



THE UNIVERSITY OF THE THIRD AGE
MARGARET RIVER INC

Program of Courses

Semester Two: August to December 2023



The students from Dawn Klok's "Fun with Glass" course held in Semester 1, 2023 proudly showing their excellent results.

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.

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

A MESSAGE FROM YOUR PRESIDENT

U3A Margaret River is delighted to present this program of courses for semester two 2023. It has been compiled by our program co-ordinator Jeff Gresham, and we are grateful to him for putting together such an interesting and diverse line-up. U3A is about lifelong learning and the courses are invariably stimulating, both mentally, and physically for the more actively focused.

Twenty-seven interesting courses will be available starting in August and running through until early December. Some of the courses are completely new, there are a number of new course leaders and presenters, and a number of return courses. Subjects include Gardening, Arts and Crafts, Classical Music, Singing, History, Dancing (Bootscooting), Felt Making, French and German for beginners, Photography, Philosophy, Geology, Health and Ageing, and more.

Retired General Practitioner, Dr Peter Durey, will lead a course entitled “Confronting Old Age”. Peter will present 3 interactive workshops on this challenging subject. Peter will also lead a course with the theme of “Maintaining Mental and Physical Wellbeing as We Age”. In this course, four presenters (including Peter) with professional backgrounds in differing aspects of personal wellbeing, will look at how we can pursue a variety of actions as we age that will significantly help with our mental, physical and emotional wellbeing.

The Arts and Crafts courses include Drawing for Beginners led by well-known local artist Olivia Lancaster and new course leader Gitte Eyers will present a course on making a green Christmas wreath. Jane Scott will reprise her popular course on the flora of the Margaret River area. The popular Living and Travelling in Remote Places under the direction of Jeff Gresham, will have five different presenters describing experiences in remote parts of the world.

Some courses get booked out early but there is a waiting list in case of cancellations. Venues for the different courses include the District Club, the Community Centre, Fair Harvest, the Uniting Church, Anglican Church and CWA halls, and several private homes.

Membership of U3A for the following half year is only \$25, the benefits are many and be assured that new members will be made to feel very welcome. U3A also runs occasional monthly events with guest speakers to which both members and non members are welcome, at the cost of a gold coin donation for the latter.

U3A Margaret River is about community and people’s special interests. I have had the privilege of following in the footsteps of Jenny Bunbury, who has been a tower of strength in leading the group for a number of years. The committee comprises a group of highly talented people, and everyone is welcome to be a part of this incredible organisation, as a member, a volunteer, or as a course leader.

Ross Goulden

U3A MARGARET RIVER MEMBERSHIP ' COURSE ENROLMENT



The courses listed in this booklet were **emailed** to U3A members on Monday 24 July 2023 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 half year is \$25.

You may enrol in person on

Monday 31 July between 11.30 and 13.30

at the Mainbreak Room, Shire Offices, Wallcliffe Road

On these 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.

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 from 11:30 am on July 31.**

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.

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

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 either enrolment day:

1. Please call Jeff on 0418 628 896 or Alan on 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 gresham@iinet.net.au or treasurer@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.
3. For membership enquiries, if you have email, please email 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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Arts & Crafts

Drawing for Beginners

Dates: 09/10/2023 - 13/11/2023

Location: CWA Margaret River Hall, 42
Town View Terrace,
Margaret River

Fee: \$15.00

Weekly, Mon 10:30 - 12:00

Leader: Olivia Lancaster



Min 3 – Max 6

Olivia will teach her students how to break down subjects such as fallen gum leaves and gumnuts into simpler shapes, quickly and easily. Olivia will cover both theory and practical aspects of drawing. You will have fun and enjoy learning together, examining the structure of the subject to be drawn. Then using graphite pencils and very light lines you will lay an accurate foundation for the drawing. The drawing will be brought to life by adding detail and texture. You will study the basic elements of perspective and how they work together to create the illusion of three-dimensional forms. During later lessons you will use Prismacolor pencils to add colour and interest to your drawings.

How to Make Expressive Photographs

Dates: 24/10/2023 - 14/11/2023

Location: Mainbreak Room,
AMR Shire Building,
Wallcliffe Rd, Margaret River

Fee: \$10.00

Weekly, Tue 15:00 - 16:30

Leader: Bryan Timmons



Min 4 – Max 8

Would you like to develop your photography so that your images go beyond snapshots and become more meaningful – giving you more scope to express your emotional and artistic intentions? Working from capture through to finished image ready for screen or printing, Bryan will aim to guide you and help you to improve your photography in areas including subject matter, composition, exposure, and digital file formats. We will then move on to learn how to catalogue and process your images in Adobe Lightroom in order to get the best out of your digital photographs. Bryan has many years' experience in photography, working for the last ten years exclusively with digital cameras. As a member of the Royal Photography Society (RPS), he achieved the Licentiate of the RPS, with distinction in September 2020.

Course participants should have a reasonable quality digital camera, a lap-top (or desk-top) computer and a current subscription to the Adobe Photography package. This includes Lightroom and Photoshop.

Introduction to Feltmaking 2

Dates: 04/09/2023 - 11/09/2023

Location: Wash House,
MR Community Centre,
33 Tunbridge St, Margaret River

Fee: \$10.00

Weekly, Mon 10:00 - 13:00

Leader: Jillian Somerville



Min 4 – Max 10

The craft of feltmaking offers a symbolic return to our ancient sources, using only our hands and wool fleece. Wool is the only fibre endowed by nature with properties which enable it to be felted. Jillian will guide participants in how to felt using beautiful soft merino wool. This course will suit both people who attended Jillian's course in Semester 1 and those who have not done the course before.

Participants are requested to bring \$12 cash payable to Jillian to cover the cost of materials used during the course

Make a Green Christmas Wreath

Dates: 04/12/2023 - 04/12/2023

Half Day, Mon 13:30 - 15:30

Location: Wash House,
MR Community Centre,
33 Tunbridge St, Margaret River

Leader: Gitte Eyres

Fee: \$10.00

Min 4 – Max 10



Learn the technique of making a cheerful green Christmas wreath. Bring an armful of green leaves from your garden and go home with an attractive wreath for the front door or somewhere else. (Gitte will advise course participants what to bring when they sign up. i.e. secateurs, wire etc. She will have wire, ring and some ribbon for sale if students don't have the required materials)

Current Affairs & Society

Sex, Politics and Religion

Dates: 24/08/2023 - 23/11/2023

Monthly, Thu 14:00 - 16:00

Location: Anglican Church Hall,
11 Station Rd, Margaret River

Leaders: Ross Goulden &
Margie Moir

Fee: \$10.00

Min 6 – Max 12



This semester Ross and Margie will continue to lead interesting and informative discussions on current topical, and at times controversial, subjects. 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. Come and join us on the Fourth Wednesday of every month.

Environment & Nature

Evolution of the Far South-West

Dates: 07/11/2023 - 21/11/2023

Weekly, Tue 10:30 - 12:30

Location: Fair Harvest Permaculture,
426 Carters Rd, Margaret River

Leader: Pete Lane

Fee: \$10.00

Min 8 – Max 12



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.

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.

Session 2, Pete 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.

Session 3, Finally Pete will pay special attention to the uniqueness of the southwest, as recorded in the rocks in a field excursion (very easy walking; meeting at the Lighthouse Café at 09.15 am or Water Wheel at 10.00 am)

For Session 3, participants will be required to sign a declaration of fitness and a liability indemnity waiver.

Explore the Real Margaret River

Dates: 28/09/2023 - 2/11/2023

Weekly, Thu 9:30 - 12:00

Locations to be advised

Leader: Jane Scott

Cost: \$15

Min 8 – Max 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 will 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. Note: The final session will involve a longer drive, so participants should bring a picnic lunch and be prepared to be out until the early afternoon.

Also, participants will be asked to sign a declaration of fitness and a liability indemnity waiver.

Exercise

Walking Margaret River

Dates: 22/08/2023 - 26/09/2023

Weekly, Tue 9:00 - 10:30

Location: Meeting places to be advised

Leader: Carol Nash

Fee: \$15.00



We live in one of the most beautiful parts 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.

Move with Grace, Ease and Balance

Dates: 15/08/2023 - 19/09/2023

Weekly, Tue 13:00 - 14:30

**Location: CWA Margaret River Hall,
42 Town View Terrace, Margaret River**

Leader: Marion McCrae

Fee: \$15.00

Min 8 – Max 15



As we age our joints tend to stiffen, muscle tone diminishes, and we often lose our sense of balance. Over 6 sessions qualified physiotherapist, Marion McCrae will teach you to move with greater grace and ease and improve your balance. She believes that movement is medicine and that as we age the quality of movement becomes increasingly important.. These classes will be structured for all levels of fitness.

Participants will be asked to sign a declaration of fitness and a liability indemnity waiver. And don't forget to bring a water bottle.

Introduction to Boot Scooting

Dates: 1/09/2023 - 20/10/2023

**Location: Druids Hall,
10418 Bussell Highway, Witchcliffe**

Fee: \$15.00

Weekly, Fri 10:00 - 11:00

Leader: Carol White

Min 10 – Max 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).
- doesn't require a partner to enjoy it.

THESE SESSIONS ARE AIMED AT NEWCOMERS TO BOOT SCOOTING.

The focus will be on learning one dance for each of the four first sessions with the last two sessions devoted to further practice. Participants from the courses held in previous semesters are encouraged to enrol in the intermediate course being led by Rosie McCagh (see below).

There are no sessions on Sept 29 and Oct 6

Please note participants will be required to sign a declaration of fitness and a liability indemnity waiver. And don't forget to bring a water bottle.

More Boot Scooting

Dates: 10/11/2023 - 8/12/2023

**Location: Druids Hall,
10418 Bussell Highway, Witchcliffe**

Fee: \$15.00

Weekly, Fri 10:00 - 11:00

Leader: Rosie McCagh

Min 10 – Max 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).
- doesn't require a partner to enjoy it.

THIS COURSE IS AIMED AT THOSE WHO HAVE ATTENDED OUR PREVIOUS BOOTSCOOTING COURSES AND WILL INCLUDE BOTH NEW DANCES AND SOME PREVIOUSLY PRACTISED DANCES.

Please note participants will be required to sign a declaration of fitness and a liability indemnity waiver. And don't forget to bring a water bottle.

Cooking, Shopping & Choosing Food

Christmas Cooking Course

Dates: 05/12/2023 - 05/12/2023

Half Day, Tue 10:00 - 13:00

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

Leader: Jill James

Fee: \$10.00

Min 6 – Max 10



Need ideas for your upcoming Christmas lunch or dinner? Join Jill in her expansive kitchen as she demonstrates the art of preparing a glazed ham and tasty stuffing. She will also look at preparing a turkey roll with chicken breasts and her magnificent stuffed pumpkin. For dessert she will look at a variety of mouth-watering options. Everyone is invited to stay for lunch and eat the delicious food that Jill will cook for you.

There will be an additional charge of \$10 payable in cash directly to Jill for ingredients.

Gardening

Bonsai for Beginners

Dates: 04/10/2023 - 11/10/2023

Weekly, Wed 10:00 - 12:30

Location: Druids Hall,
10418 Bussell Highway, Witchcliffe

Leader: Jon Payne

Fee: \$10.00

Min 4 – Max 8



Small garden and not much room? Want to try bonsai for the first time? Or want to improve your knowledge and skills?

In session 1, 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.

Creating an English Garden

Dates: 21/10/2023 - 21/10/2023

Half Day, Sat 10:00 - 12:00

Location: Peter Madeley's Garden,
5 Molloy Street, Augusta

Leader: Peter Madeley

Fee: \$10.00

Min 6 – Max 25



Spend two hours in Peter's lovely garden in Augusta. He has used re-claimed material to create attractive features and limits to his garden. He has concentrated on using English (non-native) plants some of which he has propagated himself. The garden should be in full bloom in October and the session should be informative and generate ideas for course participants,

History

All in the Family

Dates: 24/08/2023 - 28/09/2023

Weekly, Thursday

1st and 4th Weeks 10:30 - 12:30

All other Weeks 10.00 - 12.00

Location: Mainbreak Room,
AMR Shire Building,
Wallcliffe Rd, Margaret River

Leader: Jane Vanderstoel



Fee: \$15.00

Min 5 – Max 10

A course to help you get started on researching your family history, or you might have made a start and need some motivation to get back into it. You might have a family mystery that you want to uncover. The course will start with what you already know and build from there. We will look at resources in Western Australia, other states and overseas. The six sessions will cover:

1. Getting started with pedigree charts and family group sheets
2. Researching births, deaths and marriages; online resources
3. Social history: Immigration, convicts, electoral and census records.
4. More social history: land records, mining records, occupations, prison and welfare records.
5. Ideas for when you hit a dead end in your research and breaking down 'brick walls'.
6. DNA: the new frontier.

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

War on Earth: Crimea (1853-56) to Now?

Dates: 26/10/2023 - 30/11/2023

Weekly, Thu 13:00 - 14:30

Location: Main Meeting Rm,
MR Community Centre,
33 Tunbridge St, Margaret River

Leader: Ken Dyer



Fee: \$15.00

Min 10 – Max 30

In this course Ken will consider the overall causes and local and global outcomes of some of the most significant wars (and inter- & intra-national revolutions) of the last 170 or so years involving the principal European, North American and Asian nations (including their colonies, dependencies and 'offspring' countries such as Australia). He will address:

The geopolitical/territorial/ideological issues of the wars and their consequences; the harm they have caused, the benefits they delivered (if any) and the consequences which are still with us.

Week 1 What do we mean by war? How many wars on earth have there been since the first Crimean War? How many countries have been involved? What have been the causes of wars?

Week 2 Wars of empire building, imperialist and nationalist expansion.

Week 3 Civil Wars.

Week 4 Politically or religiously motivated wars.

Week 5 World Wars.

Week 6 War as Metaphor – War on Nature (the Moral Equivalent of War)

Australian Aviation History

Dates: 17/10/2023 - 31/10/2023

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

Fee: \$10.00

Weekly, Tue 10:30 - 12:00

Leader: Bill Bunbury

Min 15 – Max 50



This 3-part series will trace the evolution of Air Travel after World War One in both Eastern and Western Australia, the difficulties to overcome, the technology acquired and the benefits that civil aviation brought, including the Flying Doctor Service and reducing isolation. It will also cover the growth of International Travel Flying Boats and in World War Two, the task of Catalina Flying Boats on the Swan River. Post WW 2, the evolution of faster aircraft. and growth in passenger services and more recently the 1993 Pilots Dispute - with varying effects for airline pilots.

Foreign Languages

French for Beginners 2

Dates: 24/08/2023 - 28/09/2023

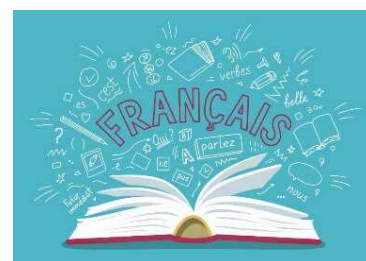
Location: Main Meeting Rm,
MR Community Centre,
33 Tunbridge St, Margaret River

Fee: \$15.00

Weekly, Thu 13:00 - 14:30

Leader: Julie Dignon

Min 6 – Max 14



Ever wanted to learn another language? Now's your chance. An introduction to the French language through an interactive approach which encourages speaking and conversation. You will learn basic greetings and introductions and how to answer questions about yourself and your interests. We will also look at the French culture, and some basic holiday vocabulary. The course will conclude with a French food experience on the final session. Julie has over 20 years' experience in teaching French to younger students and sees this course as part of her learning journey as well!!

German for Beginners

Dates: 13/10/2023 - 10/11/2023

Location: Small Meeting Rm,
MR Community Centre,
33 Tunbridge St, Margaret River

Fee: \$15.00

Weekly, Fri 10:30 - 11:30

Leader: Kaja Blankenheim

Min 6 – Max 12



Are you interested in the German language and culture? This course will help you to understand some German when traveling or meeting people from Germany. You will learn about German food, tradition, cities and interesting places in Germany and what Germany is famous for (and that is not just cars). We will also be covering the basics as numbers, the alphabet and how the pronunciation of some letters is different to English.

Health & Wellbeing

Confronting Old Age

Dates: 06/09/2023 - 20/09/2023

Weekly, Wed 13:30 - 15:00

Location: Old Church,
MR Community Centre,
33 Tunbridge St, Margaret River

Leader: Peter Durey

Fee: \$10.00

Min 10 – Max 25



Peter, a retired Medical Practitioner, will address the issue of confronting old age in three, interactive workshops. Each workshop will be 1-1^{1/2} hours.

1. Expectations, Attitudes and Purpose.
 2. Actions, Goals and Changes.
 3. Specifics, from Priorities to Pain, and Memory to Medication.
-

Mental & Physical Wellbeing as We Age

Dates: 10/11/2023 - 01/12/2023

Weekly, Fri 10:30 - 12:00

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

Leaders: Peter Durey &
Jeff Gresham

Fee: \$10.00

Min 15 – Max 50



Maintaining our mental and physical wellbeing as we age can often be a significant challenge. In this course, four presenters with professional backgrounds in differing aspects of personal wellbeing, we will look at how we can pursue a variety of actions as we age that will significantly help with our mental, physical and emotional wellbeing.

Session 1 Dr Peter Durey: Confronting Old Age Peter will discuss expectations, attitudes and purpose as we age and what actions, goals and changes we should pursue

Session 2 Marion McCrae: The Aging Body ... How do we learn to love it? Learning to love our physical body is a challenge at any age, let alone when it begins to "fall apart". In this talk, Marion would like to share mental, physical and practical emotional tools for building a deep, loving relationship with the body we find ourselves in. Only then can we learn to revere its wisdom, its signals and its invitations.

Session 3 Martin Ringer: The social self in older age We humans live in a web of relationships that give meaning to our lives. When we had young families and/or worked for a living, those relationships were simply a part of everyday life. But when families disperse and paid work diminishes, we risk our social world shrinking and becoming impoverished. This session looks at how we can deliberately build and foster meaningful relationships so as to maintain a good enough social milieu in which we live.

Session 4 Cynthia Egerton-Warburton: Emotional Wellbeing Loving my SELF as I grow older. Accepting the emotional journey of life as we face many changes – some delightful, and some challenging.

How Do Other People Enrich Our Lives?

Dates: 25/10/2023 - 15/11/2023

Weekly, Wed 11:00 - 12:30

Location: Anglican Church Hall,
11 Station Rd, Margaret River

Leader: Martin Ringer

Fee: \$10.00

Min 6 – Max 12



We humans have evolved as social animals and this heritage means that even the most solitary of us need to have a certain level of social interaction to maintain our social and emotional wellbeing. This course examines the complex role of social networks in our lives and offers each participant a chance to explore and understand the nature of his or her own social network. There will also be opportunities to understand how our previous life experience influences our current needs for social contact.

Conscious Relationships

Dates: 14/08/2023 - 04/09/2023

Location: Old Church,
MR Community Centre,
33 Tunbridge St, Margaret River

Fee: \$10.00

Weekly, Mon 9:30 - 11:30

Leader: Cynthia Egerton-
Warburton

Min 10 – Max 20



Originally created for partner relationships, Imago Relationship skills and awareness can enhance any relationship-partner, parent, family and friendships. In these sessions you will learn:

1. Self-awareness: how and why you are in relationships. Loving yourself
 2. Conscious dialogue: speaking to others in a manner that ensures safety and respect
 3. Listening and being heard: Everyone needs to be heard
 4. To understand anger, to express anger in a safe way, and to set boundaries around anger.
 5. To have fun and romance in relationships.
-

Music

Singalong to the Sixties Plus

Dates: 16/08/2023 - 30/08/2023

Location: Uniting Church,
60 Tingle Ave, Margaret River

Fee: \$10.00

Weekly, Wed 13:00 - 14:30

Leader: Sue Mitchell

Min 8 – Max 25



These singalong sessions are for people who like to sing but are not wanting to join a choir. "If only the best singing bird in the bush was singing, things would be very quiet" So join us for some fun and wellness as we share the challenges and remember some beautiful songs. We provide word sheets to popular songs, some old, some newer, and this semester we will meet weekly for three weeks at the Uniting Church where we will be accompanied by their lovely grand piano.

Singing for Pleasure

Dates: 18/08/2023 - 20/10/2023

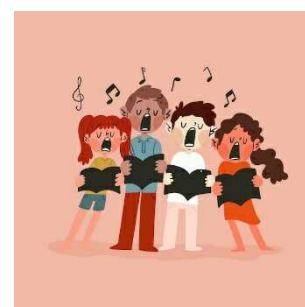
Location: Barbara Webster's place,
7 Cabernet Place, Margaret River

Fee: \$15.00

Weekly, Fri 14:00 - 15:00

Leader: Barbara Webster

Min 8 – Max 12



Barbara will hold 10 weekly sessions of one hour during the semester. The objective is to sing as a group in one or two simple harmonies. The group will sing rounds, popular songs, classical and folk songs, and requests from the group. Barbara will accompany the singing on piano, keyboard or ukulele. If course participants play a guitar or ukulele, they are welcome to bring them along. The group will also sing acapella (unaccompanied). Singing is wonderful for the spirit and certainly good for your health. No prerequisites required, just a desire for fun and relaxation.

Classical Music Appreciation

Dates: 30/10/2023 - 20/11/2023

Weekly, Mon 14:00 - 15:30

Location: Ross Goulden,
21 Cidergum Loop, Margaret River

Leader: Ross Goulden

Fee: \$10.00

Min 5 – Max 12



Each week we shall look at several instrumental and/or vocal soloists and consider why they have such appeal. The course will encompass a study of some of the great concert performers of the Classical stage including - pianists Martha Argerich, Maurizio Pollini, Yuja Wang, Mitsuko Uchida and Daniel Barenboim. Violinists Ann Sophie Mutter and Joshua Bell, cellist Yo-Yo Ma, conductor Gustavo Dudamel, tenor Jonas Kaufmann and more. We shall watch performances on U-tube, read of their ethnic backgrounds and their contribution to modern classical music.

Travel & Geography

Living and Travelling in Remote Places

Dates: 01/11/2023 - 29/11/2023

Weekly, Wed 14:00 - 15:00

Location: Fair Harvest Permaculture,
426 Carters Rd, Margaret River

Leader: Jeff Gresham

Fee: \$15.00

Min 20 – Max 40



Five different presenters will take you on journeys to remote and sometimes challenging places both here in Australia and in other countries:

Session 1, Paul Barlow: Living in a remote town in Guinea, West Africa, working as a French speaking maths teacher. Paul lived in Africa from 1992 to 1996 as a US Peace Corps Volunteer. 1993 to 1994 he was in Beyla Guinea. Living and working in a remote African town brought difficult challenges and amazing joys that changed him forever.

Session 2, Jeff Gresham: Walking the Roe River and Garimbu Creek in the north Kimberley of Western Australia: Landscape, Aboriginal Rock Art and History. In July, 2011, eleven intrepid bushwalkers helicoptered into the upper reaches of the Roe River in the remote, northern part of the Prince Regent National Park in WA's Kimberley Region. Over the next 12 days the plan was to walk down the Roe to close to the tidal zone and then follow up Garimbu Creek, a major tributary of the Roe, to the Garimbu Waterfall. Not everything went according to plan but at the end of the trip everybody agreed it was a wonderful experience in this beautiful, remote and seldom seen part of Australia.

Session 3, Ann Ward: Everest - Sea to Summit. In 1990, Ann was a Flying Doctor in Meekatharra where she and her husband Tim had spent a year planning an ambitious expedition. The plan was for him to do what had never been done before - climb Mt Everest from sea level. She would be the expedition doctor. Thus began a 3 month expedition which started from the Bay of Bengal and ended at the highest mountain in the world.

Session 4, Richard and Linda McKellar: Walking and singing in the Caucasus. Join us and a small group of people for 10 days exploring the border region of Georgia and Russia. The history of the area is evident in its architecture, as is the uniqueness of Georgian culture in its choral music.

Session 5, Jane Vanderstoel: The Canning Stock Route: In June 2018 five couples set out from Victoria to travel via the Oodnadatta Track and the Tanami Track to the Canning Stock Route. Travelling north to south & return to Victoria via the Great Central Road. Following pioneering footsteps in NSW, South Australia, the Northern Territory and Western Australia we cover nearly 10,000 kms. The stock route itself, stretches over 1,800km, the route passes through three deserts and has more than 900 sand dunes to traverse - some of them higher than a three-storey building. What could possibly go wrong!



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