completed, the enrolment list will be finalised by the Course Leader.

The \$10 cost covers room hire and refreshments including gluten-free nibbles.

IMPORTANT: If you find that after your enrolment has been confirmed you are unable to attend, please let the Leader know so someone who may be on the waitlist can be notified of a space.

Language

19FRCONY: French Conversation

Dates: 06/02/2019 - 04/12/2019

Location: Stilts Holgate Street

Contact: 0457 107 681

Type: Long Course

Weekly Course, Wed 10:00 - 12:00

Course Leader: Elizabeth Horne

Come along and enjoy practicing new skills, or refreshing previous French language learning, through lively conversation over coffee and perhaps even a croissant! This will be an informal group, meeting for the pleasure and interest in speaking French in a comfortable, social situation. A basic knowledge of French is required.

Pay for your own refreshments at Stilts.

19FRENS2: Continuing French

Dates: 05/08/2019 - 09/12/2019

Location: Novacare 502 Bussell Highway

Contact: 0438 991 114

Type: Long Course

Weekly Course, Mon 10:00 - 11:30

Course Leader: Ted Witham

This is a continuation of the semester 1 course. The classes consist of a combination of grammar and conversation. Members who are looking to join the course will need to have completed at least three years of High School French. Because the course is ongoing from semester 1, the existing enrolments have priority and thus the number of newcomers is restricted

The fee is to be paid to the Course Leader. Cost of the course, which includes room hire, is \$20. Refreshments will be provided, and any photocopying will be included in the fee. Cost of the text will be in the range \$40 - \$50. Novacare Lifestyle Village is at 502 - 546 Bussell Highway, Broadwater, entry off Bell Drive.

IMPORTANT: Could you please let the Course Leader know if your circumstances change and you are unable to attend as soon as possible so that someone who may be on the waitlist can be notified.

Literature

19BOOK1Y: Book Club 1

Dates: 05/03/2019 - 03/12/2019

Location: Novacare 502 Bussell Highway

Contact: Maureen Ebbs - 9755 8660

Brenda Pirrit - 0418 901 506

Type: Long Course

Monthly, Tue 2:00 - 4:00

Course Leaders: Maureen Ebbs

Brenda Pirrit

If you enjoy a good read, stimulating discussion and can recommend to the group a book you could not put down come along and join like-minded readers at our Book Club. We source our books from the Busselton Library's bulk loans.

\$10 Fee to be paid to Course Leader.

IMPORTANT: Could you please let the Course Leader know if your circumstances change and you are unable to attend as soon as possible so that someone who may be on the waitlist can be notified.



19BOOK2Y: Book Club 2

Dates: 05/02/2019 - 03/12/2019

Location: Leader's Home 32 Reynolds Street

Contact: 0457 107 681

Type: Long Course

Monthly, Tue 2:00 - 3:30

Course Leader: Elizabeth Horne

This course is for bookworms who enjoy discussing books and sharing good reads in a relaxed social atmosphere. We usually source our books from the Busselton Library's bulk loans.

\$10 Fee to be paid to Course Leader.

IMPORTANT: Could you please let the Course Leader know if your circumstances change and you are unable to attend as soon as possible so that someone who may be on the waitlist can be notified.

19DRAMS2: Into Drama

Dates: 08/10/2019 - 10/12/2019

Location: Weld Queen Street

Contact: 0439 441 703

Type: Long Course

Weekly Course, Tue 9:30 - 11:30

Course Leader: Gwyn Cracknell

Through dramatised play readings you will experience the power of live theatre to entertain, move and inspire US, the audience. An introduction to some of the great playwrights and dramatists: from Sophocles and Aeschylus to Shakespeare, Chekhov, Ibsen, Synge, O'Neill, Miller, Williams, Williamson, Davis, Winton ... Discover how to project yourself into another character in Comedy, Tragedy, Melodrama, Farce and modern socio-drama. DRAMA: THE MOST DYNAMIC OF LITERARY FORMS, THE MOST CHALLENGING.

Cost \$20 to be paid to Course Leader.

IMPORTANT: Could you please let the Course Leader know if your circumstances change and you are unable to attend as soon as possible so that someone who may be on the waitlist can be notified.

Mind Body Spirit

19ENNS2: Introduction Session: THE ENNEAGRAM

Dates: 26/07/2019 - 26/07/2019

Location: Leader's Home 10 Toolburra Pass

Contact: 9754 3096

Type: Half-day

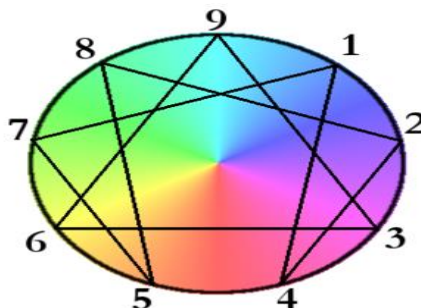
1/2 Day Course, Fri 2:00 - 3:30

Course Leader: Patricia Holyoake

A single session to answer the often-asked question.... but what is the Enneagram? You are invited to come along and discover how this remarkable system works.

IMPORTANT: Could you please let the Course Leader know as soon as possible if your circumstances change and you are unable to attend, so that someone who may be on the waitlist can be notified.

Please bring a gold coin for tea/coffee.



19ESOLS2: Essential Oils - What's the Buzz?

Type: Short Course

Dates: 19/08/2019 - 26/08/2019

2 Week Course, Mon 10:00 - 12:00

Location: Leader's Home 450 Bussell Highway

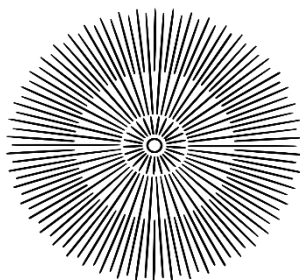
Contact: 0415 868 449

Course Leader: Jeni Winslow

Essential oils – what's the buzz? With a growing trend in essential oil use, come and learn what an essential oil is, how it is obtained, how to use and how to source ethically, as well as tips and precautions. Learn which oils are best for everyday basics to help health and well-being, for yourself, family and for a non-toxic lifestyle. Week One Workshop will cover the basics and you will get to make and take home your own personal wearable oil diffuser along with a sample oil of choice. Week Two Workshop will focus on making your own non-toxic household products, using oils to enhance cooking along with some make and take items. The emotional aspects of oils will be discussed, and participants will learn how to do a special Aromatouch hand massage for relaxation and well-being. There is a possibility of a third workshop in November for Christmas make and take ideas. Jeni is a holistic occupational therapist and essential oil educator with over 28 years' experience working as an OT in the aged care sector. Over the past few years she has introduced essential oils to several aged care facilities and enjoys seeing the residents and staff and benefit from these opportunities.

Cost: \$20 to be paid to Course Leader.

IMPORTANT: Could you please let the Course Leader know if your circumstances change and you are unable to attend as soon as possible so that someone who may be on the waitlist can be notified.



19MANDS2: Mandalas as Meditation - Workshop 2

Type: Half-day

Dates: 23/09/2019 - 23/09/2019

1/2 Day Course, Mon 10:30 - 2:30

Location: The People Place 19-21 Kent Street

Contact: 0410 667 696

Course Leader: Joan Parke

Come along and be creative as well as enjoying the meditation involved in creating mandalas. We will incorporate various collage techniques using a range of materials. As previous participants in the Mandala workshops will have experienced, mandalas can, at a simple level, be described as patterns within circles, but their meanings can be much deeper than that. They are found throughout many cultures and in religious and spiritual teachings and abound in nature. Just the mindful focus on making mandalas can be very relaxing. As it will be the start of Spring, we could think about the beauty of this season as part of the session. No previous experience is needed, just come along, relax, and enjoy yourself!

Cost of course is approximately \$20 (this will be determined depending on numbers) and includes all materials and a light lunch, as well as the cost of the venue.

IMPORTANT: If you find that you cannot attend the Workshop after enrolling, could you please let Joan Parke (0410 667697 or 9752 4769) know as soon as possible so that if anyone is on the waitlist they can be notified of a vacancy.

19SACDS2: Sacred Dance - Semester 2

Type: Short Course

Dates: 22/07/2019 - 26/08/2019

Weekly Course, Mon 1:30 - 3:00

Location: The People Place 19-21 Kent Street

Contact: 0428 846 347

Course Leader: Tricia Lee

Dance has been celebrated as Sacred Art since ancient times across the world and in many different cultures. This short course will be a taste of Sacred Dance as we can share and celebrate it today. From traditional Sacred Circle Dances to the Sacred Dance of Personal Transformation, from Sacred Dance as Prayer and creative Spiritual Practice to Sacred Healing Dance, we will begin to explore how Sacred Dance can enrich life for each dancer who joins the class. Phone: 97511693 Mob: 0428846347

The fee is approximately \$30 - \$45 dependent on numbers. Wear loose, comfy clothes and bring a rug or pillow as well as water and a large art book and some pastels. Tea will be provided for the short half time break.

IMPORTANT: Could you please let the Course Leader know as soon as possible if your circumstances change and you are unable to attend a course you have enrolled in so that someone who may be on the waitlist can be notified.

19YOGAMY: Dru Yoga (Monday Class).

Type: Long Course

Dates: 14/01/2019 - 16/12/2019 NO VACANCIES

Weekly Course, Mon 4:00 - 5:30

Location: The People Place 19-21 Kent Street

Contact: 0419 157 855

Course Leader: Valerie Frearson-Lane

Dru Yoga classes offer Dru Yoga sequences and postures in a mindful way, enabling students to continue growing in their yoga practice. We will again develop and use the 'wisdom of the heart' as the foundation of our practice, and focus on a virtue such as love, kindness, gratitude, generosity for each class. Classes accommodate those who have no previous experience of yoga. If you have any queries, please contact Valerie at livingyoga@fairtel.com.au or on 0419 157 855.

Cost \$55 per term to be paid to Course Leader.

IMPORTANT: Could you please let the Course Leader know if your circumstances change and you are unable to attend as soon as possible so that someone who may be on the waitlist can be notified.



19YOGATY: Dru Yoga (Tuesday Class)

Type: Long Course

Dates: 15/01/2019 - 17/12/2019 NO VACANCIES

Weekly Course, Tue 4:00 - 5:30

Location: The People Place 19-21 Kent Street

Contact: 0419 157 855

Course Leader: Valerie Frearson-Lane

Dru Yoga classes offer Dru Yoga sequences and postures in a mindful way, enabling students to continue growing in their yoga practice. We will again develop and use the 'wisdom of the heart' as the foundation of our practice, and focus on a virtue such as love, kindness, gratitude, generosity for each class. Classes accommodate those who have no previous experience of yoga. If you have any queries, please contact Valerie at livingyoga@fairtel.com.au or on 0419 157 855.

Cost \$55 per term to be paid to Course Leader.

IMPORTANT: Could you please let the Course Leader know if your circumstances change and you are unable to attend as soon as possible so that someone who may be on the waitlist can be notified.

Music

19MUSS2: Music Appreciation - Semester 2

Dates: 10/10/2019 - 21/11/2019

Location: 6 Lagoona Place

Contact: 9755 4355

Type: Short Course

Fortnightly, Thu 10:00 - 12:00

Course Leader: Malcolm Jennings

This is a continuing course which provides an opportunity for the group to enjoy music in a relaxed and informal setting. The emphasis is on modern classical music, i.e. from 1750 onwards. Music will include well known and much loved works as well as others not heard so often. Occasional short pieces of modern music, such as Jazz, or Pop (some Beatles tunes spring to mind) may also be included. However, meatier works by composers such as Wagner can't be ruled out! Discussion and sharing of the musical experience is encouraged. New members are welcome. **IMPORTANT:** Because of the reduced class capacity from semester 1, ALL enrollers will initially be placed on the waitlist. Priority will be given to Semester 1 attendees. The class list will ultimately be finalised after discussion with the Course Leader. Contact details: 9755 4355 or email jennings@compwest.net.au

Please bring a gold coin donation to cover morning tea or coffee.

IMPORTANT: The course dates may be subject to change, although still within the Oct/Nov time period. Could you please let the Course Leader know as soon as possible if your circumstances change and you are unable to attend so that someone who may be on the waitlist can be notified.

Science

19BOSCS2: Beauty in Science

Dates: 31/07/2019 - 21/08/2019

Location: The People Place 19-21 Kent Street

Contact: 0403 169 291

Type: Short Course

Weekly Course, Wed 10:00 - 11:30

Course Leader: Wally Mueller

This course considers the beauty and truth in Science, Maths and Art. Can we have both beauty and truth in Science, maths and arts? Do they seem diametrically opposed: does science deal with the hard facts of existence, while the arts exist only in the human mind? Is beauty in the eye of the beholder? Is science objective, art subjective? Or is the universe built on principles which harmonise with the human mind, that in the world of Keats "Truth is beauty, beauty truth - that is all ye know on earth and all ye need to know." And from Bertrand Russell, "Mathematics, rightly viewed, possesses not only truth but supreme beauty", a view expressed by many scientists of renown. What do you think? We will examine the status of beauty and truth in many disciplines throughout history hopefully to provide food for thought.

Fee is \$20 to cover room hire and summary notes. It is payable to the course leader at the first meeting. There are no prerequisites for the course, so you do not need to know much about science, maths or the arts.

IMPORTANT: Could you please let the Course Leader know as soon as possible if your circumstances change and you are unable to attend so that someone who may be on the waitlist can be notified.



19BTNYS2: Biodiversity in Australia

Type: Short Course

Dates: 09/10/2019 - 13/11/2019

Weekly Course, Wed 2:00 - 4:00

Location: The People Place 19-21 Kent Street

Contact: 0477 823 338

Course Leader: Patrick Prevett

This course is essentially a repeat of the course offered in 2018. The topics are the same as in 2018 but with more opportunity to focus on key areas of the subject. The series of 6, 2-hour sessions will explore biological perspectives on the nature and diversity of the Australian flora and fauna. An evolutionary perspective in the first sessions will help students to understand the unique nature of the Australian biota and its fragility in a modern context. This course will have special appeal to those with an interest in local flora and fauna with emphasis on the South West Botanical Province. One session will be dedicated to an understanding of the biology of invertebrates recognizing their important role in ecosystems as decomposers and scavengers as demonstrated by compost heap occupants, dung beetles and other well-known creepy crawlies. Maximum: 15 **NOTE There are 8 places available for newcomers (as per books remaining) and those who participated in the course last year are welcome to come again to revise/refresh previous information. As you have the text, the cost for you will be approximately \$30. If you have any queries, Patrick can be contacted on 0477 823 338

IMPORTANT: Because of the restriction in the number of newcomers as previously explained, ALL enrollers will initially be placed on the waitlist, and the class list will be finalised later on after discussion with Patrick. If you enrol and then your circumstances change, please tell the Course Leader as soon as possible as an alternative venue may be required due to less numbers to cover costs. It also means anyone still on the wait list can be notified of a space.

Please bring pen and notebook. Also, teabag or coffee bag. Milk, sugar and hot water are supplied. Cost: Approximately \$60 course fee (dependent on student enrolments) to be paid to Course Leader on day one. The charges are for room hire and to defray the publication of 'Biodiversity in Australia'. This is a colour publication of all PowerPoint slides used during the teaching sessions. If you have the text, the cost for you will be approximately \$30.

Social Activities

19FAN1S2: Fancy A New Look? - Workshop 1

Type: Half-day

Dates: 02/07/2019 - 02/07/2019

1/2 Day Course, Tue 10:30 - 12:30

Location: Leader's Home 6 Wirraway Way

Contact: 0439 919 946

Course Leader: Barbara Deeks

Four workshops are being offered, with a maximum of 5 participants per session. This is the FIRST session. These workshops, apart from promising to be lots of fun, laughs and camaraderie, are designed for participants to develop new skills in doing home facials and gaining confidence in applying make-up. Barbara is a trained hairdresser and is very familiar with make-up, who is keen to offer her skills to ensure those attending get a chance to refresh techniques and feel good about their appearance in a friendly environment. The cost includes facial products and refreshments. Please bring all your own make up, plus a mirror if possible.

Please enrol in **ONLY ONE** session.

Cost \$5.00 per person payable to Course Leader.

For further details contact Barbara Deeks on 97543448 or 0439919946

IMPORTANT: Could you please let the Course Leader know as soon as possible if your circumstances change and you are unable to attend so that someone who may be on the waitlist can be notified.

19FAN2S2: Fancy A New Look? - Workshop 2

Type: Half-day

Dates: 09/07/2019 - 09/07/2019

1/2 Day Course, Tue 10:30 - 12:30

Location: Leader's Home 6 Wirraway Way

Contact: 0439 919 946

Course Leader: Barbara Deeks

Four workshops are being offered, with a maximum of 5 participants per session. This is the SECOND session. These workshops, apart from promising to be lots of fun, laughs and camaraderie, are designed for participants to develop new skills in doing home facials and gaining confidence in applying make-up. Barbara is a trained hairdresser and is very familiar with make-up, who is keen to offer her skills to ensure those attending get a chance to refresh techniques and feel good about their appearance in a friendly environment. The cost includes facial products and refreshments. Please bring all your own make up, plus a mirror if possible.

Please enrol in **ONLY ONE** session.

Cost \$5.00 per person payable to Course Leader.

For further details contact Barbara Deeks on 97543448 or 0439919946

IMPORTANT: Could you please let the Course Leader know as soon as possible if your circumstances change and you are unable to attend so that someone who may be on the waitlist can be notified.



19FAN3S2: Fancy A New Look? - Workshop 3 Type: Half-day

Dates: 16/07/2019 - 16/07/2019

1/2 Day Course, Tue 10:30 - 12:30

Location: Leader's Home 6 Wirraway Way

Contact: 0439 919 946

Course Leader: Barbara Deeks

Four identical workshops are being offered, with a maximum of 5 participants per session. This is the THIRD session. These workshops, apart from promising to be lots of fun, laughs and camaraderie, are designed for participants to develop new skills in doing home facials and gaining confidence in applying make-up. Barbara is a trained hairdresser and is very familiar with make-up, who is keen to offer her skills to ensure those attending get a chance to refresh techniques and feel good about their appearance in a friendly environment. The cost includes facial products and refreshments. Please bring all your own make up, plus a mirror if possible.

Please enrol in **ONLY ONE** session.

Cost \$5.00 per person payable to Course Leader.

For further details contact Barbara Deeks on 97543448 or 0439919946

IMPORTANT: Could you please let the Course Leader know as soon as possible if your circumstances change and you are unable to attend so that someone who may be on the waitlist can be notified.

19FAN4S2: Fancy A New Look? - Workshop 4

Type: Half-day

Dates: 23/07/2019 - 23/07/2019

1/2 Day Course Tue 10:30 - 12:30

Location: Leader's Home 6 Wirraway Way

Contact: 0439 919 946

Course Leader: Barbara Deeks

Four identical workshops are being offered, with a maximum of 5 participants per session. This is the FOURTH session. These workshops, apart from promising to be lots of fun, laughs and camaraderie, are designed for participants to develop new skills in doing home facials and gaining confidence in applying make-up. Barbara is a trained hairdresser and is very familiar with make-up, who is keen to offer her skills to ensure those attending get a chance to refresh techniques and feel good about their appearance in a friendly environment. The cost includes facial products and refreshments. Please bring all your own make up, plus a mirror if possible.

Please enrol in **ONLY ONE** session.

Cost \$5.00 per person payable to Course Leader.

For further details contact Barbara Deeks on 97543448 or 0439919946

IMPORTANT: Could you please let the Course Leader know as soon as possible if your circumstances change and you are unable to attend so that someone who may be on the waitlist can be notified.

19FILMSY: Film Club

Type: Long Course

Dates: 06/03/2019 - 04/12/2019

Monthly, Wed 10:30 - 1:30

Location: Orana Prince Street

Contact: 0410 667 696

Course Leader: Joan Parke

The Film Club will follow the basic format of our Book Clubs with viewing of the film then a short discussion. We will meet in the foyer at the Orana Cinema at 10.30am on the first Wednesday of each month, March to December. This is the regular session time for the Seniors' Morning Tea and Movie. Morning Tea, no charge, is at 10.30am and the film follows at 11am. Three films are on offer but one will be chosen for us to view. At the conclusion of the film we will gather in the foyer for a short discussion about the film. Just as when in a Book Club we can be challenged to read, at times, books beyond our favourite genre, this also can be an opportunity to broaden our film viewing. So that we can fit in a short follow up discussion, the max group number has been set at 14.

19SOCS2: Coffee Meetup

Dates: 26/08/2019 - 25/11/2019

Monthly, Mon 10:15 - 12:00

Location: Stilts Holgate Street

Contact: 0410 539 361

Course Leader: Elaine Hogan

Come along and meet other U3A members you would not ordinarily meet while attending courses. Arrive at 10.15am; order your drinks and be ready to begin at 10.30am. Drinks will be served around 11am. It is hoped that you will feel comfortable in sitting with members you haven't met before. The aim of the Coffee Meetup, given we have so many new members this year, is to encourage them to come along and feel welcome. Contact Elaine on hoganirene28@gmail.com if you have any further queries. Members must enrol to attend!

Stilts is located at Holgate St. Broadwater. A few basic ground rules to bear in mind such as: Mobiles off or on silent. Be mindful of noise level - some people may have difficulty hearing where there are multiple conversations. Topics will be suggested at the start of each Meetup where upon small groups of four or five members then discuss within their group. Avoid discussing politics, religion and illness. You will be invited to change seats after 45+ minutes. If you are enrolled and unable to attend on a certain month, please let the Course Leader know.

Fee: Buy your own tea or coffee.

IMPORTANT: Could you please let the Course Leader know as soon as possible if your circumstances change and you are unable to attend so that someone who may be on the waitlist can be notified.

Writing

19CWRIY: Creative Writing

Dates: 18/02/2019 - 02/12/2019

Location: Leader's Home 12 Silver Gull Court, Geographe

Contact: 0476 237 601

Type: Long Course

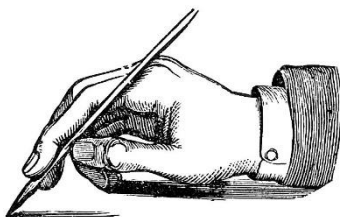
Fortnightly, Mon 1:00 - 3:00

Course Leader: Moira Dahlberg

This ongoing group utilises basic prompts and motivations for writing fiction and nonfiction. The purpose is to encourage creativity and enjoyment. This is a group for writing, exercising the brain and having fun but it is neither a teaching course nor a critique group. We use various prompts and starters (e.g. beginning sentence; title; characters; a picture; real items etc.) to inspire pieces of writing (fact or fiction prose or verse) which we then share with each other. All materials are provided; as well a selection of books and printed copies of previous collections are available for loan.

Cost is \$3.00 per attendance.

IMPORTANT: Could you please let the Course Leader know if your circumstances change and you are unable to attend as soon as possible so that someone who may be on the waitlist can be notified.





Course Enrolment Form 2019 Semester 2

PO Box 1792, Busselton WA 6280
Phone: 0410 667 696 Email: secretary@u3anaturaliste.com.au

For use ONLY by financial members who require assistance to enrol. Please allow five business days for postage to be delivered or you can attend enrolment in person (see below).

Please print clearly in Black pen

Member

First Name:

Surname:

- Have you paid your **2019 MEMBERSHIP** subscription? **YES / NO**
- **Membership number:**
- Using the current Course Booklet, list your course selections in the table below by showing the **Course Code, Course Description, Start Date and Day.**
- The committee will be assisting with enrolments from **10am to 12pm on 26 June** (Novacare – Corner Bell Dr. and Bussell Hwy) and at The People Place (**19-21 Kent St. Busselton**) from **1pm to 4pm on Friday 28 June.**
- Please bring this completed form with you, or post to the address at the top.

Course Code	Course Description	Start Date	Start Day

IMPORTANT INFORMATION FOR ENROLLEES: If you have specific needs, regarding for example, access to a venue; helpful seating arrangements; mobility devices, Assistance Dog, please contact the Course Leader prior to the Course so that necessary arrangements can be discussed.

Data Entry

Date