



## Contact us

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## UPCOMING EVENTS

### Christmas Party

Sunday December 8<sup>th</sup> .....4-7pm  
(see page 6 for more information)

### Enrolment Day

Tuesday February 11<sup>th</sup> .....10-12noon  
Education Campus.  
Room to be confirmed at a later date.

## Letter from the Council

Another year has sped by!

The U3A events this year have encompassed health, fitness and education. Some of us have discovered new skills and interests and we have all made new friends. We have also connected with other U3A groups with whom we can share resources.

The new Council was formed in August and have been working towards next year's program and the launch of the U3A website. It has been a busy year for us all as you will see by the size of the newsletter. U3A is an organization that is run by the members for the members. The number and variety of courses on offer and the continuation of U3A Augusta/Margaret River depends on your involvement and participation. The council is currently in need of a Secretary and a President. We would like to 'buddy' all positions so there is always back up when needed and the tasks are shared.

We are looking at the possibility of a permanent office space to serve as a meeting place for the Council where we can be available for enquiries, meet with tutors, store our paperwork and equipment and provide a focus for administration.

There are many thanks to be said: Margaret Taylor, tireless in her programming; Mia Hayes for the jam packed newsletter; Carol Orchard who is always available to lend a hand; Sandra Evans, who stepped in as President and kept everyone on track and looked after us with tea and cake at Meetings and Franklyn Simon, our advisor, in his second year on the Council.

To the staff at the Education Campus and MRCRC, who have made us welcome, the wonderful facilitators of the Last Wishes forums and to all our members and course leaders, a big thank you and a safe and happy festive season to you all.

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U3A Busselton  
[www.naturalisteu3a.com.au](http://www.naturalisteu3a.com.au)

## U3A Margaret River Profile

U3A Margaret River has come a long way since its inception in July 2012. The membership continues to grow and currently totals 72 members.

A grant from Lotterywest enabled U3A to begin to develop its own website with information on current programs, upcoming 'one-off events', enrolment information and the latest news. The grant also enabled the purchase of a computer, printer, projector and screen. The Augusta Margaret River Shire funded the artwork and printing of 1500 pamphlets and two banners.

So far U3A Margaret River has conducted more than 30 courses and one-off events.

### A Big Thank You

**thank you thank you thank you**

Members of the U3A Council would like to take this opportunity to offer a big thank you to everyone involved with U3A Margaret River since its inception. Without the hard work of Councillors, course leaders and other volunteers, together with the participation of U3A members and the general public, this organization could not continue.

The Council would also like to thank the Managing Director and administrative staff of the Margaret River Education Campus for the use of their classrooms and facilities.

On 16 June 2013 an informal buffet luncheon was held at the home of Sandra Anne Lewis for Tutors, Councillors and their partners.



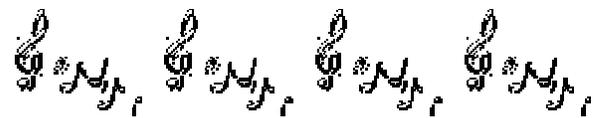
## Annual General Meeting



U3A Margaret River held its inaugural Annual General Meeting on 26 August in the Uniting Church in Tingle Avenue. The turnout was disappointing. Only 17 members attended the meeting held to inform members of the progress and financial situation of U3A and to vote for Council representatives for the following twelve months.

The President Sandra Anne Lewis and three Councillors, Margaret Taylor, Carol Orchard and Mia Hayes did not re-nominate. One standing Councillor, Franklyn Simon, was re-elected along with three new Councillors, Rae Martin, Nirala Hunt and Geoff Woodbridge. A further two members, Lyn Hellier and Lis Neal offered to help the Council with the many tasks involved in running the organization.

At the conclusion of formal business members were treated to a wonderful performance of the Riversong Choir and a delicious morning tea prepared by Nealma Woodbridge.



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*By far the most successful 'one off' events, hosted by U3A Margaret River, have been the Last Wishes seminars support by the Augusta Margaret River Shire and the Office of the Public Advocate. Since the seminars were offered as a service to the community, U3A members as well as non members were invited to attend.*

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## Last Wishes 1 Advance Health Directive and Enduring Power of Guardianship

More than 70 people attended the Last Wishes Seminar on Monday 17 June 2013. The Seminar aimed to provide important information on the following two important documents:

- Advance Health Directive (AHD)
- Enduring Power of Guardianship

Once completed these documents have the capacity to speak on your behalf about your treatment wishes in instances when you are unable to speak for yourself.

The seminar was ably and sensitively facilitated by Kym Walker who shared her personal experience with the audience. A panel of guest speakers, including Jean Maree van der Merwe (Lawyer), Peter Durey (General Practitioner) and Deb Fisher (Nurse Practitioner and Manager of Mirrambeena), explained the capacity and effect of both documents from their particular perspectives and answered questions raised by the audience.

Dane Hendry, from the St John Ambulance Service, was also available to explain the role of this service for people with a completed AHD and to hand out Emergency Medical Information Booklets.

At the end of the seminar no one was left in any doubt about the importance of these documents which also provide the opportunity for dialogue between the person who makes the directive and their loved ones. The audience left the seminar with documents in hand.

Morning tea, prepared by Nealma Woodbridge, was provided at the end of the seminar.

If you were unable to attend the seminar information can be found at:

[www.health.wa.gov.au/advancehealthdirective](http://www.health.wa.gov.au/advancehealthdirective)



## Last Wishes 2 Funeral Choices



On 15 July 2013 the second of the 'Last Wishes' seminars was hosted by U3A Margaret River. Following on from the 'Advance Health Directive' and 'Enduring Power of Guardianship' topics covered in the 16 June 2013 seminar the focus of this seminar was on 'Funeral Choices'.

Nearly 40 people attended, approximately half the previous audience, however, the heavy rain and flooding experienced in Margaret River on that day would have kept many people at home.

The second seminar was likewise ably and sensitively facilitated by Kym Walker and commenced with a short (26 minutes) documentary called 'Choice Funerals' made by Jennifer Gherardi. The film covered three funerals, each of which uniquely planned and organized by the immediate family to meet their particular needs and circumstances.

A panel of guests included the Reverend Cathie Lambert, Minister of the Uniting Church, Adrian Barrett from Barrett Funerals, Maureen Munro, a representative of the Choice Funerals documentary, and Rae Martin, Physiotherapist and Feldenkrais Practitioner. Each discussed the burial process from their personal perspective and answered a range of questions raised by the audience, covering all aspects of funerals, burials and cremations.

At the end of the seminar people were provided with the opportunity to have their completed 'Advance Health Directives' and 'Enduring Guardianship' documents witnessed prior to participating in a delicious morning tea, again prepared by Nealma Woodbridge.

## Lawn Bowls

Members of U3A Margaret River were invited to visit the Margaret River Bowling Club and try the game of Lawn Bowls and on 8 October a number of members turned up to find out what it was all about. Prior to going on the green Ronlea Chick, an experienced Lawn Bowler, explained the object of the game and the types of delivery. Despite the inclement weather everyone had a great time.



## Wild Flower Walk



A wildflower walk with Jane Scott was held in Witchcliffe in October. Eleven U3A members attended the excursion and were treated to a colourful display of native plants and flowers expertly identified by Jane



## Margaret River Agricultural Show



*Carol Orchard and Rae Martin promoting U3A Margaret River at the Agricultural Show*

Amidst the rain and wind we found our stand on the way to the main craft pavilion. Our display board created some interest and lots of questions. After all, there is a lot to say about ongoing learning. U3A is still in its early days, so our identity is evolving as we go- a great time to be creating a website.

### *Agricultural Show Continued:*

I think that sharing the stand with a partner is a useful way to come up with strategies for inviting curious glances into the more concrete process of joining and becoming involved as future members. In observing what other stands were doing I wonder what 'game' we could provide to promote our stand (e.g. an ongoing scrabble game or jigsaw or mahjong etc.) and what costume could we walk around in (e.g. a wizard casting spells.....)

Any comments?

I especially enjoyed the fact that any member could contribute positively to the role of looking after the stand and be involved in promoting our organization. I look forward to being involved in more.

*Rae Martin (who organized the roster).*

## Seniors Week



*Geoff and Nirala manning the U3A Margaret River stand at the Agricultural Show*

Carol and Nirala, with help from Geoff, manned the Seniors Week stall. Although the attendance was down on last year it was a great opportunity to network with other organizations and the Shire, catch up with some of our current members and talk to some prospective new members and course leaders.



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

# Semester Two Courses

## Enrolment Day



Enrolment day at the Margaret River Education Campus was quieter than usual with many members taking holidays from the cold weather. Twenty eight members enrolled in the new courses on offer. In September we re-advertised the vacancies for the Bones for Life and Hydrotherapy courses scheduled to be held in October.

## Philosophy



Participants in Felicity Haynes' philosophy class explored the topic 'Imagining Imagination' this semester. This involved determining how the imagination relates to being reasonable. Discussions on different aspects of this topic were held during each of the seven sessions, ranging from the 'psychology of imagination' to the 'boundaries of imagination'.

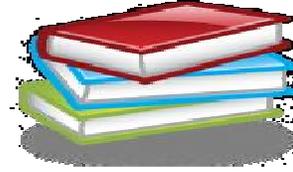
Olin Levi Warner ...Imagination 1896

## Bones for Life



The Bones for Life Harness, just one of the many strategies for improving day to day functioning, was demonstrated to participants by Rae Martin to enable them to feel what it was like to have core strength.

Learning to get down to the floor in comfort was another of the strategies



The Book Club continues to be challenged by new authors and meet every month for lively discussions.

Two new courses offered this semester included 'Handmade Books' with Molly Coy and 'A Move Forward' computer course offered by the Cyber Corner Café.



Cyber Corner Cafe

Other courses included the *Photography course* with Peter Sanderson and the *Geology course* with Peter Lane which were again available for U3A members.

A number of Pole Walkers have also continued to meet on a regular basis.

Julia Cowling generously offered U3A members two six week courses in *Painting with Acrylics* this semester. The first course commenced on 19 July and the second on 18 October.



## One Off Events

We are going to focus on scheduling more 'one off' events in Semester Two next year. We hope to encourage some interesting demonstrations, social outings, talks, walks and any other special items that members would like to present.

We will advise members as they are booked.

## Christmas Function

The final 'one off' event for the year will be the Christmas function which will again be held at Treeton Estate Winery. This winery is situated amongst 17 acres of vines providing a beautiful outlook over the vineyard and forested surroundings. The hosts, David and Corinne McGowran, are very hospitable and the wines are beautiful.

We are sharing our second U3A Christmas function with the members of the Riversong Choir and their families, many of whom are members. Bring your singing voice with you!

Food will be provided and wine will be available at a special price by the glass or bottle.

We hope that everyone will come to help celebrate the second U3A Christmas function on:

**Sunday 8<sup>th</sup> December.....4 – 7 pm**

Please RSVP to Lis,  
[admin@u3amr.org.au](mailto:admin@u3amr.org.au) or 0498 588 175  
by 5<sup>th</sup> December.

## Help Wanted!

### Further U3A Activities

We are searching for people who have an interest, knowledge or skill that they are willing to share with others. Do you have a suggestion for a topic?

This may be presented as a single activity, a talk or series of sessions. No formal qualifications are needed. U3A provides support in designing activities.

Please contact U3A programmer, Lyn Hellier, to discuss your idea or suggestion.

Telephone 0427 792 488 or

email [lynhel@westnet.com.au](mailto:lynhel@westnet.com.au)

## Enrolment 2014

### 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 Lyn on **0427 792 488 ASAP**

### U3A online coming soon.

We have had a look at our new website and have begun uploading information. We aim to have it active before enrolment day.

**Watch this space!**

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

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

Email.....[admin@u3amr.org.au](mailto:admin@u3amr.org.au)  
Telephone.....049 858 8175