

MALA MESSENGER

Newsletter of the Mature Adults Learning Association Inc. Rockingham Branch

FEBRUARY 2021

FROM THE CHAIR

With the mercury playing happily in the mid to high thirties I hope you are all able to keep cool and hydrated. It's time get the year underway. We are optimistic that we will get a full year of classes this year, and that the coming of the vaccine will lessen the risk of a major outbreak of COVID in WA. But, as we have found before with this nasty little virus, nothing is certain and we all must keep on with our COVID-safe practices. I had no sooner written the sentences above when over the airwaves came the news of our five-day lockdown. This, if it is indeed limited to 5 days should not disrupt our enrolment and ongoing term plans – BUT and it is a BIG BUT, COVID is very unpredictable and always lurking. With that in mind I think that all our plans must have PROPOSED added to them.

The limited number of classes this term means that we can all take on a new challenge, one perhaps we would not previously have done, without the feeling we are missing out because of competing choices. The program for Term 2 and on into the year is being worked on now, and we should have a full range of courses back next term.

**Proposed ENROLMENT DAY is on Wednesday the 10th of FEBRUARY
10:00 to 11:30 in the Library Foyer**

We will keep you updated on developments and any changes that we need to make. I am still optimistic that we will see you all, geared up and ready to go for a COVID-safe Term One in March.

At present the committee is working on some changes to our Constitution, and once they have been finalised we will need to hold a general meeting of members, so watch this space for further details of when that will take place.

**Bronwen Usher
Chair**



Every day may not be good, but there is always something good in every day.



ENROLMENT DAY

PROPOSED ENROLMENT DAY

Wednesday the 10th of February from 10:00 to 11:30

in the Foyer at Rockingham Central Library on Dixon Road

Our BIG NEWS this year is -

At the enrolment day you will be able to PAY BY CARD if you wish to do so.

*Please make sure that you put your surname in the reference box if paying direct debit.
and that your enrolment form is completed either through the website or sent to us at :*

malarockingham@gmail.com

OF PARTICULAR NOTE, OUR EMAIL ADDRESS IS REVERTING TO OUR ORIGINAL :

malarockingham@gmail.com

Sorry for any confusion

COVID-SAFE rules still apply !

You must check into the library either by using the App or the iPad there.

***Unfortunately, due to COVID19 we are unable to enjoy a social morning tea –
the coffee shop on Campus will be open.***



The Bad News is I accidentally took the wrong medication today.

The Good News is I'm now fully protected from heartworms and fleas for the next three months!



TERM ONE COURSES

The full synopses are available in our last edition or on online at mala.org.au

Just a reminded about what we have on offer this term :

Be it a letter to the council, an email to a family member or a post on Facebook, learn how to make your writing just that little bit more meaningful and entertaining. Now is a great time to pick up your pen or flex your fingers and get tapping on your computer and sharpen you skills.

Never have you had, or are you likely to have, a better chance to brush your writing skills with such professional, fun tuition as that which Rhuwina Griffiths offers us this term. Interest and entertainment guaranteed, sharpened writing skills bonus!



For the History buffs, and anyone that is curious to learn about the incredible turning point that was D-Day – a turning point upon which we have rested for more than half a century, but only because of its success. The why and how of D-Day is all explained. David Abela's knowledge and engaging delivery encourages discussion and participation in the sessions. Lots to learn in a proactive way



Carl Altmann steps us through the world of art and gives us the tools to understand what paintings are saying.

An ideal course for not only those of us who love art but also for those of us who only have a passing acquaintance and mild curiosity of what it is all about. This course will open up new ways to demystify the wonderful world that is graphic art.



What's NEW in Medicine presented by Charles Oxnard is a treasure trove of the latest developments, viruses included, in the ever changing world of medicine. Despite his own advancing years, Charles always has an eagle eye on and an optimism for the future. Join him for the latest news.



At the Autumn Centre Judy Kirkpatrick is ready to take us on a journey into Abstract Art. All skill levels catered for, a love of colour, form and texture are the main ingredients needed, along with a touch of imagination and the intent to enjoy the ride. You will be surprised by what you can produce.



BOOKSHELF

Only one review for you this month, but what a cracker it is:

“THE LIVING SEA OF WAKING DREAMS” by Richard Flannigan

Wow, what an amazing, powerful and thought provoking read. It is not a comfortable read because the author is reflecting back to us the world as it is in such a perceptive and imaginative way.

The story is of Francie, elderly and dying and the lives of her three children as they struggle to come to terms with this mother’s decline. They can’t accept the cycle of life and death and their denial of reality and determination to keep her alive by their insistence on medical intervention just prolongs Francie’s dying and suffering. It is a story of denial on many levels. Denial of what is right in front of us. A book about how as humans we can see things, yet not see them, we just carry on distracting ourselves while the world around us disintegrates. Set against the background of creeping insidious ecosystem collapse and climate change this story of family breakdown and disintegration focusing on the main character Anna and is an analogy for our times. It is a clever, beautifully written and compelling read that I couldn’t put it down.

WOW

Linda

I have read this book too Julie and I couldn’t agree more. It is an absolute gem.

Ed



Feedback from our Bookworms

The Beekeepers of Aleppo has two more appreciative readers who enjoyed the book. Again both commenting on how bringing the refugee situation to a personal level can change perspectives.

The Wife and The Widow was considered a good read by one member. The Tassie connection being the hook picking up the book. But as they are now reading “The Nowhere Child” – the authors previous book, the style and topic must appeal too.

If you have a book you have enjoyed why not share it?

Drop us a line at malarockingham.com.au - attention Ed



THOUGHT FOR FOOD

With the current lockdown, deciding where to eat is easy – at home. Once restrictions are lifted, here are some suggestions from members.

Try local :

Rosies Café – Parkin Street Rockingham

Rosies Café is a feast for the eyes. It is like walking into your old Nana's house but with a better choice of food and beverages. They serve snacks and light meals from 7:00 - 15:00 daily. The décor is Olde Worlde with an emphasis on comfort. There is an abundance of quirky bric-a-brac, little nooks for a table for two, outdoor seating and even a small conference room, which allows them to cater to a variety of requirements.

The wide choice of home-made cakes, slices and savoury treats made ordering 'just a coffee' a real challenge. I ordered a Date Slice, which was moist and delicious and came with a lovely dollop of real butter. My friend had a sago dessert cup that was rich and creamy and went down well with her pot of Earl Grey tea.

My short black coffee was hot and strong, just as it should be.

The staff were friendly and welcoming. The café was busy but our order was delivered to our table in good time. Did I mention that the prices are very competitive too? Definitely a first-choice destination for me from now on.

Bayside Barista – Safety Bay

Tasteful, casual, with a relaxed vibe this café, the first certified Gluten Free café in WA, has become a hub in the area for good coffee, delicious FRESH food for breakfast and lunch. The menu seems perfectly ordinary, but what is different is the dedication to using fresh local ingredients and a flair for sometimes unusual flavour combinations that quite simply work. There is a passion here to produce food that is fresh, delicious and honest. Bayside Barista draws custom from far and wide, and is well worthy of the food industry awards it has won.

For a more upmarket experience :

Latitude – Rockingham

Rockingham's ritziest place to be. Overlooking the enticing Indian Ocean, Latitude's buzz draws you inside to enjoy an exciting pre-dinner cocktail. A Captain Jack Sparrow lends itself to the location and will delight the taste buds with spiced rum, Malibu, peach schnapps and pineapple. Enjoy imbibing alfresco while the sun disappears into the turquoise ocean. Happy Hour stretches from 3-6 on the weekends.

Inside a friendly minimalist interior offers a continuation of the lively atmosphere throughout the evening.

The friendly and knowledgeable staff invite you to enjoy the freshly cooked local cuisine. The Cone Bay Barramundi was succulent and fresh. Deliciously served on a bed of garlic infused rice and washed down with a delicate Marlborough Region Sauvignon Blanc. The chef's American heritage is evident in the varied menu and choice of seafood, grills, pasta, chicken and ribs. New York style steak of 250g accommodates most appetites but the opportunity to increase to 350g is offered for a moderate \$8 extra. There is plenty to choose from for all tastes. An excellent experience.

Or further afield :

The Old General Store – Jarrahdale

This delightful café, set in a lovely garden was once the Village Shop. The transition to café was done carefully and the owners have retained the atmosphere, keeping the old counter and shelving. The walls are covered with paintings by local artists. There is a large outdoor eating area set among the flourishing gardens. The food is all home cooked and while not adventurous, it is tasty and nicely presented. A good range of sandwiches is available both to eat in and take away. A chicken and salad sandwich so full it was held together with a wooden skewer.

Their hot dishes include an all-day breakfast, quiche and fish and chips with a side salad. The fish in particular is excellent.

The signature Jarrah Burger is huge, the beef patty is made on site and it comes with all the trimmings and a side of chips. The dessert menu is small, mainly a few homemade cakes and cookies. Excellent coffee and an ice chocolate to die for. The menu does not change year to year, but the standard remain high. Service is quick and friendly, although at weekends you can wait sometime to be served.

Ruocco's Pizzeria e Ristorante – Fremantle

If you are looking for trendy, this is not the place for you. The decor has not changed since the America's Cup in Fremantle; painted dioramas of Italian scenes and trinkets decorate the walls. Established in 1978 and boasting the first wood fired pizza oven in WA, this South Fremantle institution is as popular as ever and serves honest Italian meals.

The menu is extensive, too big? - Maybe. We chose two entrees, Fungi Ripieni (stuffed mushrooms, parmesan and rocket) a Crumbed White Anchovy with verde mayo, both good serves for \$15 and \$16. Choice for the mains was difficult with pizza, Calzones, pasta, seafood, meat, salads and a good selection of vegetarian. We shared the grilled seafood platter for one at \$55. It was good value with barramundi, squid, prawns, clams, mussels, Morton Bay Bugs and scallops (all cooked to perfection) plus chips and salad Phew!

It is refreshing to see offerings for children with real food, gnocchi, and two other pasta choices as well as pesce fritto (fish and chips) and chicken and chips. The kids can learn a bit of Italian into the bargain.

Or further yet :

For intrepid travellers to Queensland and those who like the a touch of luxury -

SK Steak and Oyster

Ensnconced in the capital's most fashionable hotel, SK Steak and Oyster feels like Brisbane's ultimate virtual getaway. An escape portal to better times, abetted by a tome-like wine list, white jacketed staff and an evocative fit out. It is bright and airy by day and flatteringly low lit by night. Soaring ceilings, plush banquettes and linen napped tables provide a cosseting backdrop for the lush likes of lobster risotto and oysters finish with frothing Billecart salcom.

Or, perhaps just enjoy a \$32 wagyu burger and a Martini - or three. A contemporary take on the US grill that has become an instant institution.

Should you be able to experience any of these venues – I hope you find that you enjoy the visit.



DID YOU KNOW?

Taumatawhakatangihangakoauauotamateaturipuka
pikimaungahoronukupaiwhenuakitanatahu

in NZ is the longest place name in the world.
It has an astounding 85 letters – and I guess is totally unpronounceable.

Coming in second place is

Llanfairpwllgwyngyllgerychwyrndrobwlllantysiliogogoch

in Wales at a mere 57 letters long.



THAT'S ALL FOLKS

See you all soon - hopefully and stay safe.

In the meantime ponder this (slightly amended) Chinese proverb -

To be happy for an hour, get drunk.

To be happy for a year, fall in love.

To be happy for life, take up gardening – and keep learning with MALA

Bronwen Usher
Editor

