



INSIGHT

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Enlightenment

U3A Bunbury Inc.

Vol 03, 2024

U3A Bunbury would like to thank Nola Marino's office for their support in printing this newsletter

NEWSLETTER OF THE UNIVERSITY OF THE THIRD AGE, BUNBURY. W.A.

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POWER UP
your privacy



Privacy Awareness Week | 6-12 May 2024

U3A Bunbury, Inc., is proud to support

Privacy Awareness Week (6 to 12 May 2024).

Privacy Awareness Week is an annual campaign led in Australia by the Office of the Australian Information Commissioner (OAIC) that highlights the importance of protecting personal information.

This year Privacy Awareness Week is about what people and organisations can do to **'power up privacy'**, with a key focus on improving transparency, accountability and security.

1. **Transparency:** If you are asked to provide your personal information or consent, think about privacy. What is being asked for, and how will it be used?
2. **Accountability:** Our personal data encapsulates who we are – the requirements for protecting it should be high. Expect accountability from organisations that hold this information.
3. **Security:** The best thing you can do for your personal information security is to be mindful, and informed. Know your options, understand the technology you are using, and think before you act.

Privacy tips to help keep your personal information safe:

- Protect your data by looking at what information your devices and apps hold and can access, and remove permissions that overstep the mark.
- Check and consider credentials. This means both looking out for scammers and considering an organisation's reliability before you hand over your information.
- Have strong and varied passphrases and enable multifactor authentication (MFA) if it is available.
- Be socially savvy – watch what you share on socials, and check your privacy settings.
- Do regular 'health checks' on any accounts with access to your finances. **Visit the Privacy Awareness Week website to find out more:**

paw.gov.au

22nd March - Prof Brian de Garis

History of Bushfire in Australia



Brian again delighted us with his historic talk about Bushfires in Australia, and we had an added delight when Ric Stacey and John Frings both added an additional perspective to the subject, but more about that later.

Brian introduced the subject by explaining how his tenure at U.W.A. also involved starting a new course in Environmental Management.

Lots of fires are started by lightning, and evolution in Australia has developed plants that can cope with the reality of

recurrent fires. The eucalypt, as the dominant form of plant here, has evolved to survive these events. First Nations people all over the world have relied on fire for their cooking and invented the use of fire sticks to carry from place to place. They also deliberately started fires to regenerate fresh grasses, so the food that they hunted (kangaroos, wallabies etc.) would be attracted to the fresh food and be easier to hunt. Being nomadic people they could burn an area and then move on to the next food source leaving their original area to burn itself out. The grasses that grew at that time responded by being able to withstand this burning. In 1965, when Brian first started talking about Australian history, it was still believed that First Nations people here lived in harmony with the land and did not cause it any harm. This is actually not true as illustrated above, they moderated their environment partly deliberately and other times by accident. Firestick farming was used to clear an area of snakes, and they also did a small amount of farming to grow plants that they needed and also manipulated the grasses for their hunting. When the Europeans first arrived they were met with vast swathes of grasses to feed their sheep and further explore the continent, not knowing that the First Nations people had been burning the land previously. Occasionally the Aboriginal fires would get out of hand, but the people used a system, that is now referred to as Mosaic or Patchwork burning, where they could control an area at a time and burn an adjoining area at another time. This way they prevented a catastrophic fire from burning through the lot.

1788 The first Europeans arrived and immediately started fires, and within two years accounts emerged of dangerous fires on the outskirts of the city, which worried authorities of the time, as their food was low.

1797 Governor Hunter had fires threaten haystacks, which their livestock were dependent on through the off season. He called in chain gangs to fight fires with the promise of freedom if they managed to put them out. This they did and Yes they did receive their freedom.

In early years, fires were around townships, but as populations spread out fires became more frequent. Industries in the 19th Century, used fire so therefore there were often "out of control" fires. Squatters brought in sheep and cattle and developed the respective trades for the economy of the Nation. Unfortunately, the virgin Australian ground was not used to the cloven hooves of these animals, so the once succulent grasses that appeared each year were now trodden down and never recovered, causing widespread erosion. In the early past, deliberate fires were lit by the settlers, so the grass was more nutritious. This became known as Green Pick. They found the hotter the fire, the better the "green pick", so consequently they lit fires in February causing many to become out of control.

In 1841 miners were able to mine copper in S.A. due to two prospectors lighting a fire and finding the ore. In the 1850's, Victorian fired land was exposed and during the Gold Rush in Ballarat, prospectors learnt to deliberately light fires to reveal minerals leading to large mining companies building towns around these diggings.

In the second half of the 19th century, agriculturalists suggested they should be able to take up land,

so the Free Selection Act was introduced which encouraged small plots, of between 30 to 150 acres, to be taken up. This followed through to the Soldier Settlements and then later to the Group Settlements in the 1930's. If the agriculturalist wanted to grow grain, the land was cleared initially by burning, and Albert Facey wrote a great explanation in his memoirs all about how they managed fire in his time on the land. Agriculture led to a history of uncontrolled bushfires.

History and Black "Days Of the Week".

06/02/1851 Victoria = 300 x 150 miles of fire, destroyed farms, blocks and livestock. It was a "Furious furnace" with 10 people killed and it destroyed nearly a 1/4 of the then state of Victoria with an estimated 500,000 sheep killed leading to exports of wool being halved.

01/02/1898 Red Tuesday Victoria. = It started on a farm then spread to the next farm and all of Gippsland was burnt. A Federal Convention meeting was being held in Melbourne to develop the Constitution, with leading politicians from all over Australia meeting in Government House. Windows were open as it was HOT, but they had to close them because of the bushfire smoke.

Black Friday, January 13th, 1939 = An American had written a book about fires, stating that in 150 years this was an environmental disaster. There was extensive drought - rivers and dams had dried up and there were water restrictions. The temperature rose and the relative humidity dropped - perfect fire conditions. 71 lives were lost; 69 mills were destroyed and 1 M acres of forest was burnt or damaged with towns obliterated in a few minutes. This particular fire led to a concerted effort from the community to try and control the action. Voluntary Bush Fire Brigades were formed all over Australia in the 1920-30's. Fire to farmers sometimes had a benefit, if they could survive for a few years after the event, but once forests were burnt it was gone for good. Forestry Officials became quite concerned about this turn of events and started, in the early 20th Century, to formulate plans for bushfires.

WA Foresters had introduced controlled, preventative burning, borrowing ideas from India, but it was not popular so they would burn occasionally and only in the SW. 1930 - 1940's NSW took up preventative burning throughout the State, thereby striving for fire prevention through prescribed burns.

The USA had similar problems to Australia, calling theirs Wildfires instead of Bushfires, so fire policy moved opposite to Australia with NO controlled burns. Their idea was to control wildfires quickly when it happened and government demanded fires be put out by 10 am the next day!! After the Second and Korean Wars USA had an overabundance of used aircraft, so someone came up with the idea to use these as spotter planes and later as fire retardant aircraft. In the 1950's to 70's USA adopted the Australian way of prescribed burning and international cooperation between countries has seen Northern Hemisphere firefighters go South and visa versa. Fire officials are well acquainted with all local procedures in these different countries and therefore the help that is offered by each country is usually immediate to the need.

With the rise of environmental activism the USA groups see fire as a good thing, however in Australia environmentalists are more antagonistic. In the last 15 - 20 years, many of the catastrophic fires can also be attributed to climate change. Victoria, Tasmania and W.A. have more forests, therefore have more fires than other states, however they have also developed in the other states of NSW & QLD. Brian firmly believes it is human cause that has increased the frequency of these fires.

In W.A. we started with Fire Towers built in the tallest trees in the area - think the Diamond and Gloucester trees down south. These have been fazed out and we now have spotter planes to call out fires. We also have Helicopters and Water Bombers, which we used to borrow from other States, but we have since bought our own, because of the higher rate of fires in those other States. Mosaic burning is also being researched to see if it can be utilised to help control fires.

Ric Stacey then joined in the talk with an overview from his perspective as the current Training Officer at the Ferguson Valley Volunteer Bush Fire service, and his role as ground control for all planes that help put out fires. Of course, the planes can only fly during the day, and fires will still burn throughout the night. He acknowledged there was some catastrophic fires earlier in the year, but we were still in

the “danger zone” for fires, so just because we have had some big ones, we shouldn’t get complacent. His message to us all was to stay alert and have a bush fire plan in place as the season is still dangerous. Answering a question about arsonists, Ric suggested they were at the bottom of the list, even although we had just had a deliberate fire lit recently in the Gelorup area. Ric explained why the fire retardant mix is always dyed, so everyone can see where it has been put, and it is always used as a “fire break”, never actually put ON the fire.

John Frings then thanked Brian for his informative talk and went on to describe conditions and rules on fire when he was a forester in the mid to late 1970’s working out of the mills at Dwellingup and Harvey. He explained how they were allowed to prescribe burn if the management felt it was good conditions for a “slow burn”, which would trickle along the forest floor and eventually put itself out. He fought many a big fire in those forest areas between Dwellingup and further South, and has been in some scary situations. This was all before the Water Bombers and helicopters. Nowadays, the paperwork to do a prescribed burn is more arduous and predicting what the weather conditions are going to be in 6 or more weeks time is still a bit hit and miss. Plus the people in the city that suffer from respiratory conditions have a lot of say when burns can be done. Wilderness areas in Denmark and Walpole have not had a good fire for about 40 years, so now the leaf litter will be very high and difficult to control if it does go up.

L to R:

John Frings, Brian de Garis and Ric Stacey - all familiar with bush fires in their own way!



Interestingly, the predictions of a big bushfire in the “wilderness areas down South have come true.....ED.

Answering machine message:

“I am not available right now but thank you for caring enough to call. I am making some changes in my life. Please leave a message after the beep. If I do not return your call, you are one of the changes!!”

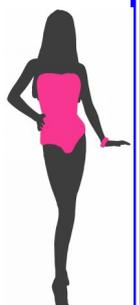


I was driving down the road today and saw a man in the cemetery.

“Morning!” I shouted.

“No, just walking the dog!” he replied.

Sure, God created man before woman, but then you always make a rough draft before the final model!



Hi friends,
Some of you might remember Dorothy Archer – a lively character who thoroughly enjoyed her trips out around the district but is no longer with us and died peacefully recently. I'll miss her - I was going to go to see her but other things got in the way. Perhaps remembering her is better. She was such a terrific character and friend.

Joan Birkett

*Dorothy at the U3A luncheon
in February.*



R.I.P. Dorothy.

Dorothy often joined Joan for some of our luncheons and trips, and did enjoy herself when she came with us. The last time she joined us was at the BackBeach café for our first outing/luncheon this year.



Some interesting reading learning about how this campaign started, but also quite sad.

National Road Safety Week is an annual initiative from the Safer Australian Roads and Highways (SARAH) Group, partnering road safety organisations and Government. The week highlights the impact of road trauma and ways to reduce it.

S.A.R.A.H started in 2012 by Peter Frazer O.A.M. in memory of his daughter, Sarah, who was tragically killed on her way to her first lecture at University.

Her car broke down on the highway and she pulled into the emergency breakdown lane and called a tow truck. While the tow truck driver was loading her car onto his flat-bed truck, another truck ran into the two of them, killing them outright. Although the driver did get charged with dangerous driving, the magistrate found the road itself was

also to blame, as the strip was too narrow for safety. The SARAH Group lobby and campaign for changes to governmental policy and legislation to ensure that lives are not lost in preventable and clearly foreseeable infrastructure anomalies.

If you visit the website roadsafetyweek.com.au/home/#home/pledge you can sign up to the pledge that says, (in brief), that you will drive as if your loved ones were on the road in front of you; drive within the speed limit; don't drive tired or use your mobile phone while driving and protect other vulnerable users. You can also opt to sign this pledge by scanning the QR code on the above poster.

We all have a duty of care when travelling on the road, it is a privilege to be able to drive NOT a right, and the car should really be thought of more as a weapon of mass destruction than a vehicle to get from A to B, because in the wrong hands that is exactly what it can become.

PLEASE ALL DRIVE SAFELY AND WITH RESPECT FOR OTHER ROAD USERS.

Digital Connection Program

An Age Friendly Communities Initiative

IT Blackspot Workshops - FREE

Open workshops facilitated by local technology support company, IT Blackspot. Every week has a new tech related topic to teach you how to become more confident using mobile phones, computers and the internet. Register now!

Topic: Connecting your Device

Bethanie Fields: Tuesday 7 May, 10am - 11am

Dardanup Hall: Thursday 9 May, 12pm - 1pm

Burekup Hall: Tuesday 28 May, 1pm - 2pm

**FREE
BUS
SERVICE!**

Topic: Online Connection

New Council Building: Tuesday 14 May, 10am - 11am

Dardanup Hall: Thursday 16 May, 10am - 11am

Topic: Safety and Connecting in the Digital World

New Council Building: Tuesday 21 May, 10am - 11am

Dardanup Hall: Thursday 23 May, 10am - 11am

To find more information or register, contact Will on 9724 0323 or visit www.dardanup.wa.gov.au



Bus Schedule

Bookings for the FREE bus service can be made when booking for the program via the website or by calling Will on 9724 0323.

Pick Up Date	Pick-Up Eaton Football Pavilion	Pick Up Bethanie Fields	Drop Off Location	Leave Destination	Arrive at Bethanie Fields	Arrive at Eaton Football Pavilion
Thursday 9 May	11.00am	11.20am	Dardanup Hall at 11.50am	1.15pm	1.35pm	1.55pm
Tuesday 14 May	NA	9.45am	New Council Building at 9.55am	11.15am	11.25am	NA
Thursday 16 May	9.00am	9.20am	Dardanup Hall at 9.50am	11.15am	11.35am	11.55am
Tuesday 21 May	NA	9.45am	New Council Building at 9.55am	11.15am	11.25am	NA
Thursday 23 May	9.00am	9.20am	Dardanup Hall at 9.50am	11.15am	11.35am	11.55am
Tuesday 28 May	12.00pm	12.20pm	Burekup Hall at 12.50pm	2.15pm	2.35pm	2.55pm

Amanda Wornum, SW Advocate for ADVOCARE

Advocare
Empowering older people in WA



What an absolute delight it was to hear about ADVOCARE from Amanda. She had us in fits of laughter, but at the same time educated us about all sorts of things that Advocare can help older people with. She is a Social worker with 20 years experience. Once we managed to set Amanda up with her presentation, she explained how her organisation, based in Perth, was a non-government agency that helped older people get access to all the aged care services and the Elder Abuse service.

Amanda's job entails raising awareness about and how the system works with all its intricacies, especially around the financial area. She does a lot of presentations and informs older people of their RIGHTS. She also does "individual advocacy" where she helps try and solve issues between individuals and families; and individuals and agencies. She spoke about "dignity of risk" and encouraged us to do what we want to do without being told "you're too old to do that!" or similar.

What are the different Commonwealth Support packages? There are different levels available - Meals On Wheels; Domestic Help; Gardening, is all about BASIC, it has a cost to it requiring a small payment, and is usually supplied every fortnight. Home Care Packages require an A.C.A.T. assessment and at the moment the wait times are horrendous. When you have an assessment done, and you're answering the questions, use your "worst" day scenarios for illustration. Once you have had an assessment, you will have a package offered to you and you have 8 weeks to find a provider. Care Finders can help you with this, there are 2 in the SW and they will visit your home to help you out.

The 5 Pillars of Age Care should include: **Integrity; Empathy; Kindness; Respect and Courage**. These are all covered in the Charter of Aged Care Rights which is signed when you enter Aged Care.

Amanda then talked about another part of her job; **Elder Abuse**, with some disturbing statistics. In W.A., 1 in 6 people over the age of 65 will suffer some form of Elder Abuse and it usually happens in a relationship of TRUST. There are quite a few forms that Elder Abuse can take, some are well known, but others may not come straight to mind.

Financial; Physical; Sexual; Emotional; Social and Neglect. One of our U3A members was surprised that sexual abuse should occur in the 65+ age group but Amanda quoted figures from the department that answers those calls, saying they have taken over 700 calls in the past year.

Statistics from all forms of abuse have risen from 700 in years 2021/22, to 1289 in 22/23.

The Elder Abuse hotline is funded by the Department of Communities. The definition of Elder Abuse is: ***A single or repeated act or a lack of appropriate action occurring in any relationship where there is an expectation of trust which could cause harm or distress to an older person.***"

Financial abuse is the most common. **Social abuse** could be when an older person has their phone taken off them so they cannot call their friends; **Neglect abuse** could be the Carer of the older person refusing to act when something needs change or attention. Forcing someone to do something they don't want to do is also regarded as elder abuse, and a classic example of this is Grandparents **having** to look after their grandchildren when the parents are drug and/or alcohol abusers. Trying to claim an older person has Dementia before diagnosis is also classed as Elder Abuse, and most of us would be aware of the many and varied ways of Financial Elder Abuse. Sometimes things start off innocently, but then deteriorate into full-blown abuse. Multi-generational houses are causing problems of elder abuse.

Amanda was asked the question as to whether Bunbury has mental health support in the southwest for older people, to which she replied that Bunbury was quite well serviced. However, the two services she mentioned, Older Adults Mental Health Care and Older Adults Complex Care are really for the "high end" sorts of mental health, and unfortunately there is a big gap for low-level mental health problems.

Many perpetrators of Elder Abuse are a Spouse or family member; Contractors or Volunteers, and in the Aged Care situation it could be their staff or even other residents. In the Aged Care system there are consequences in place to address any mistreatment, but unfortunately in the home situation there lacks any ramifications. Most of Amanda's interventions are with older people and their families and it is very hard to get an older person to go to the Police about a son or daughter, brother or sister who is mistreating them.

Environmental Risks for Elder Abuse:- the more dependent you are on someone the more likelihood of abuse. Dependency; Living with other People; Social and Global isolation; Economic pressures; Family Conflict and Dysfunction; Carer Stress; Ethnicity and Culture; the need for more dependence; Multi-generational households; finding out you are not part of the Will are all risks for Elder Abuse.

Barriers: Family obligations; unaware of your rights; fear and mistrust.

Elder Abuse Hotline 1300 724 679

Amanda then went on to talk about looking after ourselves. What are the differences between an EPA and an EPG and what is an AHD?

EPA = Enduring Power of Attorney; looking after your Finances and Assets.

EPG = Enduring Power of Guardianship: Accommodation; lifestyle decisions, medical treatment etc.

One of the most asked questions Amanda has to deal with is "how do I take away my older persons' rights?" All persons over the age of 18 have the right to make all decisions for themselves, be they good or bad ones. How do you lose capacity and get deemed unable to make your own decisions? If you are showing signs of cognitive issues you have to be assessed by a GP or a Geriatrician or a Psychiatrist. Your cognitive capacity will be tested and you could lose some of your rights or all of them. Your EPA and EPG would now come into play. Amanda spoke of a client she knew that lost all her rights except where to live. Up to the time you are deemed that you have lost your cognitive capacity, you can change the person nominated as your Guardian. Throughout all of this you need to talk to your family and let them know your wishes, and keep talking about it so in their time of sorrow and stress, that will be one thing they do not have to worry about.

Everyone should also have an AHD - Advanced Health Directive, available for free from the Citizens Advice Bureau. This details your wishes when you are unable to let your family know due to being in hospital etc. This is where you put your wish if you do not want to be resuscitated when you are very ill. The question was posed that if you have a DO NOT RESUSCITATE on your My Health Record, whether that was valid, and Amanda stated that the only way it can be enacted, in the hospital situation, is if it is in your AHD. You can even dictate who is present in the room when you are passing.

Before closing she stated every one of us should have a Will; an Enduring Power of Attorney; An Enduring Power of Guardianship and an Advanced Health Directive all set up in case of emergencies. How do you look after yourselves? Know the names of your neighbours in case of an accident in the home; eat well, exercise to your ability and volunteer doing something that gives you purpose which will be good for your health.

I'm sure Amanda would agree that U3A'ers are great examples of this philosophy and most times our mental health is bouncing along with energy, thereby helping our overall health.

You can find Amanda at the ADVOCARE there, please leave a message with the



office on a Monday and a Friday. If she is not Anglicare reception ladies.

13 Stirling Street, Bunbury.

Email: amandaw@advocare.org.au

Tele:08 9479 7566

Free call 1800 655 566

APRIL 26th - FREEMASON HALL VISIT

Two of our current U3A members are also members of one of Bunbury's Freemason Lodges. Peter Hicks and John Frings ably took us on a very informative talk on the history of the Lodge, and what "some" of the symbolism means.

Both gentlemen were dressed in their regalia, John as a Worshipful Master of a Lodge, with a light blue apron, and Peter in a dark blue one, which represents honours he has received from Grand Lodge in W.A.



Peter started with a short history of the Bunbury building. In 1879 when Bunbury had about 500 people, a group of the town's men, who had previously been in the order in the UK, decided they would like a Lodge room here. Before this could happen though, they needed a warrant from the Grand Lodge of England, and a Lodge to sponsor them. At that time there were only 2 other Lodges in W.A. - The Lodge of St John, in Perth, and the Fremantle Lodge, so the petition was sent to them as well as the UK.

Seven years, (yes, 7 years!) later, they had received the necessary permission, and Wellington Lodge was started on 10th May, 1886, not in the Hall that is currently used, but in a house in Victoria Street near St Paul's Church, becoming Lodge No 1840 on the Grand Lodge of England's register. Members of the other 2 Lodges came down to Bunbury for the consecration. In those days there were no roads, so the City and Fremantle people travelled by boat, and a gentleman from Augusta rode his horse, taking a week to get here and the same to return. The first regular meeting was held on 1st June and they initiated Mr Edward, the Postmaster, as they were short on numbers, who was promptly made the Secretary!

Many prominent Bunbury residents have been Freemasons over the years - Charles Wisbey; Thomas Paisley; Newton Moore; Bishop Ralph Hawkins and Nobby Dorsett to name a few. In 1981 the brethren where the current Lodge is situated, was purchased for £200, with the front section of the current building being built for £670, and they held their first meeting there in August 1894, with the whole town coming to the dedication. Meetings thereafter were held as close to the full moon as possible, so that brethren on horseback could return with some light in the sky.



The new hall was used by the wider community for a few years, including as a dance hall, but in 1898 the Scots in the town formed the Bunbury Lodge under the Grand Lodge of Scotland, and it wasn't until 1900 that the Lodges that had been formed in W.A. petitioned the Grand Lodge of England to become the Grand Lodge of W.A., causing the Bunbury Lodge to also give up its link with the Grand Lodge of Scotland.

In 1935 it was decided the Lodge needed extending and the original building was modified with the front door being blocked off, and the long window shortened to what they are today. The front door was also relocated to its current position. The Lodge was then run by a Hall Company which is still current today. More Lodges were formed as they had many members, and with so many it would have been difficult for them all to progress up the ranks to the position of Worshipful Master of the Lodge. Harvey, Yarloop and Collie (daughter Lodges) as well as South West United were formed at this time. The Bunbury Lodge building is heritage listed which can be a blessing and a burden, as some things are more expensive because of the listing, (very high rates on the building!).

Peter then talked about the beginnings of Freemasonry itself. It is the universal brotherhood of men who believe in a supreme being, but it is NOT a religion - NOR is it devil-worshipping. No-one has to follow a particular religion, and there has been Sheiks; Muslims and Jewish members. The Volume of the Sacred Law was shown on the pedestal in front of the Worshipful Master, but Peter also stated that the Koran could also have a place next to it if there were Muslim brethren in the Lodge.

Peter pointed out the large "G" hanging from the middle light in the room, and explained it stood for "Grand Architect in the Universe" and was always on display to remind the brethren



they must account for all their actions.

The movement is believed to have started in its current form around the 12th & 13th centuries, because that is when the castles and cathedrals in Europe were being built. There are mentions of men gathering together in a lodge with their Master, and Peter likened it to a possible “trade union” meeting where the different craftsmen were negotiating their rates of pay. This then led to the need for secrets. Peter’s illustration of this was drawn from the “ranks” in the mason trade, (which are also the progression of an initiate to become a Mason), as the Entered Apprentice, then a Fellow Craftsman before the final stage of being a Master Mason. At each of these levels there are different signs and secrets that are divulged, so if for example, a Fellow Craftsman decided to try and pass himself off as a Master Mason, he would be asked a particular “secret” and when he couldn’t answer the question, the Master of the building would know he hadn’t reached that level in the trade. All very logical and sensible, really. Fast forward to the 15th & 16th centuries and there are accounts of men meeting in groups and performing ceremonies in the U.K. with the actual Grand Lodge of England being formed in 1776, which was probably the start of the standardisation seen today.

Peter then illustrated the tools that were (and are still used today) in the Mason “trade” that are all symbolic and remind the brethren of various obligations. The chairs were also explained as were the aprons that the various ranks wear.

Junior Warden- 1 step up from the floor - the plumb rule to indicate upright intentions.



Senior Warden - 2 steps up from the floor - and, the level to indicate all men are equal



Worshipful Master - 3 steps up from the floor - the square to act on the square with all mankind.

The three levels also represent the three different pillars of the noble order of architecture - the Ionic, the Doric and the Corinthian.

The Aprons the brethren wear also represent ranks, with a white plain one representing the Entered Apprentice, then each level having more insignia and “bling” than the rank before.

Before closing Peter informed us that the Freemasons are a charitable organisation, but NOT a charity, and the Bunbury Lodges have just recently donated over \$5,000 to the Solaris Cancer organisation, which they raised through Sausage Sizzles and their own brethren donations.

Many thanks for a very interesting visit to a place many of us have wondered about, but never got to discover until now.

<https://images.squarespace-cdn.com/content/v1/5e43ae557f3324298e00a626/1634024742045-GB501BC7H3XCAVT9N8O8/ewfe.JPG?format=1500w> https://en.wikipedia.org/w/index.php?title=Newton_Moore&oldid=1195047371

<https://www.google.com/url?sa=i&url=http%3A%2F%2Fmasonic-art.yolasite.com%2Fexplanation-of-masonic-tools.php&psig=AOvVaw368CtY94s4Rx9jFz5sfwxj&ust=1714310629198000&source=images&cd=vfe&opi=89978449&ved=0CBIQjRxFwoTCPIUJjA4oUDFQAAAAAABAI>

A woman at work was seen putting a credit card into her DVD drive and pulling it out very quickly.



When I inquired as to what she was doing, she said she was shopping on the Internet and they kept asking for a credit card number, so she was using the “ATM-thingy”.



VOLUNTEERING WITH THE U.N. PEACEKEEPERS

Terry Wooltorton.

We really are an interesting bunch of people, at U3A Bunbury, and Terry - our newest member - is right up there in those ranks! If you haven't caught up with him at one of our meetings, please make yourself known to him, but if that doesn't happen you will be able to enjoy a talk from him on Friday, May 24th about the above subject. He has asked if I put in a few preliminary notes about his work with these amazing people, and has also suggested some reading material if you would like to learn more, especially about the Democratic Republic of Congo, where he spent most of his volunteering journey.

My Experience of working as a UNV volunteer with the Peacekeepers - some background

"The adventure of a lifetime!" At the age of 52, with some previous international volunteer experience (Cambodia), and a passion for the environment, the opportunity to work with the iconic "Blue Helmets" was a dream come true. The fact that I would also be located in the Democratic Republic of Congo (D.R.C.), that enigmatic destination straddling the Equator and fully encasing the 4,000 km Congo River, was an added bonus.

The D.R.C. has a history which is as legendary and dramatic as it is violent and unjust. From the slave hunters who followed Stanley and Livingstone, to the horror of the Belgians, the terror of the Mobutu dictatorship and then the recent Africa Wars of the mid-late 1990's, the country remains turbulent.

In June 2010, I joined M.O.N.U.C. (later to be called M.O.N.U.S.C.O.), the U.N's Peacekeeping mission to the Congo, as a volunteer through the United Nations Volunteer (U.N.V.) organisation. It was a non-family appointment into a hazardous situation with the promise of a very interesting experience. After only a week of the most amazing and illuminating induction I've ever experienced, I knew this assignment was indeed going to be very, very interesting.

I joined the Engineering unit, part of the Essential services section, which simply-put, provides ALL the services, infrastructure, logistics and operational support to sustain 20,000+ international troops, 15,000 F.A.R.D.C troops and 5,000 +/- civilian and other personnel. The U.N. plays a significant role in the operations of Mission Support. My role was to be the Environmental focal point to raise awareness of the environment throughout the Mission. Firstly, I had to visit and report on the conditions of various Mission facilities, which included small forward-operating temporary bases and then larger, more permanent ones. Most of these were located in the eastern Congo, so I travelled a lot, flying across the country and up and down on the Mission's busy airline service of jet and jet/prop planes as well as helicopters to remote sites.

I met many people from many different countries, who spoke multiple languages, and had spent many years in different conflicts, disasters and humanitarian zones working for peace, and it opened my eyes up to a very different world in a country that receives little media coverage.

*Here are some of the books Terry recommends for learning more about the country, but also warns that some of the content about D.R.C. has violent and distressing content. Its colonial history was obscenely violent and that still continues right up to today. **He stresses that "reader caution" is advised.***

The Poisonwood Bible, a novel by Barbara Kingsolver

King Leopold's Ghost, an history book by Adam Hochschild

Heart of Darkness, a 1899 novella by Joseph Conrad.

(There's also the classic film, The African Queen with Humphrey Bogart & Lauren Bacall, and although the film Blood Diamond, starring Leonardo DiCaprio, was filmed in Sierra Leone it does represent the realism of child soldiers, child sex slavery and the mining of rare minerals in African conflict zones.)

We cannot wait to hear Terry's talk.

CALENDAR FOR MAY 2024

DATE	Room Location	Speaker & Title/Event
Tuesday 7th May 10 - 11 am	Programme Room Bunbury Library	Topical Talking with John
Friday 10th May 9.30 - 11.30	Building 5.113/4	Zoe Shuttleworth, Astrology is NOT just the Zodiac
Tuesday 21st May 10 - 11 am	Programme Room Bunbury Library	Topical Talking with John
Friday 24th May 9.30 - 11.30	Building 5.113/4	Terry Woollorton - UN Peacekeepers in The Democratic Republic of Congo
Friday 31st May OUTING	Lunch at The Epicure training restaurant, SW TAFE Meet at the restaurant for 12 noon booking.	

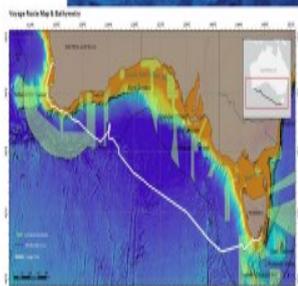
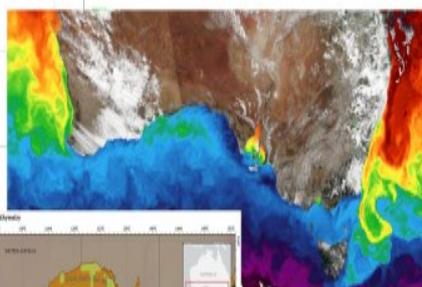
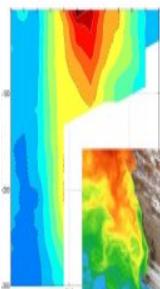
HERE'S AN INTERESTING TALK COMING UP AT U3A MARG RIVER

Come and hear CSIRO oceanographer George Cresswell tell us his fascinating story of sea voyages on the vessels of eight nations and how the Leeuwin current affects us all.

Our event in May is a talk by George Cresswell, an Oceanographer and scientist talking about the Leeuwin Current - its discovery and importance to our region.

Ocean currents of southern WA through to Tasmania
- and work done on RV *Investigator*, Fremantle to Hobart, in March
2024

George Cresswell
Adjunct Assoc Prof Flinders University
& ex-CSIRO Hobart



It may be of interest to U3A Members from Naturalist and Bunbury groups who may like to attend. All are very welcome. Thursday 30th May at 10.00 am at the Margaret River District Club, Tunbridge Street, Margaret River.

R.S.V.P.

**By Monday 27th May for
catering purposes**

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We have had some news from the Bunbury Museum and Heritage Centre about some of their upcoming events

BUNBURY
MUSEUM
HERITAGE
CENTRE



18th April – 11th August
Enjoying Our Waterfront Exhibition

Take a journey through the history of Bunbury's waterfront and witness the role played in the community over time.

Saturday, 4th May
High Tea & True Tales, Well Told

Join the South West Historical Writers for an open morning to hear how local people research and write about history, and chat to like-minded folk over morning tea.

Sunday, 12th May (International Nurses Day)
Nurses of the South West Talks

Hear the incredible stories of some of the South West's unsung WWI heroes from descendants and historians.

Friday, 17th May
Bunbury Heritage Forum

The City of Bunbury is hosting its annual Heritage Forum to bring together local scholars, historians and those with a passion for Bunbury's heritage. Booking link to come, check our website's Events page.

Sunday, 19th May 2024, Koombana Bay Lookout
Shipwrecks Talk

Hear Bunbury Museum's Barbara Rae tell the stories of Koombana Bay's shipwrecks from the spot where several are buried.

Our website has an [Events Calendar](#) which is kept up to date with whatever is coming up at the Museum. We will be running our [Winter Warmers](#) program once again this year, with historical talks being presented every Sunday afternoon during the middle of winter.



King Cottage 70th Anniversary Celebration
May 4, 2024 10:00 am - 3:00 pm

77 Forrest Ave, Bunbury 6230

The Bunbury Historical Society Inc., invite everyone along to a free tour of King Cottage to help celebrate their 70th Anniversary. A Welcome speech at 11.45am followed by a short performance on the life of Sir John Forrest at 12 noon and at 2pm. Enjoy free activities for children and a cuppa. See the beautiful costumes and china, tools in the shed and more.



U3A DONNYBROOK NEWS



March saw the group enjoy a talk from teacher and clergyman Terry Curtis, who is known as Father Terry to the students at All Saints College. He is of Italian descent, spending a lot of his childhood with his Italian grandfather. He listened to the many stories his grandfather told him, and developed a passion for the country, visiting it many times as an Italian teacher and later as a clergyman.

While the chaplain at All Saints College he participated as a willing accomplice to chaperone children on student exchanges throughout Italy. He spoke about some of the cities he visited with the students, and gave a brief history of Italy and the more smaller towns legends.

Later on Terry visited the area around Lake Como (Lago Lario) and participated in a 6-week term at the Church of England in a small town called Cadenabbia. He also related some interesting stories about native animals in the Arno River and traders in the local markets around the area. Everyone that attended his talk found it enthralling and fascinating.

While coordinator Maddie Smith has been travelling through America, the U3A Donnybrook group enjoyed a visit from John and Lyn Frings, from U3A Bunbury, in April. They were talking about their time as Registered Wildlife Carers and how they differentiated the different birds that came into their care.

John explained the differences between Raptors (Owls and birds of prey), Parrots, Carnivorous Birds and others who ate seed. They had progressive pictures of birds they had received as just "balls of fluff" and what they eventually became before being released back into the wild. We learnt that the feet and beak are a good place to start with the recognition and John explained that some birds even have a "smell" about them that can help with identifications.

He spoke about his educational bird, a Boobook Owl called Heckle, (see picture), that had arrived with its sibling as a ball of fluff, but eventually was released back into the wild after de-humanization. So many stories of different birds that they have had in their care, and how they prepared them to be released when they were well enough or had grown enough to fend for themselves.

Lyn finished the slide show with a close-up of a white "rabbit-like white fur" picture, and asked us what we thought it would be. To our amazement it turned out to be a baby pelican, and she told us the feathers feel like fur. She also mentioned that they have a presentation about the many seabirds that they also looked after while with Australian Seabird Rescue.



"Heckle" their Boobook Owl as a baby and before final release.



A dog gave birth to puppies near the road and was cited for littering.

Muldoon lived alone in the Irish countryside with only a pet dog for company. One day the dog died, and Muldoon went to the parish priest and asked,

'Father, my dog died. Could ya' be sayin' a mass for the creature?'

Father Patrick replied,

'I'm afraid not. We cannot have services for an animal in the church, but there are some Baptists down the lane, and there's no tellin' what they believe. Maybe they'll do something for you'

Muldoon said,

'I'll go right away Father. Do ya' think \$5,000 is enough to donate to them for the service?'

To which Father Patrick exclaimed,

'Sweet Mary, Mother of Jesus! Why didn't ya' tell me the dog was Catholic?'

The first show for the year at our local amateur theatre, with a completely different theme!! If you love the music of ABBA you will love this musical tribute to the band, and a little birdie tells me our very own Jo Williams has made all the costumes for the event!! **Well done JO!!**

**BUNBURY
MUSICAL COMEDY!
GROUP INC**

Thank You The 4 Music



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AGNETHA FÄLTSKOG & ANNI-FRID LYGSTAD

DIRECTOR: TONY & GILLYÉE CAREY
CHOREOGRAPHER: TAYLA LAWRENCE

MAY 2024

NEW LYRIC THEATRE 7 BOURKE ST, BUNBURY

FRI 3, 10, 17 - 7:30pm

SAT 4, 11, 18 - 7:30pm

SUN 5, 12, 19 - 2:00pm

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CALENDAR FOR JUNE 2024

DATE	Room Location	Speaker & Title/Event
Tuesday 04th June, 10 - 11 am	Programme Rm Bunbury Library	Topical Talking with John
Friday 14th June, 9.30 - 11.30 am	Building 5.113/4	Member Fiona Smith - Skeletons in my family history!!
Tuesday 18th June, 10 - 11 am	Programme Rm Bunbury Library	Topical Talking with John
Friday 28th June	Building 5.113/4	Rory Chapple, Project Manager D.C.B.A. Infrastructure projects, Kalbarri Skywalk.

Launch of **Compassionate Communities Australia: Weaving connection and compassion across Australia as we live, care, die and grieve together.**

Compassionate Communities Australia (CCAus) was launched by the Western Australian Governor at Government House in Perth, on 27th March 2024, with many national and international colleagues joining us online. This marked a significant milestone for Compassionate Communities in Australia.

Founder of Compassionate Communities, Prof Allan Kellehear said that "CCAus is a significant international development....it is incredibly important in the history of public health and also in the history of hospice and palliative care in Australia.



Steve Arnott, Harpreet Kalsi-Smith, Rob McKenzie, Prof Samar Aoun, His Excellency the Honourable Chris Dawson AC APM, Mrs Darrilyn Dawson, Dr Jo Doran, Dr Stephen Ginsborg

Some of our members will remember Heather Wade coming to speak to us about a new programme that had been trialed in the southwest called Compassionate Communities. Well, it is going from strength to strength as you can see from the above item.

Heather continues to be involved with this very worthwhile programme and has recently received an inaugural certificate for her contribution, as a Community Connector, from the Mayor Jaysen de San Miguel, called the Compassionate Bunbury Mayoral award. Well done Heather and Peter Edwards, who was also a recipient.

If anyone would like details on how to join this worthwhile organisation as a volunteer, please contact Heather, who is also the Secretary, on

swcomcomnetwork@gmail.com

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May 28th - Amnesty International Day



Did you know that Australia doesn't have a federal Human Rights Act that protects our human rights in law? It's the only liberal democracy in the world without a Human Rights Act. Human rights are the fundamental freedoms and protections that belong to all of us, ensuring everyone is treated equally, justly and with respect. Rights are about being treated, and treating others fairly and ensuring everyone has the ability to make choices about their own lives.

Which of our human rights are protected? Right now, racism, discrimination and other issues for women, the LGBTQIA+ community and asylum seekers continue to plague our society. Currently, Australia has anti-discrimination laws that only protect people from discrimination on the basis of their sexuality, gender, age, race, and disability. **They do NOT protect all our rights, including our right to access healthcare, to an education, to a healthy environment, and the rights of children.** That means if you, or someone you love, suffers a human rights abuse, there's not much you can do to hold those responsible accountable, or to get remedies for those abuses.

So what can you do if your human rights are abused? The short answer is not a lot. If you complain about an abuse, the Australian Human Rights Commission can investigate. If that complaint isn't resolved through a conciliation process, then complaints about discrimination may be taken to court. If your complaint involves a right that's not the right to live free from discrimination, there's nothing more you can do. This system is fundamentally flawed and doesn't prevent human rights abuses from happening. It's one reason why we keep hearing about human rights abuses, whether it's in the Aged Care Royal Commission, the almost daily news articles about gender-based violence, and the continued abuses faced by the LGBTQIA+ community.

The government is failing to protect, respect, and fulfil human rights for everyone. It's not good enough. A Human Rights Act, by contrast, would protect people against discrimination based on their religious beliefs, but also protect the rights of LGBTQIA+ people, people with disabilities, and women.

Over the next few years, we need to raise our collective voices to show more MPs that there's widespread public support for an Act.

<https://www.amnesty.org.au/>

This article is from the amnesty website & not the U3A membership

U3A Bunbury, through the website MySouthWest, has received the following request to advertise. For any members that feel they would like to help out with this project, please contact Heather McQueen.



Heather McQueen, PhD student,
School of Allied Health,
The University of Western Australia,
35 Stirling Highway, Crawley WA 6009

Seeking laypersons from Bunbury to sit on the Community Advisory Committee for a community-based participatory research project:

Addressing inequity of access to dental health services with people who inject drugs.

Community-based participatory research brings together a community with a significant health issue, university researchers, health practitioners and laypersons in equal partnership to solve the community's health issue. In this project, people who inject drugs (many of whom have untreated dental diseases due to unfair barriers preventing their access to dental health services), researchers at the University of Western Australia and dental health practitioners from Bunbury will team up to improve the oral health of people who inject drugs.

The drivers of change in community-based participatory research are the members who sit on the Community Advisory Committee that oversee the project. Laypersons are not experts in the fields of injection drug use or dentistry but are interested in increasing their general knowledge of the subject area.

If you would like to find out more about becoming a layperson on the Community Advisory Committee for this project, please email heather.mcqueen@research.uwa.edu.au before 15 May 2024.

Seems we have a lot of articles and stories about “RIGHTS” in this newsletter!! Not to worry, this is all about informing us of things we may not be aware of, so read and learn everyone. The session below is from our friends at Compassionate Communities, so if you are interested, you will need to go and register on the website listed below:-

My future care

Introduction to Advance Care Planning workshop

We all want to have a say in what happens in the last part of our lives. By making plans that cover your future care, lifestyle, health and finances, you're not only working out what you want, you are also making things easier on those around you. This process is called Advance Care Planning.

This **FREE online** workshop will cover what's involved in Advance Care Planning, how to get started, and how to talk about your wishes for the last stage of your life with your family, loved ones and health care providers. The workshop is suitable for all members of the community. You can be any age or have any level of health.

6.30pm-8.00pm Wednesday, May 22

<https://comcomnetworksw.com/advance-care-planning/>

Very little space in this issue for my usual page of jokes, but never mind - there's always next time! Hope you enjoy this little gem.



God called Saint Peter to him, and told him heaven was starting to get full and that from now on people could only be admitted if they had an interesting or notable death story. So, Saint Peter went down to the Pearly Gates and when the first person arrived explained the new rules. The man sighed and began his explanation.

“You see, Saint Peter, I was a man who lived to support my family. I was a hard worker and every day I got home tired. Today, I arrived home at my high-rise apartment and I saw my wife covering her naked body on the bed. How could she dare cheat on me? I was furious, and I nearly tore my apartment down looking for whoever she was cheating with. Finally, I found him. He was hanging off the edge of our balcony. I started stepping on his fingers, I was so angry. He let go eventually, and he fell down six storey's to the ground below, but somehow he didn't die! I was still fuming, so I grabbed my refrigerator and threw it off the balcony, but the exertion was too much and I had a heart attack and died.”

Saint Peter decided that this story was more than interesting enough, so he let the man pass into heaven. Saint Peter then explained the rules to the next man, and the man told his story.

“You see Saint Peter, I'm a man of fitness, and I really care about my physique. So I was running on my treadmill, up in my seventh floor apartment, and something happened to my treadmill and it started getting faster and faster, and before I was able to pull the emergency stop, I was flung out of my apartment. By some miracle, I managed to grab onto a balcony, and then some madman comes and starts stomping on my fingers! Would you believe it, Saint Peter? I was forced to let go of the balcony, but somehow I managed to survive the fall, and then a fridge falls on me!”

Saint Peter was shocked at the coincidence, and let the man pass into heaven.

A third man came to the Pearly Gates and Saint Peter explained to him the rules. The man smiled, and said, “Are you ready for this Saint Peter? Ok, so I'm naked, and I'm hiding in a fridge

