

# NEWSLETTER      APRIL 2018



## U3AAA CHAIR COMES TO WA

**The head office of the U3A National Alliance, U3AAA, has moved to WA for the next two years. Under an arrangement agreed to by all state networks the responsibility for running the Alliance moves from state to state every two years. As yet it has only been in New South Wales, Victoria and Queensland, but at the recent meeting of U3AAA in Canberra the baton was passed from NSW to WA.**



**Western Australia steps up to the plate.      W.A. Delegates at the NSW Network Conference in Canberra: Jean Duff, Peter Alcock and Christine Norman**

**This means the president of the WA Network, currently Peter Alcock, will become national Chairman and there will also be a WA based secretary and treasurer of the Alliance. This is an honour for WA and should provide opportunities for raising the profile of U3A in the state.**

**One of the problems is getting delegates to national meetings given the large distances involved. Usually these meetings are held in conjunction with State Network conferences, but not all states are represented. One solution may be online meetings which are now often used by organisations with a far flung membership. Peter Alcock has stated that he will investigate this approach.**



**Jean, Christine and Peter with Ainslie Lamb and Ron Brown. Ainslie and Ron, both from NSW Network, have been with the Alliance since it started eight years ago. They are coming to WA for the State Conference in October.**

The U3A Network 2018 Conference will be held in Mandurah in October. This is a wonderful opportunity for members of U3A to come together, exchange ideas, and generally have a great time.  
(See p 5.)

## NATURALISTE U3A INTRODUCES DRU YOGA

Dru Yoga is based on flowing movements, focused breathing and visualisation. Its foundations are set firmly in ancient yogic tradition; although it is particularly appropriate for the 21<sup>st</sup> century, and for those of us who, in our wisdom years, know to 'exercise' respecting where we are in the moment.

Dru Yoga encourages improving strength and flexibility; creating core stability; building a heightened feeling of positivity and rejuvenating our whole being. Very importantly, Dru Yoga supports students to bring body, mind and spirit into balance.

A feature of Dru Yoga is its emphasis on working within the student's capability through a mindful approach to the physical movements. One of the things I love about Dru is that it is accepting of where we are in the moment, leaving us free to be present to our yoga practice and therefore get the most benefit from our time on the mat.

An additional feature of each class is the focus on a Virtue – it's amazing how many times students have said 'I really needed to hear that Virtue today'.

U3A invited Dru Yoga classes into the 'curriculum' in 2015, and they have been enthusiastically accepted by U3A members. We now have a strong and committed cohort of students. To be sharing Dru Yoga on Mondays and Tuesdays with U3A Members is a privilege which brings me great joy.

Monday's Dru



The Monday group

DRU YOGA Leader: Valerie Frearson-Lane

## U3A North Coast....And All That Jazz

What a treat it was recently when Dixie Kidd (pictured here with Nigel Ridgway) spoke to U3A North Coast on “The Origins and Some History of Traditional Jazz”. Dixie who hails from England has an extensive knowledge of jazz and one of the largest collections of traditional jazz music in the state. Nigel, who assisted him, is a musician who has played lots of jazz and has worked with Dixie since 1983.

Dixie took us through the development of jazz from its origins in the southern states of America in the 1700s to the modern rap music. He explained the influences of African music on early gospel music and how music of the Creoles and dance music from France was listened to by the Negroes and incorporated into their own music. The original Dixieland Jazz band in 1917 made the first known recording of traditional jazz music, “The Tiger Rag”.

The Mississippi River Boats had bands as this music started to spread. People such as Louis Armstrong who played trumpet became household names as did Mahalia Jackson and Acker Bilk. After World War II there were new bands developing in New Orleans, and skiffle bands started up in England. As performers such as The Beatles and Elvis Presley became popular Trad Jazz became less popular and now Rap music has developed. Still many people still love to hear Trad Jazz and Dixie has his own band here in Perth – the Storyville Jazzband. Dixie’s talk was punctuated with musical excerpts to illustrate the development of the music. Those listening were toe-tapping and smiling as they recognised tunes and performers. Thanks to Dixie the U3A members were informed and delighted with the presentation.



*Dixie Kidd and  
Nigel  
Ridgway*

*University of the Third Age, North Coast U3A meets each Friday at 11.30 am and 1.15 pm at the Stirling Community Centre, Belvedere Road, Hamersley. Contact numbers are 94091412 and 0401 358026. Visitors are welcome.*

## STATE NETWORK CONFERENCE, MANDURAH



Mandurah canal development

**U3A Network WA**, in conjunction with **Mandurah U3A**, will hold a state conference in October 2018. An invitation is extended to all U3A members throughout the state.

**The Dates**            **October 17 and 18**

**Venue**            **Peel Thunder Football Club, Mandurah.**

**Title**            **Get *Smashed* on Learning**

**Speakers Include** Lyn Beazley, Alex Cole, David Smeeton and Richard Offen. Special guest Ian Robertson U3A NSW Network

**Cost**            **\$65 (Includes buffet lunch on Day 1, morning teas and canapés)**

**Excursions**        **Various outings available on water or land**

*Tickets available online through TICKETEBO*

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***An application is to be made to the WA Lotteries Commission to cover travel and accommodation costs for those members outside the Perth Metropolitan area.***

# U3A Armadale Turns 20



On Tuesday 17th October sixty original and present members came together to celebrate U3A Armadale's 20th Anniversary. The success of this great event was all down to Pam Mazzucchelli and her team of helpers, who organized everything from the decorating of the hall, contacting past original members, organizing certificates for original members, catering, organisation of a beautifully decorated black forest gateau and guaranteed everything ran to clockwork.

The fantastic flower displays were arranged by one of our original members - Helen Treloar.

Sub groups of the present membership, from the Study group, Book Club, Coffee/lunch group, Cinema/Theatre group, Ramblers group and trip groups all displayed their activities on boards for everyone to view and share ideas.

Tony Buti our local Labor State Government representative came to the celebrations and made a short speech on how he sees our group and the involvement he has had with us in the past and how he would like to be involved in the future. Our thanks go to Tony for the support he has given us by printing our quarterly newsletters



It was lovely to see so many original members together telling their own stories about how U3A Armadale was set up and the sub-groups they had at the time. Their experiences and fun they must have had can only be accredited to the band of dedicated members. Without them U3A Armadale would not have been celebrating this event.

The afternoon was highlighted by a short comedy sketch put on by four of our members, who performed a five-minute play based on a well-known children's story, namely 'Little Red Riding Hood'. The ending of this story was not quite as we would have expected, as it was adapted by Roald Dahl, and had

everyone in fits of laughter.

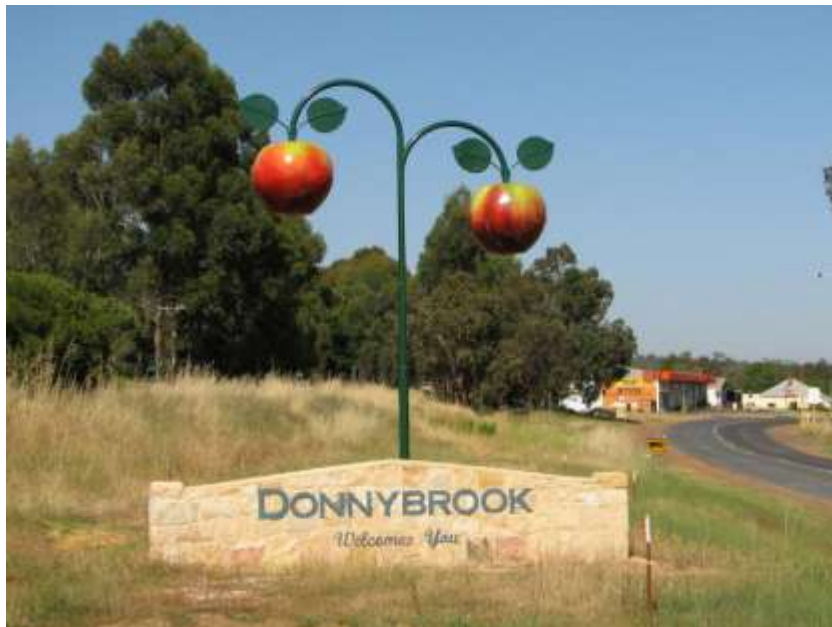
Certificates were presented by our President Paul Fahie to all those original members who had been a member for 15 – 20 years.

A raffle took place with four lovely prizes which had been donated.

The afternoon concluded with Paul thanking everyone for coming along and making the day such a success and he hoped we could have another celebration such as this in another twenty years. *Sheila Shenton*

## MEETING TO FORM A U3A IN DONNYBROOK

A meeting held earlier this month in the Donnybrook Community Library Seniors' Room could well lead to the establishment of a new U3A group. Some fifteen people gathered to listen to June Butterworth-Scott relate a little of the background of the worldwide U3A organisation and the exciting prospective future directions for the proposed Donnybrook group.



Joan Parke, the President of Busselton Naturaliste U3A, also very kindly attended the meeting and spoke about how the Busselton Naturaliste U3A had developed into a thriving community group now having more than 250 members and a wide range of interesting courses. At the Donnybrook meeting several people showed interest in leading workshops on topics such as local history and world cultures. It appears that the newest WA U3A is about to launch!

*(Well done Donnybrook – best wishes for the success of the group in the future – Editor.)*

## U3A(UWA) COURSES IN THE CITY

Every semester U3A (UWA), the umbrella group for ten regions in Perth, runs courses in a range of subjects. The following courses are running in Semester One this year:

Art Appreciation, Computer Q & A, Emotional Intelligence, Literature, Qigong, Philosophy, Russia, Film Discussion, I-Pads, Science and Technology Discussion, One Off Lecture Series, WA History 1850- 1900 and the U3A Choir.

Most courses are held at the Alexander Library, The Central College of TAFE or the City Centre. They are open to all members of U3A(UWA). If you have an idea or would like to run a course contact Alan Mortimer on 9450 2898.

## GERALDTON U3A

Geraldton U3A are continuing a weekly program in 2018. Activities in the April-May period include

3<sup>rd</sup> April: Harmony Day: Harmony Day Quiz plus members Show and tell.....another country, other food.

7<sup>th</sup> April: Commemorating ANZAC DAY. Members to bring memorabilia, etc. for WW1 and/or WW2. Bring and share afternoon tea.

1<sup>st</sup> May: Meet at Batavia Park at 1.30pm to observe the replica fort and Batavia timeline. Followed by afternoon tea at the Dome.

There is also a monthly book club, a study group and a guest speaker program. *Delys Weller*

Thank you to all contributors  
to this issue. More is always  
welcome, especially photos.  
Deadline for next newsletter  
is

**15 July.**

Peter Flanigan, Editor

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