



Contact us

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Upcoming events

March 24th..... Lyn Serventy

Details to be announced

April 21st..... Dry shade gardening
and Bromeliads with Nirala

The U3A Council

Positions for President and secretary have yet to be assigned.

Acting President

Sandra Anne Lewis

Treasurer

Anne Del Fante

Programming

Lyn Hellier

Anne Del Fante, Linda McKellar

Newsletter and Website

Nirala Hunt

Francesca Neylon, Peta Goodwin

Paula Cristoffanini

Monthly Events

Jo Jennings

Other Volunteers Mitze Vermote, Gail

McMahon, Barry Dufall, Carol Orchard

From the President

We have had another successful enrolment day and several new courses have been offered.

I would like to welcome the new members who have joined us and hope you will all find the courses stimulating and fun.

It is quite obvious to me that U3A Margaret River brings not just the opportunity for learning but also for making friends and enjoying each other - the atmosphere today was wonderful.

The Council is delighted to have additional support and we wish to thank our recent volunteers for all they do.



Enrolment Day Report

A busy enrolment day was made easier with a great turnout of helping hands. 79 members enrolled for the first semester courses.

The courses that were oversubscribed we will try and repeat next semester. There are a few places remaining for some courses, contact the office on Friday morning for details.

They are:

Reading Thomas Hardy, Focusing, Computing: documents, Telling Stories and Philosophy.

Special thanks to Lyn for her great organising skills and Anne for the coffee run.

Thank you

To Dave and Corinne at Treeton Estate for being such generous and amiable hosts to more than 50 U3A members for our 2014 Christmas Party.

Thanks also to those who provided the delicious food and to those who decorated and cleaned up.

A good time was had by all as the sun set over the vineyard.



Rae guiding participants in her "Bones for Life" class.

Summer Snacks

This recipe is simple, fast to prepare, inexpensive and tasty.

If you don't want to make popcorn from scratch, you can buy unflavoured ready popped corn or microwave popping corn.

Adjust the spices to suit yourself – I like to include a few chilli flakes.

2 tablespoons of butter **or** oil
1 tablespoon sugar, honey **or** maple syrup
2 teaspoons **each** of ground cinnamon, cumin, paprika

Melt the butter with the syrup or honey and mix in the spices.

Pour over a large bowl of popcorn and mix well.
Add salt to taste.

Serve with a cool drink and something to clean sticky fingers.

If you don't want to make a big bowl of popcorn, store the rest of the spice mix in the fridge for another time.
This mix also works well on corn cobs.

Special Offer to Members

Rae Martin is offering reduced costs classes for U3A members to experience her Feldenkrais classes. Improve the flexibility of your body and mind with gentle movement. Learn how to release and ease pain

For more follow this link: <http://www.abc.net.au/rn/bodysphere/>

10 classes for \$50 or \$10 per class.
Commencing April 22 for 10 weeks.

Venues and times:

Wednesdays 9.30-10.30	Chapel, MRCRC, Tunbridge St, MR
Thursdays 4.30-5.30	Chapel, MRCRC, Tunbridge St, MR
Thursday 9.30-10.30	Cowaramup Hall, Cowaramup

Please let Rae know if you would like to be reminded about classes closer to the time, and if you provide your mobile, she will text you a reminder.

Contact Rae on 0417 183 477 or rae.i.martin@bigpond.com

Introducing Paula Cristoffanini

Born into an Italian family living in Chile, Paula grew up multi-lingual. Spanish was spoken generally, she attended a German school and she spoke Italian with her grandmother to whom she was very close.

Hardly surprising then that she has a long-standing interest in language and language learning. Paula's thesis for her degree in Psychology was a study of memory for language in bilinguals (focusing on Italian, Spanish and English). She believes that the more different languages you hear/speak/read, the more "meta language" you come to know – "meta language" meaning the structure of languages (grammar being a big part of this, but also word grouping and sentence construction) - and this makes it easier to learn other languages.

Paula has lived in Margaret River since 2008. She is a sculptor and a gardener and the garden she has created on her property reflects her talents in both areas. She travels a lot and visits Italy regularly to see family.

Paula says that the most important thing about learning a new language is to have a go – don't be afraid of making mistakes or sounding silly – people will always try to understand what you are saying and help you with saying it correctly.

Have a laugh...http://www.huffingtonpost.com/michelle-combs/what-not-to-wear-after-ag_b_6656902.html