



The *U3A* Crier

NEWSLETTER OF NATURALISTE
UNIVERSITY OF THE THIRD AGE INC

SPRING 2021

FROM the EDITOR

Thank you to contributors (and proof-readers) to The Crier – as always compiling a newsletter from an organisation such as ours with many things going on, a team effort is essential. Have your calendars ready as there are some important dates included for upcoming events! Joan.

FROM the CHAIR

This will be my last 'From the Chair' contribution - as you will be aware, from previous information, that at the upcoming AGM I will be retiring from the position of President and from the Committee. I am very grateful that on retiring to Busselton in 2011 that I 'found' Naturaliste U3A – my only real goal on retiring was to join a Book Club and luckily Naturaliste U3A had one!!! I guess I could say that the rest is history – leading courses, joining the Committee and then becoming President in 2015 has given me not only many new things to learn, and a sense of purpose, but importantly has made possible new friendships. I value the support given to me by Committee members over the years and participants in the courses I have run. I do hope to still lead some courses so will remain connected to this great U3A group.

This year we have changed the format of having a Courses' Showcase at our AGM and this time will have a Guest Speaker, Lisa Shreeve CEO Busselton Jetty Inc, to start off the afternoon. She will be followed by a short Special General Meeting, the AGM, and then for refreshments after the meeting we will be providing a Devonshire Tea! Information regarding the afternoon will be sent out soon. As always, the support of members is essential at an AGM so we hope to see a full quorum of members in person.

At the time of writing, we are still working on getting expressions of interest for the Committee and will be updating remaining positions as soon as possible.

Of course, it is not only AGM season, it's also close to the time when we put out a call for continuing and new Course Leaders. We currently are lucky to have some leaders who have been running their course for many years, some in their 11th year. Many thanks to them for their efforts. Then there are other ongoing courses and each semester some brand new ones, also well appreciated. The bottom line is that we cannot function as we do without a range of courses to offer members, so we will be hoping for a good response from people willing to present a course in Semester 1, 2022.

I will conclude with a thankyou to Committee members, Course Leaders and all our members for your participation in making this such a valuable organisation for Seniors in our community. Joan.

AROUND the COURSES

DRU YOGA Leader: Valerie Frearson-Lane

THE DRU YOGA CLASSES – have been conducted through Naturaliste U3A at The People Place since 2015, with a number of those beginning students still participating. Maybe that's because they, and others who have joined since then, have found great benefit from their weekly Dru experience. Dru is a graceful, potent form of yoga, based on flowing movements and directed breathing. Importantly, Dru Yoga provides the opportunity for modification of postures and sequences to meet the ability of students. With its foundations set in ancient yogic traditions, Dru influences body, mind and spirit – improving strength and flexibility, creating core stability, and building heightened positive feelings.

During the wintry months we complete the class with meditation, building on our capacity for entering into stillness; and for the most part, quietening our minds. In the warmer months we complete the class with relaxation which, as well as relaxing, is rejuvenating.

We've become ongoing classes (there are two) – with enrolment at the beginning of the year giving students the security of knowing they have a place in class for the whole year, so their commitment to their health and wellbeing is rewarded. During 2020 and into 2021, thanks to the kind support and generosity of The People Place, we were able to expand across the two Activity Rooms and socially distance. Classes have therefore, been able to continue over the last 18months, apart from the lockdown experience.

I am extremely grateful to the students who continue to participate in what for me is a very rewarding experience. It is so wonderful to see the progress students have made – we are all better balanced – physically, so important as we age; as well as mentally and emotionally. We explore one of The Virtues with each class – a great support for us for the rest of the week. It is a joy to be a part of the bursts of laughter and sense of community shared both within and across the classes. Valerie



Monday class



Tuesday class

TAI CHI **Leader: Veronica Bre**

Tai Chi meets at 9.30 on Friday mornings, at the beach. We sit on the benches outside the Equinox facing the beach until everyone arrives and then we decide where we will go to practice on that day.

If it is hot, we choose a shady tree. If it is threatening to rain, we make sure we are within a short distance of the café so that we can make a run for it.

Since I learned that we use more muscles the slower we move, we are trying to slow down our steps in our practice. It is about balance, feeling good and fitness.

We are all working on it! Veronica.



Lesley Youngers, Irene Lockwood, Georgie Eichenberger, Christina Painter, and Veronica Bre enjoying their Tai Chi on a welcome sunny morning.

Let's Talk PHILOSOPHY: **Leader: Lorraine Watts**



Helen Gahler, Mike Chartres, Win McGill (back)

Pauline Rockley, Jill Goddard, Ellie Cross (front)

Let's Talk Philosophy commenced again in Semester 2, 2021 and will run for eight sessions in total. Discussion is based on eight very different philosophers who are included in the book *50 Philosophy Classics* by Tom Butler-Bowden.

The philosophers range from 6BCE to the 21st Century including Heraclitus, Cicero, William James, Henri Bergson, Daniel Kahneman, Slavoj Zizek, John Rawls and Michael Sandel. Enrolment exceeded expectations with around twenty people interested. The numbers necessitated forming two groups held at Nova Care in Broadwater. It certainly gives us lots to think about! Lorraine.

Let's Talk TED TALKS:

Leader: Joan Parke



Joan Parke, Athenia Henderson, Phillip Light, Helen Leach, Ann Fink, Ken Holyoake, Barrie Currell

The group has enjoyed this series of TED TALKS; some members have been to all the previous ones so it is good to see those familiar faces and some new ones.

In each 2 hour session we usually watch 4 or 5 different talks, depending on their length and have a short discussion about each one. We watch a variety of topics each time rather than focus on the same theme. There are so many different TED Talks to choose from, ranging from funny ones (James Veitch and his scamming scammers) through to those reflecting courage in overcoming disabilities or issues around the environment to name just a few.
Joan

INTO DRAMA – SEMESTER 1:

Leader: Gwyn Cracknel

In Feb we started with 16 enrolments which has settled to a regular twelve Thespians devoted to Drama. We commenced with Robert Harling's '**Steel Magnolias**' (you may remember Dolly Parton, Julia Roberts, Shirley MacLaine, Sally Field in the movie). Our Janet Dickinson had played a major role and was able to help us with American accents. Six women in a beauty parlour provided us with plenty of humour and pathos.

Arthur Miller's '**The Crucible**' reminded us of the infamous Witch Trials of Salem in Massachusetts, Miller's powerful warning on the McCarthyism of the anti-communist movement in the USA. Peter Shaffer's '**Amadeus**' gave us a fictionalised, poisoned perspective into Mozart's rise to fame from his greatest rival Antonio Salieri's point of view. A great illustration of the destructive nature of jealousy. The legal profession in David Williamson's '**Top Silk**' showed us a prominent barrister and a legal aid solicitor battle over their careers and their teenage son who rejects their corrupt lives.

Back to Oscar Wilde's '**Lady Widermere's Fan**' for a delightful expose of British flirtacious Upper Society, hints of affairs and shady ladies and lost mothers, very entertaining melodrama. Set in the working class tenements of Dublin during the Irish Civil War, Sean O'Casey's '**Juno and the Paycock**' strong women, men avoiding work, drinking, betrayal, executions and a failed inheritance, a powerful Irish Tragedy! Michael Frayn's '**Make and Break**' took us into the business world of a successful manufacturer consuming world business and people at a trade fair in Europe, showed us sales at a cost.

We have had some dramas about being evicted from The Weld Theatre but BEACH has quietened and we are still enthusiastically projecting ourselves into the lives of dramatic characters while we are having fun and being stimulated intellectually by great dramatists.

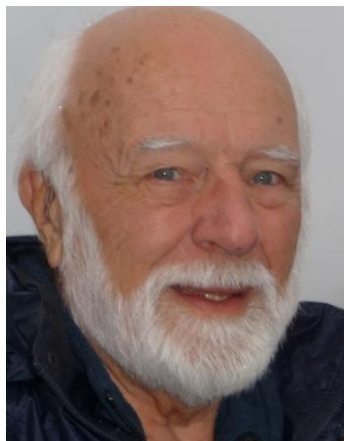
Sir Guinivere.

MEET A MEMBER

RICHARD LISTON

Richard Liston was born in Adelaide and was awarded Apprentice of the Year in 1963 when he was studying electronics. This gave him the opportunity to have nearly a year in the UK and Europe with experience in Philips companies there. In 1973 Richard was persuaded by Ian Diffen to come West to help him expand his business here. He worked in a range of capacities for the Ian Diffen Tyre company including as Financial Controller until Ian's untimely death eighteen years ago and the resultant sale of the company. He still manages finances related to tyre store premises owned by Ian's family.

Richard has a BA in English and History from UWA, has studied auditing and taken train the trainer courses. He was Treasurer of Naturaliste U3A since its inception in 2010 until September 2017. He has been involved with the Mah Jongg Group run by Wendy Beames and has attended a number of other courses. Richard is currently Treasurer of the Oral History Group (Inc) and oversaw the digitisation of 400 hours of oral history tape recordings. He still looks after book stocks, prepares CDs, manages the compilation of transcripts and sends sound files and transcripts to the State Library of WA for them to make available online. Richard was awarded the Premier's Australia Day Active Citizenship Award by the City of Busselton in 2014.



A keen traveller, this photo of Richard was taken in Iceland!

HELEN LEACH



I was born and educated in Perth, before coming to live in the South West at Boyanup on a farm. 23 years later my work brought me to Busselton, which I had been visiting since I was a teenager. On my retirement I became a volunteer for a number of organisations. This has kept me busy and active.

I was delighted when U3A restarted in 2010. It was just what I needed to keep my aging brain active. There is such a wide choice of courses that I haven't been able to get around to trying them all. I am not very good at creative art, but I learned to draw (very basic). Play-clay was such fun, the participants and leader so supportive and helpful. My art work was dismal, but I still enjoyed the course.

I have enjoyed so many interesting subjects - Geology, Wildflowers, Neuroscience, Enneagrams, TED talks, Memoir writing, Brain Games. I can't remember them all. To give some balance there was Circle Dancing, and I have attended Dru Yoga sessions every week for the last 5 years.

The hard work and dedication of the many people who have volunteered to make U3A such a great group are very much appreciated. Thank you to you all. We are so lucky to live in such a beautiful, safe place as Busselton, and to me U3A is the cream on the cake. Helen

TOPICAL TALK

Our **July** Topical Talk, presented by Kylee Anderson, Community Outreach Services Coordinator from Busselton Hospice Care Inc, was very informative as she updated us on their new Community Outreach Service and the progress of their Home Visiting Service.

A number of people in the audience commented on how valuable this information was. With our gold coin donations (there were some generous paper notes in the collection) we were able to donate to the Hospice Care Inc \$80. This was greatly appreciated – as you are probably aware, they are not Government funded so all donations are helpful.

UPCOMING TOPICAL TALK Friday 10th SEPTEMBER 2021

This **upcoming Topical Talk** ([see details in the attached Flyer](#)) on **Friday 10th September** promises to be another very interesting talk and will be presented by Ian Kealley (OAM).

Ian will be speaking about **The Unique Goldfields Great Western Woodlands: Values and Management**. He has extensive knowledge of the goldfield's region conservation and management and is known in the Goldfields as an expert bushman with an extensive knowledge of the rangelands, outback and deserts of the Western Australian Goldfields.

Many of you on your caravan travels will have been to the goldfields region, some camping in the Woodlands, so will be familiar with this fascinating region. If you haven't, you might be inspired to make it your next destination!

CALENDAR

Please make a note of these upcoming events!

- * **24th August**, Mailout of The Crier with Topical Talk information included.
- * **3rd September**, Mailout of notice of Special General meeting and Annual General Meeting. Request for Committee nominations
- * **FRIDAY 10th September**, **Topical talk: The Unique Goldfields Great Western Woodlands: Values and Management**. Presenter Ian Kealley, OAM
- * **17th September**, nominations for Committee close.
- * **FRIDAY 15th October**, **Guest Speaker (Lisa Shreeve, CEO Busselton Jetty), Special General Meeting and ANNUAL GENERAL MEETING**



TOPICAL TALK

Presenter: Ian Kealley OAM

Regional Manager Goldfields Parks and Wildlife Dept
1984-2017

THE UNIQUE GOLDFIELDS GREAT WESTERN WOODLANDS: VALUES AND MANAGEMENT



Please join us for what promises to be a very informative and interesting
Topical Talk.

DATE: Friday 10 September 2021 TIME: 1.30 - 3.00pm
VENUE: The People Place, 19-21 Kent St, Busselton.

Ian's talk will be followed by light refreshments.

Gold coin donations are invited and will be donated to the
Royal Flying Doctors' Service.

Please RSVP if attending to: secretary@u3anaturaliste.com.au
or Joan Parke (President) 0410667696