



The U3A Crier

NEWSLETTER OF NATURALISTE
UNIVERSITY OF THE THIRD AGE INC

Spring 2019

EDITORIAL

Oh, lucky Editor Gwyn and his wife Wendy are working their way through their 'bucket list' of places to visit around Australia! In the meantime, I hope you enjoy this Spring edition of The Crier, keeping you up to date on Naturaliste U3A news. Joan Parke (Co-Editor)

FROM the CHAIR

*There has been plenty of positive feedback heard (the grapevine works well) about how much members are enjoying the courses and workshops they are attending. The winter term, with many away traveling, makes it more difficult for making a commitment to a course but I am sure those who have, are pleased that Leaders are offering them. This year we have had some workshops and short courses of a couple of sessions duration that help maintain opportunities to participate in learning and socialising over the winter months.

*Now some big news! As mentioned in the last Crier, Naturaliste U3A has been invited to host the West Australian U3A Network Conference to be held in October 2020. The Committee has now accepted the invitation and has started making plans already, for example we have booked The Esplanade Hotel, a local icon, as the venue for the conference. The hotel is undergoing renovations that will enable us to base all our activities there. Applications for funding are underway. You will be kept informed of plans as we move along.

*We have updated our banner and brochures, as follows:



The new banner and brochures now include the official U3A logo as well as the Naturaliste U3A logo.

Banksia coccinea, or Scarlet Banksia, now adorns our new brochure and new banner. It is native to Western Australia and found in the South-West Province. It likes coastal sand dunes, swamp margins and sandplains. The images below were taken (by the secretary) at the Busselton Wildflower Exhibition in 2017. The yellow flower on the brochure is also a Banksia.



Banksia coccinea (Scarlett Banksia)



Banksia undata var. undata

*Expression of interest: After being the Naturaliste U3A representative on The People Place Board for some 6-7 years, I am now standing down from that role and my last meeting on the Board will be the upcoming AGM in September. I have enjoyed being our representative and have certainly gained a great deal of understanding, particularly about governance!! If anyone is interested in finding out more about the position please contact me (0410667696) or Rilla Beresford CEO of The People Place on 9752 3550.

GETTING to KNOW YOUR COMMITTEE

Elaine Hogan, who was co-opted to the Committee earlier this year was unable to continue, and Deirdre Chell has now been co-opted in her place. Deirdre is returning to the Committee following almost a year off due to sickness and it is great to welcome her back.

Many thanks to Dawn Atherton for her work on the Committee for the past 2 years. Unfortunately, Dawn will not be standing for the Committee this coming year for health reasons. We wish her all the best for a speedy recovery.

Deirdre's career was mainly in the IT world and encompassed business, technical and communications aspects of the Health, Utilities and Insurance businesses, to name a few. Her experience includes, but is not limited to, Management, Sales, Marketing and Writing.

Deirdre and her husband Don moved to Busselton from Perth in September 2016 and since then she has also spent time volunteering with the Cancer Support Group, Citizen's Advice Bureau and the Customer Advisory Group of Busselton Water.

In retirement Deirdre enjoys gardening (she doesn't have a garden - everything is grown in pots!), walking along the ocean paths (limited following a major operation!), her music (cello and piano - attempting but failing to compete with her husband Don in the music arena!), reading (if she gets the time!) and spending time with good friends in Busselton.



Despite all the exclamation marks life is looking pretty good.

AROUND the COURSES

SACRED DANCE - Leader: Tricia Lee

We are now into our second six week's series of exploring dance as Sacred Art at The People Place in Busselton.

Sharing many different forms of dance, we have enjoyed 'communion' with each other and deepened our relationships with our 'sacred selves'.

There has been a lot of laughter and also time for reflection as we have danced and discovered new dimensions of moving, breathing, dancing hearts, minds, bodies and souls.

This semester we are a smaller group but the beautiful energy we share through each session is a tonic which warms and heartens us through these winter months.

"Sacred Dance expands my heart, I love the connection" says one of our dancers.

Yours with Barefoot Blessings, Tricia Mary Lee, Co VP Sacred Dance Guild

www.sacreddanceguild.org



The smiles say it all!

BOOK CLUB 1 - Leaders: Brenda Pirrit and Maureen Ebbs

How we Enjoy our Meetings

We connect with each other in a relaxed atmosphere on a monthly basis. Our discussions are always full of surprises as we chat about the book we have just read. We give our feedback and thoughts and discuss the elements from the story We share and pass on knowledge of books that we have read and enjoyed and like to recommend to others. We can also bring these books along with us to lend out.

The new book of the month is then given to each member, followed by a light Afternoon tea. Thanks, Coralie for being our hostess.

Our reading has included Relationships, Australian and Historical Fiction and some Mysteries and Biographies.

Among our favourite titles and authors so far are: The Choke (Sofie Laguna), The Husband Hunters (Anne de Courcy), The Unlikely Pilgrimage of Harold Fry (Rachel Joyce), Secret Keeping for Beginners (Maggie Alderson), The Last Painting of Sarah De Vos (Dominic Smith), The Dry (Jane Harper), The Light Between the Oceans (ML Stedman) and The Literary and Potato Peel Society (Mary Ann Schaffer).



Front row: Christine McDonald, Rosemary Keynes, Margaret Wilson, Pam Coyne
Back row: Coralie Stanlake, Ruth Gardner, Brenda Pirrit, Patricia Putland

FRENCH CONVERSATION - Leader: Elizabeth Horne

HAT DAY AT FRENCH CONVERSATION

The U3A French Conversation Group has now been meeting regularly for almost three years.

We meet every Wednesday at Stilts Café in Broadwater and we just love our Wednesday mornings. Everyone who comes has some knowledge of the French language and what we don't know we make up for with enthusiasm. It may be because we are speaking (or trying to speak) in another language that we are less inhibited, but we have the most fascinating conversations on a huge range of subjects. Two hours go in a flash and we never seem to run out of things to say. We often lapse into English when it all gets too hard.

The other week we decided to wear hats (chapeaux) I'm not sure why but we felt it was worth a photo – thank you Wendy. I never thought when I started this group that I would make such wonderful, interesting friends.

Vive la France and vive l'amitie

NB. Chapeau is, of course, the French word for hat. When used with an exclamation it can also mean 'Well Done' or 'Bravo'.



Jean Brown, Margaret Leonard, Marie Ginbey, Jan Kennedy, Val Russell, Wendy Dolan, Elizabeth Horne, Anne Staniforth-Smith

BRAIN GAMES – Leader: Joan Parke

After an introductory Workshop in July, we have now started the Brain Games course and will meet once a month for the rest of the year. Certainly the ‘feel good’ endorphins were buzzing - having a good laugh is essential brain stimulation!

Roughly based on The Brain Games Project from the Illawarra U3A, NSW, activities include those that stimulate memory, problem solving, creativity, logical thinking, spatial awareness, visual perception as well as providing social interaction. Sessions are non-competitive and interactive.

From a presentation by Ainslie Lamb (Brain Games Co-Ordinator, Northern Illawarra U3A, Designer and Writer of the Brain Games Project) at the U3A WA Conference last year, the following quote is very important.

‘Given that what’s important for the heart is good for the brain, it seems the reverse analogy works equally well. Physical exercise keeps our muscles, especially our heart muscles, strong and resilient; similarly, mental exercise is important for keeping our brain strong and resilient. There is good evidence that combining cognitive training with a social dimension and physical exercise may well be better than cognitive exercise alone’. (Dr Michael Valenzuela, ‘Maintain Your Brain’, Harper Collins 2011, pp220-221).

It looks like we will ramp up the Brain Gym exercises at the start of each session!!

If interested, there are a number of TED Talks around brain health, as well as YouTube items, that can be accessed by Googling them for a topic of interest.

COFFEE MEET-UP – Course Leader: Elaine Hogan

Reminder: Semester 2 Coffee Meet-up group starts on 26th August. Please note that members need to enrol for this course.

TOPICAL TALK June

Discovering Diamonds: the Lake Argyle Diamond Mine Project



Presenter, David Gardner



David's fascinating information was enjoyed by the audience.

Those attending David's presentation enjoyed hearing about his involvement in this project, as well as some very interesting information about pink diamonds and the use of diamonds for industrial purposes (who would have ever thought that this is such an important use for diamonds? Not just 'a woman's best friend'). David's knowledge of the formation of diamonds in the rugged Kimberley region and the fact that the Argyle Diamond mine will close down in a few year's time, made for another stimulating Topical Talk this year.

CALENDAR

Please mark your calendars for the following events.

- **UPCOMING TOPICAL TALK, Friday 13th September.**

'Keeping Girls in School', The Sipa Days for Girls' Program, Uganda.

The Presenter, Christine Willmott, lives locally, traveling to Uganda as part of her work.

Please check the last page for full details of this Topical Talk.

- **SHOWCASE and Annual General Meeting, Friday 20th September**

A follow up reminder to earlier information that, as we have been doing for a number of years now, a Showcase of course activities and a chance to speak to Leaders will be happening for an hour preceding the AGM. It is important that if you cannot attend the AGM that you send us your proxy form so that we are able to ensure that we have a quorum (54). Attending the AGM gives you a chance to hear the President's report on what the Committee has been working on, future directions, and an overview of the year's happenings. The Treasurer also presents a financial report so you can hear how your subscriptions are managed. Importantly, it is the election of committee members and the chance to meet those members.

Following the meeting afternoon tea is served.

FEEDBACK

Feedback, contributions and suggestions are welcome and can be emailed to the editors at secretary@u3anaturaliste.com.au or posted to us at PO Box 1792, Busselton WA 6280.

Gwyn Cracknell (Editor), Joan Parke (Co-Editor)

Naturaliste



University of The Third Age Inc

TOPICAL TALK

“Keeping Girls in School” The Sipa Days for Girls Program

You are invited to our next Topical Talk presented by our guest speaker
Christine Willmott: Corporate Social Responsibility Manager
for Sipa Resources:Uganda

Uganda has the highest dropout rate in East Africa, with up to 75% of pupils dropping out of school before they finish year 7, most of which are girls. The biggest contributor to this is the poor management of the monthly menstrual cycle. The Sipa Days for Girls Program provides primary school girls with information about reproductive health and sexual rights and provides reusable menstrual kits. The program has been running successfully in and around Kitgum for the past 4 years.



DATE: FRIDAY 13th SEPTEMBER TIME: 1.30 - 3.00pm

VENUE: The People Place, 19-21 Kent St, Busselton.

Please RSVP to Joan Parke on 0410 667696 or email secretary@u3anaturaliste.com.au

Light refreshments will be provided at the end of the Talk.

Visitors welcome. Gold coin donations will go to: Paperbark Wellness Project



THE UNIVERSITY OF THE THIRD AGE