



The U3A Crier

NEWSLETTER OF NATURALISTE
UNIVERSITY OF THE THIRD AGE INC

Autumn Edition

2020

EDITORIAL

After some fine tuning of UMAS during 2019 our IT Maestro Don (Systems Admin) together with Lorraine, Cathy and Number Crunching Treasurer Chris, all engineered an efficient series of enrolment days so that Naturaliste U3A had a smooth start to 2020. President Joan, Vice Gwyn and Brenda ensured all enrolees were well informed and catered for. The Sundowner for our wonderful Course leaders was a very successful ending to a rewarding Enrolment Day. With nearly 250 enrolments and 30 courses we can all look forward to a stimulating 2020. Sir Guinivere.

FROM THE CHAIR

The year has started well and within the next few weeks most of our Semester 1 courses will be underway. A staggered start to Term 1 is good in that, particularly with short courses, we don't have all of them starting and finishing at the same time! Many of you who have been heard to say, "What would I do without U3A?" can relax and get back into the swing of things that you enjoy being involved in!!

As mentioned in our last Crier, we have welcomed Brenda Pirrit to the Committee and her biography is included. All Committee members have been busy already with planning for 2020, Enrolment days, the Thankyou and Welcome Sundowner and Topical Talks. It is a particularly busy time of the year for our Treasurer Chris Masterman and our Systems Administrator Don Wright as they deal with membership and enrolments, so a special thanks to them and also to Cathy Oldman for updating the Website.

In praise of our writers, it is interesting to note how many of them we have among our membership! A number have had their work published and are becoming established authors. Some have done well in writing competitions, others have put their skills into the writing of memoirs, poetry, drama scripts and generally writing just for the pleasure of doing so. Apart from Moira's long-running Creative Writing group we have, over time, had other writing courses and workshops around writing life stories and poetry. There is a place alongside Creative Writing for more of these if anyone is looking ahead to Semester 2.

Enjoy the courses you are enrolled in, the Topical Talks you attend, the knowledge you gain, fun you have....., the list goes on!
Joan Parke (President)

Brenda Pirrit – New Committee Member



I was born in the coastal town of Gisborne in the Poverty Bay region, North Island NZ. It has many similarities to Busselton and when I came to retire here it really felt like I was "Full Stop" in a very Happy Place.

One of five children, from an early age I fostered a love for the outdoors, the oceans and beaches and nature in the hills and surrounding mountains of the region. I loved to learn, sometimes writing small plays for activities with school friends. At the age of six I would often sit for hours at my Mother's piano and taught myself to play piano "by ear". Singing and Music are still great loves of mine today.

After finishing my education at Gisborne Girls College, I went to Auckland to train in a Community Nursing Course. In the 60's my adventurous spirit brought me to Australia with encouragement from many "Aussie Nurses" who at that time were crossing the Tasman in large numbers to work and travel around NZ. In Sydney I chose a change in career and worked at the Red Cross Blood Bank as a Technical Assistant in the Blood Grouping Laboratory. During this time, I travelled back home to marry my husband John and returned to Sydney where three years later our daughter was born. I now have two adult children and five beautiful grandchildren, who live in Perth.

In the mid 70's John and I accepted a new job prospect in WA. It was a great opportunity to travel and test out the new Motorhome we had spent some dedicated months building together. When the children left school I took a position at Silver Chain Nursing Association where for 15 years I worked in the Community in various different roles. This led to training and Certificates in many areas including a Trainer for Occupational Health and Safety, a Nationally Accredited Auditor and Manutention Trainer for New Staff. I loved being able to visit SW towns such as Bridgetown to assist leaders with their Staff training.

On retirement we settled first in Bunbury and then decided to move to Busselton where we have lived for 9 years. Being a keen cyclist, what better place can one be! My love of DRU Yoga for fitness led me to search for a suitable course and so I was introduced, through a friend, to U3A and joined in 2016. This great network of dedicated Volunteers from all walks of life and backgrounds really inspired me to join in the wonderful variety of courses offered. I am currently co-hosting Book Club 1 and thoroughly enjoy this new experience. We have a great group of enthusiastic readers and we have a lot of fun too.

THANKYOU and WELCOME SUNDOWNER

Following the second of our two successful enrolment days, offered at Nova Village and The People Place for those not using online facilities, our annual Thankyou and Welcome Sundowner was held at The People Place. It was a most enjoyable function and quite a number of Leaders were able to attend. It was a great opportunity for the Committee and Leaders to get together and to catch up with who runs which courses, put names to faces. Many thanks to you all for the work you have done and for what is ahead this coming year.



President Joan



Chris, Richard paying homage



Wendy Beames and Moira Dahlberg



Time for a drink – John, Patrick, Gwyn



Cathy and Jill – top drop!



We agree – Chris, Gwyn, Don

AROUND THE COURSES

CREATIVE WRITING – Moira Dahlberg



Naturaliste U3A Creative Writing Group 2020

From left:

Standing: Nola Delfs, Ruth Gardner, Walter Graham, Peg Smith, Judy Wills, Alan Briggs, David McDonald, Judy Hearne

Seated: Maureen McEwan, Gloria Kesby, Noeline Carlson, Shane Venema

A New Life

She studied her face in the mirror and could not see the person she had once been.

Looking back at her was a vibrant, beautiful woman. Gone were the lines and shadows of grief. Today, she saw a woman who was half her years. Eyes bright, skin dewy and soft and hair of lustrous strands in a new, modern creation. She liked the look!

She was glad of the chance encounter with Zoe at the local cafe, last year, who had now become a constant companion and trusted friend. Zoe was the complete opposite of herself, vibrant, chatty and somewhat gregarious in nature. Zoe was all the things she had wanted to be for most of her life. She had encouraged her to get back into life again; stepping tentatively back into the social stream, into the workforce and back to designing after Brad's death.

Her new life was before her. She pondered what this may offer and of the new paths she would follow. Nola Delfs.

BOOK CLUB 2 Leader: Elizabeth Horne

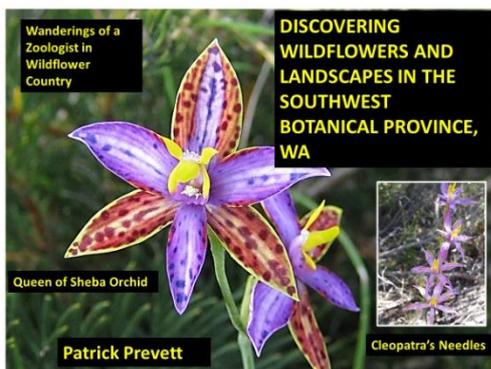
The First Tuesday Book Club (Book Club No 2) was named after the TV programme as we meet on the first Tuesday of the month. We commenced at least 3 years ago when there were no more places in Book Club 1. Both Book Clubs meet on Tuesdays but at different venues. We are an interesting bunch of people and enjoy our monthly meetings and our conversations which often take us into quite diverse directions.

Numbers are always limited to 10 or 11 as we have to take into consideration the availability of books. This means that there is frequently a waiting list. Perhaps someone would like to start a third Book Club on a different day!

Until the last few months we have been sourcing our books from the Busselton Library but after three or four years we find that we have read many of the available book sets, although I have been assured by the Library that they will soon be putting together new sets for groups such as ours. It was decided that every now and then we would purchase a new book that had been highly recommended. Those who wish to buy a book could then lend their copy to one of the other members of the group.

This month we are reading 'The Beekeeper of Aleppo', by Christy Lefteri. The author, brought up in London, is the child of Cypriot refugees and this book was born out of her time working as a volunteer at a Unicef supported refugee centre in Athens. I personally found this beautifully written novel very moving and I am looking forward to hearing the comments from our other members when we meet on the first Tuesday in March.

BIODIVERSITY IN AUSTRALIA – Wanderings of a Zoologist in Wildflower Country – Leader: Patrick Prevett



Hello there students of the Wandering Zoologist in Wildflower Country. It was like being back with old friends to see so many familiar faces when so many of you enrolled for more biological studies. The picture shows the lead slide that featured in my first lecture. A stunning wildflower most easily found by listening intently to the network of fanatical field botanists out there who search high and low for it. Best of luck searching for it but I have my sources too. I will shortly be starting work on the next set of 6 sessions entitled Crossing the Boundaries but I am not telling you any more at this stage.

INTO DRAMA – Gwyn Cracknell

We were off to a good start with sixteen enrolments, including three new. Much to Wendy Beames enjoyment we started with Dylan Thomas's 'Under Milkwood', a delightful expose of one day in the life of a Welsh fishing village created with the amazing sound effects of Thomas's prose/poetry. We all had many parts as there were up to fifty characters.

Through Colleen and Richard Liston, we were requested to participate in a dramatised reading of how the Busselton Oral History Group need to run their interviews. Janet and Frank Dickinson volunteered with Gwyn the Observer indicating the correct procedures. In keeping with our Conference Theme for 2020 that we are hosting in Busselton, we were pleased we could offer 'Connections' with the vibrant Oral History Group. BOHG Heather Hill co-ordinated the recording of the dramatised reading.



Janet, Heather Hill, Richard, Joan, Gwyn, Frank.

Recording in Session

Photos – Kathy Armstrong – Vice President BOHG>

BRAIN GAMES - Leader: Joan Parke

The year has begun a full group that was stretched a bit to accommodate those on the waiting list! We started the first session of the year having a laugh at a 'Seniors' Song', then introductions (that required just a bit more than remembering names), a bit of Brain Gym to waken up our brains, then a variety of activities that included a memory card game -you will remember the one that we played where you have the cards face down, pick up 2 to make pairs and have to remember where the cards are placed when returned face down to the table. Easier said than done! A few minutes on working out change from given dockets...does anyone do this anymore in the era of plastic cards? Then backwards 'skip' counting got easier once we found the patterns!

Another laugh was when we were taken back to the infamous Australian TV show 'Kath and Kim' and watched a video 'Kath and Kim's Mispronounced Words'. Lots of memories triggered there! Files with handouts, and booklets, were distributed so that some things can be followed up during the following weeks. Reminiscing is apparently very good for the brain, so is daydreaming I am told!

Our session ended with listening to the Aussie version of the song 'I've Been Everywhere Man' and participants have been given the task of using a double page in their booklets to record on the first side the names of as many places they can remember visiting (not just passing through) and on the second page a record of the houses they have lived in. This is a follow up task to complete, if wished, by the time we next meet with the addition of a comment or two about the best and worst places on each list! You are welcome to give this a go too.

So, our Brain Games will stimulate us, jog our memories, have challenges (Sudoku is coming), help us learn new things, encourage us to reminisce, make us laugh and give us opportunities to meet new people. Joan

CALENDAR

*Reminder of upcoming Topical Talk (Friday 13th March) is on the last page.

*With Easter coming up and school holidays, please check with Leaders any course dates that might be affected.

SNIPPETS

*The Committee is progressing with plans, especially as we are now in the same calendar year, for the U3A Network State Conference we are hosting in October. We will be having some small fundraising events, for example mini-raffles and possibly a film fundraiser, during the year. Two lucky members won their membership fees for this year in our first raffle! We are very optimistic that we will get our main funding through a grant from Lotterywest.

***Preliminary notice!** Looking ahead to our second Topical Talk, and one you will be keen to make a note on your calendar for the 12th June Topical Talk! Rod Cary, Co-ordinator of the Geographe Community Landcare Nursery Inc. has agreed to share his knowledge and experience of many years in horticulture at the Landcare Nursery in our region. More info to come closer to the date.

STOP PRESS – PROPOSED NEW COURSE: - OPPORTUNITY to check out YogaBlokes!

If you're male and wondering what yoga is all about, and why so many people do it, here's your chance to try it out.

Thursday 19th March or Friday 20th March, 4 – 5pm at The People Place, 19 Kent Street, Busselton - cost \$5.00.

Dru Yoga teacher, Valerie Frearson-Lane, is hoping to start a 'YogaBlokes' course beginning in second term 2020 and is offering this 'Taster' to test whether or not U3A's 'blokes' are interested. For this Taster, come along - bring a mate as a guest.

Contact Valerie – livingyoga@fairtel.com.au – to book, and for more information

FEEDBACK:

It is always good to have feedback with your responses to our Newsletter, courses and events.

CONTACT DETAILS:

EMAIL: secretary@u3anaturaliste.com.au

PHONE: Gwyn 97541703; Joan 0410667696

POST: The Editors, *The Crier* PO Box 1792, Busselton, WA, 6280



TOPICAL TALK

How an Aircraft flies

You are invited to our first Topical Talk for the year which will be presented by Max Collins who gave us a most interesting talk on 'The Weather' last year. Max's presentation this time should be equally interesting. 'How an Aircraft Flies' removes some of the mystery surrounding this form of transport. We discuss why aircraft are shaped the way they are, what each bit does, the forces acting on an aircraft and some of the protections built into the wonder of flight. A concentrated, expanded "fear of flight" course in one hour. You WILL know more of why things happen after this presentation. If life seems difficult, remember that even flight starts with a headwind.

DATE: FRIDAY 13th March 2020 TIME: 1.30 - 3.00pm

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

Light Refreshments will be served after the Talk. Visitors welcome.

Gold Coin Donations for this Talk will go to our local Royal Flying Doctor Service

RSVP: for catering purposes by **10th March** please to:

secretary@u3anaturaliste.com.au

or Joan Parke 0410 667696