



Contact us

Post Office Box 1059, Margaret River WA 6285 E-mail address: admin@u3amr.org.au Tel: 0498 588 175

Upcoming events

Details of all events TBA by flyers.

February 20..... ENROLMENT DAY

February 22..... Heather Locke
Travel Tales

June 2-4: Readers and Writers Festival

The U3A Council 2017

Members:

Margaret Leggott, Anne Del Fante, Gail MacMahon, Jo Jennings, Ginn Fourie, Anne Davey, Linda Every, Joan Malcolm.

President: Margaret Leggott

Programming: Anne Del Fante

Secretary: Gail MacMahon

Treasurer: Ginn Fourie

Monthly Events: Jo Jennings

Publicity: Peta Goodwin

From the President

Welcome back to all our members and also to any new members who may have joined already via our wonderful, newly upgraded web site.

Many thanks to Gail and Ginn for instigating and organizing this.

Our new programme of courses is out and thanks must go, in the main, to Anne Del Fante for this. While the rest of us were recovering from Christmas, she was busy coercing our excellent tutors to once again offer us their expertise. What would we do without THEM?!

The office is once again open in the Community Centre every Friday from 10-12noon for queries, membership and enrolments. (Closed Good Friday)

One last special little thank you to the members who have willingly, once again, volunteered to man the office and my gratitude also to the Council for their enormous input into everything!

Margaret Leggott

Become a member, renew a membership and enroll in courses:

- **ONLINE:** www.u3amr.org.au
- By mailing completed membership and enrolment forms to **U3A Margaret River, PO Box 1059**, along with your cheque or EFT receipt
- At the U3A office at the Community Resource Centre, Tunbridge Street, Fridays 10-12 noon
- At the Education Campus, Bussell Highway, in Wine Classroom 10 on Enrolment Day **MONDAY Feb 20 between 10-12 noon.**

To view current courses, contact us and find the latest U3A news, visit our website:
<http://www.u3amr.org.au/>

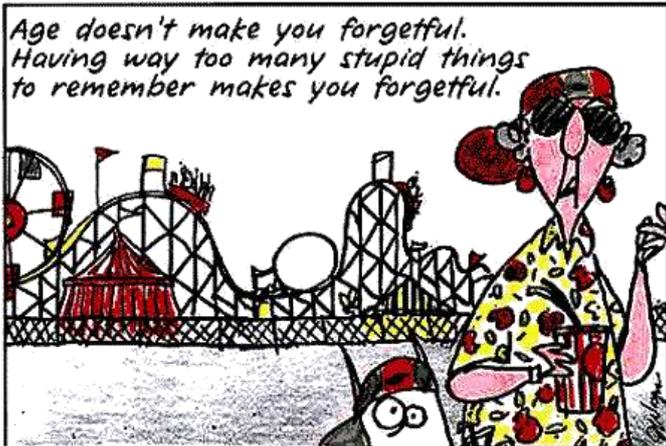
Overheard.....

conversation between three elderly gents sitting on a park bench.....

"It's windy."

"No way! It's Thursday!"

"Me too, let's go over the road and have a beer."



THREE CHEERS
to
SOUTH-WEST
COMPUTABLE

for updating and managing our
website



YOU GUYS TOTALLY ROCK!!!!

Introducing: NATALIE WESTWOOD



Originally from the UK, where she did her training in Acupuncture and Chinese Medicine (graduating with a Masters Degree in 2011), Natalie met an Australian, moved here and has lived for the last two years in Margaret River. She practices Acupuncture and Chinese Medicine at the Margaret River Health Centre in Station Road.

Natalie believes that to be a good and helpful Doctor of Chinese Medicine it is important to increase one's own body awareness and internal ease through the practice of Internal Martial Arts (of which Qi Gong is one), as this enables better understanding of one's patient's mind and body.

Her classes this semester will be an introduction to Qi Gong, with exercises carried out in a very slow and steady way, either sitting or standing, with plenty of breaks and Chinese tea served at the end of each class.

Be prepared, however, to **focus your mind** on how and where your body is – it's not all sitting round drinking tea!

Our president, Maggie Leggott, delivered the following address at the AGM last year. A sundowner was held at our favourite venue, Adinfern Winery, where many of us enjoyed a very pleasant happy hour with wine and tasty nibbles.

President's Report 2016 (slightly edited!)

Good evening and many thanks for coming to our AGM. Firstly, I would like to thank Adinfern for allowing us to use their premises to hold both this AGM and the Christmas function.

My most important job is to thank all the members who keep U3A Margaret River running – so many of you put up your hands when we need assistance! First and foremost though I want to thank the Council: Gail, our secretary, who never seems to take a break from all those emails; Ginn, our treasurer, who counts the money and keeps the books as well as running courses; Steve Dean, the auditor, who gives his time to oversee our books; Anne, who has organized all these wonderful classes, a massive task in itself; Jo, our great Monthly Events organizer, for the second year in a row; Peta, who writes all our newsletters and next year, has agreed to add publicity officer to her busy schedule; Jan, who is willing to lend a hand whenever needed, but sadly retiring this year – thank you my special “tea lady”.

We are also especially grateful to members Lis Neal, Carol Orchard and Lyn Hellier, who have stepped in when others have been away.

Very importantly, where would we be without the course leaders volunteering themselves time and time again? I cannot thank them enough.

We asked for volunteers to man the office and were inundated with offers. Many thanks to you as well.

This year, we lost a wonderful member and course leader, Rae Martin. She was an inspiration to us all and thank you to Claire Timmons for keeping her memory alive by teaching the “Virtues” programme.

Recently, some of the council attended the West Australian U3A Conference in Perth – a very enjoyable and informative few days. We learnt a lot and brought back some good ideas to improve the way we do things here.

Did you know there was a U3A ONLINE? You can Google this and purchase rights to a course. Membership is \$20 and courses are \$15, it is run by volunteers and hosted by Griffiths University. Do NOT, however, try to log into U3A MR through this website.

The AMR Shire has asked for a volunteer from U3A to help with the development of a Strategic Plan for the next 20 years. I'm your volunteer, so if you have an idea to put forward, let me know and I will do my best to deliver it. Some suggestions have been that Margaret River needs a Senior Citizens Centre and also Hostel-style accommodation for residents not yet ready for full-time care but beyond complete independence.

We are at present updating our website to make enrolling for courses easier, so “Watch this Space”!

Thank you for allowing me to be your President and therefore your representative and thank you to Nirala for the wonderful job she did as president in 2015.

Margaret Leggott



Ginn, Maggie and Gail representing Margaret River at the U3A conference last year.

Christmas Party 2016

Oh! Didn't we have a lovely time...

Adinfern Winery offered us their usual great hospitality; Manfred and Bob played to us while we mingled; platters of delicious sandwiches (created by Gail MacMahon, Anne Del Fante and Anne Davey – thank you ladies!) were handed round, helping to soak up the much appreciated glasses of Adinfern's lovely wines; there was a display of artwork produced by some of the participants/artists in Julia Cowling's acrylics classes; Ginn Fourie and Mitze Vermote demonstrated Conscious Communication (Ginn's course) with a role play; all the course leaders and volunteers were recognized for their support over the year and LOOK! Lots of photos of lots of shiny happy people!



A Special Thanks to Guy Jennings for assisting Jo Jennings and Anne Davey to organize the catering.

