



# Program of Courses

**Semester Two: August to December 2020**



**Some of the at home enrollees in Bill Bunbury's *Poems that Sing* course using Zoom software to 'attend' one of his semester One classes. This online session was necessitated due to the mid-March COVID-19 pandemic closure of all U3A courses. Each participant is posing in front of their computer while tutor Bill is looking on benevolently at the upper left.**

**A note regarding courtesy to tutors:** Much time and effort is involved with the preparation of courses conducted by U3A tutors and they would appreciate prior notification of possible 'no-shows' at their sessions. It is therefore appropriate after enrolment, if you decide not to attend a particular, or even any further sessions of your chosen course/s, that the tutor is advised so that others on the waiting list have the opportunity to attend.

In order to improve and keep our courses to a high standard, we request attendees to complete an emailed evaluation form following each course. It's important and if you have questions about returning the evaluation form by email, please contact Karin Ashman on 9757 6164. *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.*

## U3A MARGARET RIVER MEMBERSHIP



The courses listed in this booklet have been posted online on **Thursday 9 July 2020**, but online enrolment is not possible until **July 16** in order to provide time to consider the courses.

To enrol in a course, you must be a financial member of U3A Margaret River. **A \$25 half-year membership may be obtained if you are not currently a paid member.**

**If you were not an active member in either 2019 or 2020**, Please click on this link on **July 16** or later: <https://u3aamr.org.au/new-members/> and follow the instructions.

**Begin my online  
Enrolment**

**Click on this link on July 16 or later if you are a member:**

<https://u3aamr.org.au/members/masstemplate.php>

You will be guided to UMAS, our computerised membership and enrolment system.

Use your U3A member number to log into UMAS. If you cannot remember your number, log in with your email address. Your password will normally be your surname (lower case) followed, only if your name is less than 5 characters, with spaces (to reach 5 characters). If you have forgotten your password, the system will tell you how to retrieve it.

Once logged in:

1. Click the '**View Courses**' in the yellow box on the left.

Members who had previously enrolled in Semester one courses which were interrupted by the COVID pandemic have been automatically enrolled in these courses that are available to resume in Semester 2. **Please contact us if you do NOT want to resume your semester 1 course.**

2. Next click the box next to **Code** of the **Course** you want to enroll in. Repeat for as many additional courses you wish.

3. Click on **Confirm Selections**.

4. Click the '**Pay Invoice**' button at the right of the screen.

If the information in blue above does not apply to you and the courses you have selected, you will now need to pay fees via **bank transfer** (EFT) or cheque (see below) as our system does not support online payments.

**Bank Details for EFT payments** are BSB 086 798 Acc. No. 140224516. **Please ensure you include your member number when making payments.**



**Cheques** must be made payable to: **The University of the Third Age, Margaret River.**

The bank will not accept any other wording.

Please do not pay for courses for which you are **wait listed**.

If you wish to **enroll in person** go to page 3.



**You may attend U3A membership and enrolment days** at the Mainbreak Room, Shire Offices, Wallcliffe Road, Margaret River on the following dates and times:

**Thursday 16 July 2020. 10:00 am- noon**

**OR**

**Tuesday 21 July 2020. noon- 2:00 pm**

On these two enrolment dates only, membership and course fees can be paid in cash or by cheque at the venue. We do not have credit or debit card facilities.

If you need assistance to enroll in a course but are unable to attend either of these enrolment days, please call 0411 251 221 or 9757 2576 and one of our two program coordinators will assist you.

Please leave a return phone number if no one is available to take your call.

1. You can also email [programs@u3amr.org.au](mailto:programs@u3amr.org.au) and include your name and membership number (if known) together with the title of the course(s) in which you wish to enrol. A reply email will be sent to you as soon as possible.
2. If you have email, please mail membership enquiries to [admin@u3amr.org.au](mailto:admin@u3amr.org.au)
3. If you do not have email, you can mail your membership request to PO Box 1059 Margaret River 6285 or call the U3A secretary on 0414 875 889. Please leave a return phone number if no one is available to take your call.

**Please be assured** that we will follow WA legislation relating to COVID-19 health and safety guidelines when Semester two begins on August 3 **if required**. We will adhere to physical distancing and strict cleaning practices at all of our course and activities venues, so as to protect our members.

**Please note** that all existing members of U3A Margaret River who have online access can look up their own personal information, view course information and check the courses in which they are enrolled on line at any time. Return to page 2 for details as to how to log in. Please try and use this system rather than asking the program coordinator or tutors for information. It will all be there, including dates and times of courses. If you would like help in accessing this system, come to an enrolment day or contact us by one of the methods indicated on page 2 of this program.

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## The Pleasures of Singing

*Barbara Webster*

*August 4 – Dec 1 (NB: No classes in school holidays).*

**Tuesday 2pm – 3pm**



If you enjoy singing and are seeking another way to improve your health and well-being, join this weekly singing group. 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. Barbara would welcome the addition of some tenors and basses!

You do not need to attend every class, but each session is built on the previous one so continuity is important. Please enrol only if you can attend the majority of classes. These are held in Barbara's home.

**Min 6 – Max 15**

**Cost: \$5 all enrollees**

**Venue: 7 Cabernet Place Margaret River**

## Simply Cycling Weekly

*Dave Leggott*

**Monday 9am –11am**

*Every week from August 3 to December 7 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 two.

**Min 6 – Max 12**

**Cost: \$5 all enrollees**

**Venue:** First meeting point August 3 will be Yahava Koffee Works, Doust's Corner, off Bussell Highway, turn left going south after Brookfield Avenue into Andrews Retreat.

The second ride will be at the same meeting point on August 10. All others to be arranged at the end of each ride.

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## Swimming Made Easy

*Ian McMahon*

**Some Mondays or Wednesdays: 12.30pm – 1.30pm**

*September 7, 14, 21, 30, October 5, 12, 19, 26 & November 2 & 9*



The aim of this course is firstly to teach non-swimmers and secondly for swimmers to improve their cardio-vascular fitness by giving them strategies to improve their swimming technique. The focus is on stroke correction for freestyle and backstroke.

Min 4 – Max 10

**Cost:** \$15 all enrollees

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

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

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## Passionate About Art

***Bill Castleden***

August 19, 26, Sept 2, 9

**Wednesday 10:00 am - 11.30am**



In this rescheduled course for 2020, Bill will offer to share some of his passion about art. The course will be held in Bill's own home, south of Margaret River, where examples of artwork can easily be shared. There will be lots of time for discussion over four sessions.

In session **one** Bill will explain how his interest in art began.

In the **second** session, he will talk about artists as friends and give examples of how artists' practices evolve. Artists give to us and Open Studios is one way that Bill and others have found to thank them and 'give back'.

This **third** meeting will include writing about art. You will also be able to visit Wendy Castleden's studio as she participates in this year's Open Studios event.

In the **fourth** and final session, Bill will talk about collecting art, how it happened for him and the issues involved in archiving an art collection.

Min: 4 – Max 10

**Cost:** \$5, No cost to Semester one enrollees.

**Venue:** 6848 Caves Road, Redgate.

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# Insights into Stocks and Shares

*Bill Castleden*

*August 6, 13 & 20*

**Thursday 10:00 am - 11.30am**



Bill has been investing in the stock market, (not always profitably!), for the past 60 years. In this re-scheduled course, he will explain first what the stock market is all about and how to buy and sell shares. **Session one was completed** before Semester one was closed due to the COVID-19 pandemic.

Session **two** on August 6 will cover long and short term investing as well as self-managed superannuation funds and how the ordinary punter can cope with the work involved.

The **third** class will discuss the question: Can investing be a power for good? It will cover options for investing in 'green shares' and/or charities. The **fourth** and final session will be an opportunity to talk about 'our favourites' and any other issues that participants would like to cover.

Min: 6 – Max 12

**Cost:** \$5, no cost to Semester one enrollees.

**Venue:** 6848 Caves Road, Redgate.

# Dancaterapia – Dance Therapy

*Ro Robertson*

*August 6, 13, 20, 27 & September 3*

**Thursday 10:30 – 11:30am**



For the last six years, Ro has made an intensive study of Dancaterapia (dance therapy) based on the method of Maria Fux in South America. Ro has travelled to Brazil, Argentina and Italy in dedication to this path.

Dancaterapia is a way of re-appropriating body language through creative stimuli that promote the reunification of movement with the unique and living "feeling" of every human being. The Maria Fux method is based on the possibility of change. It offers a platform to explore ourselves and our connection to the environment and those we share it with and gives opportunity to recognize our ability to transform through movement.

Ro is offering five one-hour classes specifically for U3A Margaret River and each is designed specifically to move within the COVID-19 space requirements. Dancaterapia is for everyone. It is an experience of our natural movement in creation. Come along and give it a go.

Min 6 – Max 20

**Cost:** \$15, no cost to Semester one enrollees.

**Venue:** Karate Club, Wallcliffe Road, down the gravel road west of the MR Recreation Centre

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# Sources of Renewable Energy

*Dr Ken Dyer*

August 7, 14, 21 & 28.

Friday 2:00 – 3:30pm



The course (formally **Earth, Air, Fire and Water**) will document and critically describe all current technologically feasible and economically plausible sources of renewable energy. It will first define what is meant by energy and renewable energy, and list the various forms we encounter and use in today's society. It will then systematically examine and evaluate them under the following four sources. **Earth**: deep geothermal (hot rocks), hydrothermal, earth sourced heat pumps and biomass. **Air**: wind, onshore and offshore. **Fire**: solar and thermal solar in their many manifestations. **Water**: hydropower from rivers, waves, tides and currents from ocean waters. The course will also very briefly cover nuclear energy, biogas and varieties of energy storage.

Finally, Ken will consider whether the question 'Is setting goals of 100% renewable energy sensible or even answerable?'

Min 6 – Max 20

**Cost** \$10, no cost to Semester one enrollees.

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

## More Pastry Tarts

*Jill James*

**Option One**: Tuesday August 18

**Option Two**: Tuesday August 25

10:30am – 1:00pm



Did you fail to get a place on Jill's cooking classes last semester or have you just heard about what you missed? This time Jill will be concentrating on teaching you how to make those perfect tarts for yourself that you can only buy from her when she is at the Farmer's Market. Jill will give you some tips for pastry making as well as some simple recipes you can try at home.

**This is one session only but offered on two different days. You can choose your day and date.**

Min 4 – Max 8

**Cost** \$5, no cost to Semester one enrollees.

**Venue**: 129 Harrison Road, Forest Grove.

**Please note there will be an additional charge of \$5 per session payable in cash directly to Jill for ingredients.**

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## Creative Lessons in Clay Sculpture 3

*Susan Sowerby*

*August 3, 10, 17 & 24*

**Mon. 10am – 1pm**



If you missed this successful course last year, now is your chance to enrol in 2020. An experienced practitioner and teacher, Susan is again offering four sessions especially for U3A members. These are essentially about sculpture, hand building and expressing ideas which may range anywhere from a teapot to a sculptural figurine and beyond. If you can bring an idea to the table, great. But if you can't, that's okay as well. ...

For a sneak preview lesson on how to make a beautiful face in minutes, you can look at the video on Facebook under 'Sue Sowerby Mermaids'. Susan is not offering a set list of lessons because everyone is different and will need individual attention.

No Min – Max 6.

**Cost:** \$5 all enrolees.

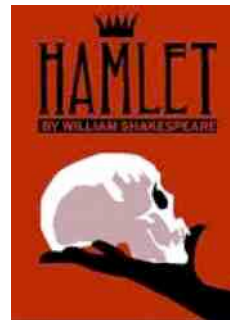
**Venue:** Triple A Gallery, Burton St, Margaret River Industrial Area

## 'What is Past is Prologue' – Shakespeare's Messages - Today

*Bill Bunbury*

*September 4, 11 & 18*

**Friday 2:00 – 3:30pm**



**Session One: *Hamlet* and *Macbeth*** – The influence of the Supernatural in both plays. Both main characters receive information from the dead. How do they handle it?

**Session Two: *The Merchant of Venice* and *Othello*** – Racism and jealousy. Elizabethan awareness and attitudes to religious issues.

**Session Three: *Twelfth Night* and *Much Ado About Nothing*** – Character and Comedy  
Shakespeare's distinctive understanding of human characteristics and inventive language.

**Please read or view these plays if possible before attending these sessions. Many Shakespeare plays are now online.**

Min: 8 – Max 20.

**Cost:** \$10 all enrolees

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



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# Walking Margaret River

*Guy and Jo Jennings*

September 9, 16, 23, 30 & October 7 & 14

**Wednesday 9am – 11am**



This course is offered for another semester and will again be led by the indefatigable Guy and Jo Jennings. Walks will include some favourites but also some new ones. Each Wednesday we walk along different trails going at a slow to moderate pace for between 40 to 60 minutes. After the walk we get together for coffee. Join *Walking Margaret River* to meet new people and/or to maintain friendships.

Min 4 – 30

**Cost:** \$5 all enrollees

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

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

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# Ethical Challenges in a Modern World

*Alan Moore-Fiander & Karin Ashman*

September 8, October 13, November 10, December 8

**Second Tuesday of the Month 1:30pm – 3:30pm**



## Ethical Challenges in a Modern World

*New Scientist Magazine* devoted the July 2017 issue to consideration of ten ethical challenges that have arisen from advances in science. We discussed four of these issues before the course was suspended so we are left with the following six topics to consider:

- Should we give other animals rights?
- Should we let synthetic life forms loose?
- Should we abandon privacy online?
- Should we give robots the right to kill?
- Should we colonise other planets?
- Should we stop doing science?

As always there are unlikely to be simple yes/no answers to such questions. 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 that have influenced what, and how we think. Come along with your thoughts and ideas.

Min 8 – Max 15

**Cost:** \$10, no cost to Semester one enrollees.

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

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## More Pottering About

*Marg Sharp*

October 6, 13, 20, 27, November 10, 17, 24  
(NB no class on 3 November - Melbourne Cup Day)



**Tues. 10 – 12 noon**

Marg Sharp is again offering a small group of U3A members an opportunity to tap into their creative instincts with some simple pot making. The course is being held in Marg's shed/studio so you will have access to her one wheel and small kiln if you need them. Alternatively, you can simply follow your preferences. The first session on 6 October will be a meet and greet in which the options available will be canvassed and you can decide what suits you best.

Min 2 –Max 6

**Cost:** \$5 all enrollees.

**Venue:** Lot 106, Mansfield Avenue, Margaret River. (3rd driveway on the left after Yalgardup Place).

*There will be an additional charge of \$20 payable in cash directly to Marg, to help cover the cost of the clay used, slips, glazes and firing.*

## Understanding Jazz: Origins, Musical History and Darker Racial Contexts

*Dr Ken Dyer*

September 24, October 1, 8 & 15



**Thursday 2:00pm – 3:30pm**

The objective of the course is to help participants understand and, above all, enjoy what jazz musicians are trying to do musically. The course will illustrate and, to a modest extent, analyse in a non-technical way, with profuse recorded examples, the musical development of jazz from about 1900 to the present. I will focus especially on the achievements of four towering geniuses: Louis Armstrong, Duke Ellington, Charlie Parker and Miles Davis, who are all African-Americans.

Ken will include numerous musical illustrations and discuss the contributions of other African Americans and white jazz musicians. I will try to explain how the history of jazz and what was played is bound up with racial attitudes in the US and was influenced by them. I will explain the historical stages and genres of jazz including Traditional, Modern, Swing, Bop, Cool, Blues, Ragtime and others.

Min 6 – Max 25

**Cost** \$10, no cost to Semester one enrollees.

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

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# Appreciating the Remarkable Diversity of South Western Plants

*Dr Neville Marchant*

October 19 & 26

**Monday 1:00 – 2:30pm**



The course is intended to enable participants to increase their appreciation of our remarkable plant diversity. Australia's southwest is renowned for its very high number of flowering plants and diverse flower structures. This illustrated presentation will use many plants of the Margaret River region to describe the gradual evolution of the southwestern flora from the ancient continent Gondwana, to the arrival of humans.

Our plants in our species-rich ecosystems, like the sundews, orchids, trigger plants, parasitic plants, and many hundreds of shrubby species, have developed an incredible array of survival and pollination strategies enabling them to thrive in a mediterranean climate. Pollination by insects, birds, and mammals has been key driving force in evolving the floral features of wildflowers that define our plant families and genera. The familiar plants of the southwest such as kangaroo paws, bottlebrushes, bell-shaped false flowers, bacon and eggs peas, and bizarre orchids have many fascinating pollination systems.

Min: 10 – Max 30.

**Cost:** \$10, no cost to Semester one enrolees.

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

## The Kimberley Region of Western Australia

*Jeffrey Gresham*

October 14, 21, 28 and November 4 & 11

**Wednesday: 10:30 am to noon**



The Kimberley Region of northern Western Australia, covering some 423 500 square kilometres, is one of the world's last great wilderness areas. Through a series of profusely illustrated presentations, each of the course sessions will cover:

1. The Kimberley and its Natural Environment
2. Kimberley Aboriginal Rock Art and Recent Archaeological Discoveries
3. Kimberley History: People, Exploration and Development
4. Twenty Years of Bush Walking in the Kimberley
5. Icons of the Kimberley and how to access them.

**Cost:** \$10 all enrolees.

**Min 5 - Max 25**

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

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## Story Gathering 4: Across the Ages

*Margot Edwards*

October 12, 19 & 26, November 2

Mon. 2 – 5pm



Join Margot to explore stories from the past, from old cultures around the globe; to new narratives with fresh interpretations. Stand in the shoes of storytellers from indigenous cultures in Australasia, Africa, Asia, the Pacific, Russia, Europe and/or the Americas. Look through the lense of folktales, legends, fiction, fact and mythologies and see where it leads us in understanding others.

Bring yourself, your journal, and an open mind and join the group in researching and presenting and discussing wonderful tales from home and afar.

Every week varies and we can go anywhere from discussion around identity and relationships, the elements and the role of divinities, spiritual odyssey and multiple paradigms, new interpretations, gender and cultural bias and the strength of survivors in an often hostile world.

Enrolments welcome from those who can attend at least three of the four workshops. Please advise well in advance if you need to withdraw from this course.

Min 3 – Max 7

**Cost:** \$5 all enrolees.

**Venue:** 5 Zani Place, Margaret River

## Painting with Acrylics

*Julia Cowling*

November 6, 13, 20, 27 & December 4

Friday 10:00 am – 12 noon



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, no cost to Semester one enrolees.

**Venue:** Horticulture class room, SWIT campus (To Be Confirmed)

**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.**

# Understanding your Behaviour in your Community

*Martin Ringer*

October 14, 21, & 28



Les relations compliquées

**Wednesday 2:00 – 4:00pm**

Why do nice intelligent people (like us) fight about things like politics, environmental policies, land development proposals, immigration and a host of other things? And why, at other times are these same people friendly, generous and collaborative?

Socio-analyst Martin Ringer will outline some frameworks for thinking about social dynamics. He will involve participants in experiential explorations of their own social systems, unpicking the dynamics of conflict and collaboration and linking the social with the personal. The course will deal with real issues in participants' lives and in their community. The aim is to enable you to tread more lightly in and around your social systems and communities and be better prepared to deal constructively with those conflicts in which we inevitably find ourselves. However, this is not a traditional 'conflict resolution' course.

**Session 1** – Re-connecting and reflecting on how their previous two sessions in Semester 1 have shaped peoples' thinking during the lockdown.

**Session 2** - How can I help? Explore ways of reducing community-based conflict and increasing cooperation.

**Session 3** - Thinking ahead about collaboration and conflict. Examine ways of applying new ideas to old problems.

**Open** only to Semester one enrolees at no cost

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

## In Search of Fine Music 8

*Jack Knudson*

November 16, 23, & 30

**Monday 2pm – 3:30pm**



The star of famous tenor American **Mario Lanza** burned bright, but was extinguished all too soon, at just 38. Tenor **Juan Diego Flórez** is known for his roles in bel canto operas and is said by some to be the heir apparent to Pavarotti. **Louis Moreau Gottschalk** was a child prodigy who became the best known pianist in the New World during the 1860s and whose compositions incorporated syncopated rhythmic elements of Caribbean and Latin folk music. **Dora Pejačević** has only recently been recognised as a major Croatian composer whose 106 works include, piano, chamber and large-scale orchestral music, as well as songs.

**Min 6 – Max 25**

**Cost:** \$10, no cost to Semester one enrolees.

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

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

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# The Evolution of a Remarkable Ecosystem

*Peter Lane*

*October 13*

**Tuesday. 10.30am – 12:00 pm  
and a field trip from 1:00 to 3:00pm**



The millions of species we share Earth with have a lot to be thankful for -- it is indeed an exceptional planet. So too is our southwest, with over 6000 species of plants, more than 3000 of which are found nowhere else, as well as an extraordinary variety of fungi and animals.

Science has progressed in leaps and bounds since most U3A members attended university and this talk is a brief history of our planet, looking at how the conditions for evolution occurred. Special attention will be centred on the uniqueness of the southwest, as recorded in the rocks.

After the talk, a light vegetarian lunch with tea and herbal teas will be served. Coffee and/or cake will be an additional expense. After lunch we'll drive to Augusta for an 'easy' field trip lasting about three hours. Transport will be shared by car pooling.

**Cost:** \$5 plus \$12 paid to Fair Harvest for lunch

**Min 6 - Max 12**

**Venue:** Fair Harvest Permaculture Farm, 426 Carters Road, Margaret River

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# Cultural Adventures in Morocco

*Terry Hoyne*

*November 10*

**Tuesday 10:00am – 11:30am**



Terry has been leading small group tours to Morocco for the last twelve years and together with his wife Pam they have been the Australian dealers for the internationally acclaimed Ait Khozema rug weaving Project.

Following on from the first session on Turkey and the DOBAG Project, this second session will concentrate on Morocco and the Ait Khozema Project founded in 1997 by Austrian carpet and textile expert Professor Wilfried Stanzer. The Ait Khozema Project has revived the lost art of natural dyeing in carpet weaving in the remote Berber village of Amassine in the High Atlas Mountains. The project provides the entire village with an additional sustainable source of income and may help to stem the exodus from this austere but beautiful region around the extinct Siroua volcano.

**Min:** 10 – **Max** 25

**Cost:** \$5, no cost to Semester one enrollees.

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

# Remembering and Writing

*Margaret Cole*

*November 5 and 12*

**Thursday 9:00am – noon and 1:00pm – 4:00pm**



Everyone has a unique life story, no matter how old they are, and if it is not written down it will be lost forever. This workshop will help you begin to recollect and record your personal experiences so they can be shared with family or friends, prepared for publication, or remain a private celebration of the mystery and complexity of your journey.

Anyone can do this workshop; the basic tools are an exercise book and a pencil.

Margaret sees her job as helping you to remember, showing you some techniques to write with and giving you the confidence to do it.

Workshop organisers sometimes use a headline “Every time a person dies, a library burns down.”

Margaret Cole is a clinical psychologist who has taught and used writing as a life skill for over thirty years. *Remembering and Writing* is a course adapted from creative journal process techniques, where writing offers many gifts – silence, reflection, meaning and release. In our writing we may find the one word or phrase that throws new light on a situation for us, or illuminates an idea for a reader.

**NB: Each day of this course extends over a full day.**

**Min 10 – Max 20**

**Cost:** \$10, no cost to Semester one enrollees.

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