

INFORM

The Official Magazine of U3A Perth
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Registered as U3A(UWA) Inc



Ngaala kaaditj Whadjuk Noongar moort keyen kaadak nidja boodja.

We acknowledge the Whadjuk Noongar people as original custodians of this land.

WA – OUR UNIQUE STATE

*A highlight of the U3A Perth year is the Seminar, this year co-ordinated by Dianella & Districts branch.
2024 Seminar will be held on Saturday 3 August in the State Library Theatre.*

Keynote speaker and well-respected historian, **Richard Offen**, will open the seminar with **WA A Historical Boast**, an entertaining look and virtual tour of some of the places giving Western Australia a very special status in the world's history.



Kevin Kenneally will follow, with some of his research on Kimberley flora, in a talk entitled ***Plants of the Kimberley – the last great botanical wilderness***. He has some stunning photos to show us.

We stay in the Kimberley area for a presentation by **Amanda Dexter**, the Chief Executive Officer of the Shire of Derby /West Kimberley.



After a short break for a delicious lunch catered by Kitchen, we will hear from **John Ralph** about **Early Music in WA**. A few drum rolls will wake you up!!! There is evidence from diaries of the early pioneers that some of the music produced in the first ten years began to adopt a distinctly Western Australian focus. Here we see an interesting phenomenon where the colonists were beginning to look forward and away from the Britain they had left behind, to a future in a new colony.



Romola Stewart from the World Wildlife Fund (WWF) will bring us back to present day with her spotlight on some of the innovative approaches WWF are using to sustain the natural world. From translocating Black-Footed Rock Wallabies to Artificial Intelligence and blockchain, expect the unexpected.

The final speaker will be **Malcolm Quekett**, who started working at *The West Australian* in 1986 and has filled the roles of police reporter, environment writer, and deputy editor. He worked in the paper's Sydney and Canberra bureaus (reporting on Federal politics). He currently writes a column on various aspects of WA history. He will outline his role and highlight several of the most interesting WA history topics he has covered.

Between speakers there will be short Interactive Interludes – to help discover what you know of WA, and perhaps whet your appetite to travel this vast state.

It is a day when you will be entertained, informed and well-fed in an atmosphere of friendship and collegiality.

Cost \$40 (includes lunch). Bookings essential. Bookings open mid-June. Go to website u3aperth.au.

SATURDAY 3 AUGUST – State Library Theatre

AT THE AGM

At the AGM, U3A Perth was very pleased to be able to acknowledge the formation of two new branches. Representatives of Cockburn and Cambridge branches were presented with a copy of the Rules of Association and a small booklet with a little of the history of U3A Perth.



Receiving the gifts from the president, Liz Balding, are Jim Barns from Cambridge and Jillian Rix & Lindsay Gates from Cockburn.



The general secretary, Christine Oliver, was presented with flowers and a Certificate of Appreciation from Council.



CERTIFICATE OF APPRECIATION

For nearly a decade now, Christine Oliver has been the lynchpin of U3A Perth.

The responsibility she willingly accepts, and her work ethic, are both above and beyond the call of duty.

Her considerable skill set has seen her institute new office procedures to ensure administrative efficiency.

Christine gives unlimited time to answer emails and to chat on the phone to new members, and to anyone seeking help or information about U3A.

Those tasked with organising the annual Seminar, the AGM and other events, know Christine will handle all associated administrative business in a timely and professional manner.

For her dedication to U3A Perth and her unfailing loyalty and support, Council honours Christine with this token of our appreciation and gratitude.

I was both delighted and completely surprised when President Liz Balding presented me with a massive bouquet of flowers and a Certificate of Appreciation at the recent U3A Perth AGM.

It's true I am entering my tenth year as General Secretary and for many, that must seem like sheer madness, but I love the job. It provides me with endless opportunities to interact with our members, listen to their stories and promote U3A.

But there are a few very special members who come under the auspices of the General Secretary, and who make my job possible, and I'd like to acknowledge them here.

Ron Mitchell (Wanneroo) manages our event bookings, and nothing is ever too much trouble for him.

Valerie Buckley (Rockingham) is the ever-patient Minutes Secretary who takes a huge weight off my shoulders.

And the Office volunteers, Bevan Sharp (Canning River), Geraldine Smith (Joondalup) and Maxine Talbot (North Coast) make the office tasks both easy and fun.

And I do appreciate the coffee!

A huge thank you to you all. I couldn't do the job without you.

Christine Oliver

General Secretary & Office Manager



Leadership team at the AGM. Back row, Val Buckley (minute secretary), Nigel Penfold (treasurer), Judith Amey (retiring deputy president). Front row, Liz Balding (president), Christine Oliver, (general secretary)

FROM THE PRESIDENT

After two years of severe drought Kenya was green and lush. In fact, the grass was so tall it made animal spotting difficult apart from the very large animals. Obviously, elephants, my favorites, were very visible and if one looked closely there was often a small calf following closely. In fact there were many calves, just beautiful.

Fortunately I returned in time to attend the very wonderful city lecture presented by Ivy Chen. Entitled '*I became a Geologist because Tigerhunting Cowboy wasn't a Real Job*', Ivy took us on an entertaining journey of her early days in the mining industry to her current very successful consultancy position within the industry. Ivy was the first woman to achieve such acclaim within this industry and is very committed to encouraging and supporting other woman to succeed within this male dominated industry.

A notable absence from the front row at this lecture was Gary Triffitt. Gary always attended these lectures. Sadly he had succumbed to Parkinsons Disease the previous day. Ever a supporter of U3A, Gary's passing will be more fully covered in the next edition of INFORM. He will be missed.

Our annual U3A seminar is coming up in July. Our host branch, Dianella & Districts, will take us on a journey of discovery of WA - *Our Unique State* featuring some surprises, places you may not know, and facts of interest.

Coming up in September will be a delightful concert full of popular and lesser-known music presented by the a2 Orchestra, a local-based amateur group. Also a workshop on Advanced Care Planning. More information concerning these events is available under the events table on the web site. A further date for your diary is the U3A WA Network Conference to be held in Bunbury on 24 & 25 October. Further details will be available shortly.

Don't forget if you have extra time please consider visiting our two newest branches, Cambridge and Cockburn. They have great speakers lined up and they will be happy to welcome you. Just a phone call to advise your attendance would be appreciated.

Please continue to enjoy your U3A experience and rug up as winter takes hold.

Best wishes

Liz

U3A PERTH OFFICE

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U3A PERTH Branch Contacts

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Canning River	0432 060 942	North Coast	0401 358 026
Cockburn	0417 184 924	Rockingham	0423 393 183
Dianella & Districts	9370 5692	Swan Hills	0402 400 633
Joondalup	0439 806 820	Wanneroo	0429 133 891
Lesmurdie Hills	9453 1436	Western Suburbs	0449 667 558

See programme pages for details of branch venues and presentations.

For regular monthly activities and courses run by branches, see the website – u3aperth.au

Contributors to this issue – Judith Amey, Jan Bant, Catherine Baxter, Janice Brooks, Linda Calder, John Fender, Nigel Ridgway, Bevan Sharp, Bronwen St John-Stephens, Mark Wells.

SPOTLIGHT ON DIANELLA & DISTRICTS

U3A Dianella & Districts was renamed in 2022 from U3A Mid North. It seemed more appropriate as the metro area has expanded and Mid North is now somewhere around Joondalup.

Popular features of our meetings are the two speakers; one outside expert and one member expert. With this program, we cover a very wide range of topics and fields. Studying and researching topics helps stave off mental decline and promotes wellbeing. In some ways the older person's mind functions better than that of younger people, as many of our members can attest.

The regular Members Five Minute talks and quizzes allow interactive participation. Lunch and afternoon tea are social occasions where we can chat with friends old and new.

We have regular outings and tours, such as visits to the Art Gallery, Theatre and Museum visits, bus trips and special lunches. Our Social Secretary Ginie comes up with some wild and wonderful ideas.



We believe social linkages improve the lifespan and health of older people. Our 'with it' 80 year olds are proof of this. We have recently joined quite a few younger members who add vibrant new ideas. We encourage all our members to participate at whatever level they can manage, and hopefully this focus adds years to their life.

We have several associated subgroups – a Lunch group, Movie Group, Writers group and a Bookclub. All are welcome to join in with the fun and hilarity.

In 2024, our committee is busy organising the Annual U3A Seminar, to be held on Saturday 3 August. We have six exciting speakers, all presenting their views on WA - ***Our Unique State***. Given the penchant of our members for quizzes, transitions between speakers will be in the form of an interactive audience quiz.



We also love our history at D&D. We've delved into the archives for the following:

At the first meeting of Mid-North, which was held at St. Martin's Hall in Noranda at 10am on the 8 July 1986, a steering committee was formed from the 23 people present. From the minutes of this first meeting we learn that a \$15 per semester fee would be paid by all members and held in a Plenary Trust by University Extension. This \$30 per year compares very favourably with the current \$45 fee charged in 2024. If only other things held their price like this!

The first speaker on 19 August was Foundation Member, Merv Hill, who gave a talk titled *Communications from Smoke Signal to Satellite*.

Many of our members still attending today were in the early cohort of 1980's members. We are proud to say these members are still going strong. Marg Lloyd, Leila Cue, Alf Gaebler, Marolyn Hamilton, Lorna Hatcher, Christine Kozak and Ann Magtengaard are amongst those.

To quote Florence Nightingale 'The truer, the safer, the better years of life are the later ones. We must find new ways of using them, doing not so much, but in a better way.'

Jan Bant

CARING FOR ME

Something that is going to happen to all of us - we are going to die. But unlike a lot of life events, it is something we feel diffident thinking about, let alone wanting to plan for.

Palliative Care WA runs free workshops on Advanced Care Planning. As well as a lot of information these workshops give a framework to guide your thinking about how you'd like to be treated and, importantly, how to let family and doctors know your preferences if and when you face serious illness or death.

Participants are given a step-by-step guide as to what can be done to ensure wishes will be respected as the journey of life nears its end. This is presented, not as something to do for yourself, but rather as a gift to your family. By thinking through and writing down what values are important, and your preferences should you become seriously ill or injured and not able to make decisions, you can make a difficult time easier for your loved ones. They may have hard decisions to make at a time when they are feeling vulnerable and alone. Knowing and being sure of what care and treatment you would want, is a final gift to those you love.

Advanced Care Planning, or ACP, focuses on an awareness and understanding of death and dying, grief and loss. After all, death is a part of life just as much as birth is. We plan for a birth so we should also plan ahead for a death.

The first step in planning is to think about choices and your own life values and preferences. What is important to me? Is it to have family around? Is it to keep active? Is it to have access to the outdoors? Is it to be independent? What will still be most important to me when I become less well?

Having thought through and written down our values, they need to be clarified so family members and health professionals understand exactly what is meant by a broad statement such as 'I want to be kept comfortable'.

The next step is to have conversations with loved ones, so they know what kind of care is wanted in the case of a traumatic accident or a terminal diagnosis. And this conversation needs to be had now. If left, fifty percent of us will be unable to have any say in what happens at our end-of-life, mostly because no one is sure of what we'd prefer.

One of the main aims of Western medicine is to prolong life, and this is something we all benefit

from. However, this means that at times, peoples' lives are prolonged beyond the point they would wish, if they could speak for themselves. ACP gives us the chance to have a voice when we can no longer speak for ourselves, by talking about and writing down our medical treatment wishes. This gives doctors guidance about when we do and don't want life-sustaining treatment and can help prevent our lives being prolonged longer than we would wish.

Having thought through and talked about the issues and what matters to you with family members and health professionals, the next step is to tackle the paperwork.

Firstly, a will, and this needs to be checked regularly for any changes in family circumstances or finances.

Appointing a Power of Attorney, to look after your finances if necessary, and an Enduring Power of Guardianship, who will ensure life and health preferences are adhered to, is recommended.

Completing an Advanced Health Directive form will let family members and health professionals know your wishes. Once completed, signed and witnessed, this is a legal document and cannot be overridden by a family member or doctor.

The final step in the care plan is to share the health directive with family, friends, carers, GP and other health workers. It is useful to store the plan on My Health Record.

The workshop walks participants through completing an Advanced Health Directive form and hands out plenty of additional material and links to resources that can be accessed.

The two-hour workshop is informative, friendly, not threatening, and non-invasive of privacy. I attended one and was so impressed I felt U3A Perth should host one of these workshops for our members. Council agreed and plans are in hand for one on **Wednesday 4 September**. The venue will be the large meeting room at the State Library.

Mark your diary and watch for details.

Judith Amey





IVY CHEN DAZZLES HER U3A AUDIENCE!

U3A Members from all branches converged on the State Library lecture theatre on Sunday 2 June to hear one of the most fascinating and interesting talks held in the City. It would be no exaggeration to say we were gobsmacked by Ivy's life story and her great contribution to Western Australia.

Ivy was born in Malaysia, grew up there but was fortunate to win a scholarship to complete year 12 at St Hilda's in Perth. She claims the curriculum was similar to Malaysia but with one great difference – here students are encouraged to question the teachers; a capital offence in Asia!

Her parents, like many Asians, wanted Ivy to study medicine or law at uni but she didn't qualify. So she tried Accountancy and failed Accountancy 101 twice - much to her parent's chagrin! She turned to geology and, as we heard, found her forte and excelled.

Her first career move was a job in Leonora in 1987. Her mining crew were a very mixed bunch with many eccentric characters. She was treated as an equal and loved the experience. There was no misogyny or racism with the crew. She told a hilarious story of being taken to Hay St, Kalgoorlie by her shift boss who offered to pay the sex workers as he thought it was her first time! She had short hair so perhaps she'd been mistaken for a boy! There were huge laughs all round!

Ivy said there were few girls in mining and geology back then; it's better now but she still encourages young women to take up the challenge, as it is rewarding and well paid. She has become a champion of women in mining with safety for FI-FO's paramount.

She explained how rocks are alive and how good geologists and miners listen to the 'snap, crackle and pop!' of rocks in mines. If all goes quiet – it's time to run!

Ivy eventually became a consultant for the mining industry, worked in China where she felt an outsider, then, in 2002 helped run the family wine business in Margaret River for two years. She also became campaign manager for her husband in 2007, who was attempting to win the blue-ribbon seat of Forrest for Labor.

Her story doesn't stop there! Ivy worked as a corporate governance specialist with ACIC, sits on the boards for multiculturalism, which she claims, has a long way to go, even though it has improved for migrants from diverse multicultural backgrounds. What an amazing woman!



Ivy also champions Football West - that's the international round ball game. One of her treasured moments was meeting some of the Matildas in Melbourne. To top it all off, she is a director of Horizon Power, a WA company which is exploring alternative sources of energy.

What I found so interesting about Ivy was, despite, being a very driven, intelligent and resourceful woman, she is also charming, witty and caring and an exemplary example of what good feminism is about – equality.

Nigel Ridgway North Coast

VALE - COLLEEN WILLIS

Members of Rockingham & Districts Branch were saddened to receive the news that our longstanding member **Colleen Willis** had passed away. Colleen had joined over 20 years ago after moving from New South Wales. A former teacher, Colleen was a keen member of our Book Clubs with History being another special interest. Involved with the Committee as Treasurer over a five-year period and a regular at our Friday meetings, my last memory is of sharing a table with her at Christmas Lunch in December. A quiet and thoughtful person, she will be greatly missed by all who knew her.

Diana Morgan

PROGRAMMES

U3A Perth Branch Programs of Speaker Presentation

Each U3A Perth Branch conducts a program of speaker presentations and regular activities. The speaker presentations for each branch are listed below. Members of any branch may attend the speaker presentations at any other branch. As a courtesy please inform the contact person before attending. Detailed branch programs are available on the U3A Perth website at u3aperth.au

CAMBRIDGE BRANCH

Venue: Function Room, Ocean Gardens Retirement Village, 60 Kalinda Drive, City Beach

Contact: Bill Richardson 0429 373 788

Date	Time	Topic	Presenter
Jul, Thu 11	1:30 PM	Morocco, golden, historic, majestic	Judith Amey
	3:00 PM	The Challenge of Medicine in Africa	Peter Friedland
Aug, Thu 8	1:30 PM	Climate Change. Should we be alarmed	Dr John Happs
	3:00 PM	Joseph Lyons. Prime Minister in the great depression.	Peter Flanigan

CANNING RIVER BRANCH

Venue: St Augustine's Church Hall, Corner Park & Cale Streets, Como

Contact: Bevan Sharp 9472 3242

Date	Time	Topic	Presenter
Jul, Fri 5	1:45 PM	Ancient civilizations / advanced technology	Don Gordon
Jul, Fri 19	1:45 PM	All about bees	Dan Dowsett
Aug, Fri 2	1:45 PM	Why don't we speak French?	Elton Brown
Aug, Fri 16	1:45 PM	Advancing Earth's history - geological record	Milo Burnham

COCKBURN BRANCH

Venue: Success Library Community Room (upstairs), 11 Wentworth Parade, Success

Contact: Jane 0488 951 314

Date	Time	Topic	Presenter
Jul, Fri 12	1:00 PM	Gigantism in Australia's extinct blue-tongued lizards	Kailah Thorn
Aug, Wed 14	1:00 PM	Do's & don'ts of prescribed drugs	Dr David Thorne

DIANELLA & DISTRICTS BRANCH

Venue: Church of Christ Community Centre, 68 Waverley Street, Dianella. Speakers begin at 12pm sharp. To assist in the smooth running of the program, please join us from 11.30 to allow time to sign in and greet friends.

Contact: Jan Bant 0408 024 800

Date	Time	Topic	Presenter
Jul, Mon 1	12:00 PM	TBA	
	1:45 PM	TBA	
Jul, Mon 8	12:00 PM	Is it a hearing loss or a speech perception issue?	Robert Russell-Brown
	1:45 PM	Terrazzo	Frank Smargiassi
Jul, Thurs 11	11.00 AM	Excursion to Boola Bardip Moon exhibition	Ginnie Bristow
Jul, Mon 22	12:00 PM	Game farming in Southern Africa	David Howcroft
	1:45 PM	Romance novels – what can we learn from them?	Sue Stakus
Aug, Mon 5	12:00 PM	The Incredible Indian Railway	Terry Harvey
	1:45 PM	TBA	
Aug, Mon 19	12.00 PM	TBA	
Aug, Wed 21	1.15 PM	Art Appreciation tour of the Art Gallery	Ginnie Bristow

JOONDALUP BRANCH

Venue: Rob Baddock Community Centre, 160 Dampier Avenue, Kallaroo

Contact: Louise Little 0419 274 725

Date	Time	Topic	Presenter
Jul, Mon 8	11:30 AM	Quiz	Heather Harrison
	1:15 PM	Von Mucke and Ayesha, a WW1 adventure story	Nigel Ridgeway
Jul, Mon 22	11:30 AM	Songs and Stories - My Passion	Fred Rea
	1:15 PM	A Walk through WA Wildflowers	Kevin Coate
Aug, Mon 12	11:30 AM	Doc Holliday and WW1	Terry Westmoreland
	1:15 PM	International Law & Israel HAMAS conflict	Melanie O'Brien
Aug, Mon 26	11:30 AM	Building an electric guitar	Vince Houston
	1:15 PM	History of Money	Peter Flanigan

LESMURDIE HILLS BRANCH

Venue: Falls Farm, 42 Cagney Place, Lesmurdie

Contact: Heidi Pember 0437 441 024

Date	Time	Activity	Presenter
Jul, Tue 2	10:00 AM	Lord Alister McAlpine - Broome and Beyond	Catherine Baxter
Jul, Tue 16	10:00 AM	The History of Silver Chain	Jean Butler
Aug, Tue 6	10:00 AM	Do We Really Need To Be Taking Vitamin Supplements?	Dr David Thorne
Aug, Tue 20	10:00 AM	Africa in the Wild	Denise Beer

Outings

Date	Time	Where	How
Jul, Sun 28	10:30 AM	Tivoli Theatre 'A to Z at Tivoli'	By Community Bus

MELVILLE & DISTRICTS BRANCH

Venue: Melville Leisurefit, Corner Stock Road & Canning Highway, Melville

Contact: James Campbell 0467 022 153

Date	Time	Topic	Presenter
Jul, Fri 19	2:00 PM	BATAVIA: The Silk Route, Voyage, Mutiny	Ian Kidd
Aug, Fri 16	2:00 PM	History of WACA	Bill Reynolds

NORTH COAST BRANCH

Venue: Hamersley Recreation Centre, Belvedere Rd, Hamersley

Contact: Dee Tartt 0450 100 800

Date	Time	Topic	Presenter
Jul, Fri 5	11:30 AM	Music Appreciation - 1930s Classics	Terry Harvey
	1:00 PM	China - From Zero to Hero	Ian Stann
Jul, Fri 12	1:00 PM	Crossing the Sahara in an Old Car	Alan Naber
Jul, Fri 19	1:00 PM	Rebuilding Sentinel Steam Road Haulage Vehicles	David Howcroft
Jul, Fri 26	1:00 PM	Elizabeth I, Mary Queen of Scots and the Spanish Threat	Diana Tartt
Aug, Fri 2	11:30 AM	Music Appreciation	David Grace
	1:00 PM	Slavery, Past and Present	Graham Ezzy
Aug, Fri 9	1:00 PM	Inventions that Changed the World; discovered by accident	Kevin Gest
Aug, Fri 16	1:00 PM	The Silicon Era	Ian Stann
Aug, Fri 23	1:00 PM	The American Voting Process	Dr Heather Rogers

ROCKINGHAM BRANCH

Venue: Masonic Hall, Wanliss Street, Rockingham

Contact: Dave Hardie 0421 811 450

Date	Time	Topic	Presenter
Jul, Fri 5	1:30 PM	The Life and Times of Henry Prinsep	Bill Reynolds
Jul, Fri 19	1:30 PM	Saving our Penguins	Dawn Jecks
Aug, Fri 2	1:30 PM	Adapting to Life's Changes	Tanya Dupagne
Aug, Fri 16	1:30 PM	Eyes in the Sky; Surveillance for Survival	Dr Richard Smith

SWAN HILLS BRANCH

Venue: Midland TAFE, Lecture Theatre Block D, Corner Eddie Barron Drive & Lloyd Street, Midland

Contact: Janice Brooks 0437 477 297

Date	Time	Topic	Presenter/Location
Jul, Fri 5	1:30 PM	Aviation Heritage Museum	Outing
Jul, Fri 12	1:30 PM	Digital Banking & Scam Awareness	Sean Kay
Jul, Fri 19	1:30 PM	Peru	Anna Atkinson
Jul, Fri 26	1:30 PM	Martin Luther	Paul Gentelli
Aug, Fri 2	1:30 PM	Polyphagus Shot Hole Borer (PSHB)	Katelyn Fox
Aug, Fri 9	1:30 PM	Music Afternoon	Members
Aug, Fri 16	1:30 PM	The Romance of Old Roses	Jan Eastman
Aug, Fri 23	1:30 PM	Brickmaking and Clay Pits	Janice Brooks
Aug, Fri 30	11:00 AM	Picnic at Kent Street Weir	Outing

WANNEROO BRANCH

Venue: Wanneroo Recreation Centre, 275 Scenic Drive, Wanneroo

Contact: Ann Marshall 0417 998 043

Date	Time	Topic	Presenter
Jul, Thu 11	12:45 PM	Anaesthetics in Medicine	Dr David Thorne
Jul, Thu 25	12:45 PM	S.A.S.	Major Greg Mawkes
Aug, Thu 8	12:45 PM	Matthew Flinders	Kevin Gest
Aug, Thu 22	12:45 PM	Rohingya Genocide	Dr Melanie O'Brien

WESTERN SUBURBS BRANCH

Venue: The Grove Public Library, corner Stirling Highway & Leake Street, Peppermint Grove

Contact: Vlasta Thomas 0408 920 867

Date	Time	Topic	Presenter
Jul, Mon 1	1:00 PM	5-10 minute member talks - free choice	members
	2:30 PM	Australian Migration: Myth & Reality	Krishna Prasad
Jul, Mon 15	1:00 PM	King Charles III and the Establishment	Don Manning
	2:30 PM	Experiences & Challenges of Parliament	Kate Chaney
Jul, Mon 29	1:00 PM	Traveller Tales - what to catch and where to catch it (medical stories)	Dr Nick Beeching
	2:30 PM	TBA	
Aug, Mon 12	1:00 PM	Technology of Time - inventions to assist telling the time	Bob Jacobs
	2:30 PM	Electoral System in the United States of America	Dr Heather Rogers
Aug, Mon 26	1:00 PM	Mary McKillop - Australia's first canonised saint	Fr Geoff Beyer
	2:30 PM	Waves of Change: A History of Cottesloe	Sue Freeth

PLANNING – A WAY OF GETTING TO WHERE WE WANT TO BE

In February 2022 Council voted to adopt our first ever Strategic Plan with goals to be achieved in the three years, 2022-24.

From the outset it has been a very interesting journey. We began to explore the concept of developing a strategic plan during 2021. Previously Council had managed issues on a case-by-case basis and sometimes picked up on initiatives when raised, but at no time did we sit down for the sole purpose of taking a holistic look at U3A(UWA) as it was known at the time, what we were trying to achieve, and how we were going to get there.

Strategic planning is a simple concept. It lays out the broad goals an organisation wants to achieve over a set period of time. Then tactics are developed to fill in the actions needed to achieve the goals described in the strategic plan. However, we'd not done this before and, after much discussion and debate it was decided if we were going to do this, we would do it properly. We hired a professional consultancy to guide us through the process of developing the first ever Strategic Plan for U3A in Perth.

Kalico Consulting ran two strategic planning workshops for us in December 2021 and we came out of the exercise with vision and purpose statements for the organisation, draft strategic plans, and the wherewithal for us to form our own work groups to come up with the actions to achieve our goals.

The workshops involved around 27 people representing all branches. Our facilitator was excellent and exactly the right fit for us. She was friendly, but firm and very much on top of her game. The techniques she used challenged but enabled us to articulate our thoughts on what our organisation stands for, where we want it to be, and how we will achieve that.

We decided our plan would cover a period of three years and by early 2022 we had agreed on four main areas of focus which were to

1. grow our membership and respond to member interests
2. expand our programs and activities
3. ensure our sustainability and plan for the future
4. increase community awareness and build our profile.

Fourteen strategic objectives broadened out these main areas of focus and then 38 actions were identified to ensure we achieve our goals.

December 2024 will see this first Strategic Plan closed off. We will develop a new plan in 2025 to take us forward for the next two or three years. As we look back at what has been achieved, Council is particularly proud of the following:

- Creation of a position for a new group Liaison Officer and we have started up two new groups, Cambridge and Cockburn.
- There is now a group running City Courses. The additional resources have enabled this group to increase the number, quality, and variety of courses.
- A second choir has been established.
- We have developed a relationship with the City of Perth which now sponsors some of the costs of venue hire.
- The relationship issues with U3A Network WA are behind us and we are working constructively with the Network, through its committee, to build a stronger U3A statewide.
- Our Rules of Association have been comprehensively reviewed, resulting in a document which better meets our needs.
- A business name, U3A Perth, has been registered which we use consistently in all of our centralised activities. We have changed the term 'region' to 'branch' in relation to the various U3A groups in the Perth metropolitan areas.
- We have conducted our first U3A Perth Open Day which was a great success.
- There have been many smaller projects directed towards stronger governance ensuring the organisation runs more effectively.

Thanks to all the volunteers who have been and are involved in delivering these initiatives to make a bigger, stronger U3A Perth. We look forward to working with a new plan commencing next year.

Catherine Baxter

ENGLISH - A MONGREL LANGUAGE



John Fender giving his talk at Western Suburbs and calling the infiltration of words from other languages, One Night Stands.

The English language - the world's mongrel language - has evolved from many sources over the last 2000 years. Three sources were by violent invasion; one was by persistent immigration; and one was infiltration. Plus there were many shorter transient ones.

Some of the original languages spoken by people living in the British Isles still exist today – Scots, Welsh, Gaelic, Irish, Cornish and Manx. But the first introduced source of today's English is Latin from the Roman invasion in 45 AD which lasted for 400 years.

Roman legions crossed from today's Belgium to Kent and were efficient soldiers and engineers who built roads, fortresses, and cities. They built a stone wall, known as Hadrian's Wall, from the Irish Sea to the North Sea, across a relatively narrow part of the island of Britain. By building this wall, they inadvertently set the concept of the northern boundary of what would be England.

When the Romans left, Latin continued to grow, thanks to religion because friars, priests, monks and monasteries, all used Latin. For centuries Latin was the language of law, science and especially medicine. To this day doctors use parts of that language often to confuse their patients. It could be said Latin has us from ante-natal to post-mortem.

Around 500 AD a second major source came with the arrival of the Angles, Saxons and Jutes. These separate tribes from the upper Germanic plain, had common, overlapping languages and generally lived closely without too much conflict. They settled on southeastern farmland, established small principalities and brought their languages.

Trouble arrived in 800 AD, when the Norsemen, usually called the Vikings, invaded the area known now as Yorkshire. Aggressive and violent they

expanded until eventually they formed their own domain, called Dane Law. This stretched from the western end of Hadrian's Wall to the eastern end of the Thames Estuary.

They ran what is now known as a protection racket. Providing the Anglo-Saxons paid a tax called Dane Geld, the Vikings refrained from raiding and burning their villages and homes.

Even more trouble came in 1066 AD when the Normans invaded. It didn't take long for their leader, William 1, known as the Conqueror, to be in complete control and put in place three things.

1. The Harrying of the North. He persecuted the descendants of the Vikings already settled there.
2. He gave gifts of land, wealth and titles to relations and cronies. Hence the dukes, viscounts, marquises, barons, knights still in existence in Britain today. By doing so, he inadvertently created the class system still in effect in many respects.
3. This created a division of languages. The now upper class spoke Norman French and the rest spoke Anglo-Saxon variants. For example, in the legal profession, barristers spoke French in court and solicitors spoke early English as they were the intermediaries with the public.

The Hundred Years' War and Black Death bubonic plague of the 1300s resulted in half the population dying. It was a time of change of vowels and an enriched vocabulary. Thanks to Shakespeare and the Elizabethan period, we have the English of today.

During the time of British imperialism the language absorbed many words from different cultures. More recently North American English influence has spread widely through sound films and popular music. An interesting feature is some older English words transported by early colonists to America are no longer used in England, e.g. 'fall' for Autumn and 'gotten'. Webster's Dictionary has also simplified spelling to be more phonetic.

John Fender

Next INFORM deadline – 20 July (Sept/Oct)

All contributions welcome.

Email to judith.amey45@gmail.com

FATIMA AL FIHRI

An amazing woman from Morocco

Fatima al-Fihri is credited with founding the oldest existing, continually operating and first degree-awarding educational institution. It was her vision and investment that saw the founding of the University of al-Qarawiyyin in Morocco almost 1200 years ago. It is also in part, thanks to her, that universities as we know them today, exist.



Al-Fihri was born in Qayrawan, Tunisia to a wealthy merchant and well-educated family. Her father made sure Al-Fihri and her sister, Marian, received a proper education. In the early 9th century the family left Tunisia to settle in Fez. When her father died, Al-Fihri and her sister inherited a sizeable fortune. They were both intelligent and pious women who, rather than squandering the money away, wanted to invest in the community somehow. Having developed a profound respect for education thanks to her family, Al-Fihri decided to put her money, time and dedication, into building an educational institution. Some sources say she was so devoted to this cause, she fasted for the 18 years it took to build the complex. She oversaw the construction of classrooms, a prayer hall, library, and courtyard.

Al-Fihri's idea was to establish a place where you could be educated and be granted a certificate to show your studies had been completed.

The University opened in 859 and at first it offered courses in the Quran and religious texts. Gradually the number of courses increased, and students travelled from all over the world to study a range of subjects from natural sciences to languages to astronomy. During medieval times, the University was considered a major intellectual centre.

Unsurprisingly, numerous notable scholars studied there including Gerbert of Aurillac – better known as Pope Sylvester II. He is given credit for introducing Arabic numerals (the ones we use to this day) to Europe.

The University is still in operation today. Its library houses one of the world's oldest collections with over 4000 manuscripts including a 9th century copy of the Quran inscribed on camel skin.

Fittingly, Al-Fihri studied at the University she helped found. The library still has her original diploma – a wooden board. Later women were barred from studying there but recently it has once again admitted female students.

5	8	7	3	4	2	9	1	6
2	1	4	7	6	9	8	5	3
3	9	6	8	5	1	7	4	2
8	4	5	1	2	7	3	6	9
6	3	2	9	8	4	1	7	5
1	7	9	6	3	5	4	2	8
9	2	8	4	7	6	5	3	1
4	5	3	2	1	8	6	9	7
7	6	1	5	9	3	2	8	4

PUZZLE PAGE ANSWERS

Words. Ketchup – China; Avatar – Sanskrit; Patio – Spanish; Karaoke – Japan; Entrepreneur – French; Penguin – Welsh; Lemon – Arabic; Kindergarten – German; Cartoon – Italian; Chocolate – Aztec; Loot – Hindi; Cookie – Dutch; Mosquito – Spanish; Deli – German; Tattoo – Polynesian.

Geography. 1. Botswana; 2. Zimbabwe, Zambia, Namibia, South Africa; 3. Gabarone; 4. Blue, black, white; 5. Pula; 6. More (2,675,000); 7. Alexander McCall Smith's series, *The Ladies Detective Agency*.

FOR YOUR DIARY

Saturday 3 August, 10.00-3.00pm **Annual Seminar**, Our Unique WA, State Library Theatre. Cost \$40

Wednesday 4 September, 10.00am -12 noon **Advance Planning Workshop**. Free

Saturday 14 September, 2.00pm U3A **Classical Music concert**. State Library Theatre

Thursday/Friday 24/25 October, U3A **Network WA Annual Conference**, Bunbury

VAGARIES OF VOLUNTEERING



In 2012 - I was volunteering for Australia Business Volunteers (ABV) in Hanoi, Vietnam.

A very successful Vietnamese man I knew asked Canberra if I could do a feasibility study for him about duplicating his amazing social enterprise (that was based in Vietnam) in Cambodia. [I will not reveal the name for reasons which will become apparent.] His organisation was training hundreds of economically deprived Vietnamese boys and girls in a particular trade - and 100% of them became employed.

Both ABV and the man knew I had contacts in Vietnam and Cambodia - so I flew into Hanoi to discuss the brief, then went back to Cambodia for a month or so to formulate the feasibility study. I contacted many locals, discussed venues, interviewed potential students, etc ...crunched all the numbers and flew back to Hanoi to present the 57 page report and projections - which came to over US\$1,000,000.

He read through the report and said, 'Bevan, I see what you've done but your total is out by around US\$200,000'.

I told him the figures seemed OK by me, what did he think I'd missed? He looked me straight in the eyes and said one word, 'Bribes'.

Now you know the reason for not stating names!

Bevan Sharp

MELVILLE OUT & ABOUT



A small group of members from the Melville U3A toured the Woodman Point Quarantine Station in April. The station was active for about 90 years, finally closing in 1979. It was instrumental in protecting Perth and Australia from infectious disease and was at its busiest during three major pandemics that occurred between 1895 and 1940. The tours are conducted by a small band of volunteers and feature a glimpse into the past. The tour includes the original hospital, facilities and the oldest crematorium in Australia.

Public tours are available on the third Sunday of the month at the cost of \$30 per person with a discount for groups of 15 or more. Bookings are done online.

Mark Wells

PUZZLE PAGE

SUDOKU 156

	8	7			2			
			7	6			5	3
	9			5		7		
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6			9		4			5
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		8		7			3	
4	5			1	8			
			5			2	8	



Food for thought on an interesting sign at Enderslea Farm.

WHERE DID THESE ENGLISH WORDS COME FROM?

As John's article tells us, English has embraced words from many other languages over the years. Do you know where these languages originated?

Ketchup	Kindergarten
Avatar	Cartoon
Patio	Chocolate
Karaoke	Loot
Entrepreneur	Cookie
Penguin	Mosquito
Lemon	Deli
Tattoo	

HOW'S YOUR GEOGRAPHY?



1. What country is this? (A hint, it's in Africa)
2. Name three bordering countries.
3. What is its capital?
4. What colours are on its flag?
5. What is its currency?
6. How many people live there? More or less than 1 million?
7. Can you name a series of books set in this country?

DAFFY DEFINITIONS

Apiary, n. A sting operation

Classic novel, np. A book people praise but seldom read.

Mobilization, n. Removing your landline and switching all calls to your mobile.

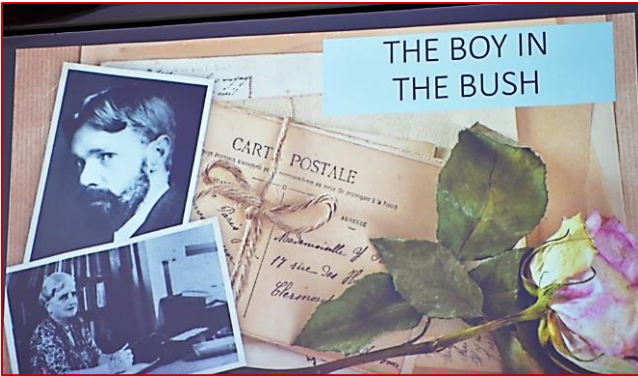
Ramification, n. A consequence forced down your throat.

Politician, n. Someone who shakes your hand before an election and your confidence after it.

Stalemate, n. a leading cause of divorce.

ENDERSLEA, *THE BOY IN THE BUSH*

For a few years now, some U3A Perth branches have made part of their regular programme, a visit to Enderslea Farm and its annual production each May. This year, members from Canning River, Swan Hills and Western Suburbs pooled cars for the hour's drive to the Chittering Valley for *The Boy in the Bush*. It did not disappoint - the actors were very accomplished, playing musical instruments, singing songs and creatively acting out their parts.



Sarah McNeill, who had researched and written the script, was accompanied by two gentlemen actors who spoke but also played instruments and sang during the play. The audience needed little encouragement to join in.

The story brought to life West Australian author Molly Skinner (1876-1955) and how the war, politics and personal experiences influenced her creative work.

The author of *Lady Chatterley's Lover*, David Herbert Lawrence and Mary Louisa (Mollie) Skinner met in Darlington in 1922 when Lawrence and his wife were touring Australia. He encouraged Mollie to write a novel based on the exploits of her brother, Jack. Lawrence heavily edited the novel changing parts so the book would be 'more sensational'. Molly did not like all the changes, but it was too late, because Lawrence had sourced a publisher, and the book was already at the printers. However when it was published in 1924, her name was acknowledged alongside DH Lawrence as authors.



Included in the play was more about Mollie's life and her support of the fledgling WA Branch of the Fellowship of Australian Writers.

Part of the Enderslea experience is always the sumptuous morning/afternoon tea provided by the Bindoon Country Women's Association. The sandwiches, scones, jam and cream and beautiful, big, freshly picked, tasty strawberries plus free wine tastings of Bindoon Estate Wine were once again a standout.



Left: Swan Hills members



Right: Canning River members

PICNIC DAY

Unlike last year when it had to be cancelled because of heavy rain, this year's U3A Picnic in Kings Park had perfect weather – not too hot, not too cold, not windy but sunshiny. A smaller number than usual enjoyed a Knowledge Hunt, playing cricket and Finska, relaxing and chatting with fellow members from other branches.



Above: Frank Smargiassi & Nigel Tilbury (Dianella)

Left: Christine Oliver (Swan Hills)

Cricketers.
Liz Balding
(president),
Marilyn Jones
(Joondalup),
Vaughan
Thomas
(North Coast)



Mary Bracken, Enid Smith & Constance O'Brien (Wanneroo)



Checking Knowledge Hunt answers – Vicki Philps (Rockingham),
Val Goff, (North Coast), Val Buckley (Rockingham)
Catherine Baxter (Swan Hills) .



Playing Finska

Above: Louise Down (Cambridge), Ann Klubal
(North Coast), Val Goff (Swan Hills).

Right: Catherine Baxter (Swan Hills), Judith Amey
(Western Suburbs), Nigel Ridgway (North Coast)

