

# Newsletter 1st Quarter 2024

## What Is The Secret To Healthy Aging?



An Australian-first study that aims to address the sedentary lifestyle of older adults has examined what people can do to ensure healthier aging.

And the key could be as simple as joining in group exercise, the study Exercise Right for Active Ageing study (ERAA): Participation in community-based exercise classes by older Australian during the COVID-19 pandemic has found.

In a country where 58% of seniors are at risk of an inactive lifestyle, Exercise & Sports Science Australia (ESSA) conducted research on 6600 seniors. The study, in collaboration with Monash University, highlighted the effectiveness of affordable and easily accessible group exercises in encouraging older adults to adopt a more active and healthier way of living.

Funded by a Better Ageing grant, supported by the Australian Sports Commission and managed by Sport Australia, the study addresses the critical issues of time constraints, financial burdens and access to suitable exercise options to redefine how Australians should perceive and approach active aging.

“Our study reveals a critical need for intervention in the sedentary habits of older Australians. It’s not merely a health concern; it’s a call to action,” said Dr Brendan Joss, ESSA President.

“One demonstrated solution lies in embracing group exercise programs led by experts in exercise (exercise physiologists and exercise scientists), making sure health and wellbeing benefits are attainable for all.

“This research signals a pivotal moment in the way we approach senior health, urging a collective shift

towards proactive engagement and redefining the golden years.”

The study, which ran throughout 2020–2021, where older Australians participated in classes over 12 group sessions, found that higher class attendance was associated with yoga, flexibility, mobility classes, free trials and online classes.

Of the participants included in the primary analysis, 77% were women, aged between 65 and 74 years of age, while 59% resided in major cities and reported two or more health conditions. The highest number of participants were from Queensland and NSW.

“Participants who attended any of the classes offered, and completed follow-up testing, reported an increase in physical activity, equivalent to more than 100 minutes of moderate-intensity physical activity per week, almost one additional active day per week and a half-hour reduction in daily sitting time,” Joss said.

“The findings from the study concluded that participation in the program boosted overall physical activity levels, and more encouragingly, there was additional time spent engaging in physical activity, beyond time spent in classes.

“University trained and accredited exercise professionals are leading the way in motivating older Australians to live a healthy and active life.”

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# Presidents Report

## Marian Smith



I asked our committee in February if they would like to contribute their experiences and thoughts on being a committee member for U3A Armadale and I am very pleased that some have sent in their contributions for publication.

I would also like to give grateful thanks to Annika, our secretary who stepped in to fill the breach when both the Vice President and I were ill for the recent meetings. Thank you, Annika.

**Marian Smith**

**President U3A Armadale Inc.**

### Treasurer's Poem

For quite a long time now you see, I've been one on the Committee.

A secretary taking minutes and notes, a Speaker finder looking for good quotes.

A packager up of prizes for raffles, and a compiler of monthly events and surprises

For six years now I've been the dollar Queen, and guarded your cash from those who are mean.

I sit at the door when meetings occur, with the help of Denise, Caroline and oft a few more, as we welcome you all to our day in the hall.

So come you lot put your hand in the pot, and keep our club going by donating your lot!

**Val Jarrett**

### From Terry Edmett

There was an interested crowd that gathered in the top floor auditorium of the Armadale Council Office building on that day in 1997. Word had got around, not about horses, but that it was possible that a branch of U3A was going to be started in the Armadale area if there was enough support for the idea. One leading light, Rene, was definitely interested and said she was quite happy to have

meetings at her house to start things off until suitable accommodation could be found in the district.

I was bailed up by an activist who was against the idea and carried on about how people were being oppressed in the district and ending up effectively advocating that the police were being 'too hard' on unfortunate people and organisations like U3A would only make life harder for the unfortunate. How he worked out any connection between U3A and his clearly 'law avoiding' mates is hard to calculate so he was dodged, and the meeting soon started.

It soon became clear that the move was popular and a vote was taken and duly noted by the council representatives in attendance. It was then announced that U3A Armadale would be started and a pro-tem committee was organised under the aegis of Rene and her supporters who held a meeting at her house soon after and it got moving. From Terry Edmett

How he worked out any connection between U3A and his clearly 'law avoiding' mates is hard to calculate so he was dodged, and the meeting soon started.

Something must have gone right as here we all are after a number of moves over the years and hopefully will be continuing for a long time to come.

## On Being a Member of the Committee

Being a member of the Committee for U3A Armadale has been a new experience for me.

I became a Committee member in August 2023, only 6 months after joining the Club. I was not quite sure if this was something I would enjoy, but I have been both surprised and delighted. Indeed, getting more involved with the Club has been a most rewarding experience.

I have had been able to form closer friendships with other Committee members and to make positive contributions to the organisation of Club activities.

Being a Committee member really gives me a true sense of belonging to the Club.

I would encourage other members to sign up for at least 12 months. You will be surprised how much being a Committee member will boost your confidence and provide you with opportunities to connect with others!

Warm regards

**Anni**

**Annika Van Der Heyden  
U3A Secretary Armadale**



## The History of Aprons



I don't think most kids today know what an apron is.

The principle use of Mom's or Grandma's apron was to protect the dress underneath because she only had a few. It was also because it was easier to wash aprons than dresses and aprons used less material. But along with that, it served as a potholder for removing hot pans from the oven.

It was wonderful for drying children's tears, and on occasion was even used for cleaning out dirty ears.

From the chicken coop, the apron was used for carrying eggs, fussy chicks, and sometimes half-hatched eggs to be finished in the warming oven.

When company came, those aprons were ideal hiding places for shy kids..

And when the weather was cold, she wrapped it around her arms.

Those big old aprons wiped many a perspiring brow, bent over the hot wood stove.

Chips and kindling wood were brought into the kitchen in that apron.

From the garden, it carried all sorts of vegetables. After the peas had been shelled, it carried out the hulls.

In the winter, the apron was used to bring in apples that had fallen from the trees.

When unexpected company drove up the road, it was surprising how much furniture that old apron could dust in a matter of seconds.

When dinner was ready, she walked out onto the porch, waved her apron, and the men folk knew it was time to come in from the fields to dinner.

It will be a long time before someone invents something that will replace that 'old-time apron' that served so many purposes.

**Sheila Shenton**

## Recreational Ramblers



U3A Ramblers is a group of people who take a stroll in the great outdoors for 1 hour every 4th Friday of the month. This activity benefits both physical and mental health, something we have all known forever. However, recently it has been "discovered" by some psychologist, and has been rebranded as "forest bathing". I guess people will pay for that, and now it is the latest thing.

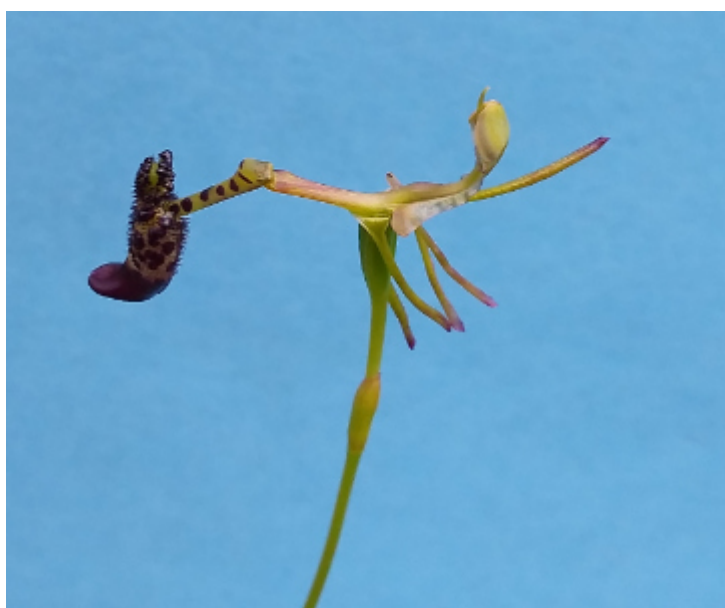
Our first walk for 2024 is Friday 22nd March and we will be bathing in Bungendore Park on Admiral Rd. Bedfordale, where I hope we will find something in flower.

We meet at 8.45 and commence walking at 9.00. After our workout we head for the nearest coffee shop for refreshments and a chat.

The **Recreational Ramblers** meet on the 4th Friday of each month, place and time to be advised in the preceding weeks.

If you wish to join the group please contact

**Pat: 9390 6640 / 0422 020 044**



**Warty Hammer Orchid.**

# 1st Semester Speakers 2024

Date	Speaker	Topic	Subject
5/3/2024	BILL CUTLER	HISTORY	FIRST FLEETERS 1788
19/3/2024	CAROL ASTBURY	WORLD WAR HISTORY	REMEMBRANCE OF LOVE & WAR
2/4/2024	TERRY HARVEY	HISTORY	CAMELS IN AUSTRALIA
16/4/2024	RAY WEBB	POTPOURRI	A MIX OF STORIES, POEMS & SONGS
7/5/2024	GRANT THORNETT	ASTRONOMY	THE LIFE CYCLE OF STARS
21/5/2024	BRETT LADHAMS	GEOLOGY	GEOLOGY OF THE MOON
4/6/2024	STUART MCLELLAN	FITNESS	MIND FITNESS
18/6/2024	KIM FLETCHER	WILDFLOWERS	OUR AMAZING WILDFLOWERS

## Computer Page

### What Really Happens When You Click 'I'm Not A Robot'

Have you ever tried to go to a website but you were stopped beforehand in order to prove you are not a robot?

Well, what is happening behind the scenes may surprise you. Here's what really happens when you check the "I'm not a robot" box.

#### What is reCAPTCHA?

The "I'm not a robot" checkbox is a CAPTCHA, or a "Completely Automated Public Turing Test to Tell Computers and Humans Apart."

Essentially any type of test, whether it's selecting the image with stoplights or typing out a word that's blurry, is a CAPTCHA, which is used to stop bots.

reCAPTCHA, which you might recognise from the "I'm not a robot" checkbox, is the specific CAPTCHA program from Google that is used by millions of sites.

#### How does reCAPTCHA work?

So how does the "I'm not a robot" CAPTCHA actually work?

It's not actually the act of clicking "I'm not a robot" that confirms you're not a bot. It's what happens before you click it.

"When you click on that checkbox, the site sends back a bunch of information to Google," John Lloyd, chief technology officer of Casaba Security, told Reader's Digest.

This information can be your cursor movement as you go to click that checkbox (apparently humans move their cursors with more randomness than a computer), your cookies and device history, according to Cloudflare.

Google uses that information to determine the probability that you are a human or a robot. Google

then sends that score to the website, and if the score is high enough, you'll be let into the site.

Simply put, by clicking "I'm not a robot," you are giving Google permission to analyse your online behaviour to determine if you are a human.

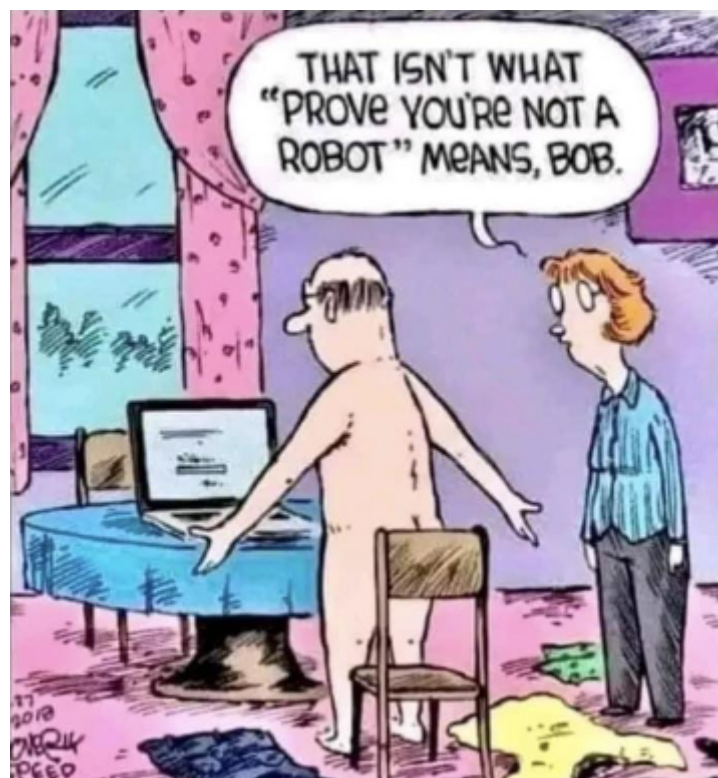
#### Can AI solve CAPTCHAs?

Ironically, it turns out robots may be better at proving that they aren't robots than humans.

A July 2023 study by researchers at the at the University of California found that AI bots were more efficient at solving CAPTCHAs than humans.

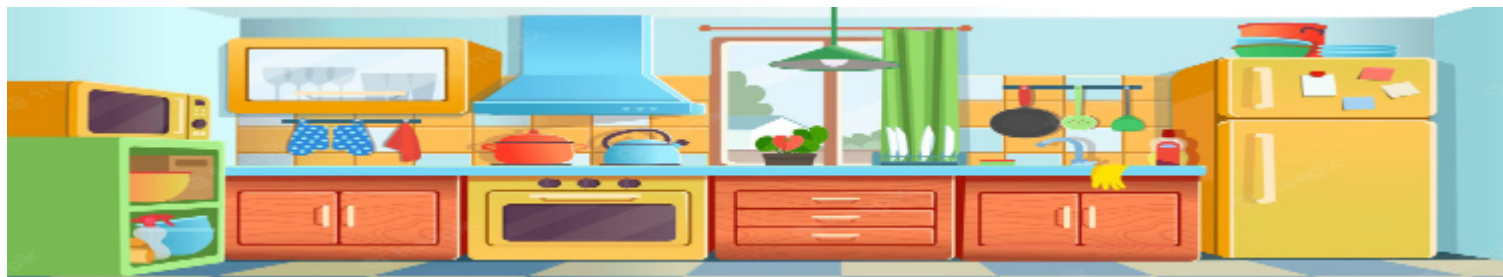
By comparing the speed and accuracy of 1,400 participants versus AI bots in solving 14,000 CAPTCHAs, the researchers found that bots were far better than humans at beating these tests.

The bots were 99.8 accurate while humans ranged from 50% to 84% accuracy.





# Kitchen Roster February to July 2024



DATE 2024	KITCHEN HELPER	FOOD PLATE PROVIDER	FOOD PLATE PROVIDER
6 <sup>th</sup> Feb.	<b>Barbara Powell</b>	Yvonne Armstrong Pam Caffrey	Nissa Aked David Calder
20 <sup>th</sup> Feb.	<b>Joy Ball</b>	Lyn Cornell Dene Choyce	John Davey Judi Damon
5 <sup>th</sup> March	<b>Gail Barr</b>	Dennis Cooper Norma Furniss	Terry Edmett Don Gordon
19 <sup>th</sup> March	<b>Teresa Cameron</b>	Margaret Greenhill Pat Holton	Anne Griffiths Charles Haslehurst
2 <sup>nd</sup> April	<b>Margaret Collins</b>	Margaret Harris Kerry McEachern	Val Jarrett Carolyn McKebery
16 <sup>th</sup> April	<b>Norma Cooper</b>	Judy Marston Moirra Mullins	Barbara Morocz Joy Murphy
7 <sup>th</sup> May	<b>Pat Emmitt</b>	Colin Ostle Margaret Nielsen	Sally Pannell Maureen Pease
21 <sup>st</sup> May	<b>Helen Frischmuth</b>	Gary Phillips Donald Rock	Val Preston Veronica Reid
4 <sup>th</sup> June	<b>Jenny Frayne</b>	Warwick Powell Roberta Sherrard	Val Reed Sheila Shenton
18 <sup>th</sup> June	<b>Wendy Hayes</b>	Colin Read Marian Smith	Shelley Spicer Hazel Stephen
2 <sup>nd</sup> July	<b>Pam Haslehurst</b>	Robert Smith Annika Van Der Heyden	Marion Shoppee Diana Williams
16 <sup>th</sup> July	<b>Daphne Jeeves</b>	Marianne Williman Phil Aked	Geoff Wait Ray Webb

**Please note:** 4 members are rostered as a food plate provider for morning tea at each meeting. It is only necessary to provide one large plate of food each e.g. a cake, biscuits, party pies, sausage rolls or whatever else you would like to bring.

If you are rostered as a kitchen helper, you are asked to help organise food as it arrives as well as clear up and wash up after morning tea. You do not need to provide any food as a kitchen helper.

**Contact Rose if you cannot attend on your rostered day: 0427 087 436**

Day	Date	Time	Details	Subject	Location	Contact	Phone
Friday	1st	1.00 pm	Singing for Pleasure	With Rachel John	Frye Park Pavilion, Kelmscott	Marilyn	0413440503
<b>Sat/Sun</b>	2nd/3rd						
<b>WA Labour Day</b> Monday	4th						
Tuesday	5th	9.30 am	Bill Cutler History	First Fleeters 1788	Evelyn Gribble Comm Ctr		
Wednesday	6th						
Thursday	7th						
Friday	8th						
<b>Sat/Sun</b>	9th/10th						
Monday	11th	10.00 am	Study Group	WA Mammals	Waterwheel Community Shed, Bedforddale	Judy	0438656153
Tuesday	12th	TBA	Movie Tuesday	TBA	Reading Cinema Armadale	Veronica	0417755235
Wednesday	13th						
Thursday	14th						
Friday	15th	1.00 pm	Singing for Pleasure	With Rachel John	Frye Park Pavilion, Kelmscott	Marilyn	0413440503
<b>Sat/Sun</b>	16th/17th						
Monday	18th	10.00 am	Study Group	WA Mammals	Visit Kanyana Wildlife Centre	Judy	0438656153
Tuesday	19th	9.30 am	Carol Astbury World War History	Remembrance of Love & War	Evelyn Gribble Comm Ctr		
Wednesday	20th	11.30 am	Coffee/Lunch Group	Jarrahdale Tavern	640 Jarrahdale Rd, Jarrahdale	Sheila	0439926333
Thursday	21st	1.30 pm	Committee Meeting		Byford Country Club	Marian	0478595508
Friday	22nd	9.00 am	Ramblers	TBA	TBA	Pat	0422020044 93906640
Friday	22nd	1.00 pm	Book Club		Kelmscott Library	Sheila	0439926333
<b>Sat/Sun</b>	23rd/24th						
Monday	25th						
Tuesday	26th						
Wednesday	27th	1.00 pm	Discussion Group	Tyrants & Peacemakers	Byford Library	Judy	0438656153
Thursday	28th						
<b>Good Friday</b>	29th						
<b>Sat/Sun</b>	30th/31st						

Day	Date	Time	Details	Subject	Location	Contact	Phone
Monday	1st						
Tuesday	2nd	9.30 am	Terry Harvey	History of Camels in Australia	Evelyn Gribble Comm Ctr		
Wednesday	3rd	1.00 pm	Discussion Group	Tyrants & Peacemakers	Byford Library	Judy	0438656153
Thursday	4th						
Friday	5th	1.00 pm	Singing for Pleasure	With Rachel John	Frye Park Pavilion, Kelmscott	Marilyn	0413440503
<b>Sat/Sun</b>	6th/7th						
Monday	8th						
Tuesday	9th	TBA	Movie Tuesday	TBA	Reading Cinema Armadale	Veronica	0417755235
Wednesday	10th	1.00 pm	Discussion Group	Tyrants & Peacemakers	Dome, Byford	Judy	0438656153
Thursday	11th						
Friday	12th						
<b>Sat/Sun</b>	13th/14th						
Monday	15th						
Tuesday	16th	9.30 am	Ray Webb	Potpourri, Stories, poems & songs	Evelyn Gribble Comm Ctr		
Wednesday	17th	10.00 am	Coffee/Lunch Group	Fixa on Brix	86 Brixton St, Beckenham	Sheila	0439926333
Thursday	18th	1.30 pm	Committee Meeting		Byford Country Club	Marian	0478595508
Friday	19th	1.00 pm	Singing for Pleasure	With Rachel John	Frye Park Pavilion, Kelmscott	Marilyn	0413440503
<b>Sat/Sun</b>	20th/21st						
Monday	22nd	10.30 am	Hans Hug Freemantle Chamber Orchestra	Classical Music Appreciation	Seville Grove Library, Champion Drive, Seville Grove	Judy	0438656153
Tuesday	23rd						
Wednesday	24th						
Thursday	25th						
Friday	26th	9.00 am	Ramblers	TBA	TBA	Pat	0422020044 93906640
Friday	26th	1.00 pm	Book Club		Kelmscott Library	Sheila	0439926333
<b>Sat/Sun</b>	27th/28th						
Monday	29th	10.30 am	Hans Hug	Classical Music Appreciation	Seville Grove Library, Champion Drive.	Judy	0438656153
Tuesday	30th	9.00 am	Bus Trip	Gravity Discovery Centre & Tower	Yeal	Maureen	0420866309

## Classical Music Appreciation

with Hans Hug

Director of the Freemantle Chamber Orchestra



A **Classical Music Appreciation Course** is arranged for:

Dates: Mondays 22 April, 29 April, 6 May, and 13 May 2024.

Venue: Seville Grove Library, Champion Drive, Seville Grove

Time: 10.30 am – 12 noon. Cost to members: \$20.00

*Hans says this is a course for people who are new to "classical music" and lovers of "classical". With the help of many listening samples, this course will give an overview and appreciation of classical music. The focus is on listening.*

We will gain an understanding of the genres of classical music (symphony, concerto, opera, musical, chamber music) and the periods (Medieval, Renaissance, Baroque, Classic, Romantic, 20<sup>th</sup> Century, Modern) their features, and composers. All this while listening to beautiful music.

Please register your interest with Judy – [hshome132@gmail.com](mailto:hshome132@gmail.com) – 0438656153 or Marilyn – [chrismarilyn@bigpond.com](mailto:chrismarilyn@bigpond.com)

## Be Connected Course



**Be Connected**  
Every Australian online.

Presented by Phil Aked

Dates: Mondays: 20 May, 27 May, 10 June, 17 June & 24 June 2024.

Time: 10.00 am – 12.00 pm

Venue: Waterwheel Community Shed, 2 Waterwheel Rd, Bedforddale.

Topics:

Week 1

- Introduction to email / [gmail](mailto:gmail) / outlook / yahoo / scams.

Week 2

- Online hobbies: family history / google earth / blogs.

Weeks 3 & 4

- Android phones

Week 5

- My Gov – new look



Cost: \$25

Please contact Judy - 0438656153, [hshome132@gmail.com](mailto:hshome132@gmail.com) or Marilyn - [chrismarilyn@bigpond.com](mailto:chrismarilyn@bigpond.com) to indicate your interest in this course.

## Singing for Pleasure with Rachel John

Where:

Frye Park Pavilion, Clifton St, Kelmscott.

When:

1<sup>st</sup>, 3<sup>rd</sup> & 5<sup>th</sup> Fridays of each month commencing in February.

Time:

1.00 pm

Cost:

\$5.00 per session



Further information contact Marilyn on 0413550503



# The Dambusters' Ball

## Eve Day's Memories of an Auspicious Occasion



Saturday, May 15th 1993. The great day of THE ball had arrived at last. It was to commemorate the fiftieth anniversary of the bombing of the Mohne and Eder dams. This event was made famous by Paul Brickhill's book and film.

On this recent auspicious occasion Don, who was a member of the illustrious 617 squadron looked extremely smart and distinguished in his dress suit. The invitation had stated 'full dress with medals' so he wore his miniatures. I wore a full-length dress in teal, quite plain with turquoise necklace and earrings.

While we were waiting for Phil to collect us, I took a photo of Don and he took one of me. When Phil arrived I took one of him and May, and he took one of us. I was glad we did as no photos were taken at the Ball.

We arrived at Government House Ballroom at 6.50pm, feeling rather apprehensive. Pre-dinner drinks were being served in the large foyer by extremely smart young trainee Air Force pilots acting as highly efficient wine waiters.

Soon, we were ushered into the beautiful ballroom. Circular tables each seating ten people were placed down each side. The red carpet ran down the centre of the room. The Band of the Royal Australian Navy was on the stage and above, in the

gallery, resplendent in their scarlet and gold uniforms were the trumpeters representing the Army. The guard of honour of Air Force cadets, male and female, had formed each side of the red carpet. It was altogether a very impressive scene.

The five men of 617 Squadron who were the guests of honour with their wives were not seated together. Instead every couple sat at one of the side tables, each one of which was beautifully decorated with colourful arrangements of carnations. We had hardly settled down and introduced ourselves to our fellow diners when Don and the other 617 men were hustled into the foyer. Here, the television cameras of Channel 9 took a brief film of them chatting whilst awaiting their summons.

Suddenly, there was a fanfare of trumpets and the cadets stood smartly to attention.

The State Governor, Sir Francis Burt and Lady Margaret Burt arrived with the Right Honourable Reg Withers and Mrs Withers, the Lord Mayor and Lady Mayoress of Perth. They were followed by the British Consul General John Noss and his wife Shirley.

Everyone stood for the fanfare and the Governor's entrance, and remained standing for the anthem of Australia, 'Advance Australia Fair'. The familiar strains of the Dambusters March followed and each member in turn was presented to the Governor. First, pilot Phi May of WA, then bomb aimer Don Day U.K., then the three air gunners Bob Barry W.A., Dave Retter U.K. And Frank Jones U.K. Each man had to walk alone the length of the large ballroom on the red carpet through the guard of honour. I felt really proud as Don walked through them and bowed to the Governor. "I know it was all a long time ago, Don, but well done", he was told.

To his surprise, each man was handed a parcel. With his colleagues, Don refused to open the gift until we had arrived home. It was a set of beautiful Italian crystal wine glasses.

Meanwhile, our attentive wine waiters were replenishing each glass as it was emptied. The red carpet was speedily rolled up and removed and the leisurely and quite delicious meal commenced. To my surprised eating was interspersed with dancing. I had expected food first and dancing later.

It was over forty years since I had attempted to dance and I had been anxiously practising at home in front of a video tape "Ballroom Dancing for Absolute Beginners." I knew Government House was unlikely to boast a VCR and television with two footprints on the floor to guide me! My fears of being asked to dance were unfounded, to my great relief. I am a "people watcher" and



thoroughly enjoyed the spectator role.

Later on a superb display of ballroom dancing was given by three very young couples from a local dancing school. The young men were immaculate and the girls wore very ornate colourful dresses.

Many people came and asked Don for his autograph, to his amazement and delight.

At one point during the meal, there was a minor drama when a man called Neil accidentally tipped a dish of vegetables over, partly into his wife's lap. Immediately, a courteous young man in Air force uniform sprang to the rescue.

Don had noticed the wings on Neil's uniform, which was a deep blue shade unlike the grey of the Royal Air Force. "Are you still serving?" Don asked. "Well, yes" replied Neil diffidently. "Actually, I command the RAAF Base at Pearce." We had not realised until then that we had been sitting with Air Commodore Smith and Maria, his wife. Apparently, each couple from 617 Squadron was seated at a table with one of the dignitaries. Phil was with the British Consul and his wife - John and Shirley Noss.

Eventually, at about 1100 pm we all stood as the Governor and his wife left the ballroom. Fairly soon after, Phil and May wanted to leave, so we made our farewells and followed them out to the multi-storey car park in Murray Street. We were just walking up the ramp, when I realised we had left our very informative programme/menus on the table. Phil and May had too, but were not concerned. I knew they would be an irreplaceable keepsake so Don and I returned for them.

I was very pleased as Brigadier Terry Nolan and Naval Commodore Rob Partington were talking to Neil and I plucked up courage and asked all three for their autographs.

We were finally driven home by May, arriving just before midnight, so my fears were unfounded. I didn't turn into a pumpkin !!

### **Eve Day**



## **WA Mammals Course**



Participants of the first course for 2024, WA Mammals, are glued to the screen to discuss their respective choice of mammal to research.

Despite the threatened lack of water - which had been fixed by the time the course started - thirteen members turned up for session two.

Listening to the banter and cheerfulness among the group whilst discussing some of their favourite subjects was very heartening to hear (I was in the next room sorting out Shed stuff).

For those who haven't yet tried one of U3A's courses, give it a go! They are always informative and great fun, even if it's not quite your 'cup of tea'.

### **Phil Aked**

And just like that  
I'm not allowed in  
Pottery Class anymore.





# Christmas 2023

The Christmas lunch was held on Tuesday 5th December 2023 at the Gosnells Golf Club and was a great success. Sixty one people attended and were all in good spirits.

Food vouchers were given to each attendee along with a drinks voucher. The food vouchers were in different colours and depicted individual's choice from the menu. This made it easy for wait staff to serve the correct meals, without any problems.

The venue at Gosnells Golf Course was well planned and the staff had decorated the restaurant as we requested. The serving staff were very professional and were led by Carlee the restaurant manager, who was busy running around to ensure everything ran smoothly.

Members were asked several weeks before the lunch if they could donate only tins, bottles, packets for the Christmas raffle. Members were very generous and we had enough for four good hampers. A member donated a set of boxed wine glasses and two members donated two envelopes of scratches, which made up a further two raffle prize.

The Committee donated some money for the raffles, so a large door raffle hamper consisting of fresh fruit and vegetables was made up and won by Terry Emmett. Congratulations go out to the 6 winners of the Christmas raffle.

Entertainment was provided by our own members – Anne, Hazel, Ray, Evelyn and Annika by way of reminiscing, poems, readings and a joke.

All in all it was a good way to finish the year. This year has seen many new members, who are now becoming integrated with older members and are like old friends. Here's to 2024 and if anyone wishes to have a go at arranging the next Christmas lunch, please speak to Marian, the President, or a Committee member. It's very rewarding and you will get plenty of support.

Authors:

**Roy Hamilton & Sheila Shenton**







## Coffee/Lunch Group



The **Coffee / Lunch Group** meet every third Wednesday of each month, from February to November.

If you would like to join the group please contact:  
**Sheila: 0439 926 333 or Denise: 0414 779 115**  
 Newcomers always welcome.

## Coffee/Lunch Group Program 2024

21st Feb	Coffee	Town & Country Fruit & Vegetables, Albany Highway, Kelmscott
20th March	Lunch	Jarrahdale Tavern, 640 Jarrahdale Rd, Jarrahdale
17th April	Coffee	Fixa on Brix, 86 Brixton St. Beckenham
8th May	Lunch	Bentley Pines, Haymen Road, Bentley
19th June	Coffee	Lo Quay River Cafe, Bridge St. & 215 Fern Rd, Wilson
17th July	Coffee	Masa & Co Cafe, Seville Grove, Champion Drive
21st August	Lunch	Lifang Valley Chinese Resturant, 4/198 Brookton Highway
18th September	Coffee	Pink Cafe, 1 Melody St. Kelmscott
16th October	Breakfast	Advocadas, 2 Mount St, Kelmscott
20th November	Coffee	That Plant Cafe, 1/2 Page Rd, Kelmscott



## **Bentley Pines Training Restaurant**

Hayman Rd, Bentley

**Wednesday 8<sup>th</sup> May 2024**

**11am**

**Cost \$ 35 Per person**

To secure a booking for 8<sup>th</sup> May, a deposit of \$10 pp needs to be paid to U3A Armadale by the middle of February. If any members are interested (can bring a friend), please can you let Sheila know by no later than 20<sup>th</sup> February.

You may pay by U3A Armadale internet banking, but don't forget to put your name as reference followed by BPR (Bentley Pines Restaurant) or pay \$10 directly to Sheila during the first two meetings in February. The \$10 deposit will be deducted from the remaining cost of the meal (i.e. \$35 now becomes \$25).

The choice of menu is below.

For those who have not been to Bentley Pines before, this is a training college for hospitality. The prime focus for the restaurant is to provide the best training for students so that they can learn and practice in a safe environment.

Guest are asked to be aware of the following

- Spillages of food and beverages may occur.
- Students may not always communicate clearly.
- Dress code is no shorts, singlets, thongs or caps.
- **Any different dietary requirements must be made at the time of booking. Please let me know at the time of paying your deposit.**

U3A Armadale has always had great service when we have been to the restaurant in the past and members have enjoyed the experience.



## **Entrée**

### *Soup of the day*

*White miso glazed salmon fillet, radish, cucumber, daikon salad, yuzu, ginger dressing*

*Coconut poached chicken breast, vermicelli noodles salad*

## **Main Course**

*Hazelnut, sesame seeds dukka crusted barramundi, saffron risotto cake, spicy rouille*

*Lamb backstrap, cumin carrot puree, kipflers persillade, bourbon, Swiss brown mushroom, pepper sauce*

*Red wine braised pork collar, parmesan, potato patties, red cabbage*

## **Dessert**

*Shortbread sables crisps, seasonal fresh fruits, vanilla crème*

*Matcha tea Panna cotta, cured strawberries, pickled ginger, sesame Tuile*

*Coffee, vanilla, cream profiteroles, warm chocolate sauce, macadamia crumble*

*Cheese Platter*

*Dietary options available*

Contact details for Sheila: [robnsheila345@gmail.com](mailto:robnsheila345@gmail.com) or 0439 926 333

Please note this event has been bought forward a week to the 8<sup>th</sup> May, as the menu changes from silver service to buffet.

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## **Lunch at the Jarrahdale Tavern, 20 March.**



Members should arrive by 11.15am to give them time to have a look around the tavern which has some interesting history, and to get settled at the table for lunch to commence at 11.45.

Steve, is the new owner and has been carrying out a lot of maintenance and refurbishments. He is friendly and eager to attract new patrons to the tavern.

A table has been booked on the enclosed verandah for 16, although numbers can be increased. If any member would like to join in, please speak to Sheila before the 5th March. There is plenty of parking and easy access for those unable to manage stairs.

**Sheila Shenton**



# Tyrants and Peacemakers

From Caligula and Genghis Khan to Nicolae Ceausescu and Saddam Hussein the world has never been short of tyrants.



Conversely there are no shortage of peacemakers from Confucius and Francis of Assisi to Aung San Suu Kyi and Malala Yousafzai.



An informal discussion group has been arranged for:  
Wednesday 27 March & 3 April at Byford Library, 10 April at Dome, Byford

Time: 1.00 pm -2.30 pm

Choose a tyrant or a peacemaker, or one of each, investigate the life and times of your chosen person/s and come along to tell us about him/her.

No cost is involved, just your attendance with your discoveries. See you there – Judy and Marilyn

## Trips Group

### Gravity Discovery Centre & Leaning Tower New Norcia



Cost\$ 85

Tuesday 30 April.

Time: 9am to 3:30pm (approx.)

Climb aboard as we head directly to the Gravity Centre. Upon arrival we will enjoy our traditional Club 55 morning tea. The Centre is much more than a tourist destination, it is an inspirational and exciting science facility focusing on the big questions of life, solving the mystery of how gravity works within the universe and much more.

The centre will also be providing us with a tasty

lunch of either fish or lasagne served with chips and salad at the Stargazers Café

After lunch we continue our tour of this incredible facility before starting on our return journey home. So much more to see.

PLEASE NOTE MEAL SELECTIONS TO BE ADVISED UPON CONFIRMATION OF FINAL NUMBERS.

**MINIUM 25 passengers required for trip to proceed**

Due to a mechanical issue with the bus, the planned trip to the Gravity Centre in 2023 had to be cancelled.

Please see Maureen to rebook/book your seat.

## Perth Mint





**When: Tuesday 30th July 2024**

**Cost: \$90 (includes 2 course lunch) or \$103 for 3 course lunch**

We start the day with a traditional morning tea at beautiful Victoria Gardens before arriving at Perth Mint.

Our guided tour through the grand heritage building includes the amazing spectacle of a traditional gold pour. You'll also hear the many extraordinary stories about our golden history.

Discover the treasure trove of coins and gifts in the shop before heading for the Stirling Arms Hotel for a choice of fish and chips, bangers and mash or salt and pepper squid.

After lunch we will head for the Swan valley for a quick visit to Whistlers Chocolate Factory, before heading home.

Meal selections to be advised when you confirm final numbers. Upgrade to a 3 course lunch for an extra \$13.

## **SPEAKERS 1st Quarter 2024**

### **Richard Offen - Bells**



## **Cinema Group**



**The Cinema Group** meet at Armadale Cinema on the 2nd Tuesday of each month. The film title and time will be advised in the week before.

If you wish to join the group please contact **Veronica: 0417 755 235**



We started this year with a bang or rather a bong, as our guest speaker was our old friend Richard Offen talking on a subject close to his heart, Bells! Richard gave us a very entertaining and informative history of the use of bells, and how they have affected the normal life of most human beings for many centuries, in all walks of life. Once again you have managed to expand our knowledge on a little thought of subject. Many thanks Richard.



## Jack Dowling - Travel & The Galapagos Islands



On 20<sup>th</sup> February we had a very interesting tour of the Galapagos Islands courtesy of Mr Jack Dowling. Jack and his wife had spent a holiday touring the islands and had brought back many pictures and stories of their experience. Jack not only explained the Islands history, but provided a slide show of the various inhabitants, along with underwater footage of the many species they encountered. Well done Jack for providing a fascinating insight to the Galapagos Islands.

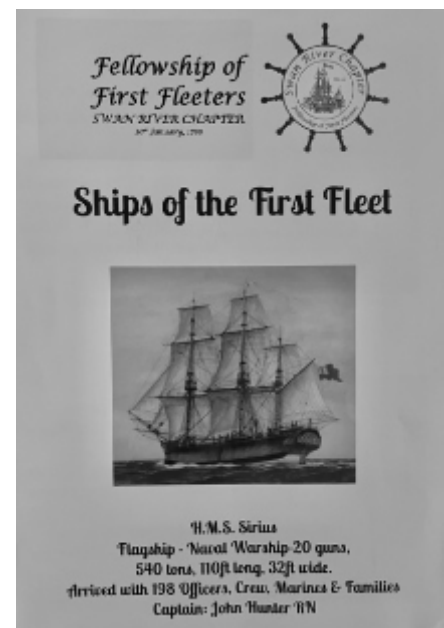


## Bill Cutler - First Fleeters 1788



Were your ancestors on the First Fleet? Today our guest speaker was the very knowledgeable Bill Cutler, President of the Swan River Chapter of "Fellowship of First Fleeters". Bill give us a very informative talk on a part of Australia's history that most will not have come across. Bill concentrated on the initial fleet of ships and their occupants, and went on to tell of their success in setting up the first colonies in NSW and Norfolk Island. Unfortunately, we were restricted on time, but could have listened for much longer on a fascinating subject. Many thanks Bill for passing on your knowledge.

[www.fellowshipfirstfleeters.org.au](http://www.fellowshipfirstfleeters.org.au)





# Book Club

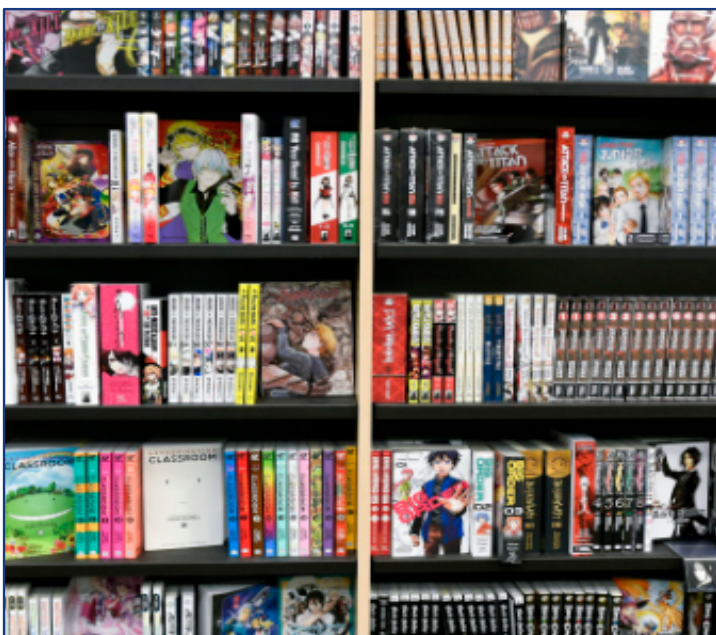


## U3A Book Club list for 2024

Date	Title	Author	Proposed by
23rd February—	Tidelands	Philippa Gregory	Gillian
22nd March—	Did I Ever Tell You this	Sam Neill	Pam
26th April—	Chai Time at Cinnamon	Shankari Chandran	Sheila
24th May-	The Lincoln Lawyer	Michael Connelly	Warwick
28th June—	Wifedom	Anna Funder	Maureen
26 <sup>th</sup> July—	Lessons in Chemistry	Bonnie Garmus	Marilyn
23 <sup>rd</sup> August -	The Book Binder of Jericho	Pip Williams	Judy
27th September—	The Drowned Man	Brendan James Murray	Annika
25 <sup>th</sup> October—	The Lost Flowers of Alice Hart	Holly Ringland	Margaret
22nd November—	In the Midst of Winter	Isabel Allende	Rose

The Book club meets on the fourth Friday from February to November, at Kelmscott Library, from 1pm to 3pm. Come along and give us a try, its great fun! New members welcome. Please call Sheila: 0439 926 333

Please call Sheila: 0439 926 333 for further details.



## Books, Jigsaws, D.V.D's

Members, please remember to visit our library which contains a range of books: fiction and non-fiction, D.V.D's, listening story tapes, and jigsaws. These are for your use, to borrow and return. You don't have to sign in, so please browse and make use of this opportunity. We have had a request for large print books, so if you have any you can donate to assist, they will be gratefully received.

Kind Regards,

Annie: 0400 240 343



ARMADALE

# EXAMINER

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**MATT KEOGH MP**  
FEDERAL MEMBER FOR BURT

*Building a better Burt*



Unit 2/2808 Albany Highway, Kelmescott  
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Matt Keogh | www.mattkeogh.com  
Authorised by Matt Keogh MP, Australian Labor Party, Kelmescott, 6111



Armadale U3A president Marian Smith, Forget Me Not Op Shop owner Leanne King and U3A's Denise Crouch.

• By Mel Dee

Armadale University of the Third Age (U3A) member Denise Crouch was horrified to learn that her meticulously washed and sorted household recyclables were bound for landfill when the group was visited by the founder of Boddington's RRR (reduce, reuse, recycle) initiative.

"I was like everyone else – I've been washing my bottle tops and putting them in the bin thinking they were going somewhere useful," she said.

Instead of resting on her laurels, Denise decided to do something about the problem, in tandem with Boddington RRR.

The volunteer-run charity began its recycling operations three years ago, by collecting bottle caps, shredding and then melting them into usable items like park benches. The venture then snow-

balled with community interest, and it now recycles all manner of hard plastics and miscellanies including hard hats, safety glasses, drench drums, plastic strapping, medicine blister packs, and thongs.

About 15 months ago Denise started approaching local institutions to persuade them to collect their bottle caps for transportation to the Boddington facility.

"People have really taken it on board. I have a number of schools who are collecting, and Dale Cottages are also involved," Denise said.

"I approached Salvado Catholic College in Byford, and after three weeks they'd amassed two large bins full of bottle tops.

"I am just amazed – everyone is so keen to do their bit to help the environment. And it's great for the U3A mem-

bers – it's really given us purpose." One local organisation keen to embrace the opportunity was the dementia-supporting Forget Me Not Op Shop on Railway Avenue in Kelmescott.

"The more I can recycle the better," owner Leanne King said. "We're all about helping wherever we can."

But Leanne and her staff went above and beyond in their efforts to assist, with shop volunteer Bruce offering to drive the most recent collection down to Boddington, and Leanne offering to pay for the fuel to do so.

In a show of gratitude, Denise and Armadale U3A president Marian Smith this week presented Leanne and her staff with a certificate framed in the transformed bottle caps they'd helped to recycle.

Leanne was overcome by emotion at the gesture, explaining that this connec-

tion and service to the local community was the very reason she started the charity last year with her husband, who sadly passed away two months ago.

"He had so much faith in me that I'd get this going and make a difference in people's lives. And we are. He'd would have been chuffed," she said.

"We're hoping to be here for a long time to support as many people as we can."

Denise and her fellow U3A members are still expanding on their mission to reduce landfill, one bottle cap at a time. They're hopeful the City of Armadale will come on board. And they're keen on supporting other businesses and institutions to do the same.

Anyone wishing to take up the bottle cap recycling initiative can contact the U3A via email at [u3aarmadalewa@gmail.com](mailto:u3aarmadalewa@gmail.com)





# CANCER BRAIN FOG RESEARCH

## Are you someone living with cancer?

## Have you felt changes in your thinking skills?

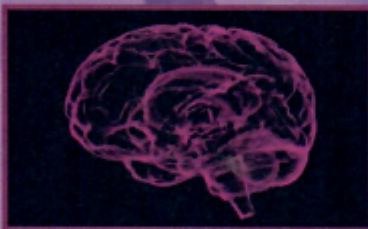
If you answered yes to one or both of these, we want you in our two-part study on cancer-related cognitive impairment!

## What will you have to do?

- Stage I is a 2 hour clinic visit at Curtin University, where we will run activities and tests. Eligible participants can move onto Stage II.
- Stage II is a 6 week clinical trial of a brain training intervention for thinking skills. This brain training programme will be completed from the comfort of your own home!

## Are you eligible?

- 18 years or older
- Live in or close to Perth/Peel, WA
- Currently undergoing cancer treatment
- A few other criteria we can discuss when you get in touch with us



## Don't have cancer but still interested?

We are also looking for participants without a cancer diagnosis to take part in Stage I as a comparison group!

## Want to hear more?

If you are interested in participating or have any questions, please contact Siddharth Ganesh with your details and reason for reaching out!

**Email:** [siddharth.ganesh@postgrad.curtin.edu.au](mailto:siddharth.ganesh@postgrad.curtin.edu.au)

**Phone:** +61 493105286



**Curtin University**

Study title: *Cancer-related cognitive impairment: Neuropsychological function, neurogenesis biomarkers, and a nonpharmacological intervention.* Curtin University Human Research Ethics Committee (HREC) has approved this study (HRE2023-0599).

# Officers & Committee



**Marian Smith**  
President



**Peter de Josselin**  
Vice-President



**Annika van der Heyden**  
Secretary



**Val Jarrett**  
Treasurer

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<b>Vice-President</b>	Peter de Josselin	0467 091 279	u3aarmadalewa@gmail.com
<b>Secretary</b>	Annika van der Heyden	0414 053 421	u3aarmadalewa@gmail.com
<b>Treasurer</b>	Val Jarrett	0417 029 769 9390 5259	u3aarmadalewa@gmail.com

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**Members**  
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Caroline McKebery 0408 931 936  
Diane de Josselin 0400 035 952  
Maureen Mortimer 0422 976 462  
Terry Edmett 0894 954 013

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Marie Spiccia

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**U3A Armadale would like to thank Dr Tony Buti's Office for their kind support in printing this newsletter**