



Contact us

Post Office Box 1059, Margaret River WA 6285 E-mail address: admin@u3amr.org.au Tel: 049 858 8175

UPCOMING EVENTS

July 1Semester Two Enrolment Day
Education Campus
10:00am – 12:00 noon

July 15.....Semester Two commences

July 15.....'Advanced Health Directive'
second session

August 26.....Annual General Meeting -
All Council positions are open
for re-election

IN THIS ISSUE

P1.....From the President

P1.....Upcoming Events

P2 – 5.....Semester One Highlights

P5.....General Information

P5.....A Taste of Things to Come

P6.....Enrolment Information

Addendum.....Semester Two Course outline

From the President



U3A MR continues to evolve and is becoming a vibrant and popular part of our Margaret River community. This newsletter clearly shows that many of you are enjoying the diverse range of courses and interest groups.

Our monthly Community Meetings have been well attended and we are lucky to have had such interesting speakers. These meetings are open to everyone, not just U3A members, so please feel free to invite friends and family.

Our next meeting, to be held at the Uniting Church, is titled **Last Wishes**. At this meeting, an overview of the *Advance Health Directive* and *Enduring Power of Guardianship* will be provided, followed by *Question Time* with a panel of local professionals who will be happy to answer your queries. It is often difficult to discuss these issues and we hope that this forum will provide an opportunity for you to learn more and make decisions for your future care. Documentation and supporting material will be available on the day.

I know that many of you will be leaving for warmer places in the next few months. Please travel safe and come home soon to this wonderful community.

Sandra Anne Lewis

"Share your knowledge. It is a way to achieve immortality".
- Dalai Lama XIV

Semester One Highlights

A Big Thank You!!!

First of all, a big thank you to the Managing Director and administrative staff of the Margaret River Education Campus for the use of their classrooms and facilities during Semester One of this year.

U3A Margaret River also offers a big thank you to the presenters and volunteers for sharing their knowledge, ideas and experience.

Last but not least, thank you to our members for their participation in the courses and events.

Enrolment Day

Following the successful launch of U3A Margaret River, in late January, enrolments took place at the Education Campus on 19 February. Close to 50 people attended on that day to enrol into one or more of the 14 courses and 5 Interest Groups on offer for Semester One. 'The Bones for Life' and 'Improving Freestyle' courses were very popular and filled quickly, however, most members were successful in enrolling in the course or courses of their choice.



Photography for Beginners

with Peter Anderson



Everyone appears to have enjoyed Peter's five-week course on photography for beginners. Personally, it made me realize how little I knew and understood of camera operations. Prior to attending the course I had done little more than pointing the lens and pressing the button every time I wanted to take a photograph. Although I had my camera already for more than two years, and had taken many pictures, I had only ever used the automatic setting. Since attending the course, however, I have been using the Instruction Booklet and experimenting with various settings on my camera and hope that from now on my photographs will be more interesting and professional.

Healthy Lifestyle Choices

with Rae Martin

Bones for life: Under the guidance of Rae, a Feldenkrais Practitioner and Physiotherapist, participants learned how to look after their joints when using stairs, getting in and out of cars and lifting and carrying heavy loads. As part of the six-week course, participants were taught how to care for their knees and spine and how to sit comfortably at a table or desk. One of the participants explained that:

"Bones for Life is very relevant to issues around aging ...the course teaches you how to strengthen your bones and how to get up after falling....the course also teaches you how to walk"

Improving your Freestyle: Swimming has long been accepted to be one of the best forms of exercise and the aim of this course was to demonstrate to participants how they would be able to swim further and faster with less effort. The lessons focused on flexibility in specific parts of the body and on achieving a better balance in effort and energy, through the coordination of the upper and lower body.

Five participants braved the water of the Margaret River Swimming Pool early every Tuesday morning for a series of six sessions with Rae. One of the participants reported that she:

"was able to correct her stroke and reduce a lot of pressure on her neck". She found that her stroke lengthened and that she could swim further with less strokes.

Pole Walking: Another healthy activity offered by Rae was pole walking. It commenced in March of this year and was open to members as well as non members as long as they were over 55 years of age.

Pole walking is beneficial to people with painful joints and poor mobility. This exercise redistributes the walking forces and ensures that the upper body is more involved. A group of people has been meeting regularly in the White Elephant car park every Monday, Tuesday and Wednesday morning and the number of participants has been slowly increasing.



Semester One Highlights

Courses for 'Budding Artists to be'

Painting with Acrylics with Julia Cowling

Julia continued to tutor 'budding artists to be' in painting with acrylics. This semester she held two classes, one for beginners and one for people with



experience. Amazingly, at the end of the course everyone had completed a painting to take home to hang on their wall. Comments from participants were as follows:

"The course has been a lot of fun. Julia was very helpful and encouraging at all times and her observations and suggestions were always positive"

"This is my second course in painting with acrylics and I just love it".

Mosaics for beginners with Thea MacDonald

Thea, likewise, continued to teach the basics in mosaics this semester. She generously made herself available for six sessions to participants enrolled in this course.

Beyond Power: The Ethic of Community with Felicity Haynes

In this semester Felicity continued to challenge participants into examining power and its use to promote good. This followed on from the question of identity, debated the previous semester.

Participants were encouraged to stretch their brain and examine the concept of power in a number of settings: the family, schools, the workplace, politics, corporate ethics and the community. Under Felicity's skilful guidance the journey towards a good understanding of power in various situations involved lively discussions around shared opinions and experiences. Comments from participants included:

"I love the stimulation of the debate and being in the company of women with such diverse backgrounds".

"There are so many different points of view in the group as well as different life experiences".

Monthly Meetings – Our Community

First meeting – Tuesday 16 April

The first of the U3A Margaret River monthly meetings, for members and guests, took place on 16 April in the Church Gallery. More than 20 people attended this meeting to meet with other members, catch up with the latest U3A news and listen to the three guest speakers talk about the protection of Margaret River's environment.

Genevieve Hanran-Smith, a Rivercare Officer from the Cape-to-Cape Catchment Group, talked about the health of the Margaret River and the Ten Mile Brook Dam which supplies water to the town. She described the creatures which live in the river and the fauna observed along the river and explained that the Group is guided by the recommendations in the 2003 Augusta Margaret River Conservation Action Plan.

John McKinney, Environment Officer with the Augusta Margaret River Shire, talked about the Shire's participation in the bush fire recovery program, since the fire in November 2011. He provided an outline of the Coastal Recovery Program and the works planned for the future.

Clare Forward, Conservation Officer with the Department of Environment and Conservation, described her role in the protection and conservation of native plants and animals and the ecosystems that sustain them.

Second Meeting – Tuesday 20 May

This meeting focused on Margaret River's emergency services.

Dane Hendry, from the St John Ambulance Service, provided an interesting overview of the service which covers an area ranging from Metricup to Boranup. Listening to Dane could not help but make you feel very supported because of the comprehensive services provided. Margaret River has the largest and busiest volunteer sub-Centre in the State with four ambulances and 52 volunteers, providing a 24 hour service every day of the week. The St John Ambulance Service first arrived in Margaret River in 1928 to provide First Aid training. In 1935 a sub-Centre was established and the first ambulance arrived in 1936.

Lewis Hawkins, Community Liaison Officer from the State and Emergency Services (SES) talked about the wide range of services provided by the SES to help cope with the effects of natural disasters, from emergency repairs on houses and buildings to the restoration of essential services. **Continued on page 4**

Semester One Highlights

Monthly Meetings Continued

The Service commenced in the Augusta Margaret River Shire more than 30 years ago and since that time volunteers have provided bush fire support; have been involved in air, sea and land searches; and in cliff and cave rescues. The SES is also responsible for extricating people from vehicles involved in road crashes and for any other emergency that may arise.

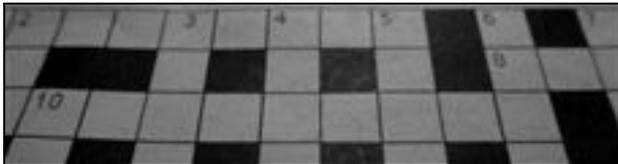
The next meeting Last Wishes, on 17 June, will focus entirely on the importance of having an 'Advance Health Directive', in place for end of life care. This meeting had not yet been held at the time of publishing the Newsletter.

Geology of Western Australia

with Peter Lane

Peter's sessions were extremely informative and a great deal was learnt by everyone in the course about the formation of planet EARTH, especially in this region. Our field trip to Augusta anchored what we had learned by seeing evidence of the plasticity of the original rock formations and being able to interpret the landscape on the coast by seeing the folds, faults and layers. The course was absolutely FANTASTIC.

Cryptic Crosswords



"Angry Speech" is puzzling???

If you are in one of our groups you would know we are talking about Crosswords.

Two U3A Cryptic Crossword groups meet weekly to 'exercise their brains'. The groups are very much self directed and quite flexible in their arrangements. One group commenced working through a book of crosswords together whereas the second group worked together on crosswords from the daily and weekly papers.

With more than one mind on the puzzles we usually solve them but we can always work backwards and look at the answers first, if we find the puzzles too difficult to solve. In the relaxed atmosphere of the newly renovated library the occasion is as much social as cerebral. New members are most welcome. Contact U3a for more information.

Reading, Writing and Literature

Book Club: The Book Club is due to celebrate its first anniversary in August. For the past eleven months members have been exposed to a wide range of books which they may otherwise not have chosen to read. This has resulted in lively and interesting debates at each of the monthly meetings.

Belonging to the club is relatively inexpensive, because the books are hired and selected from a comprehensive catalogue of nearly 700 titles. New members are welcome to join the existing club or to become part of a second group.



Creative Writing with Dianne Last: Prior to returning to England, Dianne held three sessions on creative writing for eight participants, keen to explore the writing process.

One of the participants reported that whilst she found the course very challenging Dianne encouraged her to write and complete the writing exercises.

Reading Thomas Hardy with Bill Grono



Bill's enormous knowledge of Thomas Hardy's writing and his life took us way beyond the story of 'The Mayor of Casterbridge' and Hardy's poetry.

The author's vivid descriptions of rural life in Wessex were enriched by our discussions of history, sociology and politics and the fast changing world of the Industrial Revolution, enlivened by Bill's obvious passion for his subject. It was a delightful way to spend each Wednesday morning.

Semester one Highlights

Rock Art in the Kimberley

led by Richard Rowe

Richard has spent a number of years researching Rock Art in the North West Kimberley region of Western Australia. He has been on fifteen field trips so far and left for a further field trip on 15 May. Richard has taken numerous photographs of Aboriginal Rock Art during his trips to the region, many of which were shown during the two Monday night sessions.



The initial session, on 6 May, focused primarily on the Bradshaw rock paintings, so called because they were discovered by pastoralist Joseph Bradshaw in 1891. This art consists mainly of human figures ornamented with accessories such as bags, tassels and headdresses.



The second session, one week later, was equally fascinating. This session focused on the Wandjina style of Aboriginal Rock Art. The Wandjina people are regarded as the creator beings of the 'Dreaming' who made their world and all it contains. Their art is found in many rock art sites throughout the Kimberley, in caves and rock shelters.



Great interest in the subject matter was shown by everyone. People not only wanted to know all about the Rock Art but how Richard organized his field trips in relation to knowing where to go as well as his eating and sleeping arrangements.

We wish Richard all the best for this field trip and look forward to hearing all about it when he returns.

Make Your Own Face and Hand Cream

with Nirala Hunt



A wonderful time was had by all in Nirala's kitchen, melting, mixing, stirring, smelling and trying. As an added bonus we were given a tour of Nirala's amazing garden. Now we are looking forward to using our hand made creams and lotions.

General Information

- The organization currently has 66 members.
- Two semesters, offering a wide range of courses, interest groups and 'one off' events, have now been completed.
- U3A Margaret River has been successful in securing funding from the Augusta Margaret River Shire to develop and print 1500 flyers as well as a banner, advertising the organization.
- U3A Margaret River has also applied for a grant from Lotterywest to enable the development of a Website, containing information on current programs; upcoming 'one-off' events; enrolment information; and the latest news. If successful, part of the grant will also go towards the purchase of IT equipment.
- The Annual General Meeting will be held on 26 August at which time members, interested in a position on the Council, can make themselves available for election.

A Taste of Things to Come

Semester Two will run from 15 July until 15 November and the Council is pleased to confirm that a number of tutors from Semester One have once again made their services available. Accordingly, Painting with Acrylics, Mosaics for Beginners, Geology of Western Australia, Photography for Beginners and Philosophy will again be amongst the courses offered to members of U3A Margaret River.

Additional courses have been included and planning continues for 'one-off' events to take place throughout the semester.

We are looking forward to an interesting and exciting semester.

Please refer to the appended Second Semester Course outline for further information on available courses.

Enrolment Semester Two

Enrolment is on 1 July

IMPORTANT INFORMATION ABOUT ENROLMENT

You need to be a financial member to enroll.

1. We do **NOT** send a letter confirming your enrolment. If the class quota has been reached you will be notified and put on a waiting list.
2. Please choose carefully. Check that there are no timetable clashes and that you are able to attend the course you chose as places in courses are in demand.
3. Please notify the Program Officer on **049 858 8175** ASAP if you cannot start or proceed with a course as other people are on the waiting list.

"Anything that you learn becomes your wealth, a wealth that cannot be taken away from you; whether you learn it in a building called school or in the school of life.

To learn something new is a timeless pleasure and a valuable treasure.

And not all things that you learn are taught to you, but many things that you learn you realize you have taught yourself". - C JoyBell C

HELP!!

Share your knowledge!!

We are searching for volunteer tutors who are willing to share their knowledge with responsive eager learners.

U3A Margaret River is a non profit organization aimed at fostering lifelong learning for retired and semi-retired members.

There are no exams, tests or homework, just a love of learning new things and mixing with like minded people.

Tutors are volunteers who have an interest, hobby or skill that they are willing to share, either as a talk, presentation or as a series of sessions. Tutors are not expected to have academic qualifications.

Topics can be anything from A to Z, Astronomy to Zumba!!

If you are willing to be a tutor please contact us on

Telephone **049 858 8175**
or via email

admin@u3amr.org.au

PLEASE PASS ON THIS REQUEST!!

Please let us know if any of your details have changed.

We rely on our current email addresses, postal addresses and telephone numbers to keep you informed.

Email..... admin@u3amr.org.au

Telephone....049 858 8175



U3A Margaret River Inc *Course Outline Semester Two 2013*

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>15 JULY 10:00am – 02:00pm Last Wishes Forum Uniting Church Tingle Street</p>	<p>13 AUG – 10 SEP 10:00am – 11:00am 5 sessions Photography with Peter Sanderson Community Resource Centre Chapel Tunbridge Street</p>	<p>17 JUL – 14 AUG 01:00pm – 02:00pm 5 sessions Move Forward Computer Course Cyber Corner Café Unit 2-3, 27 Willmott Street</p>	<p>18 JUL – 10 OCT 01:30pm – 03:30pm 7 sessions (fortnightly) Imagining Imagination with Felicity Haynes Community Resource Centre Chapel Tunbridge Street</p>	<p>19 JUL – 16 AUG 10:00am – 12:00noon 6 sessions Painting with Acrylics with Julia Cowling Education Campus Room S1 (Art Room)</p>
<p>5 – 19 AUG 10:15am – 02:15pm 3 sessions Handmade Books with Molly Coy Education Campus Room S1 – Art Room (bring your own lunch)</p>	<p>22 and 29 OCT 10:00am – 11:30am 2 sessions Massage for Hands, Face and Feet with Rae Martin Community Resource Centre Chapel Tunbridge Street</p>	<p>14 AUG – 18 SEP 09:00am – 11:00am 6 sessions Geology with Peter Lane Education Campus Room S2</p>		
<p>14 OCT – 18 NOV 10:00am – 11:30am 6 sessions Bones for Life with Rae Martin Community Resource Centre Chapel Tunbridge Street</p>	<p>22 and 29 OCT 12:30pm – 01:30 pm 2 sessions Functional Hydrotherapy with Rae Martin Aquatic Pool in Recreation Centre</p>	<p>17 JUL – 14 AUG 12:00noon – 03:00pm 5 sessions Mah Jong for Beginners with Suzanne Hutton Education Campus Room C2</p>		
		<p>24 JUL – 28 AUG 01:30pm – 03:30pm 6 Sessions Mosaics with Thea MacDonald Baptist Church Hall 28 Tunbridge Street</p>		

Please refer to detailed program for equipment requirements and course costs.