



# The U3A Crier

NEWSLETTER OF NATURALISTE  
UNIVERSITY OF THE THIRD AGE INC  
SPRING 2020

## FROM the EDITOR

Gwyn Cracknell, who has been Editor of The Crier, has now retired from that role and also from the Committee. Fortunately, he will still be leading the Drama group so his valuable contribution to Naturaliste U3A will continue. Thanks Gwyn, for all your work.

## FROM the CHAIR

Firstly, I would like to thank all our course Leaders for the extra effort they have put in to adjusting to the changes that have had to be put into place as a result of Covid protocols. Of course, these protocols don't just affect us in terms of our U3A involvement, everyone in the community has had to adapt, but it is certainly great for those of us who have been able to resume courses to be able to do so. It has been pleasing to see that a number of the courses scheduled to start in the past few weeks have been able to do so, again with course Leaders taking that extra step of making required modifications.

Thanks too, to all members who have been understanding that we are doing our best to keep you all safe. Some courses are still not able to resume, mainly to do with physical distancing issues, for example the Mah Jonggers and Scrabblers, who have their fingers crossed that VERY SOON they will be back at their tables! Although the cinema is open, the Seniors' session has not restarted yet so the Film Clubbers have not been able to gather.

Although one of the main aims of all U3A's is that of providing life-long learning, it has become very apparent during these past few months that the social value of interaction can't be underestimated! So, it is no wonder that we are so keen for all our U3A activities to be happening, even if it is with some adjustments.

The Committee has a busy time ahead, as you will read in this issue and received mail about! It's hard to believe that we are already coming up to our 2020 AGM with the Showcase of some of our courses. We are putting out a call for those interested in running courses for next year, and a Leaders' Workshop is in the pipeline, just for starters!

Your support so far this year is appreciated. As a U3A group that has a very strong focus on running courses, we have possibly been impacted more than many other U3A's; hopefully next year will see us back in full swing!

(Joan Parke, President)

## AROUND the COURSES

### Unleashing Your Creative Spirit Leader: Lorraine Watts

This course was written by Cate Russell-Cole and used under Licence through U3A online. It is great having a course that has been already developed with many useful resources. We have so far explored: what is creativity, who can be creative (all of us!), what supports or hinders our creativity and the importance of having **a creative space on one's own**. Feedback from participants includes: *'Creativity is very liberating – promoting thoughts to share or not; really enjoyable; the mind-map concept is really valuable; this course has taught me I need to create things for my own personal needs and not necessarily for a purpose.'*



L-R Barbara Grinsell, Lynda Chilvers, Garry Brown, Helen Gahler, Athenia Henderson

### Let's Talk History – The English Crown: Course Leaders Elaine Hogan and Cathy Oldman

This was a new course to Naturaliste U3A developed by Elaine and Cathy after bonding over a shared love of British history. After a false start due to Covid-19 we were able to commence in July.

The course was based on the U3A Online "Kings and Queens of England". In each session, with the assistance of handouts, we researched online and short videos, we have considered the imperial, the charismatic, the ordinary, the unusual and the sometimes downright bad actions of those upon the throne of England with a quick look at what, (meanwhile) was going on in Scotland, Wales and Ireland.

We started with the Norman Conquest of 1066 and spent two sessions discussing the Normans, followed by two sessions on the Plantagenet dynasty and the final two weeks on the Wars of the Roses, the struggle between the houses of York and Lancaster.

Interestingly, so far in over four hundred years of history and despite one attempt, no woman has sat on the throne of England.



*Pam Coyne, Raeleen Hales, Anne Sargent, Lynda Chilvers, Maureen McEwan, Graeme Stainton, Elaine Hogan, Gail Priest, Helen Leach, Wendy Parkhurst, Chris Kojan, Cathy Oldman (Note the Heraldic Tree in the smaller photo)*

### **LET'S WALK and TALK: Leader Gwen Braden**

It has taken a brave walker to face some of the chilly and wet walks along the foreshore on Thursday mornings BUT there has been the option, a number of times this winter, of the SHORT walk – car to café!! After all, we are called the Walk and TALK group.

However, we are very glad to be out walking again and can admire the changing ocean, the weed on the beach now clearing and even the occasional rabbits hopping in the sand dunes! Leaving from the jetty, we walk at our own pace and some go further than others but on average we walk between 40mins to an hour. Then it's coffee and more chat at The Goose Café.

One 'historic' moment recently, Joan, who usually is in the tail end of the group, was up front with Gwen who is invariably in the lead, and we have a photo to prove it!! All good fun and we have plenty of laughs.



*Gwen Braden and Joan Parke look back at the 'stragglers'!*

***It is pleasing to see that we now have another Walking group that started this semester. It seems like we have plenty of avid readers, with two Book Clubs on the go, and now two Walking groups keen to be out and active!***

### **THIRD AGE PACERS: Leader Elaine Hogan**

Third Age Pacers is a new walking group for those who like a medium paced walk of about an hour. At present, we walk on Fridays at 9am, which will be changed to an earlier time when it becomes hotter. We aim for coffee and chat at the end. To date, we have walked from The Equinox heading south and back again and have walked the jetty on a glorious morning. Alas, no dolphins to be seen though!

We plan to try other local walks over the coming months, for a change.

So, if you can manage a medium pace, which equates to about 4 or 5 kms in an hour, and are interested in joining us, please call me on the number below. No obligation to come every week, either. Elaine (0410 539 361)

### **COFFEE MEET-UPS: Leader Elaine Hogan**

U3A Coffee Meet-ups will restart on September 24th, a Thursday morning for the time being, as Stilts is closed on our usual Monday morning. We can continue to use Stilts on Thursdays, the last one of every month. We arrive at 10.15 am, order coffees etc and be seated for a 10.30 start, until Noon.

I randomly seat us all in two groups, introduce a topic, which can be anything from 'your most exotic holiday', to 'did your retirement work out the way you planned!'

At half time, some of us change seats to form two new groups, I bring in another topic and off we go again. The discussions to date have been very interesting and often funny, as people relate their own experiences. It's all informal and relaxed, nobody has to offer their views if they don't want to, no pressure. We do try to stay away from religion, health and politics!

We managed January and February this year before closedown and spoke about 'what your friends mean to you' and 'memories of your parents'. If you fancy a relaxing morning, chatting about your memories and experiences and are interested in joining us, please contact me on the following number. Elaine (0410 539 361)

### **CALL-OUT for LEADERS for 2021**

Although 2021 might seem quite some time away, for the Committee it is just around the corner and we will be starting to plan courses and compile next year's Course Booklet very soon!

A number of our Leaders have been facilitating courses with some, such as Mah Jongg, Creative Writing, Music Appreciation, from the start some 10 years ago. Others have been Leaders for that long but offering a few different courses. One who will not be continuing next year is Ted Witham. Ted has been leading Naturaliste U3A groups for 10 consecutive years, since it was revived from the original Busselton group! Courses he has led include - Grammar, World Religions, French (twice) and Latin. He says he will miss the stimulation and social aspect of being part of a group. I am sure those who have been in Ted's groups will agree not only with that but also will have appreciated the learning experience as well.

Thus, there is a call out for someone who would like to follow on with Ted's French group as Leader, or perhaps someone who would like to teach another language?

For a group of our size, around 260 members, it is essential that we keep growing our number of courses. These can range from year long, short (eg 4-6 weeks), weekly or monthly. We have also offered Workshops that were one-offs.

To be a Course Leader you do not have to be an experienced teacher; one of the features of U3A groups is tuition by peers, so if anyone has an interest, a passion even, that they would like to share with others please get in touch with Joan (0410667696) or [secretary@u3anaturaliste.com.au](mailto:secretary@u3anaturaliste.com.au), so we can have a chat about what you have in mind. A check of our Course Booklet will give you an idea of the range of the courses and workshops we have offered this year.

Perhaps there is someone who would like to run, for example, a course on such topics as - photography, art, craft, dance, collections, environmental issues, poetry writing, travels, a Lunch Club – the list goes on!

## **LEADERS' WORKSHOP**

Last year we introduced a Leaders' Workshop for current Leaders to review and discuss how their courses went, tips and suggestions for others, and any areas that they felt needed more support or information. As well, we encouraged any member who wanted to get advice on running a course to come along to get information (and encouragement), not just from relevant Committee members, but also from our current Leaders.

This Workshop went well so we will be offering it again, date to be confirmed, but likely to be mid/late November. Expressions of interest are very welcome any time, (contact details above).

## **MEET a MEMBER**

### **Wendy Beames**

I love being a member of the Naturaliste U3A! What an amazing organisation it has become with such a variety of interesting courses to choose from.

Some of my favourites over the past 10 years are as follows: Pat Holyoake's first Art Classes in the old Courthouse art studios, followed by her Enneagram classes in the Art Society's rooms. Rachael and Evan Macpherson's Life Writing course was inspirational, and I loved Gwyn Cracknell's Poetry class as well as his Into Drama, which we are still enjoying after 5 years!

Of course, Mah Jongg has rolled on and on and is now one of the longest running courses, but we haven't managed to play for most of this year because of the Corona virus. I've been to lots of others, too numerous to mention here, and I imagine there will always be plenty of new subjects coming up in the future!

I was asked to add to this item by relating something exciting I'd done in my life! The highlight of my life, so far, was going to Antarctica at the beginning of 2012. What a wonderful experience and privilege to be able to go to such a beautiful part of our planet and it is an adventure I will never forget!

Wendy Beames

*Editor's note: Wendy has been the Mah Jongg Course Leader since it began, some 10 years ago! Thanks Wendy.*



*Wendy well kitted out for her Antarctic adventure*

## **Peter Lewis: and how he sailed around the World**



Naturaliste U3A member, Peter Lewis was born in Busselton in 1948, attended the local Primary school and later the high school. He left school, joined the Australian Army for nine years and spent the majority of his working life in various jobs from rough neck on a drill ship, tradesman, small business owner and various other jobs.

With his four sons grown up and having left home, he says he then had the space to pursue a long-suppressed dream of crossing blue water.

**'I'm going to sail to the Cocos Keeling Islands,'** he boldly decided. **'May even sail right around the world!'** He estimated a 3-year journey.

He set off for Cocos Keeling Islands on May 17, 2003 and arrived back in Australia after completing the journey on November 1, 2007. During this time, he had many run-ins with the vessel resulting in fractured teeth, cracked ribs and a fractured femur. His boat took a bashing from mother nature on more than one occasion.

Stops along the way included Cocos Keeling Islands, Rodrigues, Mauritius, Reunion, around the bottom of Madagascar and into Durban, South Africa. After that he sailed to Port Elizabeth and Port Francis and then on to Cape Town, next to St Helena then to Trinidad ....

**Because of space constraints, please read more of Peter's interesting and inspiring adventures in his own words on our website ( <https://u3anaturaliste.com.au>) Go to the Menu and choose **Meet a Member**.**

## TOPICAL TALK

Members who attended the recent Topical Talk, given by Rod Cary at the Geographe Community Landcare Nursery Inc, were in for a treat with a tour of the Nursery that followed Rod's most interesting Talk.

In Rod's presentation he told us of the history of the Nursery and gave valuable information about the incredible biodiversity of plants in this region of WA. As well, hearing about the work done by volunteers, who deal with a huge range of tasks involved in the preparation and maintenance of plants and equipment, was also very interesting! It is quite an eye-opener to find out what goes on behind the scenes at the Nursery!

In the tour following the Talk we were shown various stages of the propagation of plants and could see the huge number of them in stages of readiness for sale. Rod was keen to answer questions so ask we did! It was pleasing to see regular Topical Talk goers who attended and also to meet two of our new members, obviously keen gardeners, Kevin and Jeanette Hulcup.

*A tip – there are some plants that no matter what you try just don't thrive in Busseton's soil!!! So, it would be worth checking out for those species that love it here.*

**NB** The Geographe Landcare Nursery is not usually open on Saturdays but **during September** it will be. Phone 0429 644 885 or visit [www.geographeplants.com](http://www.geographeplants.com) for further information



*Rod Cary, Nursery Coordinator*



## CALENDAR

### **REMINDER: The ANNUAL GENERAL MEETING Friday October 9<sup>th</sup>**

By now you will have all received information regarding the AGM and our Showcase Day. Please RSVP if you are coming and also, if you can't come, proxies would be helpful as we need 52 members to form a quorum for voting. If you can't email or post, Joan and Deirdre will be at The People Place from 10-12 on Thursday 8<sup>th</sup> October to collect hand delivered proxy forms.

## SNIPPETS

### **\* I K E B A N A: THE JAPANESE ART OF ARRANGING FLOWERS**

Many of you will have done a course with Pat and will be pleased to see that she will be giving a short talk for us, followed by a demonstration of this ancient tradition of Ikebana, to be held on Friday 25<sup>th</sup> September from 2 to 3pm at The People Place. Please RSVP to Pat (9754 3096) by Fri 18<sup>th</sup> September if you are coming.

For those who would like to learn this method of flower arranging a workshop will be organised at a later date.



Cost: gold coin donation to cover room hire.

## FEEDBACK

Suggestions and contributions are welcome and can be emailed to the Editor at [admin@u3anaturaliste.com.au](mailto:admin@u3anaturaliste.com.au) or posted to Box 1792, Busselton, WA. 6280.