



THE UNIVERSITY OF THE THIRD AGE
MARGARET RIVER INC

Program of Courses

Semester One: February to June 2024



The students from Gitte Eyres' Making a Green Christmas Wreath course, held in Semester 2, 2024 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 or age 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 one, 2024. U3A is about lifelong learning, and the courses are invariably stimulating, both mentally, and physically. Our activities focus largely on people of mature age, those who have time and sometimes a need for organised social contact and are willing to engage in further learning experiences which can be good for mental and emotional health.

Margaret River is fortunate to have a population that is so engaged in cultural affairs, the environment, the arts and social activities. This includes a great number of talented people, some of whom have retired from distinguished careers, who still have passionate interests in various pursuits or simply like to participate in community activities. Many are willing to share their knowledge and experience with their fellow members. U3A Margaret River has been able to function successfully within this environment due to the willingness of so many to be involved.

Twenty-six excellent courses will be available starting in February and running through until June. As well as returning courses, there are the following new course leaders and presenters: Elisha DeRossi (Italian for Beginners), Fred Affleck (WA's Premiers), Nadia Ilian (Japanese Number Puzzles), and Jill James and Thelma Burnett (Experiencing Extra Virgin Olive Oils).

Returning course leaders will be covering subjects such as: Travel experiences in remote places, Arts (art history, drawing, watercolour painting), Crafts (stained glass windows, pottery, felt making), Classical music appreciation, French and Italian language lessons, Criminology, Family history research, Singing, Boot scooting, Physical fitness, Creating Bonsai, and understanding History.

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, several private homes, and in the field.

Membership of U3A for the year remains at \$40. The benefits are many and be assured that new members will be made to feel very welcome. Course enrolment fees vary between \$10 and \$15 per course. U3A also runs 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.

A notable addition to our activities in the past year was the celebration on July 14th, Bastille Day, of the 50th anniversary of the establishment of the U3A movement, started in France and now spread across the globe. Dinner was held at the District Club with special guest, U3A State President, Peter Alcock. Thanks go to the District Club for providing the venue and catering with a delicious French inspired meal.

Thank you and congratulations to all the course leaders, to Jeff Gresham the Program Coordinator, and to all the other members of the Committee who do so much in developing and running each semester of activities and making this organisation a resounding success.

Ross Goulden

U3A MARGARET RIVER MEMBERSHIP & COURSE ENROLMENT



The courses listed in this booklet were **emailed** to U3A members on Monday January 8, 2024, 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 year is \$40. Each course enrolment is \$10 or \$15.**

**You may enrol in person on
Thursday January 18 between 10:00 and 12:00
Monday January 22 between 13:00 and 15:00**

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/> **at any time from 10:00 am on January 18**

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 Gresham on 0418 628 896 or Alan Moore-Fiander on 0429 377 090 and they 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://u3amr.org.au/members/> as per above. Please try and use this system rather than asking Jeff or Alan or the course leader 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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Art Appreciation

Art History: Medieval Art in Europe

Dates: 30/05/2024 - 20/06/2024

Weekly, Thu 9:30 - 11:00

Location: Old Church, MRCC,
33 Tunbridge St, Margaret River

Leader: Daniela Palitos

Fee: \$10.00

Min 5 – Max 15



Have you ever questioned how to interpret an illuminated manuscript, a mural painting or a sculpture from the Romanesque or Gothic periods? In this course we will be introducing some of the most significant artworks and their major “artisans” from Western civilisation during the Middle Ages.

Arts & Crafts

Drawing for Beginners

Dates: 22/04/2024 - 27/05/2024

Weekly, Mon 10:30 - 12:00

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

Leader: Olivia Lancaster

Fee: \$15.00

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. She will cover both theory and practical aspects of drawing. You will have fun and enjoy learning together. We will examine the structure of the subject to be drawn. Then using graphite pencils and very light lines we will lay an accurate foundation for the drawing. The drawing will be brought to life by adding detail and texture.

You will need to bring \$10 to the first session to give to Olivia who will provide drawing materials.

Introduction to Feltmaking

Dates: 19/02/2024 - 26/02/2024

Weekly, Mon 10:00 - 13:00

Location: Wash House, MRCC,
33 Tunbridge St, Margaret River

Leader: Jillian Somerville

Fee: \$10.00

Min 4 – Max 12



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. Over 2 sessions, you will make a felt ball, a small vessel and a small flat piece.

You will need to bring \$15 in cash to each session to pay Jillian for materials.

Feltmaking 2

Dates: 10/06/2024 - 17/06/2024

Location: Wash House, MRCC,
33 Tunbridge St, Margaret River

Fee: \$10.00

Weekly, Mon 10:00 - 13:00

Leader: Jillian Somerville

Min 5 – Max 8



Exploring further feltmaking. These 2 classes are for those who have attended Jillian's beginners classes. In this course you will learn how to use a template and how to incorporate fabric for 'nuno felt' with a combination of wool and silk fibre.

You will need to bring \$20 in cash to each session to pay Jillian for materials.

Fun with Glass

Dates: 22/02/2024 - 14/03/2024

Location: Wash House, MRCC,
33 Tunbridge St, Margaret River

Fee: \$10.00

Weekly, Thu 9:00 - 12:00

Leader: Dawn Klok

Min 4 – Max 6



Are you fascinated by the beauty of the stained glass windows of the world's great churches? Or intrigued by the lead light windows and doors in some of Australia's older homes? Dawn will present a beginner's course which will enable you to make a basic design, through to completion, of a lead light window.

Dawn will supply some glass but there will be a cost, payable in cash to Dawn, for participants to purchase lead. Participants will also need some sketch paper and a marker pen for design and to buy glass pliers and a glass cutter, which are available from Margaret River Glass, Unit 1 Augur Way, Margaret River.

Going Potty with Bill

Dates: 02/05/2024 - 30/05/2024

Location: Wilyabrup Dreaming,
49 Wilyabrup Rd, Wilyabrup

Fee: \$15.00

Weekly, Thu 9:30 - 12:30

Leader: Bill Meiklejohn

Min 2 - Max 4



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 these five sessions for four people.

NB: 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.

Introduction to Watercolour Painting

Dates: 07/02/2024 - 28/02/2024

Weekly, Wed 9:30 - 12:00

Location: Wash House, MRCC,
33 Tunbridge St, Margaret River

Leader: Margaret Affleck

Fee: \$10.00

Min 4 - Max 8



The course will introduce the basic techniques of watercolour painting over 4 lessons. Topics to paint may include flowers, leaves fruit, vegetables, shells or decorative items such as a pottery vase.

Please note: Participants will need to bring 3 tubes of warm primary watercolour paints (e.g. Red, Yellow, and Blue), 3 watercolour round brushes (sizes 2 – 12). On enrolment, you will be emailed a list of things to bring from home such as a 2B soft pencil and eraser, etc.

More Watercolour Painting

Dates: 24/04/2024 - 08/05/2024

Weekly, Wed 9:30 - 12:00

Location: Wash House, MRCC,
33 Tunbridge St, Margaret River

Leader: Margaret Affleck

Fee: \$10.00

Min 4 - Max 8



This course will build on the previous techniques covered in Unit 1. We will add atmosphere to paintings by adding layers of washes. Dry brushing will be used to add texture where necessary. Refresh old skills and come and have some fun.

Three tubes of cool primary colours will be needed. A material list of other things such as a pencil and eraser etc. will be available on enrollment.

Current Affairs & Society

The Real CSI

Dates: 06/05/2024 - 27/05/2024

Weekly, Mon 15:00 - 16:30

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

Leader: Judith Fordham

Fee: \$10.00

Min 10 – Max 50



Judith is offering a reprise of last year's fascinating course for those who missed it then.

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 these 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 Judith Fordham is a criminal lawyer and appears regularly on Channel Nine's "Under Investigation with Liz Hayes". There is just a very remote chance that she may be called away at short notice. If so, we will advise you accordingly.

Politics, Religion and Sex

Dates: 22/02/2024 - 27/06/2024

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

Fee: \$10.00

Monthly, Thu 14:00 - 16:00

Leaders: Ross Goulden &
Margie Moir

Min 6 – Max 14



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 Thursday of every month. Note: There will be no session in April.

Exercise

Introduction to Boot Scooting

Dates: 23/02/2024 - 22/03/2024

Location: Karate Club, Wallcliffe Rd (gravel
road West of Rec Centre), Margaret River

Fee: \$15.00

Weekly, Fri 10:00 - 11:00

Leader: Eva West

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 session 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 NEXT COURSE).

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: 19/04/2024 - 17/05/2024

Location: Karate Club, Wallcliffe Rd (gravel
road West of Rec Centre), Margaret River

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.

Walking Margaret River

Dates: 16/04/2024 - 21/05/2024

Location: As advised

Fee: \$15.00

Weekly, Tue 9:00 - 10:30

Leader: Carol Nash

Min 10 – Max 30



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.

Stretch and Relax

Dates: 16/04/2024 - 14/05/2024

Location: Club Room, Life Style Village,
410 Bussell Highway, Margaret River

Fee: \$15.00

Weekly, Tue 8:30 - 9:30

Leader: Michelle Burman

Min 4 – Max 6



Would you like a great start to the day? Michelle will take you through a series of stretches (floor exercises) that will be beneficial to your health and well-being. At the end of each session there will be a period of relaxation.

Participants will need to bring a yoga mat, an exercise brick and a blanket. It is suggested that you do not eat anything before the session. Please note that participants will be asked to sign a declaration of fitness and a liability indemnity waiver.

Cooking, Shopping & Choosing Food

Experiencing Extra Virgin Olive Oil

Dates: 25/03/2024 - 25/03/2024

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

Fee: \$10.00

Half Day, Mon 10:00 - 12:00

Leaders: Jill James &
Thelma Burnett

Min 10 – Max 20



Extra Virgin Olive Oil (EVOO) continues to be one of the exciting key foods of our region. Jill James and Thelma Burnett, two experienced national EVOO judges will lead a 2-hour interactive session to explain the importance, flavours, aromas and health benefits of using EVOO in our diet and in different foods. Participants will have an introduction to olive varieties and regional differences. The importance of flavours and aromas and tasting EVOO will be explained in fun group exercises.

The session will conclude with pairing EVOO with your favourite foods plus some tasty treats.

Games

Japanese Number Puzzles

Dates: 05/03/2024 - 26/03/2024

Location: Small Meeting Rm, MRCC,

33 Tunbridge St, Margaret River

Fee: \$10.00

Weekly, Tue 14:00 - 15:30

Leader: Nada Ilian

Min 4 – Max 8



Learn the fundamentals of a number of Japanese number puzzles. Nada will remove a lot of the mystery and mystique about a number of Japanese puzzle games that are very beneficial for our brain function. Sudoku is one of the most popular puzzle games of all time. The goal of Sudoku is to fill a 9×9 grid with numbers so that each row, column and 3×3 section contain all of the digits between 1 and 9. As a logic puzzle, Sudoku is also an excellent brain game. Kakuro is like a crossword puzzle with numbers. Each "word" must add up to the number provided in the clue above it or to the left. Words can only use the numbers 1 through 9, and a given number can only be used once in a word. Every kakuro puzzle has one and only solution and can be solved through logic alone. And more!!

Participants must bring a pencil and eraser.

Gardening

Bonsai for Beginners

Dates: 11/03/2024 - 18/03/2024

Location: Druids Hall,

10418 Bussell Highway, Witchcliffe

Fee: \$10.00

Weekly, Mon 10:00 - 12:30

Leader: Jon Payne

Min 4 – Max 10



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.

History

All in the Family

Dates: 18/04/2024 - 30/05/2024

Weekly, Thu 10:00 - 12:00

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

Leader: Jane Vanderstoel

Fee: \$15.00



Min 4 – Max 10

A six-week course helping you to explore your family history. Ever watch “Who Do You Think You Are?” and wonder how they do it? A great opportunity to see if the heroic or horrifying stories told in your family have any truth? Think you are related to Queen Victoria or to the footman in Buckingham Palace? Will you find a convict or soldier, gold-digger or storekeeper? Come along and find out how to explore and maybe solve your family mysteries. We will look at resources in Western Australia, other Australian states and overseas.

The six sessions will cover:

1. Getting started with what you know, 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.

NOTE: There will not be a session on April 25.

A Sense of Place

Dates: 27/02/2024 - 27/02/2024

1 Day, Tue 10:00 - 11:30

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

Leader: Bill Bunbury

Fee: \$10.00

Min 12 – Max 40



How long did it take Australian settlers to identify with an unfamiliar landscape and a people with a different interpretation of ‘country’ and their place within a unique island continent? This session will illustrate early perspectives of this unfamiliar land and trace the way in which new settlers identified with their new abode, its landscape, its vegetation and its challenges and in the process how we have learnt, sometimes the hard way, valuable lessons about how to care for country, not exploit it.

WA Premiers

Dates: 05/06/2024 - 26/06/2024

Location: Old Church, MRCC,
33 Tunbridge St, Margaret River

Fee: \$10.00

Weekly, Wed 11:00 - 12:30

Leader: Fred Affleck

Min 10 – Max 45



Fred will give an overview of the 31 Western Australian Premiers from 1890 (John Forrest) to present (Roger Cook). He will then take a more detailed look at half a dozen of the more notable Premiers who had the greatest influence on the path of Western Australia's development and success.

Foreign Languages

Out and About in France

Dates: 17/04/2024 - 15/05/2024

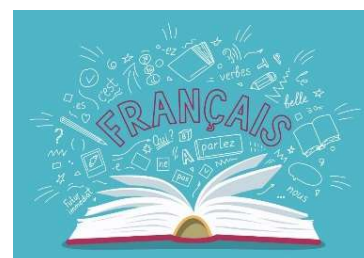
Location: Main Meeting Rm, MRCC,
33 Tunbridge St, Margaret River

Fee: \$10.00

Weekly, Wed 13:00 - 14:30

Leader: Julie Dignon

Min 6 – Max 15



Continuing on from French 2023 Beginners Course, this course will continue the learning "en Français". There will be a mix of conversation practice and activities to discover French homes, towns and villages and their buildings, and the Francophone world of travel. I will continue to encourage small conversations and online practice using the education platform "Education Perfect". Some previous basic French would be preferable.

NOTE: There will not be a session on Wednesday May 1

Italian for Beginners

Dates: 28/02/2024 - 27/03/2024

Location: Main Meeting Rm, MRCC,
33 Tunbridge St, Margaret River

Fee: \$15.00

Weekly, Wed 10:00 - 11:30

Leader: Elisa Derossi

Min 6 – Max 12



BUONGIORNO!! Ready for a language adventure? Dive into the charm of Italian with our beginner-friendly course. Whether you dream of Italian vacations, want to connect with your heritage or just love the way it sounds, this five-lesson course is your perfect start. Explore the basics, master common greetings, navigate everyday conversations, uncover Italian quirks and even learn a few authentic recipes and essential travel talk. Join me for a fun journey that's simple, engaging and full of "ciao bella" moments! Let's get started!!

NOTE: The session on March 13 will be held in the Small Meeting Room.

Music

Classical Music Appreciation

Dates: 28/02/2024 - 27/03/2024

Weekly, Wed 14:00 - 16:00

Location: Ross Goulden's

Leader: Ross Goulden

Cidergum Loop, Margaret River

Fee: \$15.00

Min 5 – Max 12



Each week participants will be asked to research a famous classical musician and make notes to present at the course. This is not difficult as information is available via Wikipedia and many other websites. We will watch YouTube videos of a number of great performers each week.

Singing for Pleasure

Dates: 05/03/2024 - 07/05/2024

Weekly, Tue 9:30 - 11:30

Location: Barbara Webster's place

Leader: Barbara Webster

7 Cabernet Place, Margaret River

Fee: \$15.00

Min 8 - Max 10



This course is designed to encourage participants to have a go at singing in two and three part harmony. We would also sing in unison and add rounds and canons to our repertoire. We would practice breathing and voice exercises to warm up. Barbara will offer a range of folk, pop, traditional and classic songs. Course participants will also be able to choose songs they would like to sing. Mostly it's about relaxing and having fun!!

NOTE: There will be no sessions during the school holidays - April 2nd and 9th.

Travel & Geography

Living and Travelling in Remote Places

Dates: 28/05/2024 - 25/06/2024

Weekly, Tue 14:00 - 15:00

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

Leader: Jeff Gresham

Fee: \$15.00

Min 20 – Max 50



Five different presenters will take you on journeys to remote and sometimes challenging places around the world.

- Session 1. Rob and Dawn Klok: Hiking across South Africa through Botswana and into Namibia. Invited by friends to visit their remote northerly cattle and sheep property in Namibia we took them at their word!! What an adventure!!
- Session 2. Bill and Wendy Castleden: In 1972, when they were young, Bill and Wendy set off in a Landrover with two small children to drive from New Zealand to England. In reality, the first bit of the journey was on the PO Orsova which dropped them off in Ceylon to start the drive. Needless to say, there were some unexpected adventures enroute before they arrived in England some 5 months later. The journey was a life-changing experience.
- Session 3. Rob Rumball: Overland Travel by Truck: In the late 1960's Rob was involved in setting up a UK based company dedicated to pioneering truck based long range overland expeditions across 3 continents, – Asia, Africa and South America. The talk will touch on how this came about as well as the challenges, suffering and life changing benefits of undertaking such a journey, often lasting from 11 to 20 weeks.
- Session 4. Ian Baxter and Iwona Korzeniewski: Have you ever thought about doing a Pilgrim walk to Santiago de Compostela, but doubted you could do it? Well, two untrained, casual walkers were 'guided' to walk 260 km from Porto to Santiago (think 'Perth to Margaret River') and, two years later, the 300+ km coastal route. Yes, it's possible - they have tips about how to pack lightly and travel freely. There were surprises along the way - from Pilgrim Meals, to village 'footbaths', to a cathedral with strong connections to rural WA. The lingering memories, though, are of the hospitality of the locals, the connection with fellow pilgrims from all walks of life, the immersion in nature.... and the octopus...
- Session 5. Rosi Moore-Fiander: In 2019, starting in Kashgar, in the Xinjiang Uyghur Autonomous Region in China's far west, Rosi travelled overland through the stunning mountains of northern Pakistan along the famous Karakorum Highway, through Hunza and the beautiful Fairy Meadows, then onto Lahore where she crossed the border into India and the Sikh's holy city of Amritsar. Unable to visit Kashmir as planned, Rosi's trip ended in Dharamshala, the Himalayan hill station and home-in-exile of His Holiness the 14th Dalai Lama.



Visit our website at:
www.u3amr.org.au