

INFORM

The Official Magazine of U3A (UWA) Inc.
Issue 120, November 2015 – February 2016

Patron: Emeritus Professor Alan Robson AO, CitWA

U3A (UWA) CITY LECTURE SERIES

The next talk in the U3A (UWA) City Lecture Series will be held on Sunday 8 November 2015 at the State Library Lecture Theatre commencing at 2.00pm. The topic will be “China’s Silk Road Economic Belt and 21st Century Maritime Silk Road”. The talk will be presented by Dr Huang Quinguo, Consul General of the People’s Republic of China in Perth, pictured:



The Maritime Silk Road was announced by China’s President Xi Jinping in a speech to the Indonesian Parliament in October 2013. China sees its “Silk Road Economic Belt” as indivisible from the “21st Century Maritime Silk Road” as seen by their slogan “one belt, one road”. The Maritime Silk Road seeks to pacify China’s neighbouring countries who feel threatened by its aggressive territorial claims in the South China Sea. The Maritime Silk Road not only stands side by side with the Silk Road Economic Belt, but also as part of China’s past investment in maritime-related infrastructure, referred to by some as a “String of Pearls” policy.

It is also designed to cement relationships with countries that are friendly to China such as Malaysia, Pakistan and Sri Lanka through economic incentives such as infrastructure development and trade deals. China has a recent history of supporting infrastructure projects with Myanmar, Sri Lanka and Pakistan.

Chinese infrastructure investment will get a huge boost with the creation of the Asian Infrastructure Investment Bank (AIIB) together with the Maritime Silk Road Bank and the Silk Road Fund. China will be contributing US\$50 billion to the AIIB, while the Maritime Silk Road Bank and the Silk Road Fund hope to attract US\$16 billion and US\$40 billion in investment respectively.

The whole project is indeed a multi-headed dragon, the progress of which will be followed with great interest.

U3A (UWA) CHORALE

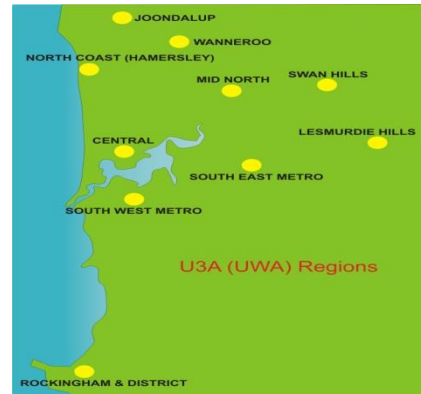
The U3A Chorale will be holding an exciting “Sing for Joy” Open Day on Saturday 21 November 2015. See page 16 for all the details of this event.



Contacts in your local U3A (UWA) Region:

Central	9383 2037
Joondalup	9305 3370
Lesmurdie Hills	9453 1436
Mid-North	9276 9670
North Coast (Hamersley)	9409 1412
Rockingham & Districts	9593 9852
South East Metro	9350 5992
South West Metro	0450198413
Swan Hills	9274 3224
Wanneroo	9206 3440

See pages 6 to 9 for information on Regional Meetings/Groups.



U3A (UWA) COUNCIL

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U3A (UWA) OFFICE

The U3A (UWA) Office is open for business on Mondays, Wednesdays and Fridays from 9am to 12noon.

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Phone: 6488 1857.

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Website: www.u3auwa.org

2015 U3A SEMINAR

The 2015 U3A Seminar entitled “**The Power of Ageing**” was held at the State Library Lecture Theatre on 22 August commencing at 9.45am. It was attended by some 160 people not only from U3A (UWA) but also from other U3A’s in the WA Network. President Peter Alcock welcomed members and visitors and paid tribute to the late Paul Thiessen who had been instrumental in laying the foundations for the Seminar. Paul’s wife, Connie was able to be in attendance.



The Seminar was officially opened by our Patron, Emeritus Professor Alan Robson AO, CitWA who briefly outlined the change in life expectancy and reliance on the Age Pension from the early 1960’s to the present day. In 1960 the life expectancy for a male was 70 years of age and 50% of them claimed the Age Pension. Today those figures are 83 and 85% respectively, showing a major shift in the older age bracket. He also suggested that a holistic review needs to be undertaken in a realistic way to create more opportunities for lifelong learning.

The first guest Speaker was Ken Marston, CEO of COTA (WA), who spoke on “*The Power of Ageing - Can We Make Seniors’ Voices Heard?*” Ken began by outlining some of the roles of COTA which is the peak Seniors’ organisation in Western Australia having been founded in year 1959. Ken defined Power as “the ability or capacity to act or do something effectively”. Australia, along with the USA and Europe currently has one of the world’s highest percentage of ageing people, but other countries such as China will make up the leeway by year 2050. In terms of financial security, we rate only 61st on a world-wide scale. We have a very high percentage of people on either full or part Age Pension and we perform poorly in terms of people who are not so well off in retirement. Ken then spoke about some of the constraints to senior’s power such as self stereotyping, age discrimination, financial literacy, vulnerability, chronic ill health, and a lack of a recognised and broadly accepted voice. Areas that COTA is presently studying are older people in the workforce, designing housing to suit the demographic, encouraging healthy active lifestyles, and planning ahead for life’s transitions. Ken concluded by suggesting that we can work together in intergenerational cooperation and collaboration. Ken was thanked by Ann Ramshaw. It should be noted that U3A (UWA) has made the excellent investment of membership in COTA.

Brunch was served between 11.15am and 12.25pm.

The second Guest Speaker was Greg Mahney, CEO of Advocare Inc., whose topic was “*Powers of Attorney and Guardianship - Sword or Shield?*” Greg outlined some of the roles of Advocare in assessing concerns associated with home care packages, and fees in Residential Care. Greg also chairs a two monthly meeting of The Alliance for the Prevention of Elder Abuse, Western Australia (APEA:WA). This meeting brings together a concerned

group that includes Advocare, Department of Health, Department of Aboriginal Affairs, Legal Aid Western Australia, Office of the Public Advocate among others. They have implemented an ‘Elder Abuse Helpline’ and provide advice to those who ask for it. It is client focussed and they are careful to establish what it is that the client desires rather than give direction as to what to do.

In terms of Elder Abuse in Western Australia, Greg was careful to point out that while 1 in 20 experience this abuse there are the other 19 in the 20 who do not abuse. This will be most likely by relatives, with statistics showing that their own sons and daughters are most likely to offend, followed by stepsons and stepdaughters. Elder Abuse can take the form of financial, emotional, psychological or sexual abuse. Greg then turned his attention to Enduring Powers of Guardianship (EPOG) and Empowering Power of Attorney (EPOA). EPOG’s having nothing to do with financial and property matters, but they are very much concerned with aspects of health and well-being. You should obtain a EPOG while you are able to nominate someone appropriate, and this only comes into effect when you can no longer make decisions. If there is no such Guardian, public legislation dictates a hierarchy pathway. It should be noted that Advance Health Directives take precedence over EPOG’s. EPOA’s are only concerned with financial and property matters. It is suggested that there be two people assigned as EPOA’s, one being a relative and the other a professional person, but both people should be able to handle your money correctly and be expected to agree on all matters. It is also suggested that you periodically review your Attorneys. Greg was thanked by Norm Ryder.

The third Guest Speaker was Associate Professor Christopher Etherton-Ber, a clinical academic in Geriatric Medicine at U.W.A., and a Geriatrician /Clinical Pharmacologist at the Royal Perth Hospital. His topic was “*Care in an Ageing Australia*”. Christopher highlighted the first of two research projects with which he has been involved, called “Towards Organisational Cultural Change” (TOCCCh). He gave a detailed explanation of the research undertaken with staff response to the needs of clients in residential care. This involved work teams of staff to solve problems with the resources that they already had on hand. Quite simple intervention was often all that was needed. They found that education alone was not enough and that the group approach was effective. The second research project is named “Depth of Field: Exploring Ageing – A Reflective Learning”, and the results he gave us were literally “hot off the press”. Photographs are used to encourage students to think differently. Photographs are shown without context then life stories are added using story telling software. There was a strong emotive response when the personal story is added. In conclusion, Christopher spoke about the challenges faced in addressing care in our ageing community. Christopher was thanked by Phyl Abbott.

The audience had probing questions for all the speakers, all of which were so eloquently answered. It was encouraging to hear such positive, enthusiastic, younger experts speaking up about the work they are doing to improve the outcomes for older people. The Brunch break was an opportunity to have a good chat and catch up with fellow members from other Regions. This surely is one of the nice social aspects of meeting together as a larger group.

The Seminar concluded at 2.50pm and was followed by the U3A WA Network Annual General Meeting.

Janice Brooks, Swan Hills Region and David Phillips, Rockingham & Districts Region.

CALL FOR AN AUDITOR

U3A (UWA) does not currently have an Auditor. Should you or someone you know be prepared to audit our books for the current financial year, please contact the office at info@u3auwa.org.au. Your assistance would be greatly appreciated.

CERTIFICATES OF APPRECIATION

The U3A Council has decided to continue the awarding of Certificates of Appreciation in year 2016. There will be a maximum of five certificates awarded to recognise outstanding service to U3A (UWA) in either Regions and/or Council. It is up to Regional Committees to nominate suitable members for consideration by Council. The following are the criteria for the Award:

- To qualify for the Award, the recipient must be a member in good standing.
- To qualify for the Award, the recipient should have performed some outstanding service over a number of years, over and above holding a specific office.
- All members of Council considering the application are to be ineligible for the Award in that year.
- Other than the initial tranche of Awards in year 2013, the number of Awards each year is not to exceed five.
- Applications may be submitted by the Committee of a Region or by Council. No personal applications will be considered.
- Applications must include a statement in support of the candidate and **be signed by the Chairman and Secretary**.
- Application forms are available from your Region Council Delegate and must be submitted to the General Secretary, Christine Oliver by Friday 22nd January 2016 for consideration at the Council meeting of **9 February 2016**, and for conferral at the 2016 Annual General Meeting.

PRESIDENT'S REPORT

This edition of your Inform Newsletter is the last for this year and as usual provides members with information about upcoming activities around the Regions. I welcome those of you who have joined U3A (UWA) recently and if you haven't been to your local group, or to any of the groups around the suburbs, I encourage you to do so. You may have joined for the City Courses but many other interest groups, talks and activities are at the heart of the organisation and provide an outlet to become fully involved.

Year 2016 will be our 30th Anniversary, and this is another great opportunity to publicise U3A, starting on 13 March with a garden party at the Sunken Garden at UWA. Dr Maureen Smith, who was instrumental in establishing U3A in Western Australia in 1986, will be there- will you?

Membership renewal notices will have arrived in your letterbox or inbox by the time you read this and you will notice that annual fees are now \$40. An increase in membership fees is never a popular move, and your Council is sensitive to this matter, however the membership fee has not changed in many years despite increasing costs. The initial distribution back to members had to be reduced in the first half of the year to avoid risking an overdraft. A second distribution is expected to be paid at the end of the year and an increase is forecast for next year following the fee increase.

In response to some concerns about the management of our finances, a Finance Committee has been formed (headed by the Hon. Treasurer) to advise Council on cash flow issues, procedures for handling receipts, payments and purchase orders, to review income and costs of activities and to coordinate accounting reports for the auditor.

It is timely to consider nominations for the Certificates of Appreciation to be awarded at the 2016 Annual General Meeting. Full details may be found on this page..

Once more I wish all our members and their families a happy, safe and healthy festive season. **Peter Alcock.**

U3A NETWORK REPORT

The Annual General Meeting of U3A Network WA was held on 22 July 2015 immediately after the U3A (UWA) Seminar. The newly elected committee is as follows:

Chairman: Don McDonald (U3A UWA)
Vice Chairman: Peter Flanigan (U3A UWA)
Secretary: Helen Baker (U3A UWA)
Treasurer: Jean Duff (U3A Online)
Committee: Christine McDonald (Naturaliste U3A), Rory O'Brien (Mandurah U3A)

A motion to retain the Network fees at 50 cents per member as at 1 July 2015 was carried. It is hoped we can resume production of a Newsletter in the near future. Don McDonald will serve as the second Council representative from U3A (UWA).

The newly appointed Network Committee met for the first time on 22nd August, with all six members present. The Committee took some initial steps towards updating the Network Strategic Plan, the first edition of which was finalised in June 2014. The Plan is built around the four objects of the Network which are Promotion, Communication, Support and Connections. Several specific actions are being considered, including:

- A visit to U3A Mandurah by some Committee members.
- Assisting member U3A's in addressing their insurance and copyright responsibilities.
- Organising a State Conference in mid-2016.

The concept of this Conference is in its infancy and discussions have been held with U3A (UWA) President, Peter Alcock in particular as to whether the Conference should be consecutive with, or combined with the U3A (UWA) Seminar. Though the number of individual members in our U3A's other than U3A (UWA) is now well over 500, the attendance from those U3A's will inevitably be quite low, as they are spread from Margaret River to Geraldton.

TRAVELLING COMPANIONS

There have recently been a few comments about the added expense involved with the Single Supplement when travelling. These followed a recent talk on "Travel Tips for Seniors" held at the Joondalup Region. *Inform* magazine will assist such people who are seeking travelling companions. You are invited to e-mail the Editor at dph87111@hotmail.com with a few lines giving your name and trip details (destination and dates) together with your sex and age (optional). Also include an email contact as there will be no phone numbers accepted. We already have our first notice:

"Lady, 66, fit, healthy, active, wanting to travel to Italy in about May 2016 and travel for 4 weeks or longer. I am seeking a lady travel partner with similar interests, they being history, architecture and culture. Not 5-star accommodation but certainly not budget and possibly use AirBNB. If interested, please contact me on email at janettemoss@yahoo.com."

David Phillips.

MEMBERSHIP DRIVE FOR NORTH COAST (HAMERSLEY) REGION

North Coast (Hamersley) Region is seeking support from local MP's, Councillors and other community leaders to boost their membership numbers following their move from Warwick to

Hamersley. More than a dozen new members have signed up since the move from the Warwick premises to a large community hall at nearby Hamersley. The Warwick clubrooms in the City of Joondalup had a limited capacity 50 people, while the modern, spacious Hamersley location can accommodate 200. Says North Coast Chairman Pauline Yarwood, "We love our new venue, it's sunny and bright, it's in a gorgeous bushland setting and allows us plenty of room to grow."

North Coast is planning regular VIP visits from local dignitaries and is already enjoying enthusiastic support and encouragement as well as assistance with services such as photocopying. At a meeting earlier this year with Seniors Minister Tony Simpson, our representatives were urged to seek the support of government representatives at all levels, and that is exactly what is happening at North Coast.

The first VIP to be welcomed to the Hamersley venue was local MLA Chris Hatton who enjoyed a presentation by a fellow jazz enthusiast, North Coast's Nigel Ridgway. Mr Hatton will return later this year to give a presentation on the history of the Westminster System.

North Coast's membership is currently nearing 150 with around 50 regular attendees at the Region's weekly Friday meetings. "As well as recruiting new members, we are urging our friends from other Regions to come and visit us at Hamersley. We have already been delighted to welcome U3A (UWA) colleagues from Central, Joondalup, Swan Hills, Mid North and South East Regions," says Pauline.



Chris Hatton MLA (right) with Chairman Pauline Yarwood and U3A (UWA) President Peter Alcock.

U3A FILM GROUP – THE THINGS WE DO

The first two articles in this series have been about "Pre-Production". The first, from me, was about script writing and that was followed by an article from Peter Alcock on creating a storyboard. In this issue I will talk about some of the things we need to know about actually shooting film. So I suppose we should say that this one is about "Production."

Composition

The picture postcard scene is based on rules of perfect composition, leading lines, division of thirds etc. The horizon one third from the top, a tree on the left balancing a cottage on the right with a track curving from the bottom corner leading your eye to the cottage door. These are rules to be learned so that you know, when you break them, just why you had to. This doesn't mean you should disregard them but you should learn which rules to follow in what

circumstances. Find them in any book on photography or graphic design and modify them with your own experience. They are too complex to go into here.

Shots

Wide, Medium, and Close-up refer to the picture obtained not to the type of lens used. A long shot is the only one that usually refers to the use of a long lens. A wide shot would be used to establish, or orientate, the audience with the general environment of the coming scene. It tells them where we are.

When is a shot medium? If it is of a person we'd be referring to the top half of the body but if it was of a jumbo jet it would probably include a large proportion of the aeroplane but little background.

A close-up shot could be described as close-up, medium close-up, or extreme close up. The definition is relative. It could be a head and shoulders shot, a full face, or even just a pair of eyes but what the label actually indicates is a significant change in size from the previous shot.

It's worth noting here that a head and shoulders shot when filming an interview almost always has the top of the subjects head cut off and, again almost always, has more space on the side of the screen that the subject is facing than behind his head. Cutting of the top of the head makes a more intimate shot. Having the subject face the narrow side of the screen looks like he is talking to someone else. You will see this illustrated every night on the television news broadcast.

What I mean by significant size change is also worth mentioning. If we see a wide shot of a man in a setting and you are showing from feet to the top of his head only, cutting to a knee to head shot is disturbing. There is not a significant size change and it will look like a mistake was made. The cut should be made to a waist to head shot which would look obvious and deliberate and the audience would accept it as a new and different look at the man.

The same problem exists with small changes of camera angle when there is no size change. You must make the new angle a significant distance from the old so that it doesn't look like an accident.

There are lots of rules on the subject of shots but we'll have to leave them for another time. **John Bath.**

ROCKINGHAM & DISTRICTS VISIT TO THE CANNING VALE REGIONAL RESOURCE RECOVERY CENTRE (RRC)

Some 20 members of the Rockingham & Districts Region visited the RRC earlier this year. The Southern Metropolitan Regional Council (SMRC) operates the facility which provides waste management solutions to the City Councils of Cockburn, East Fremantle, Fremantle and Melville. It began in year 2005 and recovers 72% of household waste processed. It diverts more than 95,000 tonnes of waste per year from landfill thus preventing about 32,000 tonnes of CO₂ entering the atmosphere.



The main interest is in the recycling of the contents of your "Yellow" bin which, upon delivery at the Recovery Centre, are placed on a large, slow-moving conveyer belt which distributes the material for inspection and separation. Through the combined work of automated machines and SMRC staff, all paper products are first removed. High-tech optical sorters then scan the conveyer belt looking for all other mixed plastics. The paper is then further sorted into newspaper, cardboard and ordinary paper. The stored paper is then packaged as large bales. One of the final steps is for the plastics, metal and glass to be separated. Infra-red technology sorts Type 2 plastics (white opaque plastic used in milk and juice bottles), Type 1 plastics (clear cool drink bottles) and all other plastics. Other machines are used to create electronic fields which repel aluminium and steel containers. Glass is crushed in a form suitable for application as a constituent of road-base.

The facility is subsidized by the four City Councils but, with population growth and input from other City Councils, a break-even point might not be that far away. It certainly beats land-fill! Much of the recovered materials are sent overseas where further processing is carried out on a more economical basis. There the recycled materials are turned into new products including tin cans, papers, plastic bottles and HiVis vests.

CENTRAL REGION REPORT

As a fairly new member of U3A (UWA), I've quickly realised what a major bank of talent and interests lie within the members of Central Region. Some of my most enjoyable learning experiences have come from the Region's "Members' Contributions" which precede the Guest Speaker. Last month's topic was "Treasured Letters". Not having any old letters that I could share, I was prepared to sit back and enjoy other members' stories. I was entranced by a letter read out by Penny Sutherland who was born in Geraldton and lived in the same street as Randolph Snow who, as a young lad was known as "Mick" and when at school was called "Mo-Stick"! They kept in touch when he was a student at UWA and she a cadet reporter with the *West Australian*. Later they shared many adventures with other well-known family friends in the U.K. when travelling there in the 1950's. Penny had come back to W.A. when Randolph Snow wrote the aerogramme that she shared with us, typed closely and in great detail of his activities, friendships and Scottish reminiscences. This was an extraordinary evocation of time and place I myself had been involved in, albeit in a much narrower environment. There were other fascinating letters presented by Gabor Bedo (see

pages 12/13), Keith White, Peter Graham and Sally Gair.

A recent topic was that of "Senior Volunteer Activities". Jocelyn and Jim Everett have been involved with important research being carried out on the early diagnosis of Alzheimers disease. We were all very interested in Jocelyn's description of the various mental tests they undertake on a long-term basis. She advised us that patients do not take any medications being tested in laboratories. Jim then shared many of the Rottneest Volunteer Guide activities in which he and Jocelyn have been involved. For Jim, the tours of the gun emplacements from WW2 and the Wadjemup Lighthouse are the ones he regularly shares with visitors. Next we heard from Dixon Adamson about his SEVENTY SIX YEARS as a regular volunteer church organist in various Australian States and in different churches in a very ecumenical manner. This began when he was a young schoolboy and continues to this very day. This left the members congratulating this quiet unassuming gentleman on his amazing achievements. Madeleine Taylor had a story with a difference. Commencing with her interest in learning a non-European foreign language, she became involved with an Indonesian group of women and, rather than becoming an English as Second Language teacher which was her original intention, they all shared their learning together in a warm-hearted and Culturally enhancing way. My own contribution covered the Red Cross and Subiaco Council voluntary activities that I and my retired Pharmacist husband were able to deliver in our district for over a decade, and later our pleasure in sharing with school groups, various local history stories through the WA Museum's exhibits and displays.

I came away from the meeting impressed by the dedication shown by so many members in such an altruistic manner.
Yvonne Paterson.

ADDITIONAL IPAD WORKSHOP

Roger Watson will be running an iPad Workshop at Citiplace Community Centre to be held on Tuesdays 20 October, 3 and 20 November 2015 from 11.15am to 1.15pm. The fee for this course of three 2 hour sessions is \$35 and will be collected by Roger at the first session. Participants need to bring their own iPads, while WiFi and detailed notes will be supplied. The course is limited to 12 participants. All questions should be addressed to Roger at rogmar@amnet.net.au. Bookings are essential so contact the U3A (UWA) office on 6488 1857 on Monday, Wednesday or Friday mornings or email info@u3auwa.org.

SEASON'S GREETINGS

The President and Committee of the U3A (UWA) Council wish you all a Merry Christmas and a happy and prosperous New Year.



REGIONAL PROGRAMS – NOVEMBER 2015 TO FEBRUARY 2016

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.

9 Nov	1pm	Recollections of my Father's Life – General Sir Philip Christison, Baronet.	Ann James
	2.30pm	History of the Perth area via its Statues Part 2. – Social, Educational and Cultural Aspects	
23 Nov	1pm	Senior's Recreational Activities	Rita Higham
	2.30pm	Be a Bush Scientist	Members
7 Dec	1pm	Annual General Meeting	Felicity Bradshaw, U.W.A.
	2.00pm	Christmas Party	Members
1 Feb	1.00pm	Interesting Women in Literature, Part 2.	Members
	2.30pm	The History of the Parks and Gardens of Perth	Kay Rae
15 Feb	1pm	An Hour with English Poet Pam Ayres	Richard Offen (Heritage Perth)
	2.30pm	Murujuga Marni: Decoding the story of The Dampier Petroglyphs (Rock Art)	Terry Ewing
29 Feb	1pm	Rajasthan - Off the Beaten Track	Ken Mulvaney
	2.30pm	Lost and Found Art	Gabor Bedo Carl Altman

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

1- 2pm **Current Affairs Discussion**
2- 3pm **Literature and Music Group**

Meets on the first and third Thursday of the month at Drabble House, Nedlands.

10-12am **Spanish Conversation** - Contact Jean on 9284 1731 or at jeanr64@bigpond.com

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 1st Book Club meets at 11.45am on the second Monday of the month, and the facilitator is Brenda Hugo (0418 859 955). The 2nd 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 u3ajjoondalupregion@outlook.com for member queries, and the Region contact person is Janis Davis (9305 3370). Every 5th Monday there is a Luncheon at the Sovereign Arms. If you intend attending, please call Patricia on 9309 1607 by the previous Sunday evening.

9 Nov	11.30am	Special Interest Group	Terry Westmorland
	11.30am	Mahjong	Trish Lau-Veach
	11.30am	Creative Writing Group	Patricia Lysons
	11.45am	1st Book Club	Brenda Hugo
	12.30pm	Discussion Group	Terry Westmorland
	2pm	Face-Reading: Bring a Mirror	Wendy Carew
23 Nov	11.30am	Annual General Meeting and Christmas Lunch	Mmebers
8 Feb	11.30am	Special Interest Group	Terry Westmorland
	11.30am	Mahjong	Trish Lau-Veach
	11.45am	1st Book Club	Brenda Hugo
	11.45am	Creative Writing Group	Patricia Lysons
	12.30pm	Discussion Group	Terry Westmorland
	2pm	Eruptions that Stopped the World	Peter Alcock
22 Feb	11.30am	Special Interest Group	Terry Westmorland
	11.30am	Mahjong	Trish Lau-Veach
	11.45am	2nd Book Club	Janet Clark
	11.45am	Creative Writing Group	Patricia Lysons
	12.30pm	Discussion Group	Terry Westmorland
	2pm	The Earth – One in a Billion	Peter Flanigan

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.

3 Nov	Melbourne Cup – Informal Discussion	Members
17 Nov	Astronomy in a Digestible Dose	Richard Touello
24 Nov	Coffee Club	Members
1 Dec	Christmas Break-up	Members
2 Feb	Janet in the Frame and Money	Sonia Kellett
16 Feb	Complex Molecules and Can we Make Beer out of Them?	Dr Andrew Walsh
23 Feb	Coffee Club	Members

MID-NORTH REGION

Meets on alternate Mondays at the Church of Christ Community Hall, 68 Waverley Street, Dianella (opposite Centro Dianella)

9 Nov	11.45am	Home Sweet Home	Brenda Stubbs
	2pm	Computer Hacking and Internet Security	David Cook
23 Nov	11.45am	Evolution of Plants	Merv Hill
	2pm	Understanding Alzheimer's	Professor McKusker
7 Dec	11.45am	Annual General Meeting and Christmas Lunch	Members
8 Feb	11.45am	The Life and Times of Henry VIII	David Twohig
	2pm	Bush Heritage in the West	Dr Jo Axford
22 Feb	11.45am	Vincent	Sonia Kellett
	2pm	Iran and America- 60 Troubled Years	Gerard Roussilhes

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 on 9444 7782.

Film Club

Meets on alternate Monday mornings to view a recently released film, with coffee afterwards. Contact Ginie on 9271 7263.

Discussion Group

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

Excursions

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

NORTH COAST (HAMERSLEY) REGION

Meetings are now held every Friday at the Stirling Leisure Centre Hamersley, corner of Belvedere Road and Lampard Street, Hamersley. Contact Terry on 9409 1412 for further information.

The Walking Group meets at the Hamersley Recreation Centre each Friday and other times by arrangement. Please contact Nina (9309 5560) or e-mail nbronks@bigpond.com.

Check the Website www.u3auwa.org for changes. On the fifth Friday's of a month, outings are organised and announced at the regular meetings.

6 Nov	11.30am	Music Appreciation – Music from WW1	Jim and June Barns
	12.30pm	Walking Group	Nina
	1.15pm	Lady Be Good (Liberator Bomber)	Stuart Usher
13 Nov	11.30am	Book Club	Anka Babich
	12.30pm	Walking Group	Nina
	1.15pm	From Maiden Speech to Role in Parliament	Chris Hatton
20 Nov	11.30am	Committee Meeting	
	12.30pm	Walking Group	Nina
	1.15pm	Annual General Meeting	Members
27 Nov	11.30am	Poetry	John Buxallen
	12.30pm	Walking Group	Nina
	1.15pm	Conservation of W.A.'s Native Plants	Ethel Lucas
4 Dec	11.30am	Christmas Function	Members
11 Dec	11.30am	Book Club	Anka Babich
	12.30pm	Walking Group	Nina
	1.15pm	Quiz	John Buxallen
5 Feb	11.30am	Music Appreciation – Aussie Sing-along	Pauline Yarwood
	12.30pm	Walking Group	Nina
	1.15pm	Hartog on a Plate (400th Anniversary)	Mike Lefroy
12 Feb	11.30am	Book Club	Anka Babich
	12.30pm	Walking Group	Nina

19 Feb	1.15pm	Island of Sulawesi	Terry Harvey
	11.30am	Committee Meeting	
	12.30pm	Walking Group	Nina
26 Feb	1.15pm	The Greatest Class of Animals	Brian Gunn
	11.30am	Poetry	John Buxallen
	12.30pm	Walking Group	Nina
	1.15pm	The Idea of Progress (19th Century)	Peter Flanigan

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.)

6 Nov	1.30pm	The Zoo to You - Snakes	Gordon Johnson
20 Nov	1.30pm	Proposed Referendum on the Recognition of Indigenous People in the Australian Constitution	Fred Chaney AO
4 Dec	1.30pm	Annual General Meeting	Members
9 Dec	1.30pm	Christmas Lunch	Members
5 Feb	1.30pm	Eruptions that Changed the World	Peter Alcock
19 Feb	1.30pm	A Literary Tour	Diana Morgan

Group Studies Meetings

2 nd Mon	Nov, Dec, Feb	10am	WA History (ML)	Ann	9592 7386
3 rd Mon	Nov, Dec, Feb	2pm	Poetry/Play Reading (ML)	Diana	9593 2313
4 th Mon	Nov, Jan	2pm	Music ONE	Iris	9592 2483
2 nd Tues	Nov, Dec, Feb	times vary	Cinema Visit	Liz	9527 9471
3 rd Tues	Dec, Feb	2pm	Book Club 1	Gary	9550 4920
4 th Tues	Nov, Dec, Feb	2pm	Book Club 2 (ML)	Sandra	9529 1120
1 st /3 rd Wed	Nov, Dec, Feb	10am	Open Learning	Liz	9527 9471
4 th Wed	Nov, Dec, Feb	1.30pm	Scrabble Group	Wendy	9527 1560
2 nd Fri	Nov, Dec, Feb	10am	Coffee Group	Wendy	9527 1560
4 th Fri	Nov, Dec, Feb	12noon	Lunch Group	Colleen	0423 393183

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.

6 Nov	2pm	Travels in South America, including Machu Picchu	Dr David Phillips
19 Nov (Thur)	11am	Perth Concert Hall – Ascher Fisch Conducts Mahler's Symphony No. 1: "Titan" (Bookings at SE Metro Region 5 weeks prior)	Margaret 9398 1141
	9.40am	Pre-Concert Talk	
20 Nov	2pm	Annual General Meeting	Members
4 Dec	2pm	End-of-Year Celebration with Entertainment	Members
January		Picnic-in-the Park – details to be advised	Members
5 Feb	2pm	Horticulture: Business and Industry – Effects for Growers and Consumers	Eric Skipworth
19 Feb	2pm	Sleep On It: Disturbed Sleep - Affects on Mental Health, Thinking and Memory. Volunteers invited for Research	Assoc. Prof Romola Bucks

The following Group meets at East Victoria Family and Community Centre on first and third Fridays of the month 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 st Mon	1.30pm	Current Affairs	Maureen	9350 5992
3 rd Mon	2pm	Philosophy	Julia	9472 3015
4 th Mon	2pm	Play Reading	Alan	9450 2398

The following Group meets at a members' home

4 th Sat	2pm	Book Club	Maureen	9350 5992
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SOUTH WEST METRO REGION

Most regular meetings are held at the Miller Bakehouse Museum, 7 Baal Street, Palmyra. 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 rd Mon	10.30am	Women's Coffee Club	Judy	0427 409 791
4 th Mon	9.50am	Looking at Books	Ann	9457 1879

Every Tues	1pm	Mahjong	0450 198 413
1 st Tues	(time varies)	Going to the Movies	James 9272 4929
1 st /3 rd Tues	9.30am	Writing Life Stories	Gaye 9330 3544
2 nd Tues	10am	Reading 21st Century Writing	Ann 9457 1879
3 rd Tues	1.30pm	Poetry	Daphne 9364 3583
4 th Tues	10.30am	Men's Coffee Club	Dennis 9317 7919
1 st Wed	2pm	Book Group No. 2	Audrey 9317 8240
1 st Wed	9.30am	Current Affairs Forum	Dawn 9317 7687
Every Wed	1pm	Beginners Mahjong	Rhys 9335 6703
Every Wed	1pm	Ukele Playing	Erin 0416 100 146
2 nd Wed	9.30am	History	Phyl 9364 3604
3 rd Wed	9.30am	World Happenings	Pat 9332 3190
3 rd Wed	9.30am	Music	Louise 9330 2630
4 th /5 th Wed	9.30am	Writing for Pleasure	Robert 9339 6315
4 th Wed	9.30am	Games Group	Alice 9364 9511
Every Friday	9.30am	Mahjong	0450 198 413
3 rd Sat	2pm	Melville Lecture	James 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. **Note that the November and February meetings will be a trial on a Friday afternoon to relieve parking difficulties and the conflict with weekend family commitments.**

Friday 20 Nov Peter Kennedy, "Tales From Boom Town". As most of you know Peter has reported on Western Australian politics for a long time. Here is an opportunity to reflect on our leaders since 1970. Who better to remind us of their strengths and weaknesses, the background deals, and the intrigue of politics in Western Australia. This is also a chance to meet Peter and ask those political questions that have always been puzzling you. Please join us for this last lecture of the year.

Friday 19 Feb To be advised – check our Website closer to February.

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".

6 Nov	Boudica and the Iceni	Stuart Gibb
13 Nov	Romance of the Rose	Karen Darley
20 Nov	Camel Trekking in the Northern Territory and Queensland	
27 Nov	Suez Canal	Celia English
4 Dec	Annual General Meeting and Quiz	Denise Beer and Corry Donovan
11 Dec	Christmas Lunch – details to be advised	Janice Brooks
5 Feb	Wheelchairs for Kids	Members
12 Feb	Mercy Ships	Gordon Hudson
19 Feb	Southern Cross - Yilgarn Rocks	TBA
26 Feb	Dirk Hartog Island	Marilyn Loader
		Janice Brooks

WANNEROO REGION

General Meetings are held at **1.00pm** on the last Thursday of each month at the Wanneroo Recreation Centre, 275 Scenic Drive, Wanneroo. Discussion Groups are held on the second Thursday of each month at 1.00pm at the same venue. Inquiries to Ann on 9206 1550.

29 Oct	Passionate and Purposeful Living	Drs Adele and Ely
12 Nov	No Meeting	
19 Nov	End of Year Lunch	Members
26 Nov	Bush Poet and Entertainer	Robert Gunn
14 Jan	Discussion Group	Members
28 Jan	Gold!	Richard Offen
11 Feb	Discussion Group	Members
25 Feb	Keep Australia Beautiful Council	Maureen Maher

COST SAVINGS

Australia Post is about to raise postage to \$1 for an ordinary letter. If we can email members receipts and course enrolments we can potentially save \$1500 per year, **but only if we have your email address!** If the Office does not currently have your e-mail address, please forward it to info@u3auwa.org .

Gary Triffitt.

SCIENCE CORNER – GOLD

Gold (chemical symbol Au) has long been a medium of exchange and investment. It is widely used to produce coins such as the Australian Nugget. Although Governments of most countries include holdings of gold as part of their monetary reserves many are starting to reduce their holdings. Financial institutions and individuals also use gold as a store of wealth.

Until the 1870's the economy of Western Australia was based on wheat, meat and wool. The following gold discoveries contributed to a major change in the State's fortunes over the next 20 years or so:

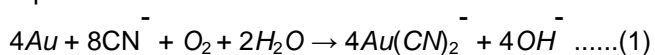
- 1885, Charles Hall and Jack Slattery at Halls Creek known as the "Kimberley gold rush"
- 1887, the "Yilgarn gold rush" near Southern Cross by the party of Harry Francis Anstey
- 1891, the "Murchison gold rush" at Cue found by Michael Fitzgerald, Edward Heffernan and Tom Cue
- 1892, the discovery of gold at Coolgardie by Arthur Bailey and William Ford
- 1893, the major discovery of gold in Kalgoorlie by Patrick "Paddy" Hannan, Tom Flanagan and Dan Shea.

The Kalgoorlie event saw a massive population increase and ultimately brought great wealth to the State. The population of Western Australia in 1891 was 49,782. By 1895 it had doubled to 100,515, and by 1901 had grown to 184,124.

Nowadays Australia has about 10% of world economic gold resources and is ranked third after South Africa and the USA. It is the world's third largest producer after South Africa and USA and accounts for about 11% of world output. Gold mining in Western Australia is the fourth largest commodity sector in Western Australia, behind iron ore, crude oil and LNG, with a value of approximately AU\$5 billion.

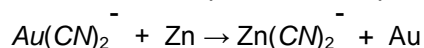
The Super Pit at the Golden Mile in Kalgoorlie is Western Australia's top-producing mine, followed by the Telfer mine in the Pilbara region and then the St. Ives mine, some 20 km south-east of Kambalda.

The recovery of gold from its ores begins with a leaching process involving cyanide solution in an oxygen-rich environment and represented by the equation:



The $Au(CN)_2^-$ ion is known as aurocyanide ion.

Zinc dust cementation for gold recovery is one of the best known contact reducing processes in mineral processing. It is known as the Merrill-Crowe process from its founders, C.W Merrill of the United States of America who discovered it, and T.B Crowe from South Africa who added some important developments:



After the zinc-dust cementation, the processed gold is taken for smelting then moulded into blocks ready for

sale. This process is still used by small players in the industry.

In the 1970's, a technology known as the carbon-in-pulp (CIP) process was developed in South Africa and is considered to be the most significant advance in gold recovery technology in recent years. In the CIP process the gold is recovered from a solution of the aurocyanide ion in a process in which pellets of activated carbon made from charred coconut husks are added and the gold-bearing ions are adsorbed onto the pellet surface. The activated carbon acts like a sponge to the aurocyanide ion. Other chemical elements which are in far greater concentration than gold in the gold ores also form cyanide complexes similar to the aurocyanide ion shown in equation (1). The importance of the CIP process is that the aurocyanide ion is adsorbed on to the carbon in massively greater concentrations than any of the other impurity ions. The concentrating factor for the aurocyanide ion is of the order of about 1000 to 1500. Most gold mined in Australia today is very fine grained and mostly has a concentration of around 5 parts per million (5 grams in every tonne) of rock mined. The consequence of the CIP technology is that such ores can be economically mined due to this preferential concentration of the gold species on to the carbon.

The aurocyanide ion can be readily removed from the carbon by a process of elution and desorption at elevated temperature and high pH of about 12. This represents a gold recovery of 90–99% depending on the particular ore being processed.

Another important economic aspect of the process is that the carbon can be recycled. After washing, the carbon is heated to about 650°C whereby the carbon becomes re-activated for further adsorptive use.

The recovery of the gold from the eluted solution is by a process of electrowinning. An electric current is passed through the solution depositing the gold on a steel wool cathode. The gold-laden cathode is treated with hydrochloric acid to dissolve any residual steel and the gold sludge is filtered and dried, ready for smelting. The gold is smelted in a crucible furnace to produce unrefined bullion. The smelted gold is then ready for refining.

A commonly used refining method is chlorination, where virtually all the impurities present in gold combine with gaseous chlorine more readily than gold does at temperatures equal to or greater than the melting point of gold. The impure gold is therefore melted and gaseous chlorine is blown into the resulting liquid. The impurities form chloride compounds that separate into a layer on the surface of the molten gold.

While the main uses of gold are in jewellery, dentistry, and the adornment of buildings and for artistic purposes, its high electrical conductivity, malleability and ductility favour the use of gold in electronic and computer circuitry, radar equipment and satellites. Because of gold's heat reflecting properties it was used as a film coating on the Apollo 14 lunar module, the vehicle which first landed man on the moon.

David Phillips.

EDITED EXCERPTS OF A WORLD WAR II DIARY

The following are edited excerpts of Gabo Bedor's late mother Yvonne's French language diary that she recorded in Belgium during May 1940. Gabo hopes you appreciate the story. Yvonne, then 20 years of age, noted that life for the civilians of Court-St-Etienne later became harsher after the Belgian underground sabotaged the local railway and the Usines Henricot steel-mill where she worked in the accounts office.

Friday 10 May

I was startled early this morning by a frightening noise of aircraft manoeuvres and a little later our radio announced "At dawn German troops crossed the borders of Holland, Belgium and the Grand Duchy of Luxembourg" Our neighbours shared their sadness and fears, as well as maledictions against the invaders. The first French military units arrived at midday, to streets packed with people no longer frightened but thankful for the soldiers whom they hoped would chase and defeat the Boches. In trucks and tanks and on motor cycles, smiling soldiers greeted us with daisies and lilacs. The French seemed to be enthusiastic, self-assured, strong and well-equipped.

Saturday 11 May

Belgian soldiers were retreating in disarray from the front, confused and terrified by German bombardments. Contrary to radio announcements, we civilians suspected that soldiers of the Reich were advancing and might already have crossed the Canal Albert. German planes dropped a few bombs on the local Usines Henricot steel-mill, causing panic.

Monday 13 May

There had been no civilians on the streets on the Sunday, only passing French soldiers. A German plane suddenly flew over the nearby intersection and I was momentarily frightened, thinking this would be the end for me, but it left without aggression. French soldiers established a defensive position in our street and made themselves known to us. My mother Helene, little sister Yvette and I spent the night in our cellar, together with refugees from a district farm. The atmosphere was oppressive and we hardly slept, sensing that something was happening because the soldiers were quiet and had lost their previous cheeky self-assurance. French soldiers tried to persuade the remaining civilians to evacuate but we refused. While my family and the refugees stayed in our cellar, I maintained guard in the hallway. A neighbor Paul, who was fleeing to France with his family, gave me his house keys and asked me to open his house doors if the Germans came. Two hours later he returned because a battle was raging nearby and it was impossible to leave. The streets were blocked with new contingents of unusually quiet French troops and evacuees.

Tuesday 14 May

After another sleepless night, the French were preparing to leave! New visitors arrived, dirty Algerian soldiers who frightened us with their dark and lusty looks. A convoy of French trucks with despondent retreating troops soon followed. It was difficult to calm the refugees and my mother and sister were terrified by the pounding artillery that shook our house for hours. Albert's farmhouse across the road was bigger so we arranged to stay together in his large cellar. However, French soldiers advised us to shelter in a trench they had dug in Albert's garden. At 21.00 hours we wrapped blankets around ourselves and lay on the ground in the trench under moonlight that shone through the branches of apple trees. A kind Algerian soldier offered us some wine to keep ourselves warm but we were scared and had no desire to drink. A long line of tanks suddenly passed at great speed and the soldiers seemed to be very nervous. Soon a buzz in the sky heralded the approach of German aircraft that started to shoot. We were petrified and dared not move from the bottom of the trench. As soon as the planes left, we ran to the shelter of Albert's cellar where we felt safer. The following morning exhausted French soldiers needed water for their wounded comrades, there was a long line of fire

along the horizon and birdsong was drowned by the loud din of combat.

Wednesday 15 May

An eerie silence was disconcerting. French troops had left, leaving only the Algerians with their few French officers. We made coffee for them, sad at their losses. A nursing aide with henna on his left hand came to the cellar to check seriously ill Marie, our neighbour Mimie's aunt, but he couldn't help her. Cows with udders full of milk were roaming about, so Albert's wife and I milked them. We also began to move groceries and bedding from Mimie's and our house to Albert's place, so that we could all stay together. Many of our Algerian "protectors" were looting and the officers didn't appear to control them. Emile, Mimie's father, had to escort us in the street and Albert escorted his wife and me when we went to milk the cows in the evening.

Thursday 16 May

At 0600 hours a French officer tried to convince us to leave urgently for France, as an exodus of terrified Belgians had already done. He warned us that his soldiers were establishing defenses here, the Germans would attack and everything would be razed. We insisted on staying and not abandoning our elderly neighbours who could no longer travel. Meanwhile, the hungry Algerians looted the empty houses, until all these soldiers left at 22.00 hours. Now we had new fears, as it was evident that the Germans would soon arrive.

Friday 17 May

We decided to have lunch upstairs in Albert's large family room. As I stepped out to fetch water from our house across the road, I saw a soldier dressed in green uniform coming up the hill. Not Belgian, not French, not Algerian, not Senegalese, surely not British – he must be German! Lunch was forgotten as the lone soldier holding a rifle approached Albert's garden. On seeing Albert and me at the open door, the soldier stepped carefully forward and we did the same. He looked at us questioningly and I asked him: "Sind Sie Deutsch?" (Are you German?) That seemed to put him at ease but we didn't know whether to feel afraid or not as he left slowly. Motors announced the arrival of the Germans. We couldn't believe our eyes and ears – they laughed, joked and told us that they came as "friends"! Later an officer photographed us and offered a hamper of food, while columns of fresh German soldiers passed by. We still decided to spend the night in Albert's cellar.

Saturday 18 May

This afternoon we fetched water for lines of soldiers who also asked for coffee. They refreshed themselves and behaved like all other boys of this world. One soldier brought bread and sardines and took us to their field kitchen to fill our pots with lentil and smoked ham soup, our first warm meal for days. A whistle soon signaled the departure of that regiment.

Sunday 19 May

Today we were saddened to see columns of dispirited and wounded French prisoners of war passing under guard. Emile and I crossed nearby fields to try to find a doctor for Marie, and sadly saw wooden crosses inscribed with familiar names of fallen Algerians.

Monday 20 May

We felt rather uneasy when an officer wearing an Iron Cross and his aide came to check us – but he addressed us in fluent French and told his aide to give us a parcel containing bread, cheese, butter and ham. Albert offered coffee to these two gentlemen from Schleswig-Holstein who had tried to be friendly. That afternoon Mimie and I risked going to the deserted town centre, where Algerians had looted shops, to save what was left in Mimmie's godmother's shop.

Friday 24 May

A senior German officer, who spoke French fluently, came to introduce himself. He was going to establish a Kommandantur (Commander's office) at the Court-St-Etienne railway station,

as the Germans intended to stay here and they wanted our life to resume its "normal course". Civilians who had fled towards France gradually started to return to what was left of their homes. Many hadn't reached France because the roads had been congested by the retreating French army and fleeing evacuees, both harassed by bombing and strafing from German planes. Many had sad stories of their traumatic experiences and many didn't come back. We had survived terrifying times, fear had been our constant companion, but I think we had done well to stay at home. Life began to approach a sense of near normality and shops started to sell scarce food in rationed quantities. Usines Henricot resumed production of steel, now for the occupying Germans. A German officer and his retinue conducted inspection visits and I became a de facto factory interpreter at Usines Henricot. My German language fluency improved and local residents asked me to help them with their enquiries at the Kommandantur.

Gabo Bedor, Central Region.

THE GREAT WORM HUNT

by David Bindley, Central Region

Fishing allows men to go back to their ancient roots as hunter gatherers leaving their wives at home chained to the dishwasher. The best bait for fishing are worms since fish are not partial to tomato sandwiches, hamburgers or peanut butter on toast but they do love worms. The problem is getting the worms in the first place, hence the need for "The Great Worm Hunt". There are millions of worms on beaches but alas also millions of square kilometres of beach. Rather than theorise about the problem, just set forth with bucket and spade down to the beach.

There are various ways for locating worms:

- Digging holes wherever you fancy gives you a feeling of independence and freedom of choice. However this often results in either hitting rocks a few centimetres down or vanishing down the massive hole you have dug.
- A passing Indonesian may suggest dragging a dead fish over the sand so that the worms will pop their heads up to see what's going on.
- Another approach is to dig a trench down the beach which may not produce any worms but is an excellent four-wheel drive trap.
- A technique reportedly used by ancient man, and proved to be completely useless, is to put your ear to the sand and listen for worm movements.
- A popular approach is to imagine being a worm and select a digging spot with the help of hallucinatory drugs.
- A more mundane method is to dig where someone else has dug in the hope that the worms are still hanging around.

Having picked the spot, you have to decide on the digging strategy. There are two possibilities, the first being to carefully approach the spot and slowly dig so the worms don't know your coming or, secondly rush to the spot and dig like hell to take the worms by surprise.

Even when you see worms down the hole, they see you and are off in great haste. Seeing half a worm sticking out of the side of the hole does not mean you have totally caught it. Give it a pull and all you get is half a worm. Worms are past masters at camouflaging themselves when dug out of a hole. They have a sneaky habit of lying there and pretending to be sand. However, when they think you are not looking they start to wriggle downwards. Bearing this in mind it is important to keep a sharp eye out for this trick.

Like us, fish prefer fresh food, so don't leave the worms out in the sun to become shrivelled shoelaces, or in a tin of soft damp sand for several days to become anorexic.

I hope my notes will be helpful when you next go worm hunting. In my case, having spent time and energy catching a couple of dozen worms, I am reluctant to hand them over to the fish.

FLIGHT MH17 – ONE YEAR AGO, LOST AND FOUND

So where did it go?
Why did it go?
What happened to that plane
Not so long ago?

Were the passengers aware?
Did they gently fall asleep?
On their way down
In the ocean so deep?

Many conspiracies
Sprung up round the world
Many accusations,
Of doubt have unfurled

I pray for the families
All hope now is lost
Will the powers-that-be
Ever measure the cost

Of a daughter, a parent
Grandchild, or son
Never to return to a life
To their life in the sun?

Patricia Lyons, Joondalup Region.

FOOD SECURITY IN OUR REGION

That was the topic of the U3A City Lecture held at the State Library on Sunday 2 August 2015. Two members of the Second Murdoch Commission on "Food Security, Trade and Partnerships: Western Australia in Regional Food Systems", were joined by a representative of Foodbank WA for an interactive panel discussion into food security and food access issues, particularly in the developing countries and the disparities between nations in the Asian regions and more broadly. Murdoch University has significant research strengths in agriculture, biosecurity and food-related areas.

The first speaker was Professor John Edwards of Murdoch University who outlined that food security is one of the most pressing concerns in Asia and plays out in many different ways given the diversity in the region, culturally, economically politically. These were the findings of the First Murdoch Commission on this subject in year 2013 and, while much progress has been made, significant food insecurity remains, and will be ongoing, due to developmental disparities and growing inequalities within and between nations. The Second Commission has produced three key findings, those being growing inequalities in the ability to access food despite significant gains in ensuring food availability, growing importance of nutrition in food security, and the impact of food waste on access to and utilisation of available food.

The second speaker was Dr Barbara Evers from Murdoch University, who discussed the extraordinary level of waste, not only in our society but worldwide. There are some frightening statistics for Australia:

- Over AU\$8 billion of edible food gets thrown out in Australia
- Australians waste 4,000,000 tonnes of food each year

- 1 out of 4 bags of groceries ends up in the bin, or 345kg per household, or over \$1,000 per household
- Since 1974 we waste 50% more than we previously did.

The biggest wasters of food are young consumers aged 18-24, households with incomes of more than \$ 100,000, and families with children. On a world scale the wasted food could feed the world's hungry! So when mummy said "eat up your dinner, the children of Africa would enjoy it!" she was absolutely correct. One of the areas addressed was the lack of marketing by the large company chains of fresh fruit and vegetables with irregular shapes. Woolworths are now selling these.

The final speaker was Hamish Dobie of Foodbank WA. Foodbank distributes food to the needy in WA. Again the statistics were sobering. In WA 51,000 meals per month are provided, along with Australia's largest breakfast program, providing breakfasts for 17,000 students in 432 schools! These statistics are truly shocking in "our land of plenty".

Like many, I went along to this Lecture unsure of what would be its content. Would it deal with foreign ownership of our farms and primary producers, particularly from China? Would it deal with the explosion of Diabetes 2 and other eating disorders in Western Cultures? No - these will have to wait for another Lecture! I have PowerPoint presentations of all three topics and you can contact me on email at corsair1@iinet.net.au if you would like a copy.

Gary Triffitt.

SWAN HILLS REPORT

Christmas came to Swan Hills on 24th July when we had our "Christmas in July" feast. It was a great success with members contributing various elements of the meal. It all came together with a turkey roast, vegies and lashings of gravy followed by plum pudding, custard and cheese cake. Naughty but nice!

Maxine Woods presented a paper prepared by long serving member Pam Stockwell on the life and times of Mathew Flinders. He was truly a remarkable man and Pam had discovered many details which gave everyone a real insight into his great skill as a navigator and ability to record and map his progress.

Several sessions have been dedicated to the towns on the Great Southern Railway with different members choosing a town to research. It has been fascinating and Albany completed that process on 18 September 2015. It has been such a success that we will be researching the Midland Railway in 2016.

The history of Perth's trams provided an absorbing topic over two sessions and there was a meeting held at Whiteman Park on 16 October 2015 to "Ride the Tram".

Dr Marilyn Bennett-Chambers from Curtin University gave an amusing but thought provoking talk about the presence of cadmium in marron and prawns. She is highly recommended as a presenter.

On 11 September 2015 a session dedicated to music saw members bring CD's with favourite tracks earmarked. In all 17 pieces were played and we not only enjoyed a great variety but also the "stories behind the music". In a similar vein, we hold "show and tell" meetings which generate interesting tales.

We are very fortunate to have use of the Midland Polytechnic West lecture theatre for our meetings which provides an ideal venue for our presentations.

We represented U3A (UWA) at the Riverside Ramble in Viveash on the 11 October 2015 and with that and various excursions we have a busy time ahead. **Sally Harding.**

VALE PAUL ROYLE

It is with sadness that we note the passing of Paul Royle, a popular member of long standing with the Central Region. Paul was 101 years of age when he died suddenly following a nasty fall. Paul will be long remembered as one of the last survivors of the daring breakout from Stalag Luft III in 1944. Even in the last decade of his long life, Paul rarely missed a meeting. A good natured and benevolent companion, he would listen closely to every talk, and then offer an illuminating comment or ask an incisive question, or sometimes a mischievously humorous one. A man of diverse accomplishments, wide interests and great strength of character, Paul's genuine and innate modesty endeared him to those lucky enough to spend time in his company.

VALE DELYS NASH

It is also with sadness that we note the passing of Delys Nash, a long-standing member of the Rockingham & Districts Region. Delys suffered from leukaemia and various skin cancers. She was involved in some drug trials to see if they would work for her. She had said that while the drugs might not help her they might provide information to help the next generation, an approach that typified her generous nature. Delys was instrumental in setting up the History Museum in Rockingham in conjunction with Mary Davies (deceased) and worked there for many years.

WANNEROO REGION

It is very pleasing to be able to officially welcome the Wanneroo Region into U3A (UWA). The Wanneroo Region has had an extended incubation period and has been operating from the Recreation Centre on Scenic Drive in Wanneroo where they have been having monthly presentations from excellent outside speakers. The group had its beginnings on the initiative of Peter Flanigan and has been patiently driven and nurtured by Richard Matthews. Well done to everyone concerned. **Peter Alcock.**

U3A PUBLIC LIABILITY INSURANCE

The question of Public Liability Insurance often crops up in conversation among U3A members, so here is the correct information directly from Community Underwriting Agency.

Members, Committee, volunteers and members of the public may make a claim for injury on a U3A but must prove that the U3A concerned has been negligent.

All authorised U3A activities attended by members and official guests are covered under the policy, regardless of the venue. All authorised U3A activities are acceptable, but high risk programs such as cycling, bush walking, canoeing, sailing and other strenuous exercises must be authorised, and can be reported to Community Underwriting Agency direct or the U3A Network representative Geoff Hatch.

As individual U3A's do not deal with the insurance proposal, this being organised by the U3A Network, mention of these activities may be done directly to Community Underwriting Agency or mentioned to the U3A Network representative at the relevant time.

For one-off events such as Open days and Concerts, these are also covered, but if the attendance is to be 250 or more, Community Underwriting Agency requires notification. There is no upper limit for Public Liability Insurance for U3A. The minimum age is 8 years of age.

Cover is only for the duration of the activity, not from the time one leaves or returns home. If any members of your Region have any queries regarding these rules, enquiries should be directed to Community Underwriting Agency by phoning 1300 427 477 or (02)8045 2580 and explaining that the query is from a member of the U3A Network.

UTTERLY CLUELESS #120

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

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

NIP AND TUCK

If I were rich and famous
 Or had some Lotto luck
 I wonder would I treat myself
 To a bit of nip and tuck

Would I dare to have a face-lift
 To lose my double chin
 Or have my cheekbones padded
 To make my face look thin

Would I have some liposuction
 To make my thighs look leaner?
 Or fill my lips with collagen
 To look like Angelina

Would I have my breasts implanted
 And thus increase their size
 Or have a little eyebrow lift
 To emphasize my eyes

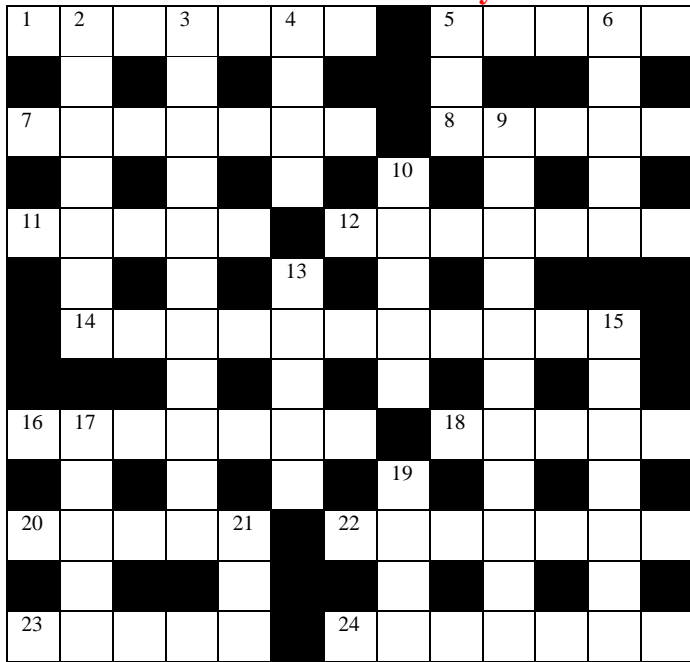
Would a timely shot of Botox
 Make my wrinkles disappear?
 Could I bear to have a nose job?
 No, I think it's very clear

Before I'd have the nerve to have
 Some physical enhancement
 I think ther'd have to be a lot
 Of surgical advancement

For though it would be nice
 To stop Old Father Time a'ticking
 No surgical procedure
 Could stop me being a chicken!

Courtesy Lesley Adams.

CRYPTIC CROSSWORD No.120 by Sonia Kellett



Across:

- 1. Agitated to find it is in the money (7)
- 5. Mexican food made from coats (5)
- 7. Dead men are corrected (7)
- 8. Sibling loses tail in the soup (5)
- 11. Gives a weird spiel about how he conducts his trade (5)
- 12. I hear it's a top hill in Washington (7)
- 14. In the trial I do act unusually in a high-handed way (11)
- 16. Beans found in a chariot? (7)
- 18. Stone in an entranceway (5)
- 20. Could be the right middle measurement (5)
- 22. Act of horse trainer or home intruder (5,2)
- 23. Horse trainer or home intruder go to this (5)
- 24. There could be pines in the copse (7)

Down:

- 2. Almost crumbled when found out (7)
- 3. A rather ordinary clue! (11)
- 4. This clue could get your goat! (4)
- 5. Bill on the front table (3)
- 6. Create a better hairstyle partly for the outdoors (5)
- 9. Playing up! (7,4)
- 10. Claw one's way to be frontal onstage (5)
- 13. Happy dog in a railway vehicle perhaps? (5)
- 15. Reliant somehow on camp convenience (7)
- 17. Can't stand a bid easily made (5)
- 19. It can happen up unexpectedly, but expected by racehorses (4)
- 21. Huh is heard to make a strong public outcry (3)

WORD JUMBLE No. 8

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** 28 words, **Excellent** 42 words.

C	C	L
I	H	O
A	N	E

Solutions to Crosswords:

Cryptic #119: Across: 3. Perfumers 8. Urge 9. Disagreed 10. Saturn 11. Skein 14. Rites 15. Nose 16. Swift 18. Lark 20. Outre 21. Simon 24. Miller 26. Aerobatic 26. Wimp 27. Arthritis.
Down: 1. Cursorily 2. Agitaters 4. Erin 5. Frank 6. Margin 7. Reef 9. Dross 11. Scion 12. Nostalgia 13. Telegraph 17. Topic 19. Kibosh 22. Okapi 23. Weir 24. Mini.

Utterly Clueless #119: Across: Hung, span, squab, rehab, flu, gob, data, else, eagerly, bids, awl, rue, lieu, scrap, majors, draw, added, sew, limb, evil, elf, shine, also, spayed, atoms, your, oat, elm, offs, pliable, czar, item, end, vex, liars, gofer, rely, hunk.

Down: Gradually, she, pal, absurd, slew, qualm, age, borrow, blur, abide, tier, yes, ape, cabs, admit, asia, jellyfish, wife, deem, house, eating, ham, nozzle, soft, sop, pale, delve, leer, ado, ail, ray.

Word Jumble #7: Acai, acari, acarid, acid, acidic, acrid, aria, arid, arnica, cairn, cardiac, carina, cicada, circa, CIRCADIAN, crania, dinar, drain, nadir, naiad, naira, nidi, radian, raid, rain, rancid, rani, ricin, rind.

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 March - April 2016 issue is 5.00 pm on Friday 29 January 2016.

E-mail: dph87111@hotmail.com

Mail: Dr David Phillips, 100 Proserpine Loop, Port Kennedy, WA 6172.

Telephone: 9593 9852.

MID-NORTH REGION HOBBY EXHIBITION

The Mid-North Region held a Hobby Exhibition at the Bedford Bowling Club in July 2015. In this novel approach to publicity, the aim of the exercise was to advertise U3A (UWA) in the hope of attracting new members to the organization.

With just four men and a lady exhibiter, setting up the event was a heavy and difficult task but one undertaken in the spirit of "I wonder if a crowd will come, will it be a success, will anyone come?"

As the tables were arranged into rows, the exhibitors began to arrive. There was Bob Maughan in his wheelchair with his long-stitch canvases and the WA Model Car Club with small boxes containing model cars. They arranged themselves alongside Alf's baskets of plants and succulents. Across the way were the embroidery ladies with cross-stitch embroidery in the manner all women worked some forty years ago, including Rhonda's exquisite European-style work.

An artist began painting. There was a spirit of "we are all going to make it work", and people bustled around helping each other. A number of tables were subject to computerization, so it was a happenstance that we had a computer programmer present. The WA Model Aircraft State Centre exhibit needed to use a simulator. Of course they were unable to fly but would have liked to do so. Their remote control planes were about a metre wide, complete with pilot and landing wheels. During the afternoon the flaps and other parts of the planes were moved about much to the delight of the children and others. The photograph below shows part of the crowd in the hall:



The catering ladies brought cakes and sandwiches and tended the urn making coffee and tea. As people arrived, the level of sound in the hall was high, but lots of greetings and happy calls meant that everyone was joining in. People moved between the exhibits enjoying each work. The WA Historical Society had many old books and pictures to be examined. David Twohig had books of cigarette cards which David said were paintings not photographs.

Merv Hill had a display of rocks and minerals, some simply cut to display the beautiful colours, while others were polished and mounted. Anne Delonge asked the question "am I the only exhibitor from outside Mid-North?" Anne comes from the Swan Hills Region and she and her husband brought three cross-stitch framed pictures which usually hang on their walls at home. They were of very small, exquisite cross-stitch depicting ladies in beautiful dresses. The Station Master from the

Bennett Brook Railway at Whiteman Park arrived quite resplendent in his full uniform including peak cap.

Twelve students from the John Forrest School of Music provided the entertainment and were well received. Their ensembles of flute, saxophone and guitar each presented selections under their teacher's direction:



Our U3A (UWA) President, Peter Alcock gave a Powerpoint presentation to the assembled group giving them an insight to our motto "*Living is Learning*". Our General Secretary, Christine Oliver was busy at the front counter seeking out those who could become new members of U3A (UWA) and the Mid-North Region in particular.

Laughter and happy-faced were the order of the day. Many thanks to everyone who attended – it was a very worthwhile event.

Leila Cue, Mid-North Region.

U3A CHORALE

U3A CHORALE PERFORMANCE ALL NEW REPERTOIRE



◆ **WHEN:** SATURDAY 21ST NOVEMBER 2015, 2 PM

◆ **WHERE:** UNITING CHURCH HALL,
97 WILLIAM ST, PERTH

GOLD COIN DONATION, INCLUDES AFTERNOON TEA

