

# MALA MESSENGER

*Newsletter of the Mature Adults Learning Association Inc. Rockingham Branch*

**July 2022**

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## **FROM THE CHAIR**

Unfortunately, COVID is still a threat to our health. The new variants are proving very contagious and although many of us are now as vaccinated as we can be there is no guarantee that we won't get it. For most of us that will mean no more than a cold like few days, but there are those who will find it a great deal more serious. My own daughter is presently struggling with quite a severe dose of it.

The only thing we can practically do, in the face of Government reluctance to reintroduce mask mandates, despite that being the recommendation of the Chief Health Officers throughout Australia, is take care ourselves. MALA doesn't mandate the use of masks at our venues, but we strongly encourage you to do so, not only for your own protection but for that of the other members. We provide hand sanitiser as you enter the class and provide masks for those of you who want to avail yourselves of them during the class.

We know the toll that COVID has taken on our class numbers this term, even Charles, our favourite medicine and science presenter has come down with it. Luckily, he has made a speedy recovery.

It has been lovely to see those attending classes enjoying them so much, especially our Art drawing class. A lot of latent talent has been discovered and some other talent polished up. On enrolment day we hope to have an exhibition of some of their remarkable work.

Still no word on when the lift will be back in action – they are 'waiting for a part' it seems but no idea when that will come. But the good news is that the Coffee Shop will be back in action again from this week.

**Esther Grogan Chairperson**



*"Use the talents you possess :*

*The forest would be very silent if no birds sang except those that sang best"*

*Henry Van Dyke*



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## COMMITTEE NEWS

Our committee continue to work hard, and it is hard work, to bring you courses you'll find stimulating and really enjoy. With a small committee at present – a mere six folk, it is often difficult to manage all the tasks that need to be done. This has especially been the case with two and, at one stage, three committee members away on holidays.

Thanks, you so much to the members who have lent a hand with the setting up and clearing away at the end of the day we really have appreciated your efforts.

MALA is providing a service to us all in a space that no one else in our local area is filling. But the viability of this continuing is increasingly in doubt. The current committee simply just can't keep on doing all the work need to continue as we are. Please consider your talents and think about what you have to offer to help MALA stay alive in Rockingham.



### *Did You Know ?*

*When you cry your tears are uniquely you because tears are generated according to the emotion behind them. The three different types of tears are basal (lubricating your eyeball), reflex (responding to stimuli like dust or onions) and psychic (triggered by emotion like sadness and joy)*

*Each type of tear contains a cocktail of enzymes, proteins, minerals, hormones and antibodies that, depending on why you're crying are a special recipe to help regulate your body. For example, emotional tears contain the neurotransmitter leucine enkephalin, a natural painkiller that the body releases to lessen stress.*

*Women cry about 60% more than men and nobody really knows why. Perhaps it is because men have smaller tear ducts. Or it could be just a 'Mama thing' because a chemical in psychic tears is associated with the production of breast milk.*

*So what do onion tears, surprise tears, laughing tears or tears of change look like? Google a photographic project entitled "The Topography of Tears" – 100 different tears under a microscope - and prepare to be amazed!*



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# ENROLMENT DAY

## Enrolment Day for Session 4

Wednesday the 3<sup>rd</sup> of August

10:30 – 12:00

In the foyer of the Community Library Dixon Road, Rockingham



## SESSION FOUR

### Courses on offer this Session are :

9:30 – 11:00	Art - Drawing with Colour – Marilyn Fahie
11:30 – 13:00	Sculpture through the Ages – Carl Altmann
13:30 – 15:00	Forensic Identification – Dr Bob Mead

The Synopsis for the courses and Enrolment Forms will follow shortly.



*“Anyone who stops learning is old, whether at twenty or eighty.  
Anyone who keeps learning stays young.  
The greatest thing in life is to keep your mind young.”*

*Henry Ford*



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## FROM THE BOOKSHELF

This month our recommended reads are :

*THE GREAT ESCAPE FROM WOODLANDS NURSING HOME* by Joanna Nell

After a bad fall Hattie Bloom finds recuperating in a nursing home away from her own home and her bird friends. She is struggling to cope with the loss of her independence and the lack of privacy, but she hangs, thinking only of the day when she is well enough to return home. Life is almost intolerable until she is introduced to the Night Owls Club and to Walter -a fellow dreamer of freedom.

The writing is light-hearted and lively. It is funny, warm hearted but makes some serious points about ageing. It shows that you are never being too old to learn more about life, friendship, community and love. It completely got me in and woke up my latent Hattie.

Many thanks Jenny for your review. And by way of a real contrast :

*NO LESS THE DEVIL* by Stuart MacBride

This one is a book I was given by my brother who recommended it highly. I must say I do like the odd Who Done It, but this one sounded a bit much even for me. But it did get me in. It is well written, and the plotting is great with lots of twists and turns as they track down a most bloodthirsty murderer. It does ask the question Do you really know anyone? The personalities and power games played by the investigating Police is a story in itself and certainly adds to the tension. It is a very good complex read.

Many thanks go to David for this review - Cheers to his brother too.

Thanks for those of you who have taken the time to let us know how you have enjoyed the books reviewed.



*“The purpose of learning is growth, and our minds, unlike our bodies,  
can continue growing as we continue to live.”*

*Mortimer Adler*



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## CONGRATULATIONS

Congratulations go to Nada Lubay.

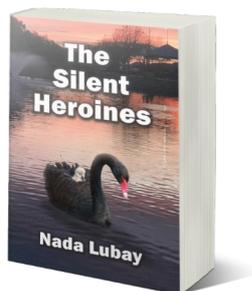
Nada is the latest in a growing list of members who found course with us that have renewed or rekindled an interest, a passion and talent go on to do many great things, advanced calligraphy courses, additional language studies, winning photographic competitions, achieving university degrees and authorship of books to name but a few. Using their literary, artistic or academic talents that had lain dormant within them.

The latest of these to find success is Nada Lubay whose first novel "The Silent Heroines" is now available.

A novel with a deeply personal truth, and brings a shining light to an often overlooked and taken for granted section of our society -

You can get your copy at the Society of Women Writers of WA [swwofwa@gmail.com](mailto:swwofwa@gmail.com)

Visit their webpage or Facebook page too. Read on.



**Congratulation Nada,  
A Story of Grandparent Carers**



What happens when a family falls apart, for whatever reason? Be it drugs, alcohol, mental illness or domestic violence, children are caught in the middle, and they suffer. But who will step in to save them?

This dilemma faced Donna, a migrant mother, when she realised that her own infant grandchild had been born into a bad situation. Isabella was neglected, a child at risk, when Donna and Tom commenced the long battle through the Family Court to save her.

Shedding a much-loved career to take on the role of Grandparent carer, Donna soon realised she was not alone. Thousands of grandparents were raising their grandchildren, most without any support, except from each other.

This is a story of sacrifice, ingenuity, pain and hilarity as this widening band of women keep the wheels of 'family' turning ...

They are the 'Grand carers' ... and Donna was now one of them.



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Nada Lubay was born in Croatia and, at the tender age of twenty-two, emigrated to Australia. She has lived in Perth, Western Australia, for more than forty years and would never live anywhere else.

Nada had a successful career in Vocational Education Training, working for a Registered Training Organisation (RTO) and was passionate about helping young students, some from dysfunctional family backgrounds. She was instrumental in them gaining employment and becoming productive members of the community.

Nada's life dramatically changed when she left the workforce to raise her infant granddaughter. Battling the court system to secure a safe environment for her granddaughter, she works tirelessly to gain recognition and equal standing for the thousands of grandparent carers who are also raising their grandchildren due to a broken society.

The Silent Heroines is Nada's first novel.

She is currently writing her second novel, Angel with a Broken Wing, which will be released in early 2023.



*Apart from producing novels there are other benefits to a good vocabulary.*

*I recently called an old engineering colleague and asked what he was doing these days. He replied that he was working on "Aqua thermal treatment of ceramics, aluminium and steel under a constrained environment."*

*I was very impressed until I learned that he was in fact washing dishes with hot water under his wife's supervision.*



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## CRAFT AND HOBBY ACTIVITIES

Lately we have had a few people ask us about opportunities for craft and hobby activities.

This month the Council's Community Connections sent us this :

### Befriend Hosted Meetups Program

In our local area we have -

Chat & Do Coffee Too Hosted by Nancy & Friends	Wednesday 20 <sup>th</sup> & 27 <sup>th</sup> July 10:00 – 12:00	Warnbro Community & Family Centre	\$5 inc MT & Supplies 1 project to take away & 1 for Charity
Canasta & Rummycub Hosted by Jeanne & Friends	Every Tuesday & Thursday 10:00 – 12:00	Waikiki Café Gnangara Drive Waikiki	Pay for your own order.
Quiz Night Hosted by Nancy	Thursday 7 <sup>th</sup> July & Thursday 4 <sup>th</sup> August 19:00 – 21:00	Cruising Yacht Club 2 Val Street Rockingham	\$20 per person includes Game and Meal

Maybe this is for you, don't forget to share it with others.



Need more information? Need to Contact us ?

Email : [malarockingham@gmail.com](mailto:malarockingham@gmail.com) Website : [MALA Rockingham](http://MALA Rockingham) or find us on Facebook

Phone 0455 3773 589 or 9528 7133

