

Newsletter 1st Quarter 2025

Your President, Ray Webb



There have been two Committee meetings held so far this year, and after much discussion some initiatives have been put in place.

Armadale 'Lets Connect' is to be held at the Arena on Friday 11th April and we are asking for volunteers to tend our stall. There is an attendance sheet on the Notice Board. Thank you to Marian for organising our participation in this event.

Our first trip this year at the end of April is north to The Pinnacles and Lancelin.

Hello All,
Towards the end of last year we held an "Ideas meeting" at Kelmscott Dome for interested members. This meeting was very well attended and although we were competing with some outside noise some good ideas came up and have been implemented.

Our end of year celebration was well attended, so thank you to all that pitched in and helped out. Sheila and Roy have kindly stepped up to organise this year's event.

Thank you to the members who ventured out to the paddock car park at meetings. This will help ease congestion.

We have had to make some changes at Committee level. Hanging in there!!

In conclusion thank you to all our wonderful volunteers who help to make our club hum along. If I have missed anything, please remind me. I am sure someone will if I do!! Ha!

Kind Regards

Ray

A Parking Place for All

In the parking lot, neat and wide,
Spaces set with care and pride.

Two ACROD spots, close and clear,
For those who move with wheel and gear.

A place of ease, a space to be,
With thoughtful access, barrier-free.

Two mother and baby spots nearby,
For tiny hands and lullabies.
A gentle pause, a space to rest,
For love and care, a parent's nest.

And at the rear, where green meets tread,
The U3A finds space instead.
A grassed area, firm and wide,
For those who park with time and pride.

All other spaces, free to share,
A place for all, with thought and care.
Amidst the rush, let kindness stay,
In our park, every day.

Anon

Our Vision

U3A Armadale Inc. is part of an International network which was founded in France in 1973, and now has chapters in many different countries. Our group is part of the U3A Network of WA, which in turn is part of the Australia wide U3A network which started in Melbourne in 1984.

U3A provides opportunities for Seniors to stay both physically and mentally active, and to continue learning during their retirement years. To achieve this goal we provide presentations on a variety of subjects as well as group activities and outings.

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YOUR COMMITTEE 2025



**Judith
Damon**

**Terry
Edmett**

**David
Spicer**

**Val
Jarrett**

**Ray Annika
Webb v.d.Heyden**

**Tony
Fareso**

GUEST SPEAKER LIST 2025

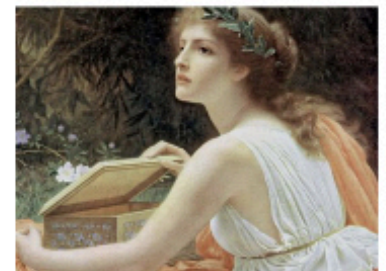
18 March	Martin Archer	Artist Impressions
1 April	Grant Thornett	Meteorites
15 April	David Spicer	Mainly Unknown Facts about Various Battles/Conflicts
6 May	Katelyn Fox	DPIRD – “Polyphagous Shot-Hole Borer”
20 May	Sheila Twine	Two Inspirational Women
3 June	Terry Harvey	Air Attack on Broome – “The Missing Diamonds”
17 June	Rodney Glossop	Act Belong Commit “Mentally Healthy”



A four-week course studying 'Myths and Legends' is arranged, based on the U3A Online Course of the same name.

Topics include:

- ❖ The origins of myths
- ❖ The oral tradition
- ❖ Pandora's Box
- ❖ The Great Flood
- ❖ The Hymn to Demeter
- ❖ The Norse Myths and the Australian Dreamtime.



Dates: Thursday 1 May

Thursday 8 May

Thursday 15 May

Thursday 22 May

Venue: Evelyn Gribble Community Centre

Time: 1.00 pm – 2.30 pm

Cost to members: \$10

Contact: Judy - 0438656153, hshome132@gmail.com or Marilyn - chrisnmarilyn@bigpond.com

MENTAL HEALTH FIRST AID & WELLNESS COURSE 2025

Facilitated by Stuart McLellan of The Olive Branch W.A.

Dates: Monday 24 March, 31 March, 7 April and 14 April, 2025

Time: 9.30 am – 11.30 am

Venue: Seville Grove Library

Cost to members: \$20

An overview of the Course content is:

- + Understanding what is meant by mental health
- + The cost of mental illness
- + Communication, both verbal and nonverbal
- + RU OK? how do I say; no, I'm not!
- + Dealing with emotions
- + Understanding our mental being throughout life stages.
- + Keeping mentally healthy (wellness)
- + Understanding formal mental illness types
- + How do I help in a crisis, assessing the situation
- + Using ALGEE
- + Safely dealing with a mental health crisis
- + Asking difficult questions
- + Where do I get help?
- + Cultural aspects of mental health
- + When it all goes wrong, "Who do you call?"
- + Resilience before, during and after building capacity into life

Please Contact: Marilyn - chrisnmarilyn@bigpond.com or 0413550503
Judy - hshome132@gmail.com or 0438 656 153

MARCH TIMETABLE

Day	Date	Time	Details	Subject	Location	Contact	Phone
Saturday/Sunday	1st/2nd						
Monday	3rd						
Tuesday	4th	9.30 am	Member Meeting	Care planning – Larissa Kinnane	Evelyn Gribble Community Centre		
Wednesday	5th						
Thursday	6th						
Friday	7th						
Saturday/Sunday	8th/9th						
Monday	10th						
Tuesday	11th	TBA	Movie Tuesday	TBA	Reading Cinema Armadale	Veronica	0417755235
Wednesday	12th						
Thursday	13th						
Friday	14th						
Saturday/Sunday	15th/16th						
Monday	17th						
Tuesday	18th	9.30 am	Member Meeting	Artist impressions – Mary Jarrett	Evelyn Gribble Community Centre		
Wednesday	19th	12.00pm	Lunch	Lifang Valley Chinese Restaurant	4/198 Brookton Highway Kelmscott	Sheila	0439926333
Thursday	20th	1.30pm	Committee meeting		Byford Districts Country Club	Ray	0416036952
Friday	21st						
Saturday/Sunday	22nd/23rd						
Monday	24th	9.30am	Education	Mental health first aid course – Stuart McLellan	Seville Grove Library	Judy	0438656153
Tuesday	25th						
Wednesday	26th						
Thursday	27th						
Friday	28th	9.00 am	Ramblers	TBA	TBA	Pat	0422020044 93906640
		1.00pm	Book Club	Stubborn buggers – Tim Bowden	Kelmscott Library	Sheila	0439926333
Saturday/Sunday	29/30th						
Monday	31st	9.30am	Education	Mental health first aid course – Stuart McLellan	Seville Grove Library	Judy	0438656153

APRIL TIMETABLE

Day	Date	Time	Details	Subject	Location	Contact	Phone
Tuesday	1st	9.30 am	Grant Thornett	Meteorites	Evelyn Gribble Comm Ctr		
Wednesday	2nd						
Thursday	3rd						
Friday	4th						
Sat/Sun	5th/6th						
Monday	7th	9.30 am	Stuart McLellan	Mental Health First Aid Course	Seville Grove Library	Judy	0438656153
Tuesday	8th	TBA	Movie Tuesday	TBA	Reading Cinema Armadale	Veronica	0417755235
Wednesday	9th						
Thursday	10th						
Friday	11th						
Sat/Sun	12th/13th						
Monday	14th	9.30 am	Stuart McLellan	Mental Health First Aid Course	Seville Grove Library	Judy	0438656153
Tuesday	15th	9.30 am	David Spicer	Mainly Unknown Facts about Various Battles/Conflicts	Evelyn Gribble Comm Ctr		
Wednesday	16th	10.00 am	Coffee/Lunch	Purpose Cafe	10 Alex Wood Rd Forrestfield	Sheila	0439926333
Thursday	17th	1.30 pm	Committee Meeting		Byford Country Club	Ray	0416036952
Good Friday	18th						
Sat/Sun	19th/20th						
Monday	21st						
Tuesday	22nd						
Wednesday	23rd						
Thursday	24th	1.00 pm	Book Club	Mr Einstein's Secretary	Kelmscott Library	Sheila	0439926333
Friday Anzac Day	25th	9.00 am	Ramblers	TBA	TBA	Pat	0422020044 93906640
Sat/Sun	26th/27th						
Monday	28th						
Tuesday	29th	8.00 am	Bus Trip	Western Rock Lobster & Pinnacles	Moore River, Pinnacles, Cervantes & Lancelin	Maureen	0420866309
Wednesday	30th						

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 TIMETABLE 2025

DATE	TIME	EVENT	VENUE
February 19	10 - 11:30am	Coffee	The Church Cafe, Jull Street, Armadale
March 19	12noon	Lunch	Lifang Valley Chinese Restaurant, Brookton Highway
April 16	10 - 11:30am	Coffee	Purpose Cafe, 10 Alex Wood Road, Forrestdale
May 21	12noon	Lunch	Dots Cafe, Ameroo Retirement Villas, Dorothy St, Gosnells
June 18	10 - 11:30am	Coffee	Orchard Express, 7/21 Jarrah Road, Roleystone
July 16	12noon	Lunch	Saaj Indian Restaurant, Armadale Shopping Centre
August 20	10 - 11:30am	Coffee	Little Aura Cafe, 5/2944 Albany Highway, Kelmscott
September 17	12noon	Lunch	Dale Cottages, Deerness Way, Armadale
October 15	10 - 11:30am	Coffee	Fig & Ivy Cafe, 34 Abernathy Road, Byford
November 19	12noon	Lunch	Gosnells Hotel, Albany Highway, Gosnells



BOOK CLUB LIST FOR 2025

Date	Title	Author	Proposed
28 th February	The White Girl	Tony Birch	Hazel
28 th March	Stubborn Buggers	Tim Bowden	Annika
25 th April	Mr Einstein's Secretary	Matthew Reilly	Rose
23 rd May	Dust Fall	Michelle Johnston	Maureen
27 th June	Burial Rites	Hannah Kent	Noor
25 th July	Daughters of Mars	Thomas Keneally	Marilyn
22 nd August	Talk To the Hart	Rachael Johns	Leslie
26 th September	Hell's Gate	Paul Collins	Sheila
24 th October	Love Stories	Trent Dalton	Warwick
28 th November	No Hearts of Gold	Jackie French	Margaret

The Book Club met on the fourth Friday of each month throughout 2024, with an average of 6 -10 members attending each group meeting. Participants met in a friendly, relaxed atmosphere to share their thoughts on the book they've just read, discuss the author, and provide as much detail as they feel comfortable sharing.

New group members are always welcome.

Please contact Sheila: 0439 926 333

BOOKS, JIGSAWS, D.V.Ds



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

TRIPS GROUP - WESTERN ROCK LOBSTER & PINNACLES

Date : Tuesday 29th April 2025

Departs: 8:00am (please be ready 15 mins before departure)

From: Evelyn Gribble Community Hall

Returns: 5pm (approx.)

New Low Cost: \$85/person

(Crayfish & chips + \$25 / Tour of Facility +\$12)

Bookings: Open Tuesday 4th February

Contact: Maureen Pease - 0420 866 309 /

mpease39@optusnet.com.au

Direct Debit: BSB 633 000

A/C No: 161628219



We enjoy morning tea on the banks of Moore River in Guilderton before continuing to the Nambung National Park where you can explore the Pinnacles.

We now head into Cevantes and experience the regions multimillion-dollar lobster industry firsthand at the Lobster Shack. Here the marine crustacean is captured brought onto the shore, sorted and then live packed in preparation of being despatched worldwide, For lunch we will have some fish and chips or alternatively you may wish to indulge in ½ Crayfish and Chips for an additional \$25. You can also do a tour of the facility for an extra \$12. On our return journey, we stop at Lancelin for a comfort stop and optional ice cream. A minimum of 30 passengers is required.

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.

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

U3A ARMADALE BOWLS MORNING

Date : Thursday 10th April 2025

Time: 9:00am to 1:00pm

Where: Riverside Gardens Lifestyle Village, Albany Highway, Gosnells

Cost: \$0

Bookings: Contact Sheila by 4th April

Contact: Sheila: 0439 926 333 or robnsheila@gmail.com



Members of the Riverside Gardens Lifestyle Village Bowls club have kindly offered to open their club to U3A members, to give an introduction to the art of lawn bowls. This will include rules of the game, techniques and teach us to play!

No cost will be involved, however members are requested to bring a plate to share morning tea with members & players. Tea/coffee will be provided at 50c a serve. There is a smart, well equipped club house, which we can use to leave our belongings while playing and most importantly, toilets are close by!

Soft shoes or bare feet to be used on the green.

For those members who would like to have some extra games after this event, members of the Bowling group have offered to help you master the game for the following 4 weeks. Limited spaces available.

If anyone has a set of bowls that they can lend for this event, please speak to Sheila. Riverside do have some bowls we can use, but if we have more, than more people can play at once.

If you are interested in learning to play or would just like to come along and watch,



SPEAKERS 1st QUARTER 2025

David Urquhart The Crowded Planet



To start this year with a bang our guest speaker was David Urquhart, whose topic for the day was "The Crowded Planet". In 50 minutes David gave us a very comprehensive journey of population growth over the last 100 years, together with the pros and cons that come with this situation. In many countries population is declining due to low birth rates, whilst in others they are booming. The consensus of opinion suggests that by 2100 the planet will have reached it's maximum capacity and population will start to decline - as long as nothing drastic happens before then!

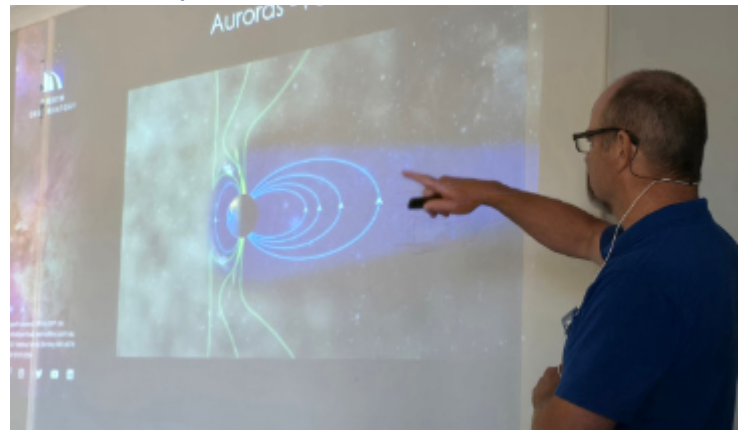
Our raffle prize winners below.



Brett Ladhams Auroras



Welcome back to another technical subject speaker, Brett Ladhams. Last time, he discussed the Moon. This time, he explored the Sun's Auroras and their formation. Brett, a geologist and a volunteer at the Perth Observatory, admitted that this was his first time presenting on this topic. Despite this, he delivered an engaging and informative talk. Thank you, Brett! Congratulations to the raffle prize winners as well.



Sharron & Larissa Care Planning

For further information, please see the U3A website, page 'MyAgedCare & Concessions' or contact 1800 200 422.



Today's meeting was highly relevant to the majority of attendees, as Sharon and Larissa from Dale Cottages Community Services presented an up-to-date overview of the services available to older citizens. Following their presentation, they answered questions and distributed informative materials for members. We thank Sharon and Larissa for their informative and engaging presentation.



KITCHEN ROSTER 2025

Date	HELPER	PLATE PROVIDER	PLATE PROVIDER
18 March	Dianne Williams	Anne Griffiths Patsy Eastough	Margaret Hall Tony Fareso
1 April	Dene Choyce	Helen Frischmuth Marilyn Harris	Jenny Frame Roy Hamilton
15 April	Marianne Williman	Wendy Hayes Barbara Hogan	Val Jarrett Mary Marsh
6 May	Nissa Aked	Caroline Mckebery Arthur Mortimer	Judy Marston David McLoughlin
20 May	Gail Barr	Moira Mullins Joy Murphy	Linda Murrell Margaret Nielsen
3 June	Teresa Cameron	Colin Ostle Valerie Pugh	Pamela Pearson Barbara Powell
17 June	Sally Fareso	Colin Read Veronica Reid	Edna (Leslie) Staiger Trish Smith

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 or 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: Rose McBride: 0427 087 436

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**

ROMANCE SCAMS UNCOVERED : Lessons from Manila



Online dating can be a fantastic way for older adults to meet new people, forge meaningful connections, and even find love. However, recent events underscore the importance of vigilance in the digital dating world. The uncovering of a romance scam operation in Manila is a good reminder that we have to stay aware and keep up to date on online scams that target the vulnerable, which includes older adults.

Case in point, from a recent article unmasking online dating scams – Insights from the 60+Club dating survey, 31% of respondents knew someone who had been a victim of a scam, and 36% of respondents indicated they had been scammed or

targeted themselves. Romance scam raid in Manila: What happened?

In early December, authorities in the Philippines raided a cyber-scam centre in Manila, exposing a

sprawling operation that targeted thousands of Australians. Initial reports revealed up to 5,000 potential Australian victims and a treasure trove of intelligence, shedding light on the sophisticated tactics employed by romance scammers. Workers at the centre, often coerced into their roles, used fake profiles on dating platforms and social media to manipulate victims into parting with their money. This alarming discovery serves as a wake-up call for those navigating the online dating landscape.

Understanding romance scams

Romance scams involve fraudsters creating fake personas to establish emotional connections with their targets. Once trust is built, the scammers fabricate crises or urgent

situations that require financial assistance. These scams often escalate over weeks or months, exploiting victims' emotions and trust. Scammers are skilled at creating believable stories and may even use stolen photos and fake credentials to appear genuine.

Recognising the warning signs

It is essential to recognise the red flags of a potential scam. Here are some common behaviours that scammers exhibit:

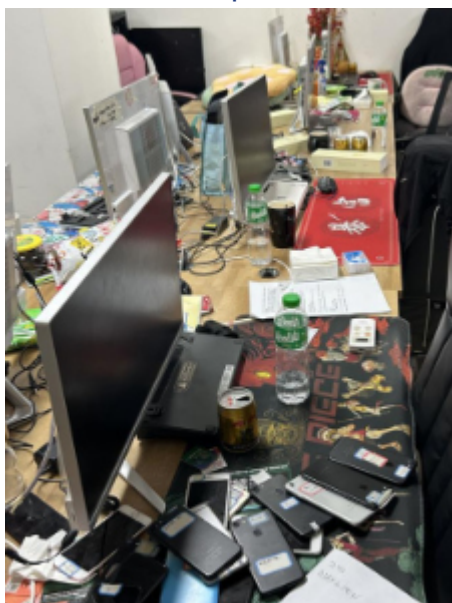
- **Rapid intimacy:** Scammers often express strong feelings of affection or love unusually quickly, despite having little genuine interaction.
- **Avoiding face-to-face interaction:** They may refuse to meet in person or participate in video calls, citing excuses like being in the military or working overseas.
- **Requests for money:** Once trust is established, they request financial assistance for emergencies, medical expenses, or travel costs.

- Inconsistent stories: Details about their lives may change or seem inconsistent upon closer scrutiny.
- Pressure to act quickly: Scammers create a sense of urgency, pressuring victims to transfer funds without time for second thoughts.

Expert tips for staying safe

To navigate online dating safely and confidently, consider these tips from professionals specialising in online safety and psychology:

- Verify profiles: Dr. Fiona McLean, a psychologist specialising in online relationships, advises conducting a reverse image search on profile photos to identify whether they are stolen.
- Be skeptical of sob stories: "Scammers are adept at playing on emotions," warns cybercrime expert Dr. Alan. Always question requests for financial help, especially early in a relationship.



- Involve a trusted person: Share your online dating experiences with a friend or family member who can provide a second opinion.
- Use secure platforms: Stick to reputable dating platforms that prioritise user verification and offer reporting tools for suspicious activity.
- Trust your instincts: If something feels off, it

probably is. Taking a step back to reassess can save you from potential harm.

Maintaining a positive mindset

While the risks are real, online dating remains a valuable tool for connecting with others. The key is to approach it with awareness and caution. By educating yourself about scams and adopting safe practices, you can enjoy the benefits of online dating without falling victim to fraudsters.

Responding to suspicious behaviour

If you suspect someone you're communicating with is a scammer, take immediate action:

- Cease communication: Stop interacting with the individual and block them on the platform.
- Report the profile: Notify the dating platform of the suspicious account.

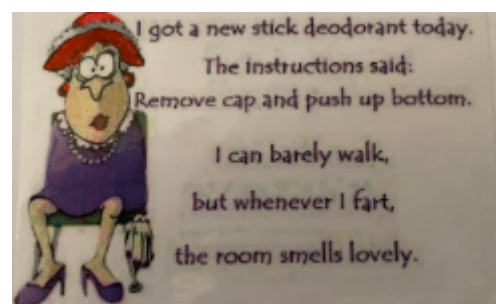
- Seek support: Contact family, friends, or a support group to discuss your experience.
- Report to authorities: If you've been scammed, report the incident to Scamwatch in Australia or the relevant agency in your country.

Looking ahead

The recent Manila raid serves as a sobering reminder of the importance of vigilance in the online dating world. However, it also highlights the power of law enforcement and international cooperation in tackling cybercrime. By staying informed, recognising red flags, and adopting safe practices, older adults can navigate online dating with confidence and optimism, making meaningful connections while protecting themselves from harm.

60+ Club

HAVE A LAUGH WITH EVE



**Free Walker
Contact U3A
member:
Margaret
Hall
0432 370 640**



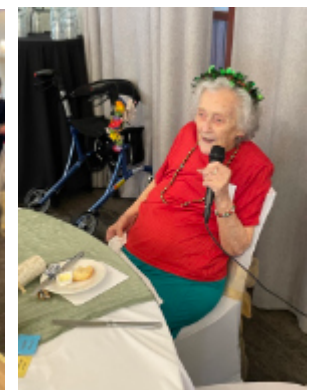


❄️
CHRISTMAS 2024
 ❄️



On Tuesday 3rd December we celebrated our last get together for the year with our Christmas lunch at Avocados. Brad and the team managed to put on a very acceptable three course meal which was promptly served and well presented. Both at the start to get us warmed up, and to close the event, we were treated to poems by Eve and Hazel. Thank you ladies for the entertainment and congratulations to all our raffle prize winners.

Hoping you all had a Very Happy Christmas and a Peaceful New Year for 2025.



OFFICERS & COMMITTEE



Ray Webb
President



David Spicer
Vice-President



Val Jarrett
Treasurer



Annika van der Heyden
Secretary

President	Ray Webb	0416 036 952	president@u3aarmadalewa.org.au
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Secretary	Annika van der Heyden	0414 053 421	secretary@u3aarmadalewa.org.au

Committee Members

Membership	David Spicer	
Welfare	Judith Damon	
Members	Tony Fareso Judith Damon Terry Edmett	0894 954 013
Kitchen Co-ordinators	Rose McBride Marie Borg	
Webpage Facebook Newsletter	Phil Aked	0429 688 844

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