



THE UNIVERSITY OF THE THIRD AGE  
MARGARET RIVER INC

# Program of Courses

**Semester Two: July to December 2022**



**Marking our 10 Year anniversary: Participants in a meeting at the Shire, 13 March 2012, held to discuss establishing a U3A branch in Margaret River.**

*U3A Margaret River Inc. is a member of the international movement founded in France in 1973 to promote and practice lifelong learning for seniors. We provide low cost educational opportunities in a relaxed and informal environment.*

## A MESSAGE FROM YOUR PRESIDENT

Here is our program of thirty-one courses for Semester 2, 2022. We are very pleased to tell you that we have seven new course leaders and a total of 13 completely new topics. Jack Knudson will continue his every popular *In Search of Fine Music* series while many of you will be pleased to see that Jill James and Nirala Hunt are again offering courses this semester while Jane Scott is once again prepared to teach you more about the flora of this region.

We are, as usual commencing this semester in July. Courses starting then include Jane Vanderstoel's *All in the Family*, as well as Carolyn Forte's four sessions titled *Theatre for Beginners*. And, as all our members know, it is never too late to learn something new! We also expect that there will be keen interest in Judith Fordham's: *The Real CSI*.

As many of you will already know, U3A Margaret River is celebrating its 10th birthday this year. When, in 2012, our organisation was set up with assistance from the Shire of Augusta-Margaret River, there was some expectation that U3A would cover the whole local government area. This did not happen and until now courses have been offered only in Margaret River and adjacent localities such as Cowaramup and Witchcliffe.

One of the ways in which we are marking our ten-year milestone is to offer some of our courses in Augusta. These may cover material previously offered in Margaret River or, in some cases, new material. While to date, all the leaders of these courses are Margaret River based, we hope that in the future we can entice some Augusta residents to offer courses there. Courses offered at the Community Resource Centre in Augusta are clearly marked as such but please note that all members of U3A Margaret River are welcome to enrol in any of our courses, irrespective of location.

If you are interested in hearing more of our ten year history and have not yet listened to the audio documentary that we played at our Annual General Meeting in April, you can now go on line to the Radio Margaret River website and listen to the podcast at:

<https://www.radiomargaretriver.com/programming/podcasts/podcast-its-a-quest-u3a/>

Following revised health advice from the State Government, for semester two, we are hoping not to restrict course attendance to vaccinated members. Should that advice change after 1 July 2022, however, we will advise you accordingly.

We hope that you will find something in this program to tempt you to enrol in one or more of our U3A courses and as always, we thank all our course leaders for the time and effort that they put into preparing material.

And finally, with respect to course leaders, they would all consider it a courtesy if you could let them know if you are unable to attend one or more sessions for which you have enrolled – course leader contact details are shown in the detailed course descriptions in UMAS.

Also, if after enrolment, you decide not to attend a chosen course, please let the treasurer ([treasure@u3amr.org.au](mailto:treasure@u3amr.org.au)) know. Then, if there are others on the waiting list, they'll have the opportunity to attend. You may also use the 'request for removal' button in UMAS for Members – My Enrolments.

We hope you enjoy the courses.

**Jenny Bunbury**  
**President**

## U3A MARGARET RIVER MEMBERSHIP & COURSE ENROLMENT



The courses listed in this booklet were **emailed** to U3A members on **Monday 6 June 2022** and are also available online to the public. To enrol in a course, you must be a financial member of U3A Margaret River. Membership subscription for the remainder of the calendar year is \$25.

### **You may enrol in person on Monday 13 June**

at the Mainbreak Room, Shire Offices, Wallcliffe Road at 10:00 am - 12:00 pm  
or Augusta Community Resource Centre at 14.00 pm – 15.00pm

On this enrolment date 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.

### **You may enrol on-line** using your computer, tablet or smartphone at

<https://u3amr.org.au/members/> or by going to our website <http://www.u3amr.org.au> and clicking on the UMAS for Members box at **any time after 10:00 am on June 13 or later.**

**If not already a member, click on the JOIN BOX and fill out the membership form online.**

**If already a member, click on the LOG IN BOX and use your member no. and password**

*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: **Click on Pay Membership if you haven't paid this year, and/or**

**Enrol in courses by clicking on COURSES tab, selecting and adding to cart**

**Once you have joined and/or selected courses go to the CHECKOUT tab for payment options and instructions. Please do not pay for waitlisted courses.**

**Our bank details are: BSB 086-798 A/C 140224516**

If you need assistance to renew your subscription and/or enrol in a course but are unable to attend the enrolment day:

1. Please call 0411 251 221 or 0429 377 090 and one of our coordinators will assist you. Please leave a return phone number if no one is available to take your call.
2. For course enquiries, you can also email [bunburyjenny@gmail.com](mailto:bunburyjenny@gmail.com) 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.
3. For membership enquiries, if you have email, please email [admin@u3amr.org.au](mailto:admin@u3amr.org.au)
4. If you do not have an email address, you can post your membership enquiry and/or enrolment request to PO Box 1059, Margaret River 6285.

**Please note:** All members of U3A Margaret River who have online access can look up their personal information, view course information, and check the courses in which they are enrolled at any time by logging in at <http://www.u3amr.org.au> and clicking on the UMAS for Members box as per above. Please try and use this system rather than asking the program coordinator or tutors for information. It will all be there, including the dates and times of the courses. If you would like help in accessing this system, come to the enrolment day or contact us by one of the methods indicated above.

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## Augusta Specials

### The Garden Doctor in Augusta

**Dates:** 19/07/2022 – 26/07/2022

**Weekly, Tue 10:30 - 12:00**

**Location:** Augusta Community Resource Centre, 66 Allnutt Terrace, Augusta

**Leader:** Ross Bunney

**Min 6 – Max 25**

**Cost: \$10**



How well did your garden survive this last brutally hot summer? What can you do to future-proof your garden to thrive in our changing climate? This is a participative course in which Ross will address these questions and help you to decide what changes you need to make to your garden to ensure that your vegetable beds remain productive and that you plant flowers and shrubs that will flourish in our warmer summers. Ross will also advise you on how to improve your soils and when and how to water. This is a participative course in which Ross will address these questions and help you to decide what changes you need to make to your garden to ensure that your vegetable beds remain productive and that you plant flowers and shrubs that will flourish in our warmer summer

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### Watercolour Lessons in Augusta: An Introduction

**Dates:** 16/08/2022 -30/08/2022

**Weekly, Tue 10:00 - 12:30**

**Location:** Augusta Community Resource Centre, 66 Allnutt Terrace, Augusta

**Leader:** Margaret Affleck

**Min 3 – Max 11**

**Cost: \$10**



In three sessions (Marri Leaves, Still Life, and Landscape), Margaret will guide participants through demonstrations of the basic skills of watercolour techniques. These include laying a wash, the water cycle, wet on dry paper, wet on wet, hard and soft edges, graded tones, masking, lifting out, and textures. The five C's will also be introduced. This course is designed for those who have no watercolour painting experience but also for those who wish to refresh their skills.

*Participants will need to bring: 3 warm primary paints (Red, Yellow and Blue), 3 watercolour round brushes sizes 2-12, a cheap 1 inch flat brush for washes, a support board (Coreflute is cheap and available at Bunnings and one sheet cut be cut in half to create two boards), and a pad of watercolour paper, A4 size, rough texture, 300gsm weight OR one large sheet of Arches Rough texture 300gsm paper available at Jacksons. Please buy the best paper that you can afford as this factor gives the best result. Brands include Arches, Saunders, Bockingford. Aquarelle, or Canson. On enrolment you will be emailed a list of things to bring from home, such as a 2B soft pencil, a 240 box of tissue, a ruler etc.*

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### South-West WA: Dutch and French Connections

**Dates:** 13/09/2022 - 20/09/2022

**Weekly, Tue 10:30 - 12:00**

**Location:** Augusta Community Resource Centre, 66 Allnutt Terrace, Augusta

**Leader:** Bill Bunbury

**Min 8 – Max 30**

**Cost: \$10**



Why did many places on the Western Australian coast acquire Dutch or French names? Bill will explore the rationale for ships of both nations sailing along our coasts in the 17th and 18th centuries and the legacy their visits have left us. Dutch shipwrecks tell us much about a period in history when the Netherlands was a major maritime and imperial power. The French were influenced by acquisition and by the Enlightenment and made important discoveries about an unknown continent (La Terre Inconnu). You will hear stories, recorded during Bill's work on ABC Radio National's Hindsight programs, with historians, geographers and naturalists in France, the Netherlands and Australia.

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## Evolution of the Far South-West

**Dates:** 11/10/2022 – 25/10/2022

**Weekly, Tue 10:30 – 12:00**

**Location:** Augusta Community Resource Centre, 66 Allnutt Terrace, Augusta

**Leader:** Pete Lane

**Min 8 – Max 12**

**Cost: \$10**



Why is Earth such an exceptional planet, and why is Western Australia, and especially our southwest so extraordinary? Based on geology, but taking a holistic view of events, Pete's two talks and a field trip will go some way to answering these questions. In Session 1, Pete will explain the processes that formed our planet and why the Yilgarn Craton, Leeuwin Naturaliste Ridge, Blackwood Plateau, and our WA aquifers are so geologically and ecologically diverse and so special. In Session 2, he will take a closer look at our corner of WA, the reasons for its biodiversity, the origin of its unique flora and fauna, its caves, soils, streams, and wetlands. Lastly, in Session 3, special attention will be centered on the uniqueness of the southwest, as recorded in the rocks in a field excursion (very easy walking, but participants will be required to sign a declaration of fitness and a liability indemnity waiver; meeting at the Lighthouse Café at 09.15 am or Water Wheel at 10.00 am)



Pete Lane and his group at last year's course

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## Art and crafts

### Mindful Stitching

**Dates:** 06/07/2022 - 27/07/2022

**Weekly, Wed 10:00 - 12:00**

**Location:** Nirala's place,  
274 Railway Terrace, Margaret River

**Leader:** Nirala Hunt

**Min 4 – Max 8**

**Cost: \$10**



Slow down, dip into the wisdom of our mothers and take some quiet time for yourself with the soothing rhythms of hand stitching; using scraps of threads, yarns and fabric and other interesting embellishments. There is no plan, no 'right way'. You may find a story hidden in your work, a visual type of journaling you may like to share. Keep finished pieces as a creative reference (a fabric sketch book), put in a frame, or attach to a card. They can also be used as blocks for quilting or decorative patches. Although we will be sewing, this process can also be applied to drawing, knitting, watercolour or any other art form that lends itself to small samples of exploration.

*Please bring: a 10cm square of fabric, assorted fabric scraps and notions, and anything else that takes your imagination. Also, thread of choice (embroidery thread and Sulky work well but any will do), small scissors, and pins and needles OR pay \$5 on the day and Nirala will provide all materials for you. Left handers will need to bring their own scissors.*

## Going Potty with Bill

**Dates:** 07/07/2022 - 21/07/2022

**Location:** Wilyabrup Dreaming,  
49 Wilyabrup Rd, Wilyabrup

**Min 2 – Max 4**

**Weekly, Thu 9:00 - 12:00**

**Leader:** Bill Meiklejohn

**Cost: \$10**



Ever wanted to try your hand at pottery. This course will introduce you to using a wheel and the basics of hand building. Make your own coffee cup and learn a bit about glazing and firing.

Bill is only able to offer three sessions for four people at this time. If there is sufficient demand, and Bill is willing, we will try to organise another course for four other participants later in the semester.

*Note: Wilyabrup Road is a gravel road on the LEFT going north from Margaret River, after you pass Cullens and Cheeky Monkey on your right but before Graylyn winery. Drive about one kilometre down Wilyabrup road, Bill's pottery is on your left through iron gates.*

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## More Mosaics

**Dates:** 11/08/2022 - 25/08/2022

**Location:** Janice's place  
66 Ironstone Place (off Kevill Rd East)

**Min 2 – Max 6**

**Weekly, Thu 10:00 - 12:00**

**Leader:** Janice Carrier

**Cost: \$10**



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.

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

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## Wondrous Watercolours: Unit 2

**Dates:** 03/11/2022 - 24/11/2022

**Location:** Wash House, MR Community  
Centre, 33 Tunbridge Street

**Min 4 – Max 8**

**Weekly, Thu 14:00 - 16:30**

**Leader:** Margaret Affleck

**Cost: \$10**



These four lessons will build on your basic techniques to create a painting of atmosphere and mood. The lessons include colour mixing to create warm or cool effects, the use of shadows, and adding layers to create depth. Dry Brushing will create a sparkling sea in a coastal landscape and texture will enhance your still life. Come with your tools and have some fun.

This course is mainly for people who have previously completed Wondrous Watercolours Unit 1 with Margaret. This is not an essential prerequisite but if you have not previously purchased the materials for unit 1, you will need to buy more paints etc.

*You will need 7 paint colours, 3 warm and 3 cool primaries as well as Burnt sienna. Suggestions for warm are Scarlet lake, Ultramarine blue, Indian yellow, for cool Cobalt blue, New gamboge or Gamboge, Alizarin crimson. Margaret prefers you to have transparent paints if possible.*

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## Cooking, Shopping or Choosing Food

### Perfect Pies & Tarts, Savoury & Sweet



**Dates:** 09/08/2022 - 16/08/2022

**Weekly, Tue 10:30 - 13:00**

**Location:** Jill's place, 129 Harrison Road,  
Forest Grove

**Leader:** Jill James

**Min 4 – Max 9**

**Cost: \$10**

You will need to book early for Jill James very popular cooking classes. If you are a regular at the Margaret River Farmers' Market, the chances are that you will have sampled Jill James delicious tarts and pies. "Making your own pastry is not difficult", Jill says. She will give you a foolproof recipe which she has developed over many years! In the first session Jill will cover savoury pie and tart making and in the second the focus will be on sweet tarts. Part of this course will cover how to make different types of pastry.

*Please note there will be an additional charge of \$10 per session payable in cash directly to Jill for ingredients. Also, please advise the program coordinator if you would like to enrol but need someone to provide transport OR if you are able to provide transport for other participants. Directions to 129 Harrison Road will be provided after enrolment.*

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## Current Affairs/Society

### Sex, Politics, Religion (and Music?)

**Dates:** 13/07/2022 - 14/12/2022

**Monthly, 2<sup>nd</sup> Wed 14:00 - 16:00**

**Location:** Anglican Church Hall,  
11 Station Road

**Leaders:** Margie Moir & Ross Goulden

**Min 8 – Max 12**

**Cost: \$15**



This semester Margie Moir together with Ross Goulden will convene a monthly discussion on the ethical dimensions of one or more topical issues. As before this will take the form of a freewheeling debate amongst all present. Each month we will agree on a topic or topics for the following month's discussion and members of the group will be encouraged (but not required) to do their research and come along armed with their ideas, questions, and opinions. Putting aside the adage that one doesn't discuss sex, politics, or religion in polite society, Margie and Ross are willing to discuss almost anything.

*Note: The August meeting will be held in the Main Meeting Room at the MR Community Centre*

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## Environment and Nature

### More Flora of the Margaret River Region

**Dates:** 22/09/2022 - 27/10/2022

**Weekly, Thu 9:30 - 12:00**

**Locations to be advised**

**Leader:** Jane Scott

**Min 8 – Max 15**

**Cost: \$15**



Each week Jane will lead a field trip to a different location within the environs of the Margaret River, with walks of two to three kilometres, to look at how the vegetation changes along the course of the river from where it meets the ocean at Prevelly to its headwaters near Sues Road. Participants will examine the wide variety of habitats and plants that make up the flora of this unique southwest corner of our state.

*Participants would need their own transport, but car-pooling can be organised. As the first session will be near town (Prevelly), this can be done then. Jane will provide maps and directions for the meeting place each week. Walkers need to come dressed for the weather, with sturdy footwear, a hat, drinking water, sunscreen, and a snack. Jane will have a basic first-aid kit. Also, participants will be asked to sign a declaration of fitness and a liability indemnity waiver. Note: The final session will involve a longer drive, so participants should bring their picnic lunch and be prepared to be out until the early afternoon.*

## Exercise

### Guided Relaxation

**Dates:** 03/08/2022 - 31/08/2022

**Location:** Anglican Church Hall,  
11, Station Road

**Min 5 – Max 10**

**Weekly, Wed 14.00 - 15:00**

**Leader:** Shelagh Benson

**Cost: \$10**



In our everyday lives, we all sometimes find ourselves suffering stress, anxiety, or other negative emotions. Learning ways to relax our body and mind is so important in these times. This helps us to lead our lives in peaceful, positive, happier ways. Each session will involve guided relaxation and similar type exercises, followed by general discussion and sharing. Shelagh has experience on an individual and group basis and has training in relaxation techniques.

*Note: There is a planned one-week gap between sessions 3 and 4 i.e. no lesson on 24 August. Also, participants will be required to sign a declaration of fitness and a liability indemnity waiver.*

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### Walking Margaret River

**Dates:** 29/08/2022 - 10/10/2022

**Locations to be advised**

**Min 4 – Max 30**

**Weekly, Mon 9:15 – 10.45**

**Leader:** Carol Nash

**Cost: \$15**



We live in a beautiful part of the world, so why not come and join fellow U3A members in exploring six different tracks around our town? Walks will take approximately one hour – around 3 or 4 km in length. At the end of the walk, you can also enjoy a cup of coffee in company.

*Please note that wearing clothing and footwear suitable for bushwalking is important for your safety. Also, participants will be asked to sign a declaration of fitness and a liability indemnity waiver. There will be no walk on 26 September.*

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### Boot Scooting

**Dates:** 07/10/2022 - 04/11/2022

**Location:** MR Recreation Centre,  
51 Wallcliffe Road, Margaret River

**Min 8 – Max 25**

**Weekly, Fri 10:00 - 11:00**

**Leader:** Carol White

**Cost: \$15**



Boot scooting, also known as line dancing, is a dance in which individuals form a line and follow a choreographed pattern of steps to country music. Movement like this is beneficial because it • is good for breathing. • gets the heart rate up. • helps balance • makes our brains work hard trying to remember the routines. • is social and fun (especially when we get our toes in a tangle). • and it doesn't require a partner to enjoy it.

*This course was cancelled in semester one due to COVID restrictions. Unless your course fee was refunded, members who enrolled in that course do not need to pay again but must re-enrol to participate. Boot Scooting will be held on Court 1 at the Recreation Centre. Please note participants will be required to sign a declaration of fitness and a liability indemnity waiver.*

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## Gardening

### The Garden Doctor 3

**Dates:** 06/09/2022 - 20/09/2022

**Weekly, Tue 10:30 - 12:00**

**Location:** Old Church, MR Community Centre, 33 Tunbridge Street

**Leader:** Ross Bunney

**Min 6 – Max 20**

**Cost: \$10**



How well did your garden survive this last brutally hot summer? What can you do to future-proof your garden to thrive in our changing climate? This is a participative course in which Ross will address these questions and help you to decide what changes you need to make to your garden to ensure that your vegetable beds remain productive and that you plant flowers and shrubs that will flourish in our warmer summers. Ross will also advise you on how to improve your soils and when and how to water.

This is a participative course in which Ross will address these questions and help you to decide what changes you need to make to your garden to ensure that your vegetable beds remain productive and that you plant flowers and shrubs that will flourish in our warmer summers.

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### Bonsai for Beginners

**Dates:** 14/09/2022 - 21/09/2022

**Weekly, Wed 10:30 - 12:00**

**Location:** Druids Hall (opposite Liquor Store, 10418 Bussell Highway, Witchcliffe

**Leader:** Jon Payne

**Min 4 – Max 8**

**Cost: \$10**



Small garden and not much room? Ever thought of trying bonsai? Jon will explain the basics behind this ancient Japanese practice and the rules for root and tip pruning. In session 2 Jon will demonstrate the importance of drainage and care for bonsai trees. He will have available some potted plants for purchase as well as all the other materials you will need to maintain an attractive bonsai tree.

*Please bring \$25 in cash to purchase and take home your own potted bonsai plant together with the materials required for maintenance of a healthy plant.*

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### Gardening with Australian Native Plants

**Dates:** 28/09/2022 - 26/10/2022

**Fortnightly, Wed 13:30 - 15:00**

**Location:** Margie Moir's place, 4 Semillon Road, Margaret River

**Leader:** Margie Moir

**Min 4 – Max 10**

**Cost: \$10**



This course is for gardeners who would like to know how to establish and maintain a garden dedicated to Australian native plants. Margie will introduce you to some local species and also to flowers and shrubs that are native to other parts of the continent. Topics covered will include attracting small birds, identifying and encouraging beneficial insects, 'low-input' plants, watering to get best results, and working towards a 'no water' garden. Some native plants from other States can become weeds in Western Australia so Margie will also tell you what NOT to plant in your native garden. Margie hopes that this course will encourage you to establish your own native garden and perhaps join with like-minded local people to promote a greater emphasis on growing our wonderful local species.

*While the first session will be Margie's place, sessions two and three are likely to consist of field trips to good examples of gardens in the Capes area dedicated to native Australian plants. At the first session, there will be an opportunity to discuss transport arrangements, including car pooling. Also please note that the finishing time is approximate as it will be necessary to allow travel time for the excursions.*

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# History

## All in the Family

**Dates:** 04/07/2022 - 08/08/2022

**Weekly, Mon 10:00 - 12:00**

**Location:** Mainbreak Room,  
AMR Shire Building, Wallcliffe Rd.

**Leader:** Jane Vanderstoel

**Min 4 – Max 12**

**Cost: \$15**



This course will help you get started on researching your family history, or perhaps you might have made a start and need some motivation to get back into it. Jane will start with what you already know and build from there. The six sessions will cover: 1. Getting started with pedigree charts and family group sheets. 2. Researching births, deaths, and marriages. 3. Social history: Immigration, electoral and census records, convicts, and military history. 4. Land records, mining records and occupations. 5. Prison and welfare records. 6. DNA and family research. 7. Brick walls and presenting your research.

*Most sessions will include some homework tasks to build your research knowledge and family tree. Note: As most family history resources are online, you will need access at home to a computer (or tablet/iPad) and the Internet. A level of comfort in using a search engine (Google, Safari, etc.) and navigating websites is also necessary. Margaret River Library has free access to Ancestry and other genealogical resources.*

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## Dawson/Higgins Family History in the SW

**Dates:** 09/11/2022 - 16/11/2022

**Weekly, Wed 13:30 - 15:00**

**Location:** Old Church, MR Community  
Centre, 33 Tunbridge Street

**Leader:** Tom Higgins

**Min 10 – Max 30**

**Cost: \$10**



Last year, Tom followed John Dawson and John Higgins out of Ireland arriving at Fremantle in 1830 and 1841 respectively. Focusing on Dawson, we met his wife Mary Dooley, an Irish bride, and their seven children born on the Broadwater at Busselton. Their journeys link the early histories of Wonnerup, Dunsborough, Nannup, Augusta, and Margaret River. This semester, Tom will look at John Higgins, his marriage to Catherine Fannan, an Irish bride from Co Wicklow, and their twelve children. These stories follow the settlement and development of the localities mentioned above. We'll see how this family connects people, places, and events, eg. Moondyne Joe, John Boyle O'Reilly, six Fenian convicts, the wreck of the Georgette, the MC Davies story, the Eastern Goldfields goldrush, and the Margaret River townsite. There is no requirement to have attended the previous course. *Please note that this course was postponed from Semester one. Participants who enrolled in that course do not need to pay again but must re-enrol.*

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## The Road from Sarajevo to WW2 and Beyond

**Dates:** 07/11/2022 - 21/11/2022

**Weekly, Mon 10:30 - 12:00**

**Location:** Old Church, MR Community  
Centre, 33 Tunbridge Street

**Leader:** Bill Bunbury

**Min 8 – Max 25**

**Cost: \$10**



Why did the First War World occur and what have been its long-term impacts? In the first of three sessions, Bill will look at the great power rivalries and alliances which led to 'the war to end all wars' (1914-1918). The second session will cover the literature and comments from participants and civilians in that war. In week three, Bill will discuss how the Second World War (1939-45) resulted in part from mistakes made during and after the 1919 Peace Conference; and how, in the twenty first century, we are the inheritors of events that played out and decisions that were made over the whole of the previous one hundred plus years. There are no pre-requisites, but we are all participants in this story. There will plenty of opportunity for discussion during and at the end of each session.

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# Health and Well-being

## Health and Wellbeing in Today's World

**Dates:** 05/07/2022 - 26/07/2022

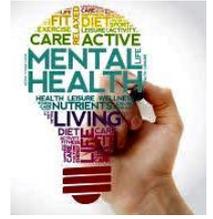
**Weekly, Tue 13:30 - 15:00**

**Location:** Margaret River District Club,  
Tunbridge St

**Leader:** Peter Durey

**Min 8 – Max 25**

**Cost: \$10**



Peter has developed further the content of his previous popular course to focus in these four sessions on Spirit, Body, Mind and finally on related Medical Issues

Session 1: SPIRIT will include: having a purpose in life, wellbeing, happiness, and resilience in the face of adversity.

Session 2: BODY will examine manifestations of the ageing body e.g longevity, joints, nerves, pain, and how to deal with these intruders.

Session 3: MIND will consider for example, attitude, communication and connecting, counselling, and memory.

Session 4: MEDICAL ISSUES will cover topics such as the impacts on different individuals of growing older, dealing with symptoms, serious illnesses, and palliative care.

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## Discussing Death and Dying Matters

**Dates:** 20/09/2022 - 11/10/2022

**Weekly, Tue 10:00 - 11:30**

**Location:** Anglican Church Hall,  
11 Station Road, Margaret River

**Leader:** Paul Barlow

**Min 6 – Max 12**

**Cost: \$10**



Discussing death and dying is something that many people shy away from. A good way to learn about death is to talk about it. You will be given the opportunity to discuss different topics around death in a supportive environment.

Session 1 Communication: how to talk about death and dying.

Session 2: Stories about the spiritual aspects of death and dying.

Session 3: How you want your end of life to be, what your choices are, and how to plan for it.

Session 4: Options you have from time of death to burial

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## How to Think Clearly in this Messy World

**Dates:** 05/10/2022 - 26/10/2022

**Weekly, Wed 10:00 - 11:30**

**Location:** Margaret River District Club,  
Tunbridge St

**Leader:** Martin Ringer

**Min 6 – Max 20**

**Cost: \$10**



Over the last three years our expectations about what constitutes normal life have been thrown into disarray. So has our ability to think and plan been severely disrupted. Communities have become more fragmented and our belief in the ability of politicians to maintain global peace has been shattered. Most people have lost a lot of confidence that they can plan for the future. What used to be known is no longer known.

How then do we even maintain our ability to think clearly, maintain optimism, and plan for the future when so much is uncertain? This course explores some ideas and practical means that may help participants to navigate through these uncertain times.

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## Music

### Community Singalong to the 60s+

Dates: 06/07/2022 - 07/12/2022

Monthly, 1<sup>st</sup> Wed 13:00 - 14:30

Location: Cowaramup Hall, Cnr Bussell Highway and Hall Road, Cowaramup

Leader: Sue Mitchell

Min 5 – Max 25

Cost: \$15



For people who like to sing but who may need encouragement. Any singing ability is OK. A monthly session with accompanying piano. Words to the songs are provided - mainly 60s love songs and well-known classics too.

*Please bring a water bottle.*

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### Singing to the Ukulele

Dates: 19/07/2022 - 13/12/2022

Weekly, Tue 14:00 - 15:00

Location: Barbara Webster's place, 7 Cabernet Place, Margaret River

Leader: Barbara Webster

Min 4 – Max 6

Cost: \$15



Learn how to sing to the ukulele. This means learning to play the ukulele with simple songs that help learning. Members of this group could go on to join Barbara's Thursday ukulele group. Participants will need to purchase or have access to a ukulele.

*This course will run for the whole semester except for school holidays. Those enrolling are also asked to commit to attending the course for the whole semester, except for unavoidable absences. No classes in school holidays: 27 September and 4 October.*

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### In Search of Fine Music - 12

Dates: 31/10/2022 - 05/12/2022

Weekly, Mon 14:00 - 15:30

Location: Main Meeting Room, MR Community Centre, 33 Tunbridge Street

Leader: Jack Knudson

Min 10 – Max 25

Cost: \$15



Do these six session descriptions tweak your interest?

1. Renowned for his madrigals, late Renaissance/early Baroque composer Claudio Monteverdi's innovations made his music sound as uniquely fresh today as when first performed.
2. Composers through the ages have often responded to tragedy, personal or public, through their music, expressing their unease in Minor Key Masterpieces.
3. Supreme orchestrator Ottorino Respighi was especially attuned to the music of the past and Italy's historical and artistic heritage.
4. Suffragette leader Ethel Smyth was a prolific composer, author, and friend of some of the most famous figures of the early 20th century.
5. World-famous for his Adagio for Strings, Samuel Barber unrelentingly wrote lyrical melodies in an age of modernism.
6. Iconoclast Malcolm Arnold's creativity knew no bounds using conventional classic forms to write lively rhythms, brilliant orchestrations and unabashed tunefulness, and numerous film scores that included The Bridge on the River Kwai.

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## Acting, Performance and Theatre

### Theatre for Beginners

**Dates:** 06/07/2022 - 27/07/2022

**Weekly, Wed 14:00 - 16:00**

**Location:** Theatre Group H.Q,  
25 Station Road, Margaret River

**Leader:** Carolyn Forte

**Min 6 – Max 10**

**Cost: \$10**



Do you enjoy theatre but have never felt confident to audition to act in a play? Would you like the chance to give acting a try? In these four sessions, Carolyn Forte will introduce you to theatre vocabulary, ways of dealing with stage fright, and much more. Come and join with others to learn about mime as well as using your voice. The course will examine how different types of conflict can provide the basis of stories. This is an introductory course which will expose you to different experiences through theatre and you will have the opportunity to develop your performance skills within a small group. If the group is willing, the end product may be a short presentation to other U3A members. No previous acting experience necessary or expected. Just come along, enjoy, and learn some new skills.

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## Psychology and Brain Exercises

### Cryptic Crosswords for the Novice

**Dates:** 04/08/2022 - 08/09/2022

**Weekly, Thu 10:30 - 12:00**

**Location:** Main Meeting Room, MR  
Community Centre, 33 Tunbridge Street

**Leader:** Carol Orchard

**Min 4 – Max 10**

**Cost: \$15**



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

*Participants will need to pay Carol \$6.00 for a Cryptic Crosswords reference and notes.*

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## Travel and Geography

### Outback Travel and European Explorers

**Dates:** 02/11/2022 - 23/11/2022

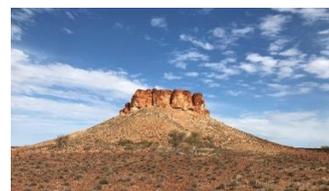
**Weekly, Wed 10:30 - 12:00**

**Location:** Old Church, MR Community  
Centre, 33 Tunbridge Street

**Leader:** Jeff Gresham

**Min 8 – Max 25**

**Cost: \$10**



Pulpit Hill,  
The Great Victoria Desert

Jeff will present four illustrated talks about expeditions he has made to remote parts of the Australian outback, covering: The WA Goldfields and Great Victoria Desert; the Kimberly and Central Australia; East Arnhem Land; and WA to Cooktown and return.

The presentations will be a combination of the beauty and vastness of the outback together with some details of the early European exploration of the areas visited. You will meet some of the famous early European explorers such as Ernest Giles, David Carnegie, Ludwig Leichardt, Philip Parker King, and Burke and Wills and lesser-known explorers such as Frank Hann, Henry Lefroy, Charles Hunt, Lawrence Wells. You will also be introduced to the amazing Len Beadell and some of the outback “highways” he created between 1953 and 1963.

## Science and Discoveries

### Crime: The Real CSI

**Dates:** 05/07/2022 - 26/07/2022

**Weekly, Tue 11:00 - 12:30**

**Location:** Men's Shed Lecture Room,  
5 Shepherdson Place, Margaret River

**Leader:** Judith Fordham

**Min 10 – Max 40**

**Cost: \$10**



1. Truth is Stranger than Fiction. Join author, forensic scientist and barrister Judith Fordham as you learn how police, scientists and lawyers think, and what happens when their worlds collide in criminal investigation and prosecution.

2. Scared to Death? When Bob hosted a loud party, he did not expect to be charged with murder. The worst crime he thought he had committed was being rude to a neighbour. But 20 minutes later the neighbour was dead. Who killed him?

3. Happy Families OR The Curious Case of the Kissing Cousins. Everyone was happy when grandma came to visit. That is, until her granddaughter accused her grandson of a terrible crime. What really happened? The answers were in the DNA, but would anyone realise?

4. Guilty or Not Guilty? Join Judith Fordham as she relives the trial of a father accused of killing his infant son. Whose side are you on? How do you feel? What happens if the forensic science is wrong? **WARNING:** this presentation is not graphic but may be emotionally confronting

*NOTE: Judith Fordham is a practicing barrister. There is just a very remote chance that she may be called away at short notice. If so, we will advise you accordingly.*

### The World's Greatest Scientists

**Dates:** 21/10/2022 - 25/11/2022

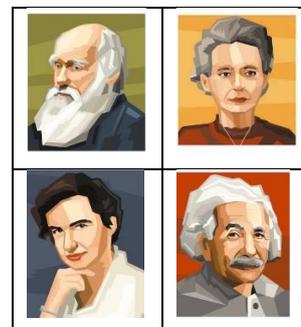
**Weekly, Fri 14:00 - 15:30**

**Location:** Men's Shed Lecture Room,  
5 Shepherdson Place, Margaret River

**Leader:** Ken Dyer

**Min 10 – Max 30**

**Cost: \$15**



Who are world's greatest scientists of recent times? What sort of people are they? Why are they successful? What do the words 'success' and 'greatest' mean and how can such achievements be measured? One outstanding piece of brilliant research? Research which changed the world the most for good or ill? An idea which started a significant new branch of science?

Ken will start with a session thinking about these questions. Then, with Ken's help, the group will decide on a few (maybe 3 or 4 for each week) of the world's 'great' scientists about whom they'd like to hear more and know more of what they did. He'll send a list of likely candidates to all enrollees before the course starts. He suggests restricting discussion to scientists from Charles Darwin onwards (his book *On the Origin of Species* was published in 1859).

In the five remaining sessions, Ken will talk in more detail about each of the scientists the group collectively chooses. He will describe (in non-technical terms) what each scientist did, say why he thinks their individual achievement(s) are important and clever, and how they and their ideas have changed science and the world. He thinks that the work and ideas of great scientists in nuclear physics, DNA and genetics, antibiotics, soil science, marine biology, and climate change, are especially important in our everyday lives today, but some of what has been done, while great science, may have been dangerous or irresponsible: chemical/biological weapons? changing genetics of human germ-cells?

Nonetheless, he thinks great scientists in any field are worthy of investigation and thinking about. Why, today, a lot of great science is controversial and actively denied by small but vocal and influential minorities is also worth considering.



THE UNIVERSITY OF THE THIRD AGE  
MARGARET RIVER INC

The third age of life comes after youth, work and home making. It is the age of active retirement or semi-retirement.

University in this context means a group of people sharing knowledge, and skills.

We offer low cost opportunities to learn new skills or acquire new knowledge in a relaxed and informal environment.

No prior educational qualifications are required and there are no tests or examinations.

Founded in 2012, U3A Margaret River is a member of a voluntary, non-profit, international movement that promotes and practises life-long learning.

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