

Newsletter 4th Quarter 2024

The Next Generation Of Gut Health



Gut health has long been associated with probiotics and prebiotics, but a new dimension - tribiotics - is rapidly gaining attention for its unique benefits. Tribiotics offer a comprehensive approach to fostering a balanced gut microbiome, supporting immunity and promoting mental and metabolic health.

Gut health is a topic that's rapidly gaining traction for its profound impact on overall wellness, yet understanding the right approach to nurture your gut microbiome can be overwhelming. Traditionally, probiotics and prebiotics have led the way, but now a new term - postbiotics - is reshaping how we think about maintaining a balanced microbiome. This unique combination of pre-, pro- and postbiotics, coined as "tribiotics", offers a revolutionary approach to gut health.

Dr. Ross Walker, a world-renowned preventive health expert with over 40 years of clinical experience, says "While probiotics are the beneficial bacteria and prebiotics are the nutrients they feed on, postbiotics are the natural compounds these bacteria secrete - compounds that are critical for our metabolism and immune health."

Tribiotics may be the key to tackling gut imbalances and supporting the immune system, especially when life becomes stressful or during seasonal shifts. Gut dysbiosis, or an imbalance of gut bacteria, is more common than most realise, with Dr. Walker noting, "70 per cent of the immune system lives in the gut, and gut dysbiosis has been linked to over 90 per cent of modern diseases."

The role of gut health in overall wellness

A healthy gut microbiome is like the body's silent powerhouse, influencing energy, mood and metabolism. Dr. Walker explains, "When we have a balanced gut microbiome, it can efficiently create healthy chemicals like serotonin and short-chain fatty acids — vital substances that play a role in mental health, metabolism and immune resilience. Low serotonin levels, for example, are often linked to depression. A well-balanced microbiome supports optimal serotonin production."

These short-chain fatty acids, including acetate, butyrate and pyruvate, serve a range of bodily functions and are essential for metabolic health. However, modern lifestyles can disrupt this balance, leading to symptoms like bloating, fatigue and discomfort. "It's like turning an ocean liner around," says Dr. Walker. "Improving gut health is not immediate; it takes time to get it moving in the right direction."

What can we do to protect our gut health?

Theronomic Gut Shield, one of the first products to use a tribiotic approach, is designed to address gut imbalances comprehensively, offering targeted support to the microbiome for healthier digestion, immunity and even mental wellbeing.

Designed to meet the challenges of modern-day gut health, Theronomic Gut Shield offers an all-in-one solution for supporting digestion, boosting the immune system and enhancing energy levels. Continued on Page 3.

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President's Report Ray Webb

Dear All

Firstly, a big thank you to all of the Volunteers and Committee Members who devote many hours of their time to make Armadale U3A a vital community hub for our members. Once more the year has flashed by, and we get closer to the end of year celebration lunch. Numbers are building for this event which will be held on the first Tuesday in December at Avocados. Many thanks to Diane initially and Val and Marian for organising this event.



Trips this year have all been varied and interesting and we thank Maureen for her tireless efforts. As too have the walks organised by Pat, who always finds something intriguing to add. Thanks to Sheila and Denise the Book Club and Coffee Club provide varied topics and venues. Once again, our Education ladies have found lots of things to discuss and enjoy. Thank you, Judy and Marilyn. Marian has recently added her skills to Education. There are many positions in our club that need to be learnt and filled so if anyone has some free time, please speak to our committee members. We always need backup people as well. We don't get younger, and people like to travel.

Rose and Marie, the legends of our kitchen and Hazel our raffle lady and Phil our technology Guru. Thank You!! If I have missed anyone out, I am always good for a hug.

Our talks this year have been many and varied as usual. A highlight for me was feeding the Ambassador dog for Guide Dogs a carrot stick. Fundraising continues to be a strong point for us

as well. Well done us!! Thank you Phillipa for your efforts with providing interesting speakers.

The Melbourne Cup function was a quieter affair this year with a few glitches and lots of smiles and laughs.

Parking and Wi-Fi remain issues, but we will persevere and do our best.

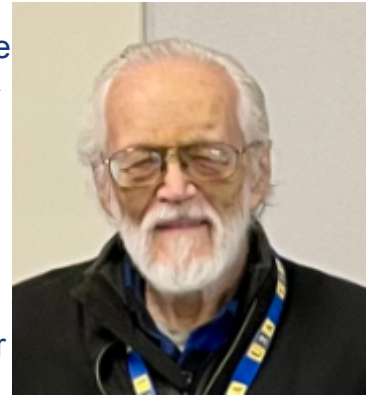
Hopefully we will have a good year next year and our best wishes go out to all our members and past members who are struggling with health issues.

Regards Ray



Your Committee Member Terry Edmett

I went to the original meeting that decided there would be a branch of U3A in Armadale and joined then and subsequently went to the first meetings held at the house of Mrs. Renee Bennett (whose husband at the time was learning Russian) and have been a member ever since through the moves to Challis Road Community Centre to Grovelands Drive Senior Citizens Centre to the Sportsman's Club in the John Dunn Memorial Park to the present location at the Evelyn Gribble Community Centre on Ninth Road.



I am currently on the Committee and help to set up the audio visual equipment, meet newcomers, and introduce them to the Membership Officer and other members of the group.

Your Committee



Judith Damon

Noor Thompson

Terry Edmett

David Spicer

Val Jarrett

Ray Webb v.d.Heyden

Annika Fareso

The Next Generation Of Gut Health Cont. From P1

Recently awarded the 2024 NutraIngredients Asia Award for Microbiome Modulation Product of the Year and the 2024 Australian Brand Award for New Product Innovation, Gut Shield harnesses the power of tribiotics, helping people achieve a balanced microbiome more effectively than probiotics alone.

“Probiotics alone can be beneficial,” Dr. Walker shares, “but they are so much more effective when they have quality fuel like prebiotics, and when they’re able to secrete healthy postbiotics. By enhancing these postbiotics, a tribiotic approach is far more powerful than probiotics on their own.”

Achieving good gut health

Whether you’re in your early twenties, 40s, 50s or entering your later years, establishing a foundation of gut health has lifelong benefits. As Dr. Walker puts it, “The earlier you start to practice healthy lifestyle principles, the better. Maintaining a balanced microbiome not only promotes mental and metabolic health but also supports immunity.”

Probiotics work so much more effectively if they have healthy food being fed into the system, such as prebiotics. Onions, garlic, yoghurt, kefir and sauerkraut are excellent examples of prebiotics and should be included in your diet regularly.

Dr. Walker suggests eating two or three pieces of fruit per day and three to five servings of vegetables per day. “Sadly, only around 4 per cent of the population do this. It is also recommended to have around 30g of fibre per day to keep your gut healthy,” he explains.

With a few simple tweaks to your diet, you’re not just supporting digestion but also boosting cognitive clarity, emotional resilience, cardiovascular health and even skin vitality — benefits that enhance both wellbeing and vitality at any stage of life.

For more, visit theronomic.com

A Poem by Ray

The Guide

In a world of clicks and swipes
 Old ways grip with iron might
 Patience strong, the modern knight
 Guides the luddite through digital night

Hands that know the feel of keys
 Teach the art of new ideas
 Together, they bridge times apart
 A dance of minds
 A work of heart

Text by Copilot - Title by Ray

FAMILY FUN DAY

CROQUET

BYFORD & DISTRICTS CROQUET CLUB

COME ALONG TO A FREE FUN DAY

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**SATURDAY 16<sup>th</sup> NOVEMBER, 2024**

From 10.00am - 2.00pm

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AT BILL HICKS PAVILLION,
 PLAISTOWE AVE
 BYFORD

All equipment will be provided for you.

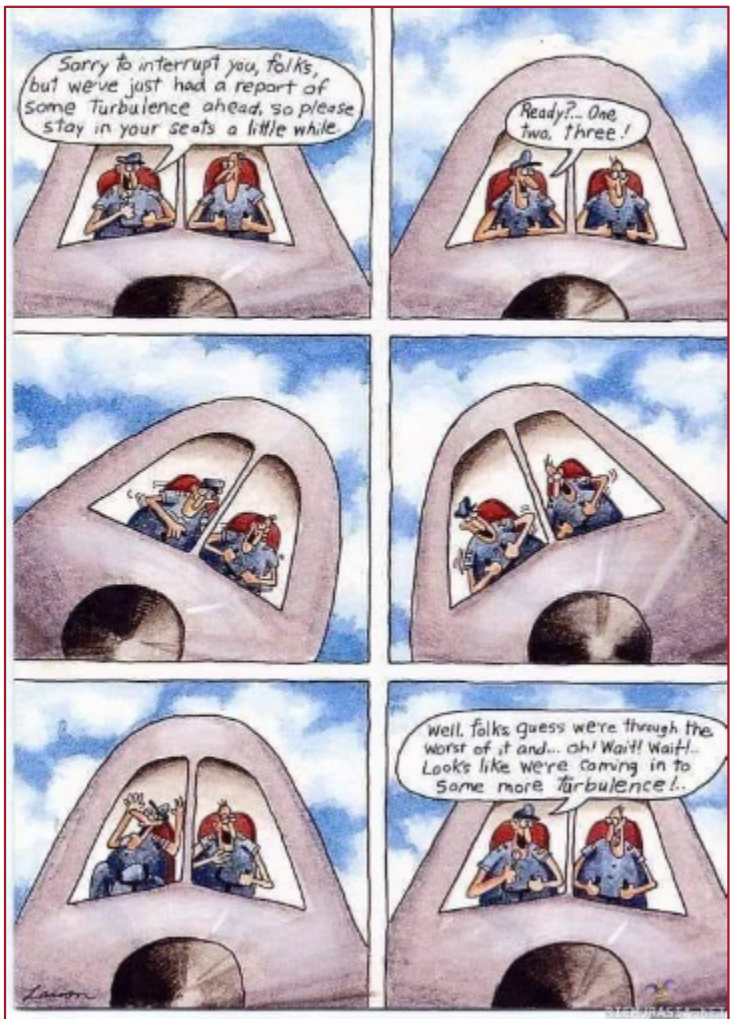
CLUB MEMBERS WILL SHOW YOU HOW TO PLAY

JOIN IN THE FUN ACTIVITIES & SHARE FREE SAUSAGE SIZZLES WITH US

FOR FURTHER INFORMATION
 PHONE
 MARIE: 0427 192 799
 BERYL: 0411 582 471.



Proudly supported by FRIENDS NEIGHBOURHOOD GRANT



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

Walk No 7 Canns Road



U3A ramblers 7th walk was off Canns Rd., and I was surprised and delighted to see so many walkers had arrived before me on such a miserable and wet morning; they are a hardy bunch these ramblers, 11 in total.

I chose this area now because the blue smokebush (*Conospermum amoenum*)

was in flower and I don't know of anywhere else that it grows and it didn't disappoint; although a dull blue, en masse it is pretty impressive.

Other flowers still out were lechenaoltia, trigger plants and one purple enamel orchid.

Maureen and Bess took a shortcut back to the cars before I took the photo.

Morning tea was at the Church Cafe in Armadale.



Blue smokebush next to Garry and close up of same.

Cheers Pat, and thank you all again for coming out to play.



"What day is it.?" asked Pooh.
"It's today," squeaked Piglet.
"My favorite day," said Pooh.

Walk No 8 Cardup Siding Reserve



U3A Ramblers 8th walk was at Cardup Siding Reserve at the end of Redcliffe Rd Byford and fine weather smiled on us again.

By going to see the smokebush last month we missed out on the prime flowering

month but there were still the last remnants of faded flowers left. Book trigger plant

golden triggers and fountain triggers, the odd kangaroo paw and cats paw, oak leaf grevillea and lechenaultia and of course, in the photo, the balgas or grass trees were flowering.

Morning refreshments were at The Fig And Ivy Cafe in Byford where we all indulged ourselves with the goodies on offer.



I would like to welcome our latest walker Teresa to her first ramble. Welcome.

Cheers Pat.

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 - chrismarilyn@bigpond.com or 0413550503

Marian – mariane19691@outlook.com or 0478595508

or see us at U3A Meetings



Computer Page

First Metal Part 3D-Printed In Space Paves Way For Deeper Cosmic Missions

Sion Geschwindt



Astronauts aboard the International Space Station (ISS) have used ESA's metal 3D printer to forge the first-ever metal part made entirely in space.

The achievement was part of a collaboration between ESA and Airbus that looks to develop Europe's capabilities in space manufacturing. It could mark a step toward greater autonomy for long-term missions to the Moon, Mars, and beyond.

"Creating spare parts, construction components, and tools on demand will be essential for long-distance and long-duration missions," said Daniel Neuenschwander, director of human and robotic exploration at ESA.

Built by Airbus, the 180kg printer can be used to repair or manufacture tools, mounting interfaces, and mechanical parts. It can print parts with a volume of nine centimetres high and five centimetres wide, with the process lasting about 40 hours. Launched earlier this year, the metal 3D printer was installed by ESA astronaut Andreas Mogensen in the ISS's Columbus module. And now it has produced its first metal component in microgravity.

3D-Printing Metal In Space

Unlike previous plastic-based 3D printing aboard the ISS, this demonstrator shows that it's possible to create durable, high-strength parts in space. However, printing metal in space doesn't come with challenges.

Metal 3D printers on Earth are usually the size of a small room. However, engineers at Airbus had to shrink the space printer down to the size of a washing machine so it could fit in the tight confines of the ISS. They also had to put the printer in a sealed metal safe-like box, to ensure the ISS was protected from the extreme heat produced during metal printing.

"Gravity management is also key, which is why we chose wire-based printing technology. The wire is independent of gravity unlike the powder-based

system, which always has to fall to the ground," said Sébastien Girault, metal 3D printer system engineer at Airbus, earlier this year.

Astronauts on the ISS will send the printed component, along with three others planned, to Earth for analysis at ESA's technical centres and research facilities across Europe.

Space Autonomy

As humans push farther into deep space, the ability to 3D-print essential tools, spare parts, and even whole structures could make long-duration missions more viable.

NASA and ESA, for instance, are developing 3D printing technology that uses local resources like lunar regolith for space construction, reducing the need to transport materials from Earth.

Projects such as Moonrise, led by the German Space Agency, and NASA's Olympus aim to create entire buildings on the Moon and Mars for long-term space habitation.

In 2022, NASA awarded 3D-printing startup Icon a \$57mn contract to advance construction technologies that could help build infrastructure such as landing pads, habitats, and roads on the lunar surface.



WA U3A State Conference Bunbury



The WA U3A State Conference 2024 was held in Bunbury on October 24th and 25th, bringing together 45 U3A members from across Western Australia, with attendees from areas as far as Geraldton, Naturalist and Margaret River, including six members from Armadale – Ray (President), Noor (Secretary) Val (Treasurer), Hazel, Roy and Sheila (Members). Tyrel Houghton, President of both the U3A WA Network and Bunbury's U3A, welcomed the participants. The conference was officially opened by Jason de San Miguel, Mayor of Bunbury, setting the stage for a range of insightful presentations.

Keynote speaker Keith Bradbury OAM, highlighted South West Australia's environmental story, addressing the need for proactive land care and the role of conservation groups, including Aboriginal organisations, in managing controlled burns and land conservation practices.

Professor Brian de Garis, shared his perspective on the evolution of myths into history, exploring how historical narratives and their interpretations can shift over time.

After lunch, attendees enjoyed a bell-ringing demonstration by the Brookton Bell Ringers, who showcased the art and technique of bell ringing.

This was followed by a talk from Darryl Francis on the use of AI for senior learners, including a demonstration of the Suno app for creating songs and music in 4 minutes!

Glenn Wall, the National U3A President of Australia, spoke via Zoom about the future of U3As and the importance of collaboration with local governments, community groups, and internal educational initiatives to strengthen individual U3A chapters.

To conclude the first day, Professor Coby Rudd, Deputy Vice President of ECU South West, emphasised the importance of establishing local hubs to keep members connected and addressing any barriers to ensure equality within U3A communities.

After the presentations, we were invited to a sundowner event to network. In the evening, some of us went off to different restaurants in smaller groups, making it easier to connect, network, and get to know other members better.

The second day brought in new speakers, Rodney

Glossop from Act Belong Commit, who spoke about the importance of park runs to keep active, as a way to bring people together, volunteering, as well as doing well-being quizzes. He emphasised the need for U3As to get involved.

Graham Houghton discussed the challenge of ageism and discrimination, calling it a real issue in our society. He stressed the importance of speaking up against it, referencing Henry Ford's quote: "Anyone who stops learning, whatever their age, is old."

The next speaker was Nicky Smith who is a yoga instructor for mental health. Yoga comes from the root source of Sanskrit word meaning unite, yoke, attach, or join. It can support us to stay detached from the fluctuation of the mind.

Nicky had us doing a bit of yoga and learning to relax the body which was very beneficial and eases the mind.

Our last speakers were Bill and Jenny Bunbury who gave a talk on the different methods of communication and learning. They emphasised the differences between face-to-face conversations, listening to the radio, and watching television. In their view, face-to-face interaction offers the best opportunity to truly understand how someone feels, as you can see and interpret their expressions. When listening to the radio, you can hear the person's voice, but you have to use your imagination to think about how they might look or feel. With television, all the visual details are presented to you, which reduces the need for imagination. Their talk highlighted the importance of choosing the right communication method for the situation.

The meeting was closed by Don Punch, the Minister for Regional Development, Disability Services, Fisheries, Seniors and Ageing and Volunteering.

The conference highlighted U3A's commitment to lifelong learning, community partnership, and adapting to modern needs while fostering an inclusive environment for senior members.



Trip to the Historic Wokalup Tavern & Harvey Cheese



A lively group of U3A Travellers set off for their latest adventure, to explore Pinjarra, Waroona, and Harvey.

As we travelled along the South West Highway, we enjoyed wonderful vistas of both arable and livestock farms. Some hay making was taking place, and young calves were frolicking in the pastures. As we approached Pinjarra, we were played a recording, telling some of the history of the area. The unforgivable slaughter and subduing of the indigenous people was very sobering to hear.

The coach parked at the Pinjarra Edenvale Historic Precinct, and our driver, and host for the day, soon had the renowned "Club 55" morning tea prepared.



We then had time to wander, some of us enjoying the craft shops, others enjoying the town murals, or taking a wobbly walk across the suspension bridge.



All back on board, we then travelled on to Waroona. The town was originally known as Drakesbrook, but this was changed to Waroona in 1899. The town grew up around the timber mill, and opened as a major settlement in 1871. In 1893 the Pinjarra to Picton railway line opened, and reached Waroona in 1899. By 1902 over 1000 timber workers and their families settled in the district. Today the town is a service centre for the surrounding bauxite mining, beef cattle, and



mixed farming.

We were driven around the town to see some interesting features. First was the Show ground, where murals depicted local history, including the Nestle factory (condensed milk) which was on the outskirts of town. The only animals there on the day were those on painted boards. They looked very realistic peering at us as we passed! The now sadly derelict "Vision Splendid Gardens" were next to be viewed. They were the vision of Bonny Brooks and her husband, Ed. The gardens officially opened in 1985, and included a scale model of the Sydney Harbour Bridge, a Chinese gazebo temple, wishing well, and a fountain. Unfortunately, when Bonny died, the garden effectively died with her. However, it is now Heritage Listed, being adopted in May 2019. How wonderful it would be to see it restored and open again.

Our arrival at the Wokalup Tavern for lunch was



timely, with us all having built up an appetite en route! During the COVID closure, a whole new section was erected onto the Tavern, which included the splendid restaurant and brewery where we enjoyed lunch and plenty of chatting.



A stop at nearby Harvey Cheese was next, where we were able to buy some of the produce, and enjoy ice creams. Even a gin tasting was on offer, the gin having buttermilk used in the distilling. It was interesting to learn about cheese making, and



to view the process in action through the windows into the dairy area. A tour of the town of Harvey followed, including the well known Harvey Fruit



Juice factory. This was surrounded by acres of citrus trees, and included the "Big Orange" which used to sit on the South West Highway. Our journey home was quiet, with some of us dozing, whilst Bush Poet recordings were played of some humorous situations.

Yet another interesting and informative trip. Thank you Maureen.

Nissa Aked





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- Monitors
- Keyboards & Mice
- Mobile Phones
- Tablets
- Game systems, Accessories & Games
- Laptop power cables & other cables
- Computer parts such as hard drives, graphics cards, memory sticks & motherboards



www.samssparses.org

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.



On a lovely warm spring morning in October, 13 members met for breakfast at Avocados, when we shared news, likes and dislikes and generally enjoyed one another's company over breakfast. What a great way to start the day!

This year the group visited for coffee, The Town & Country Fruit and Veg cafe, along the Albany Highway, for our first meeting of 2024; Fixa on Brix at Bentley, which unfortunately was not so popular, probably due to it being too far for members to travel; the same applied to Lo Quay Cafe, which has always been a favourite; The Pink Cafe in Kelscott had a good turn out and we were lucky to have a warm, sunny morning, so we could all sit outside.

Lunch groups met at the Jarrahdale Tavern, which saw a great turn out of over 20 members, where we sat under the shade on the balcony, enjoying the peace and tranquillity.

33 members joined us for a lavish lunch at the Bentley Pines Training Restaurant, where catering students practised their culinary skill, and waited attentively on us.

Our last lunch for the year was held at Lifang Valley Chinese restaurant, along the Brookton Highway. Again 35 members joined in a superb lunch and found the staff to be friendly and accommodating. This was proved to be so popular that members have requested a revisit in 2025.

We conclude this years CLT group on Wednesday 20th November for a coffee at That Plant Cafe, Page Road, Kelmscott. All members are welcome to bring along their partner or a friend. We encourage members to join us for coffee and or lunch and get to know other members in a relaxed atmosphere.

We try to keep our venues local to allow easy access for members and support local trade. If any member hears of, or has visited a local eatery and would like to share with other members, please contact:

Sheila: 0439 926 333 or Denise: 0414 779 118.

Coffee/Lunch Group Program 2025

Wed 19th Feb	Coffee	10am -11.30am	The Church Cafe - Jull Street, Armadale
Wed 19th March	Lunch	12 noon	Lifang Valley Chinese Resturant, Brookton Highway
Wed 16th April	Coffee	10am - 11.30am	Purpose Cafe, 10 Alex Wood Rd, Forreestfield
Wed 21st May	Lunch	12 noon	Dots Cafe, Amaroo Retirement Village, Dorothy St. Gosnells
Wed 18th June	Coffee	10am - 11.30am	Raeburn Orchard, Roleystone
Wed 16th July	Lunch	12 noon	Saaj Indian Resturant, Armadale Shopping centre
Wed 20th August	Coffee	10am - 11.30am	Little Aura Coffee Co, 5/2944 Albany H'Way, Kelmscott
Wed 17th Sept	Lunch	12 noon	Dale Cottages, Deerness Way, Armadale
Wed 15th Oct	Coffee	10am - 11.30am	Fig & Ivy, 34 Abernathy Rd, Byford
Wed 19th Nov	Lunch	12 noon	Gosnells Hotel, Albany Highway, Gosnells

Come & Try Kayaking Free
Thursday Mornings 20th February - 13th March 2025
8.00am – 10.00 am (8.30am start)



Members are invited to partake in a four-week fun course learning the skills and gaining physical benefits of kayaking at the beautiful Champion Lakes Regatta Centre.

The course will be run under the umbrella of Paddle Australia and the Seniors Group of Champion Lakes Boating Club will be your host. Registration is required. 8 participants maximum.

All participants must be able to swim 50 metres/completed Level 5 Ed Dept Swimming.

All equipment will be supplied – kayak, paddle & life vest.

What to wear & bring: Comfortable clothing and/or bathers, long sleeve top, hat, sunscreen, water bottle, sunglasses (with secure strap – optional), sandals/slip on footwear, towel, change of clothes. Warm showers & toilets next to boat shed. Bring along a snack to eat. Tea & Coffee supplied.

Enjoy the beautiful wildlife and clean waters of Champion Lakes. You may like a swim after your lesson.

At the end of the course participants are not obliged to join Champion Lakes Boating Club but would welcome you if you did.



SPEAKERS 4th Quarter 2024

Peter Merrells Cornwall



Tuesday 3 September we were guided on a trip by Peter Merrells on his recent holiday in Cornwall. Peter is a long time member of U3A, having started with North Coast Hamersley. He is a Pharmacist in trade, and has travelled all over Europe. Apart from canoeing and cycling, he is also a guide on Rottneist Island.

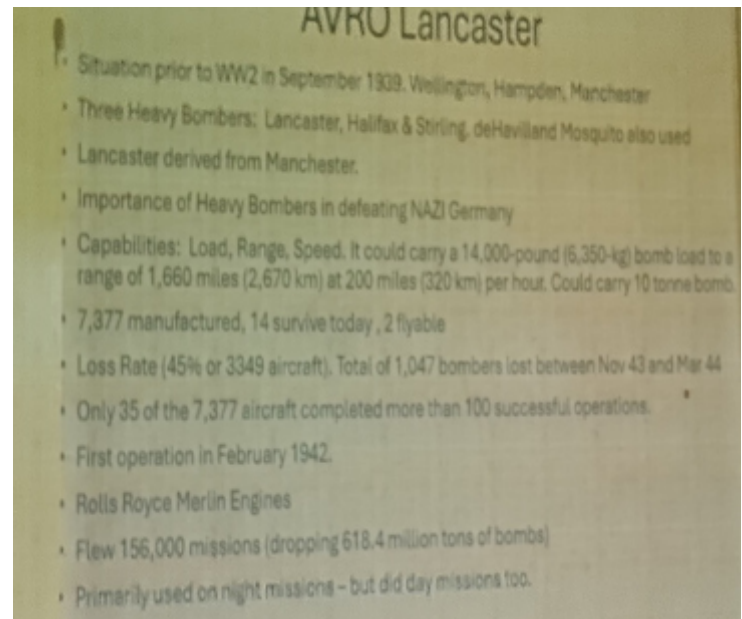
After a musical start to this talk, Peter gave us an interesting tour of all the main events he experienced. Many thanks Peter.

David Spicer The Lancaster Bomber



Today's talk was given by one of our members, David Spicer. Dave, who also volunteers as a guide at the Aviation Heritage Museum Bullcreek, gave the audience a riveting hour long talk on the men who served flying with the RAF in Lancaster

bombers in WWII. Rather than dwell on the mechanics of the aircraft, Dave had the audience quiet for the whole of his delivery as he put before us the facts and figures relating to the survival rates of those brave individuals. This left most audience members stunned by their sacrifice. Nearly one in two did not survive, and yet due to public opinion after the War, their sacrifice was recognised until 2012. Lest we forget!



Terry Harvey The East India Company



The British East India Company was our subject today (01/10/2024), the talk being given by Terry Harvey of North Coast U3A. Terry, who emigrated from the U.K. in 1964 spent his working life in agriculture, as a power plant operator, and in later years working in the Mining/Oil & Gas industries. He is also a member of Glengarry PROBUS, and confides he could talk on 30 different subjects for an hour each!

Given today's talk, into which Terry brought many interesting, and to the writer unheard of facts, he kept his audience enthralled at the scope and magnitude of the World's biggest Company, operating over two centuries for the U.K., and by which many made their fortunes. Excellent talk Terry.

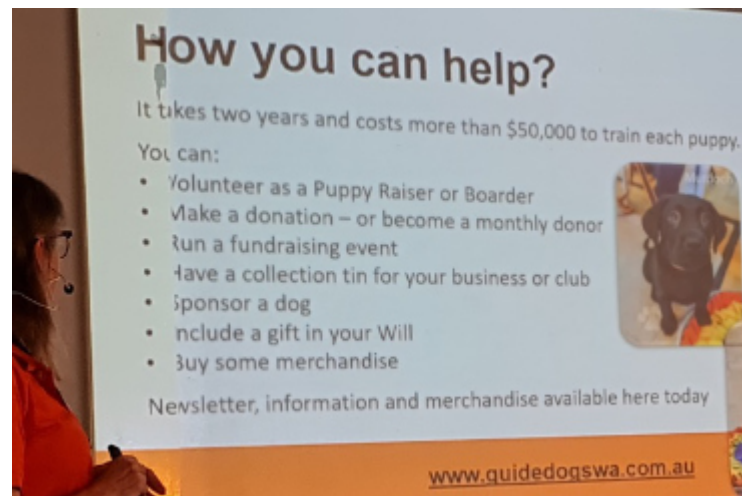


Kay McIntyre, John and Greg Guide Dogs W.A.



Who doesn't love a large, soft, very well behaved Labrador? Well, all of us at U3A Armadale did today, as we were introduced "Guide Dogs W.A." by our guest speaker Kay along with her helper John, and Greg their four legged "ambassador" for GDWA.

Kay and John gave us a very informative and entertaining look into the story of Guide Dogs WA, and the way these wonderful animals provide such a great service. At \$50,000 per dog to train they are not cheap, a fact that was not lost on our audience who generously donated and bought items to help the cause. Wonderful animals trained and looked after by wonderful people. Many thanks, particularly Greg, for visiting us today.



From Our Treasurer

A big thank you to our members for their generosity to other groups in our Community of WA.

This year we have raised the following amounts:-

Cancer Council	\$600
Guide Dogs WA	\$450

It is very reassuring to know that there are such generous people within our U3A Armadale group.

Keep up the good work

Val Jarrett-Crowe

Treasurer



2024/25 ARMADALE EDUCATION PROGRAM

The education programme has continued to provide courses in this last quartet. About a dozen people attended a very successful “Travel Tales” for three weeks in October at the Byford Library .

During the first session Marilyn shared highlights of her journey through Türkiye. Istanbul felt very “over-touristed” but the history and rich culture was evident everywhere making it a rewarding country to explore. This was followed by Sheila and Roy who gave us a fascinating insight into travelling in Japan. From the business of the cities, the beauty of the mountains to the horrors of Hiroshima, it was a highly recommended destination.



In the second session Annika and Warwick took us on a photographic journey through Northern Vietnam. They enjoyed the country noting that there was not so much American influence in the North. They mastered crossing the roads (a major feat) and managed to jump out of the way of trains going through the market. Marianne gave us some very useful travel tips about public transport and maps on our phones gained from her Independent travel in Vietnam. Marilyn then completed the session with the continuation of her journey through Azerbaijan and Georgia. Azerbaijan was an unspoilt gem with fascinating history and a variety of landscapes. Georgia and its high mountains were a hiker's paradise.

The last but not least Travel Tales started with a well documented and photographed story of Rome and its extraordinary history by Robyn. Noor then mastered the Byford Library technology to take us to China on a trip that was shared with



her daughter. The Terracotta Army and Food tales were the highlights. Well done and thank you to all who participated, both presenters and listeners. We learnt a lot.

Richard Offen has commenced his series of lectures on Western Australian history attended by about 25 people. The first was a very interesting talk about The First Australians and the rather sad history of occupation for them. The second is about Health Care in the early colony. Richard is, as always, very entertaining and full of knowledge.

Planning is well under way for 2025. Next year will start with the opportunity of learning to Kayak at Champion Lakes. This is being coordinated by Shelley.

This will be followed by a Mental Health First Aid and Wellness course facilitated by Stuart McLellan. Stuart gave an excellent presentation earlier in the year which was well received so we are pleased that he is prepared to facilitate this course for us. This is a very important topic and the course will enable us all to have more skills to cope with a mental health crisis, be it ourselves or someone else. We are hoping for a good response to this course so please consider it.

An Art course is already booked in for June, with details to follow later, and planning for a study group on Myths and Legends is under way. We welcome any suggestions you might have for courses and also for facilitators and presenters.



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**

Beetlejuice Beetlejuice



Although there were only four of us, we had lots of fun and laughter watching 'Beetlejuice Beetlejuice' :-)

Runt



A big turnout to watch Runt.





2024



Melbourne Cup fell on our general meeting day, so great food spread and \$5, \$2 and \$1 sweeps to socially enjoy together!
And of course three fantastically put together prize baskets!



A great Melbourne Cup lunch. Fun and laughter with plenty of food and good company.





U3A 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.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

Officers & Committee



President	Ray Webb	0416 036 952	president@u3aarmadalewa.org.au
Vice-President	Annika van der Heyden	0414 053 421	vicepresident@u3aarmadalewa.org.au
Treasurer	Val Jarrett	0417 029 769 6396 7358	treasurer@u3aarmadalewa.org.au
Secretary	Noor Thompson	0466 556 778	secretary@u3aarmadalewa.org.au

Committee Members

Membership Annika van der Hayden

Members Tony Fareso
Judith Damon
Terry Edmett
David Spicer

0894 954 013



Kitchen Co-ordinators Rose McBride / Marie Spiccia

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Phil Aked

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