

# INFORM

The Official Magazine of U3A (UWA) Inc.  
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Patron: Emeritus Professor Alan Robson AO, CitWA

## U3A SEMINAR 2015

This year's U3A (UWA) Seminar will be held on Wednesday 22 July 2015 at the State Library from 9.45am to 3.00pm and will be entitled "**The Power of Ageing**". The Seminar will be opened by our Patron, Emeritus Professor Alan Robson AO, CitWA. Here are brief profiles of the three Guest Speakers:



Ken Marston, CEO of COTA (WA), will speak about "*The Power of Ageing - Can we make Seniors' Voices Heard?*" Australia's Seniors are growing in numbers, even now making up 50%+ of voters in many electorates, and seniors also own much of Australia's private wealth, but are they a powerful interest group and

should they be? Ken has a long standing interest in seniors housing, consumer affairs, the not-for-profit sector and lifelong learning.



Greg Mahney is CEO of Advocare Inc., and his topic will be "*Powers of Attorney and Guardianship - Sword or Shield?*" Do EPA's and EPG's actually reduce the likelihood of elder abuse?. Can they be manipulated to actually facilitate and support the abuser? Greg Mahney will dispel some myths about each of these methods and

offer participants some 'food for thought' in future planning. Advocare's work includes advocating for those receiving aged care services in their home or in residential facilities. It also includes advocacy and raising awareness in the area of Elder Abuse.



Professor Christopher Etherton-Bier is a clinical academic in Geriatric Medicine at U.W.A. and a Geriatrician /Clinical Pharmacologist at the Royal Perth Hospital. His topic will be "*Care in an Ageing Australia*". His research interests are in ageing and aged care, stroke, medical education and pharmacogeriatrics.

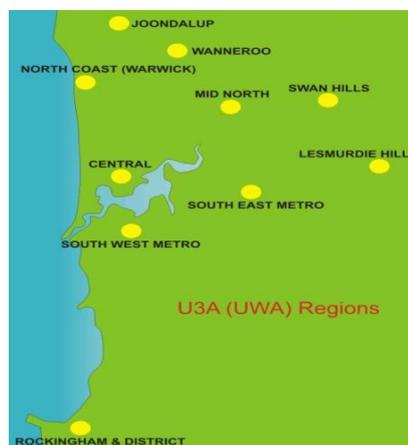
The U3A Network WA A.G.M. will be held immediately following the Seminar. See the full program on page 6.



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South East Metro	9350 5992
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Swan Hills	9274 3224
Wanneroo	9206 3440

See pages 7 -11 for information on Regional Meetings and Study Groups.



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## PRESIDENT'S REPORT

It is a pleasure to be able to welcome so many new members to the organisation after the long break. Welcome to you all.

I am aware that some of you may have experienced a delay in receiving membership receipts and the office volunteers appreciate your patience while adapting to new systems. It seems inevitable to me that more of our transactions and correspondence will become Internet based, not only because it is increasingly becoming standard procedure, but traditional correspondence will be much more expensive in future. We will continue to use paper postal systems in the medium term, but I encourage more use of Internet transactions for the distribution of receipts and the *Inform* magazine. You will have noticed that *Inform* can now be read directly from the Website. Google [u3auwa.org.au](http://u3auwa.org.au) which will find our Website, then click on "**Publications**" under the "**About us**" tab to read the current issue.

Tell your friends to come and join you. If you think perhaps we could do things differently or better, please feel free to come forward and contribute your knowledge and experience, whether its starting a course or helping out at the Office.

By the time you read this there will be a new team in place to provide two-way communication between the Regions and Council, and to assist in managing the Office, memberships, finance, secretarial work, City Courses, Website, publicity and, hopefully, the State Library Lectures.

In this regard I sincerely thank the outgoing Minutes Secretary John Ashton and Honorary Treasurer Valerie Buckley who have done a great job in their respective roles. Membership Secretary Roger Watson is reducing his workload and needs an apprentice to work with him and eventually take over that role. Give Roger a call via the Office to get the details.

I also warmly welcome our new General Secretary Christine Oliver, Council Minutes Secretary Colleen Hardie, Honorary Treasurer Jean Duff and the U3A Office Management team of Pam Nally and Lauren Stanes. Thank you all for stepping forward.

Year 2016 will be the 30<sup>th</sup> Anniversary of U3A (UWA) in Western Australia and a celebration will need to be organised. This could include a State Conference and a publication of some sort. What it needs is ideas and bodies!

**Peter Alcock.**

## U3A FILM GROUP – THE THINGS WE DO

The U3A Film Group - who are these people - a bunch of enthusiastic amateurs or potential Hollywood moguls? We do have a few short films that are available to be viewed on the U3A (UWA) Website but our plans include taking on more ambitious projects as our expertise grows.

Film making today has become very technologically advanced. The introduction of digital photography is not the only innovation that has shot movie-making into the twenty-first century. Virtually every aspect of the industry has gone digital. The tools of pre-production and post-production have advanced greatly by going digital. I intend to present a series of short articles describing for readers what our group gets up to at our weekly meetings and how we use the equipment that has been provided for us by way of a very generous Lotterywest Grant. Let us start with pre-production, i.e. concept building, writing a treatment, writing

a screenplay, storyboard creation, set design, script breakdown (for organising resources), camera/lighting setup etc.

Amazingly all of these elements are performed in one application. We use a computer program called "Celtx" which is a similar to a combination of word processor and database in one.

A "treatment" is the industry's technical term for a precis telling of the story. In the professional world it would be used to sell the idea to a producer but, in any case, it is a good idea to have written one before commencing script writing. It is invaluable for keeping you on track while you write. We did an exercise in creating a treatment by brainstorming. It was a successful exercise and was a lot a fun. We produced a story set somewhere in S.E. Asia which opened on a primitive village being sacked by terrorists and became a revenge driven quest by a young girl who disguises herself as a man and becomes a pirate captain lurking in the Malacca Straits. It wasn't written with the intention of making a movie but as an exercise in creative writing.

The "Celtx" script window is quite like a word processor but does more than most word processors. It has only one format which is the industry standard, the format that it is necessary to use when script writing. It automatically selects the component parts of your script as you require them. e.g. scene headings, actions, characters, dialogue, transitions, shots etc. It anticipates them but is easily overridden by the writer if it has guessed wrongly. It also fills in things like a character's name before you have finished typing. The result is that the format is automatically laid out as you go without you having to think about it.

As you write, it keeps various catalogues of the elements of your script automatically, for example the number of scenes with the scene names in an interconnected database, number of characters and a breakdown of those characters by name and character traits. At any time you can divert into a different screen to design a lighting setup or to make notes, each kept in its own database and all saved as a single project file.

This article only touches on the tips of pre-production. Look out for more stories from us in future issues of *Inform* about other aspects of film making. Note well that there is a place in our group for people interested in creative writing.

**John Bath.**

## MID-NORTH REGION HOBBY EXHIBITION

With Council approval, Mid-North Region will be holding a Hobby Exhibition with the intent of making people more aware of U3A (UWA). The concept is to ask any U3A (UWA) member that has an interesting hobby to present such at the Exhibition. The Exhibition will be published all around Perth to invite the general public to attend. There will be no charge to present the products for display, and no sales will be allowed. The Exhibition will be held on Saturday 18 July 2015 at the Bedford Bowling Club in Grand Promenade, Bedford.

Do you have hobbies that could be displayed on the day? Do you paint pictures, do you make ceramics, wood carvings, jewellery or dolls houses.

Do you knit, embroider or wood-turn? Have you a collection of trains, cars, comics or stamps? If you have any of these hobbies, or some other, that people will enjoy seeing, then join in at the Hobby Day Exhibition.

The closing date for exhibitors is Saturday 20 June 2015. For further information contact Joyce on 92769670 or Geoff 92793803.

## SWAN HILLS REPORT

The New Year kicked off with a social lunch at Penny Gardens in the Swan valley. It was a very happy occasion with everyone glad to catch up after the Christmas break.

We have had a terrific series of topics so far this year. Corry Donovan traced the dramatic history of the Panama Canal enabling us to appreciate the enormity of that project and difficulties faced by the designers, engineers and workers. Bob Larwood presented a DVD on the Borneo jungle which was a revelation for most of us who know little about that part of the world. Maxine and John Mack gave a timely and fascinating illustrated talk on the Centenary of the ANZACS leaving Albany and for those of us who could not be there it helped us appreciate what a superb event Albany put on. Tony Harding entertained us with his Stories in Verse about his days as a "Bobby" in rural Hampshire in the 1960's. Tony Donovan conducted an intriguing session on the mysteries of Sudoku and Janet McLeod of the Parkinsons Association provided excellent information about the history of Parkinsons, signs and symptoms and modern treatment of the condition, emphasising that it is a brain abnormality and not a "disease".

The year ahead will contain more topics and activities across a wide spectrum of life. They will include a visit to Garden Island naval base, talks on the towns along the Great Southern Railway over several meetings, a second session on Perth's trams and a visit to the tram at Whiteman Park. We look forward to recurring events such as "Show and Tell", The Music afternoon and Christmas in July. Weekly meetings include the President's "This day in History", Birthday celebrations and the report on Council matters, followed by a five minute presentation by a "Mystery Speaker". It's going to be a "Very Good Year"!

## SOLILOQUIES

*by Pollyanne Hill, Lesmurdie Hills Region*

I look back on some very stupid things we did at times in our mad youth. I think it had something to do with living in Mt. Isa which was a totally different lifestyle, cut off from convention and with isolation and independence to the fore. My memory takes me to the occasion when my husband Peter decided he wanted to follow the route that Flinders took in discovering the Bynoe river mouth, where it flowed into the Gulf of Carpentaria about 20 miles west of Karumba. Here he had planned to careen his ship the "Beagle" before continuing his circumnavigation of Australia. We had left our 18 month old son at home in Mt. Isa in the loving care of Peter's erstwhile Nanny, who had come up from Adelaide to help. My number two son was due in four months.

In our little mini-moke and towing a ten-foot dingy, we bumped our way through clouds of dust until, two hundred miles later, we came to an abrupt stop on the bank of the Norman River. Its murky water overhung with dark and gloomy mangroves sent a shiver of apprehension down my spine, when I realised Peter was intending to consign our expedition to the Heath Robinson contraption now lurching across in our direction. The operator claimed it was sea-worthy but I suspect it was fear of the leviathans below that kept it afloat. However, fifteen minutes later we had safely reached the other side and not long after that, found ourselves down on a shell beach amid a scattering of lean-to corrugated iron shacks. The inevitable watering hole at a convenient distance provided fish and chips, beer and light to the accompaniment of a generator chugging away outside in the darkness. This was Karumba, no doubt loved by the handful of hoary fishermen who lived there.

Peter had come prepared for all contingencies - tins of food, gallons of fuel, cartons of beer, his father's venerable blunderbuss, and boxes of cartridges wrapped in plastic. We

had left our two normally ubiquitous fellow explorer dogs at home in Nanny's far from delighted care. The locals said it was just as well as the waters were full of saltwater crocodiles and groupers, and both species had a fondness for dog flesh - not to mention human, of course. The Norman River, muddy and mesmerising, was either roaring in or roaring out, preceded by a turbulent, foaming wave. Peter said we had to be ready to go out on the turn of the full tide, so we launched the dingy and with the water trying to tug the whole enterprise upstream, Peter loaded everything in while I hung on desperately. The boat got lower and lower in the water until only a rim of free board was left. Peter at this stage conceded that perhaps the rest should stay behind and he looked in my direction speculatively. I was hoping this included me, but obviously not. Aching muscles had no sooner relaxed somewhat than Peter ordered immediate embarkation, and leapt over the gunwales into a tight spot between a carton of beer and a teetering stack of baked beans. I, with a grossly enlarged frontispiece, was expected to leap in simultaneously, aiming for an even tighter space amidships. We were well downstream before I had managed to haul all of me into some sort of seated position, the bank whizzing by and the bow just above water. We were now out into the open gulf. Peter at the tiller guided us through a series of tall, quivering sticks, disappearing at intervals out over the horizon.

The boat had slowed to the point where Peter had started the little two-stroke outboard and we were now chugging along relatively hopefully. Karumba and the shoreline were out of sight and we were still heading out to sea. Peter explained patiently that this was because the gulf was so shallow and we needed to make deep water while the tide was still with us. We watched the sun, now a red orb, disappear over the horizon, only the puttering motor breaking the silence. Darkness closed in on us like a blanket. I had lost all feeling for direction and had no idea which way we were heading by then, relying entirely on Peter's experience as a Commander in the Naval Reserve to get us intact to our destination.

Through the darkness emerged a white shape to the starboard. A bird was standing in the water. I was about to remark on the phenomenon, when the outboard gave a strangely cough and stopped. The bird flapped its wings and disappearing in the gloom, and we sank with sickening finality into the mud. And there we sat, sounds of trickling water, clicks of crabs, and the flapping of a stranded fish accentuated the silence. Peter reached for the gun, loaded it and laid it across his knees. Fear entered my arena. I waited tensely for the sound of a saltwater crocodile ploughing its way up to the boat and two sitting ducks. My ears and eyes strained. I was hearing noises and seeing shapes, but in the end, I think I must have dozed.

Suddenly there was a slight movement of the boat. The tide was coming in. Peter intimated that he had given up the idea of doing the Flinders this time. Soon there was enough water under our hull, and he turned the boat around in the direction from which we had come. There were no markers, no lights, no horizon, nothing to guide us through this total blackness, and we had no GPS, no EPIRB and no mobile phone. The stars were lanterns dazzling in their brilliance and Peter held a steady course south. Our biggest concern of course was that we would miss the mouth of the Norman River and continue for miles along the coast looking for it with fuel a severely limiting factor, and not having the faintest idea where we were, and no means of finding out. Low down, a faint gleam appeared over the bow as we were puttering along. The moon, or rather the remnants, rose above what we assumed was the horizon, and as it rose, its light glinted off corrugated iron. Karumba, was still a long way off, but we managed to get to the river mouth before the tide turned which would have made entry totally impossible. We were back. And the Bynoe remained a dream for another year.

## SCIENCE CORNER

This Issue of *Inform* contains a discussion on pharmaceuticals, both classical and alternative herbs and vitamins. Medications are one of the biggest single health costs to Government. Problems that arise from the use of medication are one of the major health issues in Australia. Many of these problems are avoidable. There are three types of medicines, those prescribed by a doctor, those obtained over the counter (OTC) and/or recommended by a pharmacist, and natural or herbal medicines obtained from a naturopath or a health food store.

Why do we take medicines? We do so to:

- Improve our current quality of life
- Prevent a future event that will affect our quality of life
- Live a healthier, longer life.

The benefits of medications are faster recovery, decreased discomfort, improved mood, better sleep and ability to function more normally within society. This all leads to people living healthier more independent lives for longer, and massive cost savings to the healthcare system.

Why do we not take medicines?

- We do not like taking drugs
- We are concerned about their side effects and adverse reactions
- We see no perceived benefit
- Cost can be an issue
- We just forget.

There can be side effects and adverse drug reactions whilst taking a medicine including OTC's and herbal products. These can be predictable or unpredictable, so speak to your doctor or pharmacist about these. Information is available to you with prescriptions.



Because a drug lists a side effect doesn't mean it will happen to you. Side effects range from 1 in 10 chance down to 1 in 10 000 chance. They can be a desirable form of treatment in their own right. Be aware of the side effects of medicines you are taking and report any suspicion of a side effect to your doctor at the earliest point in time. If something makes you drowsy don't drive your vehicle.

Not all medicines can be taken together safely. This is often caused by different people treating you for different things. The various undesirable types of interactions

involve taking different versions of the same thing, medicines that do opposite things, medicines that do the same thing, or medicines that are competing for the same pathways in your body.



Caution must be shown when using herbs, vitamins and natural supplements in conjunction with classical medicines. They too exhibit pharmacological action in the body, they do have side effects, they do interact with medicines and, while natural supplements are often safe, natural does not necessarily mean safe. It is most important to tell your doctor or pharmacist about any natural supplements you are taking. A few examples of the more common medicines that interact dangerously with herbs are:

- Warfarin interacts with ginkgo, ginseng, cranberry, garlic, ginger, horse chestnut, St. John's Wort and turmeric, amongst others.
- Antidepressants, the contraceptive pill, digoxin and cholesterol tablets interact with St John's Wort.
- Diabetes medications interact with fenugreek, Aloe Vera, cinnamon and ginseng
- Blood pressure medications interact with hawthorn, dandelion, celery and liquorice root.
- Cholesterol medications, some antihistamines and some blood pressure tablets must not be taken with excessive amounts of grapefruit juice or orange juice.

The most important things to remember are:

- Give your health carer information about your script medicines, OTC's, herbals and medical allergies.
- Get the facts about your medicine. What's it called (other names?), why am I taking it?, how do I take it and when?, how long do I take it for?, what side effects can I expect?, when will it start working?, what happens if I miss a dose?, do I take it with food or before food?, can I drink alcohol? And are there any foods to avoid?
- Keep a record of your medicines. Record cards are available from your pharmacy, so write everything on it including vitamins and OTC's. Information at your fingertips makes it easier to care for your health. Sources of assistance are your doctor, pharmacist, community nurse, naturopath, herbalist, or home medication reviews.
- Stay with your treatment plan. Many medications will be very long term. Ask your doctor about the duration of treatment and stick with it. Discuss any side effect problems with your doctor or pharmacist. Do not just stop taking the medicine. Tell your doctor if you are unhappy with the results.

**David Phillips.**

## JOONDALUP WRITERS' GROUP

### "This Age Thing"

At night I couldn't sleep, even in winter, my body was on fire  
Since my early 50's I have had a tendency to perspire  
Then my caring husband had a fan fitted above our bed  
Which cools me now, from my toes right up to my head  
He though, snuggled with the duvet pulled right up to his chin  
Simply trying to prevent the cold air from getting in  
No HRT, oh no, as it made my perspiration so much worse  
It suddenly comes over me, taking over as would a curse  
Looking in the mirror now I see coarse hairs upon my chin  
Where once there were eyebrows, I now pencil them in  
Throughout my life, hairdressers I've visited have always said  
How lucky I am to have such a good mop upon my head  
My hair was always lustrous, thick and amazingly strong  
And until recently, I have always been able to wear it bouncing  
and long  
I have never considered myself pretty or remotely vane  
But I do admit I'm saddened by losing my long and shiny mane  
When I look down below me now, on the shower and bathroom  
floor  
I've had to come to terms with facts. My crowning glory is no  
more  
How much of my head of hair has turned to a dowdy colour  
grey  
Quite a lot I suspect, though I don't really care to give the  
game away  
My body has changed from curvy, to lolloping rolls and a lot of  
flab  
Now my tummy has a rather large handful of extra fat for me to  
grab  
My bottom, once firm, has started to somehow just drop  
When I walk along, it now tends to move with an exaggerated  
flip and flop  
Veins have appeared on both of my arms, my legs, and feet  
and on each hand  
I'm not impressed, as they don't look to me, in any way, all that  
grand.  
Creases also now show, on my arms neck and almost cover  
my entire face  
Each time I look, another wrinkles set up home, in yet another  
place  
To improve my brains functioning, remain clear minded I  
swallow omega 3  
Yet still somehow I tend to believe, dementia is rapidly taking  
hold of me  
As when I go to the movies and a week later can't recall what it  
was about  
I have no idea often, whether the hero won or was left cast  
down and out  
Since I was a small child, I have always liked to gather up pace  
and run  
I still clock 8k's daily even now, but doing so now, is no longer  
any fun  
I get big blisters that cover all over both of my odd shaped feet  
Following lots of surgery over the years, they don't look very  
neat  
I used to like to wear shoes with a rather high pointed stiletto  
heel  
Being a shortie, I used to like the way they used to make me  
look and feel  
I scour the shops these days, to select shoes I can easily wear  
with ease  
I sometimes have to push my foot hard and getting the shoe  
on is a squeeze  
In the stores I try many pairs on my feet, walking up and down  
in line  
I eventually make my purchase, believing my choice will be  
absolutely fine

However they soon wear right into my toes, my ankles or my  
heel  
And before hardly any time of wearing them at all, another  
blister I begin to feel  
Soon bare-foot and armed with band-aids, time and time again  
to myself I say  
Rest your feet Gaelle, wait and wear the shoes you bought  
another day  
Alas though, when I am game to try, the blisters play up once  
again  
I have to concede and give up with them eventually, unable to  
stand the pain  
My hearing is good. It's better than most peoples. I can hear  
every sound  
Even of a pin landing, if someone accidently drops one to the  
ground  
Without spectacles to wear, I don't honestly know how I would  
manage  
I would probably end up going about and doing quite a bit of  
damage  
Despite all these things that happen to mean that I am just  
getting old  
I'm determined to meet it and have told myself to dare to be  
bold  
I put creams on my face and neck and body and dark colour in  
my hair  
I am dedicated and determined to age with more than a little  
flair  
So, while my age from my face and body I cannot any more  
hide  
I live each day with much good humour, vigour dignity and  
pride  
I don't actually possess much by the way of monetary wealth  
But I do possess an abundance of exceptionally good health  
I have some good and loyal friends, a great family and a good  
man  
We all bring love and joy and challenges to one another, in any  
way we can  
I'm also pleased to have you U3A's ers, to join me on my way  
To laugh, to care, to tease, to boost, to share and also to play  
I would like to thank you here, for being, for me, a bright and  
shining light  
Into my present and future, helping it look just a little more  
bright  
We all come and meet together each fortnight, time after time  
And I think of you all most fondly as I wrote this little rhyme  
As I look back on my life, how I've lived it, I am tempted to  
lament  
How many times in the past, I haven't my time, very wisely  
spent  
It's dawning on me that this ageing process, I must now  
endure  
As I won't get another go at how I live it and that is absolutely  
sure  
I now come to realize, and maybe even a little too late  
That time for no man, doesn't ever care to choose to wait  
The season's they all *do* come and the season's they all *do* go  
No longer do the years pass by us, so ever patiently slow  
High days, Christmas days, Easter's, birthdays, come round  
our way now, so fast  
Too soon they are ahead of us all in the future, having only just  
left the past  
I'm sure some, if not all of you will agree as you hear my words  
put to rhyme  
You've wished you had appreciated the years, as they gave of  
you their time  
In closing I want to urge you all, with my words, by saying this  
loud and clearly  
Make the most of every moment, always embracing every one  
of them dearly  
We know we can't grow wings, spread them out, take off to the  
skies and fly

But there are still many things to do learn and do and U3A teaches us just why  
 It's the university for living and learning you know and for taking things on board  
 And our speakers who come to inspire us, speaking of, just how high they've soared  
 With travelling, studying, composing, photographing, designing and so much more  
 I'm urged by these good people, to go down deeply and take a look into my core  
 To find gifts, insights, tools, ideas and add to my budding repertoire  
 I use their words to assist me, from where I have journeyed up to this far  
 And I think of this, when coming to see you at another meeting of U3A  
 That our latter years should never be for any of us - just one more boring day  
 As our band of brotherhood and sisterhood grows ever stronger  
 We're going from strength to strength now and I know I will be living longer!  
**Gaelle O'Sullivan.**

### GHOST GUMS AND WATTLE

*by June Dunstan, Central Region*

It was late autumn and the sun had lost its sting. Parched paddocks had been miraculously brought to life again by good drought-breaking rains. Beyond the fences sheep trod paths now half hidden in lush green pasture and well fed cows turned languidly to gaze, with naught but a contented curiosity, as I passed by.

The rough path, pitted with rabbit holes, led downwards to a fast-flowing creek its muddy banks overhung with ghost gums and heavy-scented wattle. Tiny green-eyes, long beaks searching sweet nectar, flitted nervously between the branches while high above pink cockatoos held a noisy gathering in the gallery of a burnt out Jarrah.

My shoes sank deep into damp earth as like a silent sleepwalker I stepped into nature's antipodean landscape. Could Constable have captured such a scene?

Awed, I watched the swollen creek as it tumbled over rocks and tree trunks to wind its tortuous journey ever downwards to the sea. A journey not unlike the human pilgrimage, I mused; sometimes swift and buoyant pushing aside all obstacles but at other times piteously stagnant.

Standing on the small wooden footbridge the rush of water drowned out all but my thoughts. Clearly, the old bridge had withstood many a flood in its time and the onslaught of nature had taken its toll. So that I feared the aging timbers might give way beneath my feet and that I, like the floating flotsam, might be carried struggling downstream.

Contemplating thus on the vagaries of nature and the vulnerability of man, I sensed the stirring of half-forgotten memories and that strange feeling of déjà vu. At once I was a child again gazing up in wonderment at a painting which hung above the fireplace in my grandfather's cottage back in the old country.

In its heavily etched golden frame it seemed to fill that small dark room with an odd richness.

Often I had stood in wonderment at the scene, set in a dark wooded vale where a guardian Angel, white-feathered wings outstretched, hovered over two small children crossing a broken bridge. Beneath them the swollen stream looked ominous in the fading light.

Alone in the quiet of that Australian afternoon I thought on the many bridges I had crossed in the years since leaving my childhood home. Were there really Angels, I wondered, to guide us through the perils of life?

Suddenly I heard a faint flapping of wings and instinctively glanced upwards. It was just a magpie on her way back to the nest.

As I made my way homewards the sun was dying, the clouds thickening. I could see the cows in line heading off towards the milking sheds.

### U3A NETWORK

U3A membership data from around Australia compiled by Lindsay Glen of Network Victoria make interesting reading:

<u>STATE</u>	<u>No of U3A Groups</u>	<u>Total Members</u>
NSW/ACT	87	28,000
Victoria	106	31,000
Queensland	33	21,000
SA	19	4000
WA	21*	1500
Tas	12	1000
U3A Online	1	2000
<b>Totals</b>	<b>279</b>	<b>88,500</b>

*\*Counting U3A(UWA) as 10 groups*

As can be seen, on a population basis, WA is a long way behind. At a recent meeting with the Minister for Seniors, we were told there are 360,000 Seniors in WA, so there are many potential members out there.

One of the reasons Victoria has done so well is that they get a grant of \$300,000 per annum to run the Network. NSW has received some State Government money, as has South Australia.

Our hard-working Secretary, Norma Vaughan from Mandurah has taken leave for health reasons. She will be greatly missed both in the Secretarial area and as Webmaster. Paul Thiessen has taken over the Website and Don McDonald from Naturaliste U3A is assisting with Secretarial duties.

Naturaliste U3A has arranged a regional meeting of South West U3A Groups on 8 May 2015 at the Busselton Family Centre. Billed as a "Think Fest" it will bring together people and ideas from several U3A's in the district. Well done, Naturaliste!

U3A Online has joined U3A Network WA as a member group. There are 76 U3A Online members in W.A. **Peter Flanigan.**

### PROGRAM FOR THE U3A SEMINAR 2015

10.00am Opening Address, Emeritus Professor Alan Robson

10.10am Ken Marston

11.05 am Morning Tea/Brunch

#### MENU

Sandwiches, mini savouries, mini croissants, fruit platter, petite cookies, Danish pastries, tea and coffee

12.00noon Greg Mahney

2.05pm Professor Christopher Etherton-Beer

3.00pm Seminar close

3.00pm U3A Network WA Annual General Meeting

## REGIONAL PROGRAMS – MAY TO JULY 2015

### CENTRAL REGION

Meets on alternate Mondays from 1-4pm at the Community Room of the Grove Library, corner of Stirling Highway and Leake Street, Cottesloe.

11 May	1pm	<b>Galapagos Islands/South America</b>	<b>Dr David Phillips</b>
	2.30pm	<b>Flamenco Journey</b>	<b>Dr Irene Martyn-Styles</b>
25 May	1pm	<b>Treasured Letters</b>	<b>Members</b>
	2.30pm	<b>Reflections on My Work in a Foreign Medical Team</b>	<b>Bruce Wicksteed</b>
8 June	1pm	<b>Women in Literature</b>	<b>Kay Ray</b>
	2.30pm	<b>Stories from the East Perth Cemeteries Database</b>	<b>Lorraine Clarke</b>
22 June	1pm	<b>A Palace on Wheels</b>	<b>Judy Nicholls</b>
	2.30pm	<b>Birds: My Magnificent Obsession</b>	<b>Brice Wells</b>
6 July	1pm	<b>Aspects of Vietnam</b>	<b>Gabor Bedo</b>
	2.30pm	<b>Copyboy: The Historical Fiction of Perth's "Mirror" Newspaper in 1946</b>	<b>Barrie McMahon</b>
20 July	1pm	<b>The Boyhood of William Wordsworth</b>	<b>Keith White</b>
	2.30pm	<b>Outcast Women: Females offending the Good Order in Perth and Fremantle, 1900-1939</b>	<b>Dr Leigh Straw (ECU)</b>

Meets on alternate Mondays at Mount Claremont Community Centre, 105 Montgomery Avenue, Mt. Claremont

1- 2pm	<b>Current Affairs Discussion</b>
2- 3pm	<b>Literature and Music Group</b>

### JOONDALUP REGION

Meetings take place at the Rob Roddick Community Centre, Dampier Avenue, Kallaroo (opposite St. Ives Retirement Village). Meetings are held from 11am to 3pm on the second and fourth Mondays, with a social BYO lunch and refreshment break between 1pm and 1.30pm. This is followed by a Guest Speaker. There are no meetings on Public Holidays.

The Special Interest and Discussion Group facilitator is Terry Westmoreland (9304 8426). The Mah-jong Group meets every Monday at 11am, except on Public Holidays, and the facilitator is Trish Lau-Veach (0422 318 304). The 1<sup>st</sup> Book Club meets at 11.45am on the second Monday of the month, and the facilitator is Brenda Hugo (0418 859 955). The 2<sup>nd</sup> Book Club meets at 11.45am on the fourth Monday of the month, and the facilitator is Janet Clark. The Gardening Group facilitator is Clive Paternoster (9305 7231) and the Group meets by arrangement with members. The Digital Camera Group facilitator is Catherine Swan (9404 7412) and the Group meets by arrangement with members. The Creative Writing Group facilitator is Patricia Lysons (9309 1607). The Happy Wanderers Group facilitator is Margaret Bender. Social Events are posted on the noticeboard and read out in notices. The Region has an e-mail address [u3ajoondalupregion@outlook.com](mailto:u3ajoondalupregion@outlook.com) for member queries, and the Region contact person is Janis Davis (9305 3370).

Every 5<sup>th</sup> Monday there is a Luncheon at the Sovereign Arms. If you intend attending, please call Patricia on 9309 1607 by the previous Sunday evening.

11 May	11.30am	<b>Special Interest Group</b>	<b>Terry Westmorland</b>
	11.30am	<b>Creative Writing Group</b>	<b>Patricia Lysons</b>
	11.30am	<b>Mahjong</b>	<b>Trish Lau-Veach</b>
	11.45am	<b>1<sup>st</sup> Book Club</b>	<b>Brenda Hugo</b>
	12.30pm	<b>Discussion Group</b>	<b>Terry Westmorland</b>
25 May	2pm	<b>The Zoo to You - Marsupials</b>	<b>Gordon Johnson</b>
	11.30am	<b>Special Interest Group</b>	<b>Terry Westmorland</b>
	11.30am	<b>Mahjong</b>	<b>Trish Lau-Veach</b>
	11.45am	<b>2<sup>nd</sup> Book Club</b>	<b>Janet Clark</b>
	12.30pm	<b>Discussion Group</b>	<b>Terry Westmorland</b>
8 June	2pm	<b>What is a Statesman?</b>	<b>Arthur Tonkin</b>
	11.30am	<b>Special Interest Group</b>	<b>Terry Westmorland</b>
	11.30am	<b>Creative Writing Group</b>	<b>Patricia Lysons</b>
	11.30am	<b>Mahjong</b>	<b>Trish Lau-Veach</b>
	11.45am	<b>1<sup>st</sup> Book Club</b>	<b>Brenda Hugo</b>
22 June	12.30pm	<b>Discussion Group</b>	<b>Terry Westmorland</b>
	2pm	<b>My Not So Brilliant Career</b>	<b>Diana Warnock</b>
	11.30am	<b>Special Interest Group</b>	<b>Terry Westmorland</b>
	11.30am	<b>Mahjong</b>	<b>Trish Lau-Veach</b>
	11.45am	<b>2<sup>nd</sup> Book Club</b>	<b>Janet Clark</b>
22 June	12.30pm	<b>Discussion Group</b>	<b>Terry Westmorland</b>
	2pm	<b>Himalayas, Kathmandu and Lhasa – People, History</b>	

13 July	11.30am	<b>And Geology</b>	<b>Jenny Bevan</b>
	11.30am	<b>Special Interest Group</b>	<b>Terry Westmorland</b>
	11.30am	<b>Mahjong</b>	<b>Trish Lau-Veach</b>
	11.45am	<b>Creative Writing Group</b>	<b>Patricia Lysons</b>
	12.30pm	<b>1<sup>st</sup> Book Club</b>	<b>Patricia Lysons</b>
27 July	2pm	<b>Discussion Group</b>	<b>Terry Westmorland</b>
	2pm	<b>Asthma Foundation</b>	<b>Annette Raison</b>
	11.30am	<b>Special Interest Group</b>	<b>Terry Westmorland</b>
	11.30am	<b>Mahjong</b>	<b>Trish Lau-Veach</b>
	11.45am	<b>2<sup>nd</sup> Book Club</b>	<b>Janet Clark</b>
	12.30pm	<b>Discussion Group</b>	<b>Terry Westmorland</b>
	2pm	<b>How to Play a Ukelele</b>	<b>Alan Cherry</b>

### LESMURDIE HILLS REGION

Meets on first and third Tuesdays from 10am-12noon at Falls Farm, Cagney Way, Lesmurdie. Inquiries to Pollyanne Hill on 9291 6652.

5 May		<b>Big Morning Tea for Cancer Research</b>	<b>Members</b>
19 May		<b>Genetic Evolution</b>	<b>Dr Ross Graham</b>
26 May		<b>Coffee Club</b>	<b>Members</b>
2 June		<b>Complex Molecules and can we Make Beer out of Them?</b>	<b>Dr Andrew Walsh</b>
16 June		<b>The Soham Murders - A Case Study in Forensic Science</b>	<b>Prof. Simon Lewis</b>
23 June		<b>Coffee Club</b>	<b>Members</b>
30 June		<b>Excursion to Caversham Wildlife Park</b>	<b>Members</b>
7 July		<b>Health and Wellbeing in Senior Years</b>	<b>Kate Faraday</b>
21 July		<b>A Historical Background of Perth in the Forties</b>	<b>Barrie McMahon</b>
28 July		<b>Coffee Club</b>	<b>Members</b>

### MID-NORTH REGION

Mid-North members meet on alternate Mondays at the Church of Christ Community Hall, 68 Waverley Street, Dianella (opposite Centro Dianella)

11 May	11.45am	<b>Deal – Sad Smuggling Town</b>	<b>Carol Hudson</b>
	2pm	<b>Across the Himalayas, from Kathmandu to Lhasa</b>	<b>Jenny Bevan</b>
25 May	11.45am	<b>What Happened to Hilda?</b>	<b>Sonia Kellett</b>
	2pm	<b>The Glastonbury Grail and the Mysteries of Avalon</b>	<b>June Dunstan</b>
8 June	11.45am	<b>Every Picture has a Story – Show and Tell</b>	<b>Members</b>
	2pm	<b>New Norcia: A Little Bit of Spain in WA</b>	<b>Ray Stall</b>
22 June	11.45am	<b>Marsupials</b>	<b>Gordon Johnson</b>
	2pm	<b>Quiz</b>	<b>Anne Magtengaard</b>
6 July	11.45am	<b>Vive la France</b>	<b>Geoff Smith</b>
	2pm	<b>Titanic Memorial Cruise</b>	<b>Fran Taylor</b>
20 July	11.45am	<b>A Childhood Memory – Short Talks</b>	<b>Members</b>
	2pm	<b>Macular Degeneration</b>	<b>Georgina Ryan</b>

#### Music Group

Meets fortnightly on Tuesdays from 1.15 – 3.15pm at Dianella Community meeting rooms, 18 Kerry Street, Dianella (alternate week to Mid-North meetings). Contact Ann (9444 7782)

#### Film Club

Meets on alternate Monday mornings to view a recently released film, with coffee afterwards. Contact Carol on 9370 5692 (please leave a message)

#### Discussion Group

Meets monthly on a Tuesday for coffee/chat at 10am, upstairs at Myer Morley in the coffee shop. Contact Margaret (9276 3081)

#### Excursions

Will be discussed at meetings or contact Ginie on 9271 7263 for further details.

## NORTH COAST (WARWICK) REGION

Meetings will now be held every Friday at the Hamersley Recreation Centre, corner of Belvedere Road and Lampard Street, Hamersley. Please note the new times. **Please also note the Meeting on 1 May will still be held at Ellersdale Park, Ellersdale Avenue, Warwick, but thereafter at Hamersley.** Contact Terry for further information on 94091412.

The Walking Group will meet at the Hamersley Recreation Centre and other times by arrangement. Contact Nina (9309 5560) or verena.bronkhorst5@bigpond.com.

Check the Website [www.u3auwa.org](http://www.u3auwa.org) for changes or additions. Fifth Friday outings are organised and announced at the regular meetings.

1 May	12 noon 1pm 2pm	<b>Music Appreciation</b> <b>Walking Group</b> <b>The Nullabor</b>	<b>Ann Sutton</b> <b>Nina</b> <b>Eric McCrum</b>
8 May	11.30am 12.30pm 1.15pm	<b>Book Club</b> <b>Walking Group</b> <b>Lip Reading – The Movie</b>	<b>Anka Babich</b> <b>Nina</b> <b>Pete Alcock</b>
15 May	11.30am 12.30pm 1.15pm	<b>Committee Meeting</b> <b>Walking Group</b> <b>City Poet</b>	<b>Nina</b> <b>Brian Langley</b>
22 May	11.30am 12.30pm 1.15pm	<b>Poetry</b> <b>Walking Group</b> <b>Fossicking for Rocks and Fossils</b>	<b>John Buxallen</b> <b>Nina</b> <b>Dick Thompson</b>
5 June	11.30am 12.30pm 1.15pm	<b>Music Appreciation – 50's Selection</b> <b>Walking Group</b> <b>Iran and America – 60 Troubled Years</b>	<b>Members</b> <b>Nina</b> <b>Gerard Roussilhes</b>
12 June	11.30am 12.30pm 1.15pm	<b>Book Club</b> <b>Walking Group</b> <b>Your Choice of Topic – 5 minute maximum</b>	<b>Anka</b> <b>Nina</b> <b>Members</b>
19 June	11.30am 12.30pm 1.15pm	<b>Committee Meeting</b> <b>Walking Group</b> <b>Bells – History, Manufacture and Ringing</b>	<b>Nina</b> <b>Richard Offen</b>
26 June	11.30am 12.30pm 1.15pm	<b>Poetry</b> <b>Walking Group</b> <b>Tanzania</b>	<b>John Buxallen</b> <b>Nina</b> <b>Neville Chapman</b>
3 July	11.30am 12.30pm 1.15pm	<b>Music Appreciation - Irish Selection</b> <b>Walking Group</b> <b>History of Western Australia Trams</b>	<b>Ken Carney</b> <b>Nina</b> <b>Lindsay Richardson</b>
10 July	11.30am 12.30pm 1.15pm	<b>Book Club</b> <b>Walking Group</b> <b>The Quick &amp; The Dead - Chablis to Lachaise</b>	<b>Anka Babich</b> <b>Nina</b> <b>Peter Merrill</b>
17 July	11.30am 12.30pm 1.15pm	<b>Committee Meeting</b> <b>Walking Group</b> <b>Western Australia's Threatened Species</b>	<b>Nina</b> <b>Dr Manda Page</b>
24 July	11.30am 12.30pm 1.15pm	<b>Poetry</b> <b>Walking Group</b> <b>My Life in Music</b>	<b>John Buxallen</b> <b>Nina</b> <b>Nigel Ridgway</b>

## ROCKINGHAM & DISTRICTS REGION

Main meetings are held at Masonic Hall, Wanliss Street, Rockingham, first and third Fridays commencing at 1.30pm. For Group Studies meetings contact the Group leaders as listed below. (ML indicates Murdoch Library is the venue.)

1 May	1.30pm	<b>Refugees and Human Rights</b> <b>An Alternative to the Mangles Bay Marina</b>	<b>Vicki Mountain</b> <b>Peter Green and</b> <b>Prof. George Burns</b>
15 May	1.30pm	<b>Murdoch University – Past and Future</b>	<b>Prof. Andrew Taggart</b>
5 June	1.30pm	<b>The Zoo to You – Black Cockatoos</b>	<b>Gordon Johnson</b>
19 June	1.30pm	<b>Doctors without Borders</b>	<b>Ruth Dabell</b>
3 July	1.30pm	<b>The Myth of the Battle for Australia</b>	<b>John Macdonald</b>
17 July	1.30pm	<b>Forensics</b>	<b>Dr Lyn Milne</b>

2 <sup>nd</sup> Mon	May, June, July	10am	<u>Group Studies Meetings</u> <b>WA History (ML)</b>	<b>Ann</b>	<b>9592 7386</b>
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3 <sup>rd</sup> Mon	May, June, July	2pm	<b>Poetry/Play Reading (ML)</b>	<b>Diana</b>	9593 2313
4 <sup>th</sup> Mon	May, July	2pm	<b>Music ONE</b>	<b>Iris</b>	9592 2483
2 <sup>nd</sup> Tues	May, June, July	times vary	<b>Cinema Visit</b>	<b>Liz</b>	9527 9471
3 <sup>rd</sup> Tues	June	2pm	<b>Book Club 1</b>	<b>Gary</b>	9550 4920
4 <sup>th</sup> Tues	May, June, July	2pm	<b>Book Club 2 (ML)</b>	<b>Sandra</b>	9529 1120
1 <sup>st</sup> /3 <sup>rd</sup> Wed	May, June, July	10am	<b>Open Learning</b>	<b>Liz</b>	9527 9471
4 <sup>th</sup> Wed	May, June, July	1.30pm	<b>Scrabble Group</b>	<b>Liz</b>	9527 9471
Every Thur	May, June, July	2pm	<b>Cryptic Crosswords</b>	<b>Anne</b>	9592 4298
2 <sup>nd</sup> Fri	May, June, July	10am	<b>Coffee Group</b>	<b>Wendy</b>	9527 1560

### SOUTH EAST METRO REGION

Meetings are on the first and third Fridays at the East Victoria Park Family and Community Centre.  
Inquiries to Norman on 9367 5904.

1 May	2pm	<b>Travels in China</b>	<b>Dr David Phillips</b>
15 May	2pm	<b>UWA's University Extension and Summer School</b>	<b>Dr Maureen Smith</b>
4 June (Thur)	11am	<b>Perth Concert Hall -- Eugene Tzigane Conducts Mozart's Violin Concert No. 3 Mussorgsky orch. Ravel Pictures at an Exhibition (Bookings 5 weeks prior) Pre-Concert Talk at 9.40am</b>	<b>Margaret 9457 3480</b>
5 June	2pm	<b>Dreamfit Foundation</b>	<b>Darren Lomman</b>
19 June	2pm	<b>Fresh Start Recovery Programme</b>	<b>Dr George O'Neill</b>
2 July (Thur)	11am	<b>Perth Concert Hall - Vladimir Verbitsky Conductor, Rod McGrath Cello, Saint-Saens Cello Concerto No.2 Kalinnikov Symphony No. 1 (Bookings 5 weeks prior) Pre-Concert Talk at 9.40am</b>	<b>Margaret 9457 3480</b>
3 July	2pm	<b>Crazy Quiz</b>	<b>Mary and Bea</b>
17 July	2pm	<b>Healthcare: Warren Jones Institute for Community Health</b>	<b>Dr Anne Passmore</b>

The following Group meets at East Victoria Family and Community Centre every Friday from  
11.30am - 12.30pm unless otherwise notified

**Qigong:** An easy-to-follow sequence of gentle movements to increase body/mind energy-flow to enhance well-being. This is suitable for all and the Tutor is Doreen Boss (9472 5072)

The following Groups meet at McDougall House, Clydesdale Street, Como

1 <sup>st</sup> Mon	1.30pm	<b>Current Affairs</b>	<b>Maureen</b>	9350 5992
3 <sup>rd</sup> Mon	2pm	<b>Philosophy</b>	<b>Julia</b>	9472 3015
4 <sup>th</sup> Mon	2pm	<b>Play Reading</b>	<b>Alan</b>	9450 2398
<u>The following Group meets at a members' home</u>				
4 <sup>th</sup> Sat	2pm	<b>Book Club</b>	<b>Maureen</b>	9350 5992

### SOUTH WEST METRO REGION

Most regular meetings are held at the Miller Bakehouse Museum, 7 Baal Street, Myaree. History, Mahjong, World Happenings and Games are held at Kadidjiny Park Hall, 72 Kitchener Road, Melville. Some meetings are held in members' homes. Please contact the appropriate person below for meeting and venue information. The Region now has a mobile phone contact number on 0450 198 413.

3 <sup>rd</sup> Mon	10.30am	<b>Women's Coffee Club</b>	<b>Judy</b>	0427 409 791
4 <sup>th</sup> Mon	9.50am	<b>Looking at Books</b>	<b>Ann</b>	9457 1879
Every Tues	1pm	<b>Mahjong</b>	<b>Kaye</b>	9457 7144
1 <sup>st</sup> Tues	(time varies)	<b>Going to the Movies</b>	<b>James</b>	9272 4929
1 <sup>st</sup> /3 <sup>rd</sup> Tues	9.30am	<b>Writing Life Stories</b>	<b>Gaye</b>	9330 3544
2 <sup>nd</sup> Tues	10am	<b>Reading 21<sup>st</sup> Century Writing</b>	<b>Ann</b>	9457 1879
3 <sup>rd</sup> Tues	1.30pm	<b>Poetry</b>	<b>Daphne</b>	9364 3583
4 <sup>th</sup> Tues	10.30am	<b>Men's Coffee Club</b>	<b>Dennis</b>	9317 7919
1 <sup>st</sup> Wed	2pm	<b>Book Group No. 2</b>	<b>Audrey</b>	9317 8240
1 <sup>st</sup> Wed	9.30am	<b>Current Affairs Forum</b>	<b>Dawn</b>	9317 7687
Every Wed	1pm	<b>Beginners Mahjong</b>	<b>Rhys</b>	9335 6703
Every Wed	1pm	<b>Ukele Playing</b>	<b>Erin</b>	0416 100 146
2 <sup>nd</sup> Wed	9.30am	<b>History</b>	<b>Phyl</b>	9364 3604
3 <sup>rd</sup> Wed	9.30am	<b>World Happenings</b>	<b>Pat</b>	9332 3190
3 <sup>rd</sup> Wed	9.30am	<b>Music</b>	<b>Louise</b>	9330 2630

4 <sup>th</sup> /5 <sup>th</sup> Wed	9.30am	<b>Writing for Pleasure</b>	<b>Robert</b>	9339 6315
4 <sup>th</sup> Wed	9.30am	<b>Games Group</b>	<b>Alice</b>	9364 9511
Every Friday	9.30am	<b>Mahjong</b>	<b>Kaye</b>	9457 7144
3 <sup>rd</sup> Sat	2pm	<b>Melville Lecture</b>	<b>James</b>	9272 4929

The Melville Lecture is held in the Apollo Room, Melville Recreation Centre, corner Stock Road and Canning Highway, commencing at 2pm. Visitors are welcome. Entry fee of \$3 includes afternoon tea.

- 16 May** **Dr Alec Duncan, Curtin University, "Understanding the Sonar Imaging in the Search for the Malaysian Airliner MH370"**. A talk about the sonar devices being used in the search, their scope and what they are revealing about the underwater profile of the Indian Ocean. More importantly, who will be able to access that imaging after the search is concluded and what use is likely to be made of that information.
- 20 June** **Dr Anne Aly, Curtin University, "The aftermath of the Arab Spring - A Comparison between the Neighbouring Countries of Libya and Egypt"**. Dr Aly has become not only a national figure but was recently asked to the White House for a meeting with the President. **This lecture will not be confirmed until closer to the above date.**
- 18 July** **Ernest Turpin, "The Importance of Colour in Our Lives"**. Among the areas he will discuss are, how warm and cool colours react, how the eye adjusts (or can be confused) to various wavelengths of reflected light, mistakes in making street signs, placards and selection of type faces, and how the artist can utilise the aspects of colour impact to enhance landscapes, portraits, flower arrangements etc. To emphasise such points Ernie will show some examples and demonstrate how the artist uses this knowledge to advantage.

### SWAN HILLS REGION

Meets at 1.30pm on Fridays at Polytechnic West, Lloyd Street, Midland (formerly Swan College of TAFE) in Lecture Theatre, Block "D", behind the Administration Block "A".

1 May	<b>Polytechnic West Scholarship Fund</b>	<b>Bill Swetman</b>
8 May	<b>The Rhythm of My Life</b>	<b>Robin Talbot</b>
15 May	<b>Great Southern Railway - York</b>	<b>Tony Harding</b>
22 May	<b>Perth Trams Part II</b>	<b>David Brown</b>
29 May	<b>Great Southern Railway - Beverley</b>	<b>Catherine Baxter</b>
	<b>Great Southern Railway - Brookton</b>	<b>Maxine Wood</b>
5 June	<b>Asthma Foundation WA</b>	<b>Annette Raison</b>
12 June	<b>Fifty Shades of Truth</b>	<b>Patrick Cornish</b>
19 June	<b>Canning Stock Route</b>	<b>Gabor Bedo</b>
26 June	<b>800 Years Since Magna Carta</b>	<b>Gillian Ashton</b>
3 July	<b>Great Southern Railway - Pingelly</b>	<b>Christine Oliver</b>
	<b>Great Southern Railway - Narrogin</b>	<b>Janice Brooks</b>
10 July	<b>Australian Section of Cruise</b>	<b>Brian and Marilyn Loader</b>
17 July	<b>No Place Like Home</b>	<b>Phil Dale-Jones</b>
24 July	<b>Christmas in July</b>	<b>Members</b>
29 July	<b>Social lunch, High Wycombe</b>	<b>Members</b>
(Wednesday)		
31 July	<b>Great Southern Railway - Wagin</b>	<b>To be announced</b>
	<b>Great Southern Railway - Katanning</b>	<b>Pat Paleske</b>

### WANNEROO REGION

Meets at 1.30 pm on the last Thursday of each month at the Wanneroo Recreation Centre, 275 Scenic Drive, Wanneroo. Inquiries to Richard on 9206 3440.

28 May	<b>Some Myths about Infection Control in Aged Care</b>	<b>Joy George</b>
25 June	<b>To be announced</b>	<b>Richard Offen, Heritage Perth</b>
30 July	<b>To be announced</b>	<b>To be announced</b>



### **CONVERSATION**

Meets at 10am on the first and third Thursday of the month at Drabble House, Nedlands. Contact Jean on 9284 1731 or at [jeanr64@bigpond.com](mailto:jeanr64@bigpond.com)

## SOME IMPRESSIONS OF ISRAEL IN YEAR 2014

by Alan Mortimer, South East Metro Region

I went to Israel at the end of last year. This was a tour to explore the politics of the place, and to learn about the different points of view that pervade in this troubled place. At the same time, it was possible to see how people live and how religion affects everyday life.

Our group of 12, from U.K., Australia and New Zealand travelled all over Israel and the West Bank. We didn't go to Gaza although, in hindsight, it would have been possible. Our foreign passports allowed travel to all parts of Israel and Palestine.

I travelled with El Al Airlines from Luton in the U.K. to Tel-Aviv. There were lots of questions at the airport about my travel to Israel, including the reason for my visit and where I would be travelling. Perhaps it was because I was travelling with El Al and mostly Jewish families. They were interested too in my recent visit to Iran. There were only two of us who were not Jewish on the flight. Having been through the normal UK airport security, they wanted to search our hand baggage again. They wasted their time of course.

The flight to Ben Gurion Airport in Tel Aviv took 5 hours. It was then on to the "foreigners" immigration booth, very chatty and really interested in Iran – obviously been contacted by Luton. She had thought that tourism was totally banned there, maybe for her. But for many others, it is fine. And so I received a small permit or visa entitled "State of Israel Border Control - Not Permitted to Work". Otherwise, free of problems, out in 30 minutes, and no long interrogation predicted by doomsayers!

I got a tea in the main hall and then made for the train to Savidor, the closest station to my hotel. The railway connects at the Airport and the platform staff were very helpful with directions although signs are in English and Hebrew. At Savidor, a taxi took me to my hotel overlooking the Mediterranean. The next day, I was to go to Jerusalem by train to meet the group.

I asked the receptionist about a bus to Savidor Station. Sure enough, it was possible with a 5 minute walk to get the No. 10 service. The fare at a pension concession rate was a tenth of the cost of a taxi. The thing about Tel-Aviv buses is that they always pull away from stops with passengers paying fares on the platform. So you have this one handed driving and change given with the other and on my first trip, eating a sandwich as well. I asked if sandwiches were part of the service, but got no answer!

The two hour train ride to Jerusalem in a Danish diesel was very comfortable. I had got rail timetable for \$A1 equivalent and knew that Jerusalem Station, although new, was in the suburbs. So, I got a taxi to "Terminal" where the railway will eventually stop. Here, it was possible to get the new tramway to near the hotel. Certainly Israel was not turning out to be the place of those Smartraveller advices put out by DFAT. It seemed very relaxed and normal. My first tram trip from "Terminal" to "Shivtei Israel" was interesting. There were two additional stops while police cleared "suspicious objects from the line". We stopped for 5 minutes each time then proceeded. I wondered what the "suspicious objects" were. Also, people hadn't got used to waiting for others to alight before boarding. A game of push and shove ensued. The trams had started running just a year before.

### **Security**

One thing that comes through is that Israel is maintained as a secure oasis by massive security. The Israeli Defence Force (IDF) patrols every border. All young people have to sign up for national service, men for 3 years and women for two years. These young people in military uniform are a common sight everywhere, not necessarily always on duty although they often staff check points between Israel and the West Bank.

Shin Bet is the internal security service. We met with a former head of Shin Bet resulting in some interesting insights. The film "The Gatekeepers", a documentary featuring six former heads of the Israeli Secret Service including our man, is enlightening. Yet, the feel of the place is entirely relaxed and routine to a foreigner.

And so to the hotel in East Jerusalem, just over the Green Line in the "West Bank". East Jerusalem is not as affluent as West Jerusalem. Yet, it is overseen by the same Jerusalem local authority. I was soon asked the rhetorical question "how do you tell a Palestinian house?" Answer, by the black water tank mounted on the roof. The water supply to Palestinians is not constant and so when it is flowing, they fill up large black water tanks on their roofs.

### **West Bank**

Our first meeting was with a journalist from the *Economist*. He gave a very bleak description of Israel and its relations with the Palestinians. He saw no improvement in the situation of the continual sniping at one another, the enmity dating from 1948 when some 700,000 Palestinians were expelled from their homes. Some of these people, and now their descendants, still live in refugee camps from that time.

Our first visit was to one of those refugee camps in Ramallah, the capital city of the West Bank, close to Jerusalem through one of those check points. It was easy for us since we checked as a group in a minibus with a respected Israeli guide. The young soldiers quickly got us through, checking on our driver who was an Israeli Arab who lived in East Jerusalem.

We arrived at the Amari Refugee Camp, an area of old buildings very close together, and established in 1951. It was peaceful and people were welcoming. Children played and there were some shops. These refugees, and now their descendants, are not the responsibility of the Palestinian Authority, nor the Palestinian Liberation Organisation. They survive on international aid channelled through the UN. They lay claim to their original property from 1948, now part of Israel proper.

By contrast with Amari, the refugee camp at Nablus, Balata, is often raided at night by the IDF searching for terrorism suspects, but more about harassment. As a result, the atmosphere was not as peaceful as Amari. We went to the school, where many foreign volunteers are trying to give the children an education.

### **To Bethlehem**

We had two guides, an American Israeli from the Israel Palestine Centre for Research and a Palestinian activist and critic of Israel. Both were mines of information about Israel and the Palestinians. One quote from our Israeli "don't think you can visit Israel and the West Bank for 10 days and then go home and write a book on Israel, Yesterday, Today and Tomorrow". Well, I certainly did not come away with any thoughts about a solution to this. Many "solutions" were presented by different people. One was from a Palestinian, who mentioned a "one State" solution, where Israel and the West Bank would be one country. Others want two States, Palestine and Israel.

Now onto some ordinary day to day things. In the centre of Ramallah, there is a copy of Starbucks coffee shop, common in the West Bank. "Stars & Bucks" overlooks the central roundabout. We visited the tomb of Yasser Arafat, an imposing marble mausoleum watched over by Palestinian Military. It was then on to Bethlehem with its Church of the Nativity, thronged by visitors in spite of the scaffolding. A guide told us that Armenian, Orthodox and Catholic Christians do not agree about the location of the crypt where Jesus was born! By contrast, opposite, there is a café "Star\*Bucks" run by a hard working Palestinian concerned for the future of his 16 year old son. We touched many personal stories like this.

## Hebron

I suppose the most telling of the West Bank places was Hebron. This is the second holy city claimed by Palestinians and Jews. Reasonable enough, share it. Well no. Hebron represents a very dramatic divide between the two, with Israeli settlements right into the city centre. The IDF is present to defend the settlers, not the Palestinians. And so there is outward hostility between the two groups. There are guarded checkpoints at the gates to settlements. The hostilities arose out of Palestinian intifadas in the past, which massacred many Israelis in Hebron, dating from 1929 according to one of the signs.

It was a public holiday when we visited Hebron, with everything Israeli closed. We were briefed about possible violence from the settlers and if we were approached we were to say "Hag Semair" – "Happy Holiday". We visited a Palestinian family and they put on a traditional lunch – small dishes of meat, fish and vegetables with rice. They lived close to some settlers and were continually harassed by them. Their daughter had her hair set on fire by a settler, and their 15 year old son had been arrested by Israeli Police and taken away for a week for allegedly throwing stones at settlers. Settlers often throw stones at them, though. They thought they would suffer for allowing our visit, but it was a way of life and they were used to it. Our visit was legal.

A nearby Palestinian market was covered by wire netting because settlers throw anything over there to disrupt the market and, long term, to drive out the Palestinians.

In the city centre, there was a check point with IDF youngsters. One girl, now from Wales, was looking forward to returning home in a few months, having almost completed her military service, mostly on check points, giving Palestinians a hard time, although very relaxed and wanting to talk. Most IDF people we encountered were pleasant and relaxed, with us. Nearby, a coach party of Indonesians was returning to their vehicle. Immediate friendship broke out between them and two of us from Australia who happened to be together at the time. It was really friends of geography.

## The Wall

There have been many walls built throughout history to separate people, including the 700km wall dividing Israelis from Palestinians. Ostensibly it is to stop rockets being fired into Israeli settlements from the West Bank, in which it largely succeeds. However, the arbitrary nature of the route it takes divides some Palestinian interests. There are gates with check points mostly to restrict Palestinian movement and to ensure it is inconvenient. We saw one pathetic home which had been cut off from its land, its livelihood, by this huge concrete structure close by. At the same time, the wall had cut off a nearby busy trading street which was now closed because its access to markets had been shut off by the wall.

## Nazareth

This is the only Palestinian town within the state of Israel. Here is the Church of the Annunciation where the Angel Gabriel visited Mary to announce the coming of Jesus. It is a peaceful place with many visitors. I wished someone had been playing the organ there as it was open and inviting. In Nazareth Illit (high) there is a big Jewish housing development. Unfortunately many the properties could not be sold and wealthy Palestinians moved in as well. We visited the Town Council here in their very lavish council chamber.

## Haifa

We met with the Mayor of Haifa in a city of harmony without any discrimination. I thought perhaps that this should be the Holy City instead of Jerusalem. I returned to Haifa after the group tour had ended. It is a pleasant northern Israeli harbour city built on a mountainside, with both an underground funicular and high cableway.

## Jerusalem again

I returned to Jerusalem after the tour to ride the trams and to see the Old City. Unfortunately there were two holidays in this week and Shabbat – the Jewish Sabbath. On one of the holidays and on every Shabbat (Saturday), everything closes. I was lucky in finding a bar restaurant open all day, run by Christians and Palestinians. Alcohol was available too. And luckily, all the Old-Walled City was alive and I joined a walking tour to see the Wailing Wall and the Dome of the Rock.

The Jerusalem tramway is about 11km in length. Most of this is in West Jerusalem but towards the eastern end, it runs though the West Bank for 3 stops. It is a good service for Palestinians living in that area, but it continues further on to serve four stops within an Israeli settlement not recognised by the UN. Thus there are settlers on the trams travelling through the West Bank. Trams have been stoned from time to time and there have been riots at the 3 Palestinian stops, damaging the infrastructure. Still the service continues.

I expected that the few police and young soldiers would be at the humpy at Damascus gate. They are stationed here at a strategic location at one corner of the Old City and where the tramway follows the green line (the 1967 border of Israel and the West bank in Jerusalem). There are plenty of fags smoked and coffee drunk there. They are ready to act if any violence breaks out. From my hotel close by, one early morning there was certainly gun fire coming from that direction with flashes of light to match. Yet when I walked by some two hours later, the fags and coffee were out again.



*Damascus Gate in the Old City of Jerusalem. This is where the four quarters come together – Armenian, Christian, Jew and Moslem.*

## Armageddon

We went to an empty plain called Megiddo, or Armageddon, the site of the last battle of mankind. I wonder when that will be.

## EATING IN THE FIFTIES

**(Oh how things have changed!)**

- Curry was a surname.
- Indian restaurants were only found in India.
- A takeaway was a mathematical problem.
- A pizza was something to do with a leaning tower.
- All potato chips were plain - the only choice we had was whether to put the salt on or not.
- Rice was only eaten as a milk pudding.
- A Big Mac was what we wore when it was raining.
- Brown bread was something only poor people ate.
- Oil was for lubricating, fat was for cooking.
- Sugar enjoyed a good press in those days, and was regarded as being white gold. Cubed sugar was regarded as posh.
- Fish didn't have fingers in those days.
- Eating raw fish was called poverty, not sushi.
- Healthy food consisted of anything edible

## [YELLOW CAT TO CLAISEBROOK](#)

"It's not like it was forty years ago". We turned to find the voice behind us. My friend Jo and I had been so absorbed in discussing the scene before us that we were startled, not only that someone had approached unnoticed but also that his tone of slight disparagement surprised us being at odds with our almost rapturous delight.

We had taken the Yellow Cat to Claisebrook mid-afternoon on a sunny, still Sunday in August, the Yellow Cat being one of four free inner city Perth Cat buses. It was a perfect touch of spring in a mild winter. Going to that garden was a follow on from sharing a picnic lunch the day before in the delightful community garden created several years ago by the City of Perth in space adjacent to the Art Gallery of WA. In the City garden about a dozen or so beds are enclosed with metre high riprap stone walls, each bed large enough to grow a variety of vegetables and herbs with a fruit tree or two. A patch of grass at the western end is used for talks and demonstrations or just lying around looking at clouds.

Footpaths are wheelchair safe and various seats and wooden tables invite people to linger sampling whatever is ready to pick. We plucked a few borage flowers to decorate our evening salad as we strolled around. We talked about the use of the large borage leaves in early European medical practice as a poultice to treat broken bones and given the name Self Heal. Happier uses these days are for young leaves in salads and the beautiful blue flowers in ice cubes to float on bowls of fruit punch or as decoration.

Not even the clamour of constant train movements at a lower level and passing Saturday crowds close by with their loud music and chatter just a few metres away could destroy the tranquil ambience of the garden.

Seeing that my friend enjoyed this experience, I suggested we go to an older community garden at Claisebrook. I had glimpsed the sign "Claisebrook Community Garden" from the Midland train over many years but had never visited it.

The Yellow Cat terminated at Claisebrook Railway Station so we took the chance that the Cat would land us somewhere near the Community Garden. The Cat wound through pleasant leafy streets where many older houses have been replaced by modern styles. It was a lovely afternoon.

"Do you know of the Claisebrook Community Garden?" This question brought an amused smile to a fellow passenger as we alighted. "It's right there" he said, pointing with an outstretched arm towards the start of the bus turnaround past a long old stone wall. "You can't miss it".

The tiny lady bus driver called to us, "I leave in ten Minutes", her tone implying that ten minutes would be more than enough time for anyone to have a look.

There was no sign to guide us. The long stone wall attached to an old stone building may have been part of a yard attached to the original railway station. It seemed to end in bushy shrubs but, as we approached, a break did appear.

That hesitant step took us into a micro-world of "WOW's". What a feast for the eyes! Like a magnet, beds of lush vegetation drew us toward two pairs of long parallel raised beds contained by wide wooden planks sited in the western end of the garden. The beds seemed narrow but were wide enough to support at least five rows of different vegetables along its length. Tall plants like broccoli, broad beans and chard ran the length of the middle of the bed with shorter varieties such as kale, Asian and Italian greens sloping to either side.

It was an artist's palette of soft and bright greens and silvery greys complemented by perfect scallops of bright russet mignonette lettuces that hung over the pathway.

"Oh! Look at this! Just look at this!" We couldn't help exclaiming and marvelling at the vigour of the plants while slowly circumnavigating the beds.

There were also small surprises with garlic and leek plants pushing between greens and young snow peas ready to be staked, looking good despite the competition. They were all so healthy, no fungal wilts or caterpillar holes to mar their excellence. Each bed had an up-to-date drip reticulation system in place and against the far wall were huge open compost bays, neatly labelled with a date. It was all very impressive. The rest of the gardens, walls with grapevines and some espaliers, fruit trees with smaller but similar raised beds angled around them, were equally as interesting. There were even trusses of ripe tomatoes and red chillies in this sheltered winter warmth.

But, somehow it seemed surreal. All this abundance of so much ready to harvest with no sign of anything being picked up made us a little uncomfortable. Perhaps we were trespassing despite no sign to that effect. But that did not stop us from being thrilled to be amongst it all.

That is until we turned to locate the voice which disturbed us.

"Yes, it's not like it used to be." A small grey-haired man with a weather beaten face had seated himself on a rustic bench in the sunshine. He leaned back against the old stone wall behind him clutching a brown paper bag. "It's been going a long time. Started by hippies, you know. I used to come here and do a bit of helping years ago. I don't do that anymore. I just come every night and have a quiet beer and pick a leaf or two. It's all changed," he ended dolefully.

There were just a few remnants of possible alternative influences in a leafless tree near him. We spotted some handmade ceramic wind chimes and short pieces of bamboo bound together stuck on a fork. "For small insect homes", he told us nodding towards the tree. That was the first we had heard of that idea but we did not say so. It was time to go.

It was obvious his thinking was not in tune with the present regime of ordered rather than haphazard planting.

With slanting rays of late afternoon, we left him to his quiet beer and to find another Yellow Cat to take us back to the City.

*Fran Edwards (Adelaide U3A).*

## [HAPPY BIRTHDAY](#)

Sonia Grant celebrated her 90<sup>th</sup> birthday on 10 February 2015. She was very happy and delighted with the birthday cake presented at a special afternoon tea in her honour. Sonia is a very busy person and has been a willing worker for the Mid-North Region of U3A (UWA). We hope she still has many happy years to come. Best wishes to Sonia from all members of Mid-North. The other lady in the photo is Amy Hardy who celebrated her 90<sup>th</sup> birthday late last year.



**CRYPTIC CROSSWORD No.118 by Sonia Kellett**

1	2		3		4			5	6		7	
8								9				10
11		12			13			14		15		
				16								
17							18					
19			20				21		22			
23	24						25					26
27							28					

**Across:**

1. Verify intention to trick the company? (7)
5. See the old boy around; he is round (5)
8. Airy place where you'd find Jack (7)
9. Heard the beast greeting girl (5)
11. Curve in a coy way (4)
13. Find the solace you are needing roundabout now (8)
17. Bad handyman turned to fish (6)
18. I need my stick to achieve an esoteric state (6)
19. The end of the twisted tramline (8)
22. Notice a blemish? (4)
23. Could he be a romantic type? (5)
25. Sidestepped in a boxing ring (7)
27. Looking good in an instant (5)
28. Chip away! (7)

**Down:**

2. A wild seed, perhaps (3)
3. Part of the body found on the shelf (5)
4. This clue remains remains (5)
6. Seaman and you together in a marshy place (5)
7. Finds iniquity a wrong (3)
8. Slay with merriment (9)
10. Dealt coal oddly but shared out fairly (9)
12. Require a group of singers by the sound of it (7)
14. Initially over New Year ten receive a rock (4)
15. Upset about being tricked? (5)
16. Could be a strange fish on the Frenchman's head! (4)
20. Understands the way to the capital (5)
21. Tether the French tree (5)
22. Somehow traps a small fish (5)
24. Artist finds useful substance among toiletries (3)
26. Water creature found in 8 across not a pest (3)

**WORD JUMBLE No. 6**

How many words of 4 letters or more, including at least one nine-letter word, can you compile from the letters in the grid below? All words must contain the centre letter and each letter may only be used once. There must be no plurals or verb forms ending in "s", no hyphenated words, no proper names and no swear words. **Good** 20 words, **Very Good** 25 words, **Excellent** 30 words, **Genius** 36 or more words.

Y	T	O
P	A	N
C	H	S

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**SYMMETRICAL WORD BOXES**

**by Sonia Kellett**

*(Answers to each clue go down as well as across)*

**No.3**

1. Implant
2. Girl's name
3. Pale
4. Meadow
5. Cares for

**1 2 3 4 5**


**No.4**

1. Tempest
2. Ill (*Roman*)
3. Vital organ
4. Gathers (grain)
5. Organisation with high IQ members

**1 2 3 4 5**


**Solutions to Crosswords:**

**Cryptic #117:**

**Across:** 1. Breadth 5. Bogus 8. Ladle 9. Riposte 10. Balsam 11. Delta 14. Scours 15. Scampi 18. Lurch 20. Regale 22. Trumpet 24. Angle 25. Donor 26. Ejected. **Down:** 1. Bolt 2. Endeavour 3. Dresser 4. Harems 5. Biped 6. Gas 7. Scenario 12. Lamplight 13. Isolated 16. Cognate 17. Writhe 19. Hyper 21. Vend 23. Urn

**Word Jumble #5:**

Acne, acute, ancient, ante, auntie, cane, canine, canteen, cent, cite, cute, eaten, enact, ennui, entia, entice, ENUNCIATE, etna, inate, inane, innate, neat, neaten, nice, niece, nine, nite, nuance, teen, tenia, teniae, tine, tinea, tune, uneaten, unite, untie.

**Symmetrical Word Boxes:**

- #1:** Cheat, Horse, Ernie, Asian, Teeny  
**#2:** Nomad, Ozone, Moron, Anode, Deneb

## JOONDALUP REGION VISIT TO MOUNT FLORA REGIONAL MUSEUM

The "Happy Wanderers" of the Joondalup U3A Region make many visits to places around Perth, with our most recent being to the Mt. Flora Regional Museum in Watermans Bay.



They were greeted by the Museum Curator who presented an excellent slideshow of photographs from the 1940's and 1950's giving an insight to the development of the City of Stirling and how early families lived. They then made their way to the museum to explore the varied exhibits which are detailed below.

Mt. Flora Regional Museum is housed inside a water tank which was built in 1940 and remained in use until 1971. It is located on top of Mount Flora which was used as a lookout during WWII. The view from the top offers one of the best panoramic views of the coastline – do take your camera. On the lookout wall there is a mural created by artist Ann Maree Pelusey which features about the fish (about 300) of the local waters.



Inside the museum you'll be able to learn about notable figures from local history dating back to the mid 1800's including Alfred and Elizabeth Waterman (whom the area is named after), Edward Hamersley whose daughter went on to

marry Lord John Forrest, and Patrick Marmion who set up a local whaling station.

The exhibits at the Mt. Flora Museum offer a look into region's past through photographs and artefacts. Permanent exhibitions include market gardening, whaling, and early days of school. The museum also holds photos and memorabilia exploring northern suburbs coast life like surf lifesaving, land developments and pioneering families. On the mezzanine floor of the museum, life sized recreations of rooms from another era include a kitchen and dining room. Downstairs there is a school room which features old wooden desks and original hand written homework dating back to 1908. The museum certainly lives up to the City of Stirling's Motto "*Be Sterling*".

The Mt. Flora Regional Museum is open on the first Sunday of each month from 1.30-4.30pm and other times by appointment. Contact Tracy Willet on 9205 8946 or at [tracy.willet@stirling.wa.gov.au](mailto:tracy.willet@stirling.wa.gov.au)

We can recommend this to other U3A Regions as it has ample parking and is readily accessible with a convenient bus service (route 423) to the entrance of the venue.

### From the Editor:

To all contributors, be you scribes, poets, travellers or a Region correspondent, please do not wait until the next deadline to send already prepared articles or Regional programs. It is of great assistance to have them earlier, and it saves having to send reminder e-mails to Program Coordinators.

**The deadline for the August-October 2015 issue is 5.00 pm on Friday 3<sup>rd</sup> July 2015.**

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