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**U3A MARGARET RIVER INC.**

**Fostering Life Long Learning**

# **Program of Courses**

**February to June 2019**



Marg Sharp's 'Pottering About' class November 2018.

*U3A Margaret River Inc. is a member of the international movement founded in France in 1973 to promote and practise lifelong learning through low cost educational opportunities in a relaxed and informal environment for seniors. **Please see page 13 for information about membership and enrolment in courses.***

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## Playtime - Social Time

*Erica Hills*

**Wed 1.30pm – 4.30pm**

*Every Week from 2 January*

This weekly event is open to ALL financial U3A members. If you enjoy playing cards or other games, or would like to learn, come along and enjoy a sociable afternoon playing Canasta, Chess, Cryptic Crosswords or other games such as Scrabble and Mah-jong. Both beginners and proficient players are welcome and we have a Mah-jong expert willing to teach.

Many U3A members like to stay and have a drink after Playtime so feel free to come along and socialise. We generally break for a cup of tea at 3pm so join us then or after 4.30pm even if you don't want to play a game.

**Cost:** U3A Members only. You can pay your 2019 U3A membership at Playtime or see options on page 13. **No course enrolment required and no course fee.**

**Venue:** Margaret River District Club, Tunbridge Street (up the hill from IGA).

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## Swimming Made Easy

*Ian McMahon*

**Mon 12.30pm – 1.30pm**

*Feb 18, March 5<sup>#</sup>, 11, 25, April 15, 29, May 6, 13, June 17, 24*

**#NB Tuesday-- Public holiday on the Monday.**

The aim of this course is firstly to teach non-swimmers and secondly to improve your cardiovascular fitness by giving you strategies to improve your swimming technique. The focus is on stroke correction for freestyle, backstroke and breaststroke.

Min 4 – Max 10

**Cost:** \$15

**Venue:** MR Recreation Centre Swimming Pool.

***Participants need their own goggles and fins and to pay pool entry each session.***

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## Cryptic Crosswords for the Complete Novice

*Carol Orchard*

**Thurs 11am – 12.30pm**

*February 21, 28, March 7, 14, 21, 28*

This course is for the complete novice. Unravel the mystery of cryptic crosswords with fellow learners. You will learn how to break down clues into solvable parts and appreciate the skill (and cunning) of the crossword compiler.

Min 4 – Max 12

**Cost:** \$10

**Venue:** Main Meeting Room, Margaret River Community Centre, 33 Tunbridge St.

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## Simply Cycling Weekly

*Ginn Fourie*

**Mon 8am –10am**

*Every week from February 25 to 24 June inclusive and including public holidays*

Join other U3A like-minded members and come for a companionable bike ride on a Monday morning. Sign up for the semester and you can cycle with us occasionally or every week if you wish. We will cycle mainly on tracks or on very quiet roads. Coffee will be the pot of gold at the end of the rainbow, or even before the ride.

Depending on interest and demand, this “course” will run for the whole of semester one.

Min 6 – Max 20

**Cost:** \$5

**Venue:** First meeting point (Feb 25) will be Yahava Koffee Works, corner of Rosa Brook Road and Bussell Highway, Margaret River. Next (March 4) and subsequent meeting places to be advised.

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## In Search of Fine Music 6

*Jack Knudson*

**Mon 2pm – 3:30pm**

*February 25, March, 11, 18, 25, April 1 and 8*

From the heavenly sublime to the celestial cacophonous; chill out to the lyrical Classical/Romantic period strains of Frenchman **François-Adrien Boieldieu** followed by Felix **Mendelssohn**'s sister, **Fanny** whose Romantic compositions rivalled those of her brother. Late 19th century avant-garde **Erik Satie**'s Parisian music continues to be warmly received, while Englishman **Frederick Delius**'s richly harmonised melodies were once thought to be the equal of Edward Elgar. Then, 20th century French composer **Oliver Messiaen** who used bird calls and irregular rhythmic patterns in many of his works. Lastly a special session of the 'best of the best' treats; 15 brief *YouTube* classical music clips featuring outstanding soloists, that will have you lusting for more.

Min 6 – Max 20

**Cost:** \$10

**Venue:** Main Meeting Room, Margaret River Community Centre, 33 Tunbridge St.

***Participants need to have email access for messages from Jack regarding pre-class reading and listening using the Internet.***

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## The Pleasures of Singing

*Barbara Webster*

**Tues 2pm – 3pm**

*Feb 26, March 5, 12, 19, 26, April 2,9,16,23, 30, May 7, 14, 21, 28, June 4, 11,18, 25*

Barbara has spent much of her life enjoying music, playing musical instruments and participating in choirs. If you enjoy singing and are seeking another way to improve your health and well-being, join her in a weekly singing group at her home. No previous experience is necessary, but you will be introduced to some simple part singing in harmony from a repertoire mainly of folk and classical music.

Min 6 – Max 12

**Cost:** \$5

**Venue:** 7 Cabernet Place Margaret River.

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## Watercolour Painting for Beginners

*Margaret Affleck*

**Thurs 1pm – 3.30 pm**

*Feb 28, March 7,14, 21, 28*

No prior painting experience is necessary for this introduction to watercolours. This new course will introduce several techniques such as washes, brush markings, lifting out and texturing. Each session will have a different theme and will be based on the drawing of a simple object, eg a piece of fruit. Composition, tones and shadows, and colour will be discussed and demonstrated.

Min 4 – Max 6

**Cost:** \$10

**Venue:** Wash House Art Studio, Margaret River Community Centre, 33 Tunbridge St.

***Please note: participants will be asked to reimburse Margaret for brushes and paper at \$33.00. In addition on enrolment participants will be given a list of other materials to bring which will include the paint. This is the most expensive item and the cost can range from 3 tubes of Windsor and Newton watercolour paint at \$15.00 a tube (\$45) or a small set of watercolour pans in a palette which can be as much as \$58.00.***

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## Philosophy Group

*Eileen Noakes*

**1.30pm – 3.30pm**

**First Tuesday of the month**

*March 5, April 2, May 7, June 4*

This is a new monthly discussion group. All you need to participate is an enquiring mind and respect for the ideas and opinions of others. Each month the group will discuss topics selected at the previous meeting, where there is no right or wrong answer- just different thoughts and opinions. Questions might include: What is merit? Is marriage relevant in the twenty first century? Why idolise others? Is happiness really attainable? *Continued overleaf.*

Every member will have the opportunity to state his/her opinion on the topics, if they wish. Other members may present a different view while respecting the right of each group member to hold that opinion. We all have different life experiences which have influenced what, and how we think. Come along with your thoughts and ideas. At the first meeting, Eileen will present a draft code of ethics (rules of engagement!) for consideration which will be discussed and a final version agreed.

Min 4 – Max 16

**Cost:** \$10

**Venue:** Main Meeting Room, Margaret River Community Centre, 33 Tunbridge St. (Church Gallery MRCC May 7).

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## **Waste Not: Want Not**

*Nirala Hunt*

**Tues 9.30am – 12.30pm**

*March 12, 19, 26*

### **Session One: Composting for the Non-Gardener (and the Gardener)**

If you currently throw green kitchen and garden waste into your kerbside bin, then this course is for you, irrespective of whether you live in a small apartment or on a large block. Nirala will demonstrate different ways of composting that won't break your back or your budget.

### **Session Two: Shopping for the Planet**

This session will help you to shop more sustainably, save money and reduce waste. Topics will include minimising 'shopping miles', free stuff, reducing and reusing, bulk buying, food storage and choosing seasonal produce.

### **Session Three: Eat Well – Less Time, Less Effort, Less Waste**

Buying and cooking for just one or two people can be challenging and sometimes not much fun. But in this session Nirala will demonstrate how you can reduce your cooking time, eat healthier, make the most of takeaways and save money. She will also show you how to pack and freeze leftovers safely for later meals.

Min 4– Max 15

**Cost:** \$5

**Venue:** 274 Railway Terrace, Margaret River.

***There will be an additional payment to Nirala of \$10 in cash for the lunch which will form part of Session Three.***

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## **Walking Margaret River**

*Guy and Jo Jennings*

**Wed 9am – 11am**

*March 13, 20, 27, April 3, 10, 17*

This was one of our most popular courses in 2018 so we have decided to continue to offer this option again. We now have a list of everyone's favourite walks but will always look at adding new ones. So, come along and share this experience. This year we will walk on Wednesday mornings to avoid clashes with other organised walks. *Continued overleaf*



Each week we walk along different trails going at a slow to moderate pace for at least 40 minutes. After the walk we get together for coffee.

*Walking the Margaret River region* is ideal for those new to town or wishing to meet other people for regular walks.

Min 4 – No maximum

**Cost:** \$5

**Venue:** Meeting places to be advised after enrolment.

***Shoes suitable for walking are important for your safety on the tracks.***

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## **Crafts to Inspire You**

*Flic Pascoe, Lianne Wood & Sophie Terrassin*

**Mon 9.30am – 12.30pm**

*March 18, 25, April 1*

This is a series of workshops in which three different artists will explain their work and teach you the basic techniques of their art forms. At each workshop you will have an opportunity to take home a unique product.

### **Workshop One: Express yourself with Encaustic Wax Painting** *(March 18)*

Encaustic Wax Painting is a fascinating and versatile art activity. A simple-to-use technique, it allows you freedom to create a painting with your favourite colours using molten wax. This technique, also known as hot wax painting, involves using heated beeswax to which coloured pigments are added. The liquid or paste is then applied to MDF boards with brushes and blended using a heat gun. Metal tools can be used to etch patterns and designs into the blended wax colours. Boards, wax and tools are supplied, but if you wish to embed other materials such as photos or other printed papers and fabrics, shells, beads, jewels, dried flowers etc. please bring them with you. Cost for supplied items will be \$30. Please pay Flic cash on the day.

### **Workshop Two: Merino Wool and Silk Fabric Nuno Felting** *(March 25)*

*Nuno* means cloth in Japanese and felting is a technique developed in Australia to create a light-weight, versatile felt using merino wool and silk fabric. At Lianne's workshop you will make a scarf to take home. This can be to your own design and in your favourite colours. All the materials you need will be supplied by Lianne and you will need to pay her up to \$25 for these items when you attend the workshop.

### **Workshop Three: Wear Upcycled Art Paper Beads** *(April 1)*

Sophie will teach you how to turn your paper waste (junk mail, calendars etc.) into unique handmade beads. Use your paper beads to make your own jewellery, gifts, decorations etc. and you will leave the workshop with a finished product of your choice. Please bring your own scissors and rulers and old coloured papers such as magazines. All other resources including a selection of papers and a leather cord, will be supplied and there may be an additional charge of up to \$10 payable to Sophie.

Min 2 – Max 8

**Cost:** \$10. ***See above for additional costs to be paid, in CASH please, to session leaders. A list of any other items needed will be provided on enrolment.***

**Venue:** Art Room, St Thomas More School, Wallcliffe Road, Margaret River (opposite Shire offices).

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## Asking Questions- Getting Answers

*Bill Bunbury*

**This course consists of one-half day workshop**

**Friday 22 March 9.30am – 1pm**

In this workshop. Bill will cover all aspects of interviewing to gain information that can be used in books, audio recordings and/or sound features. He will draw on 40 years' experience at the ABC and subsequently. Bill will also illustrate and demonstrate basic technical requirements and interviewing skills. These include question techniques and the role of research.

The course may be useful to anyone who is planning to ask their relatives or friends about their lives or writing a book that involves talking to people about significant experiences. There will be an opportunity to practice what you have learned and you may like to bring a smart phone or another battery-powered electronic device with a record and playback function.

Min 4 – Max 12

**Cost:** \$10

**Venue:** Church Gallery, Margaret River Community Centre, 33 Tunbridge St.

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## Enjoy the *Treble Recorder*

*Margaret Affleck*

**Thurs 11.30 am – 12.15 pm**

*March 28, April 4, 11, 18, May 2, 9, 16, 23, 30*

This is a new course for anyone who would like to learn the treble recorder. Participants will have an opportunity to make music in a small group, and in a friendly and enjoyable environment. At times, there may be opportunities for class members to play with students of the U3A 2018 recorder course. It is also envisaged that a continuation course for treble recorder will be offered in Semester Two this year. This will be open only to students who enrol in Semester One.

Min 2 – Max 6

**Cost:** \$15

**Venue:** Anglican Church Hall, 11 Station Road, Margaret River.

***Participants will need to buy the tutor book, Enjoy the Recorder by Brian Bonsor Treble/Alto Tutor ED 11468 which costs around \$30.00, as well as purchasing the instrument which is a Yamaha Alto YRA-302B 111 for around \$80.***

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## Caffeine-Fuelled Bird-Watching

*Dr Boyd Wykes*

**8am – 10am Three consecutive mornings in April**

*Tues 2, Wed 3, Thurs 4 April.*

Whether you are a beginner or have been to a previous U3A bird-watching course, this semester again offers you an opportunity to again stroll through Margaret River's beauty spots with Boyd Wykes co-convenor of the Cape to Cape Bird Group, and to learn about our local bird life. This is an entirely field-based course. Sessions can include a coffee and chat at a nearby café.

Min 6 – Max 12

**Cost:** \$5

**Venue:** Field locations – to be advised after enrolment.

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## Contemporary Australian Writers

*Claire Johnson*

**Thurs.1.30 pm – 3 pm**

*April 4,11,18, and May 2.9.16*

If you have enjoyed Claire's previous offerings and would like to discuss more Australian modern fiction, come along to this course. New enthusiasts for contemporary writers are also welcome. Learn how these authors contribute to our lives, to our understanding of ourselves and humanity, our connection to landscape, our history and our place in the world.

This semester's course will mainly explore issues related to the impacts of displacement by war, alienation, refuge and asylum-seeking. Most of the writers have won the Miles Franklin Award in recent years - Anna Funder (*All That I Am*), A.S. Patric (*Black Rock, White City*), Alice Nelson (*The Children's House*), Evie Wyld (*All the Birds, Singing*), Peter Carey (*Parrot and Olivier in America*) and Thea Astley (*Drylands*). It is not essential to be familiar with these authors but you may wish to read any of these books with which you are not familiar.

This course aims to open doors to new authors and perspectives and stimulate ideas. Come to these sessions and bring your own knowledge and reading experience.

Min 6 – Max 16

**Cost:** \$10.00.

**Venue:** Main Meeting Room, Margaret River Community Centre, 33 Tunbridge St.



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## The Dutch Connection

*Bill Bunbury*

**Fri 10 am – 11.30 am**

*April 5, 12, 26*

Western Australia was New Holland and the Dutch were the first Europeans to explore the Swan River. In this series, Bill will cover four centuries of association between the Netherlands and its people and Australia. Shipwreck, wartime connections and a very successful twentieth century migration will feature in these presentations.

Min 6 – Max 25

**Cost:** \$10

**Venue:** Main Meeting Room. Margaret River Community Centre, 33 Tunbridge St.

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## Move it with Molly

*Molly Hall*

**Wed 9.30 am – 10.30 am**

*April 24, May 1, 8, 15*

Come and enjoy a creative approach to dance. Molly bases her classes on the Laban philosophy and no previous dance experience is necessary. Each person moves in their own way and according to his (yes, we would like some men to join please!), or her own aptitude. There are no complicated steps and you can dance to various kinds of music. Molly will bring her favourites to the first session but participants are welcome to come with their own CDs if they wish. Afterwards join Molly for coffee at the yummy Yard Byrd café just opposite the hall.

Min 8 – Max 15

**Cost:** \$10

**Venue:** Druids Hall, Bussell Highway, Witchcliffe. (Opposite Liquor Store).

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## Creativity in Mosaics

*Janice Carrier*

**Thurs 10am – 12 noon**

*May 2, 9, 16*

Janice will offer several options for producing your own 30-centimetre square mosaics. You can use small tiles in a pattern to make a simple wall hanging. Or if you have items such as shells, pebbles, broken pottery/china or tumbled glass that you could bring along, these can be placed into the tile base. The first session will be a meet-and-greet at which you can decide what you would like to make and in what form. Then you will be able to complete one or more mosaic hangings in weeks two and three.

Min 2 – Max 6

**Cost:** \$5. *There may be an extra charge payable in cash to Janice, of up to \$25 for materials, depending on what you choose to make.*

**Venue:** 66 Ironstone Place (off Kevill Road East) Margaret River.

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## Painting with Acrylics

*Julia Cowling*

**Fri: 10 am – 12 noon**

*May 3,10,17,24,31; June 7*

No prior skills with a paintbrush are needed for this course. Julia will guide you through the process of painting with acrylics on canvas in a relaxed and friendly manner. By the end of the first session you will have a picture you will be proud to hang on the wall.

Min 4 – Max 10

**Cost:** \$10

**Venue:** Wash House Art Studio, Margaret River Community Centre, 33 Tunbridge St.

***Painting materials will cost approximately \$20. On enrolment students will be given a list of materials that they must purchase prior to commencement of the course. Any enrolled student who cannot attend the first session must advise the course leader or program coordinator, otherwise his/her place will be given to someone on the waiting list.***

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## Brain Plasticity for Older Adults

*Georgina Kelly*

**Tues 10am – 11.30 am**

*May 7,14,21*

In this three-part course local psychologist Georgina Kelly will be looking at the ageing brain, the myths and the science around brain health and decline. She will suggest how we can increase brain neurogenesis and neuroplasticity to forestall the effects of ageing on our cognitive processes.

Session 1 will cover basic neural physiology and how our brains work and change over the lifetime. Session 2 will look at enriched versus toxic environments and what the science says can harm or increase brain potential. Session 3 will cover “practising” the brain, the exercises and puzzles that work to forestall brain decline and those that don’t, and why that is.

All aspects of this course will be science-based and will present what has been researched, as opposed to the myths that proliferate in the media, fuelled by retailers and supported by pseudo-science.

Min 3 – Max 10

**Cost:** \$10

**Venue:** Anglican Church Hall, 11 Station Road, Margaret River.

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# Margaret River: Steps of Past Generations

*Dr Jack Barrett*

**Fri 10.30am – 12 noon**

***Please note this course is FORTNIGHTLY three sessions over five weeks***

*May 17, & 31, June 14*

*Semester 1: AMR's Early People – How they evolved, arrived and developed their base here until English settlers arrived*

## **Session One: Early people – How they evolved and migrated here**

*Who were the first people to come to Australia? Where did they come from? What steps did they take to reach here?* In this introductory session, Jack will explain how evolution impacted on the first Aboriginal arrivals, the climate cycles they lived in, how climate changes affected the coastline and vegetation, and how this influenced early living areas and the steps in their migration.

## **Session Two: In harmony with the land, pre and post the last Ice Age peak**

*How did the early Australians live? What skills did they have? How did they cope with major past climate change?* The First Australians lived on this land for thousands of years. In this session, Jack will look at what archaeology can tell us about their way of life, skills, tools, the changes in animals and their locations, and the later arrival of new animals such as the dingo.

## **Session Three: Exploration and initial colonisation**

*What did the early European explorers record about the Great South Land? How did they interact with the people who were already here?* In this session Jack will provide an overview of Dutch, French and British aims and activities in the Indian Ocean region, initial exploration of South Western Australia and the initial steps taken by the early nineteenth century settlers at King George Sound, Augusta, the Swan River, the Vasse and Australind.

Min 8 – Max 35

**Cost:** \$10

**Venue:** Main Meeting Room. Margaret River Community Centre, 33 Tunbridge St.

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# Great Impressionists

*Daniela Palitos*

**Thurs 9.30am – 11am**

*May 23, 30, June 13, 20, 27 (NB no class on June 6).*

We probably know an Impressionist painting when we see one. At least most people are familiar with Monet's water lilies! But who were the Impressionists and what motivated them?

In these five sessions Daniela will take you from the breakaway with the Romantic School of painting and will look at what distinguishes Impressionist painting from what came before. Daniela will begin session one by showing and discussing paintings by the influential Danish-French painter, Camille Pissarro and his followers. In the second week Daniela will continue with French Impressionism including paintings by Monet and Albert Sisley, the British landscape painter who was born and lived in France. *Continued overleaf.*

The third week will remain in France with Manet and Degas but the fourth and fifth sessions will cover the work of many of our own Australian Impressionists, the Heidelberg, *plein air* school which includes Tom Roberts, Frederick McCubbin Arthur Streeton and others.

Min 5 – Max 10

**Cost** \$10

**Venue:** Main Meeting Room, Margaret River Community Centre, 33 Tunbridge St.

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## **South West Plant Diversity**

*Dr Neville Marchant*

**Fri. 10.30am – 12 noon**

***Please note this course has two sessions over three weeks***

***May 24 & June 7***

Dr Neville Marchant is an internationally renowned botanist and a former Director of the Western Australian Herbarium for which he worked for fifty years. This semester, Neville is offering two illustrated sessions for U3A on the plants of the south west.

### Session 1. ***Strategies plants have developed to meet changes since Gondwana***

This session will describe the key features of our flora that evolved while Australia moved northwards to a drier climate after the break-up of Gondwana. Our species-rich assemblage of flowering plants - sundews, trigger plants, parasitic plants and many hundreds of shrubby species - thrive under a harsh climate and poor soils. These have developed an intriguing array of incredible survival and pollination mechanisms.

Session 2. ***Why the south west is a global flowering plant hotspot.*** Insect, bird and mammal pollination have been key driving forces in developing the floral features of familiar wildflowers that define our plant families and our many *genera*. Characteristic plants of the south west flora hotspot such as kangaroo paws, bottlebrushes, bell-shaped flowers, bacon and eggs peas, and bizarre orchids, produce an amazing floral display each year. These and many others, less familiar, contribute to our remarkable plant diversity.

Min: 8 – Max 35.

**Cost:** \$10

**Venue:** Main Meeting Room, Margaret River Community Centre, 33 Tunbridge St.

**SEE OVERLEAF FOR MEMBERSHIP AND ENROLMENT INFORMATION FOR U3A MARGARET RIVER**

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## U3A Margaret River Membership and Enrolment

Enrolment in these courses is available only to financial members of U3A Margaret River. **Annual membership: \$40.** You will need to pay your membership before, or when, you enrol in a course.

Bank Details for EFT payments:

**BSB** 086 798

**Acc. No.** 140224516

Online and mail enrolments will be processed from Friday 8 February 2019 onwards. However, some places in each course will be reserved for members who enrol in person on the first enrolment day (see below).

We offer the following options for activating membership and for enrolling in courses:

- Online at [www.u3amr.org.au](http://www.u3amr.org.au)  
*Please note: You will be advised by email of successful enrolment or, if the course is full whether you have been placed on a waiting list.*
- Attending U3A enrolment days at the Main Meeting Room, Margaret River Community Centre, 33 Tunbridge Street, Margaret River on **Monday 11 February 2019 or Friday 15 February 2019** between **9.30 and 12 noon**.
- By mailing completed Membership and Course Enrolment forms to **U3A Margaret River, PO Box 1059, MARGARET RIVER. 6285** along with your cheque (see below) or EFT receipt. *You will be advised by phone of successful enrolment, or if the course is full, whether you have been placed on a waiting list.*

Please email membership enquiries to [admin@u3amr.org.au](mailto:admin@u3amr.org.au) If you do not have email or cannot mail your membership request to our box number (above) please call 0414 875 889. Please leave a return phone number if no one is available to take your call.

Please email course and program-related enquiries and tell us if you have difficulty in enrolling in our online system to [programs@u3amr.org.au](mailto:programs@u3amr.org.au) Include the title of the course(s) in which you wish to enrol and your telephone number.

If you do not have email and have course or program related enquiries, please call 0407 775 050 (not available between 23 January and 7 February inclusive) and leave a return phone number if no one is available to take your call.

*Please note that only cash or cheques can be accepted for in-person payment of fees and cheques must be made payable to:*

***The University of the Third Age, Margaret River.***

*The bank will not accept any other wording.*

<p><b>U3A Margaret River <u>no longer</u> has an office open at the Margaret River Community Centre on Friday mornings.</b></p>
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