

Open Door

16th February, 2021

to healthy minds and healthy bodies



In this issue

Page 1

- President's Corner
- AGM
- Notices

Page 2

- Our sponsors
- Notices
- Thanks to Bill and Angus
- Diane Cherry: Armidale Senior Citizen of the Year
- Course Coordinators' Update

Page 3

- Book review
- U3AA Tour
- New Sponsor:NECOM
- Oiling Table at ASCA House
- Notices

Page 4

- Book Reviews
- Spinning Wheel for Sale
- Notices

Disclaimer

Opinions expressed by contributors are not necessarily those of the editor, committee of U3AA or course leaders. U3AA accepts no responsibility for statements made or opinions expressed by members or course leaders. Material published in any form is not professional, technical or expert advice; is subject to the usual uncertainties of any community activity; may not be accurate, current or complete and is subject to change without notice. The editor reserves the right to edit any material submitted. Copyright of the manuscript remains with the author.

From the President's Desk

Happy New Year to all. Although I know that plans of Christmas with loved ones were shattered for some, I do hope everyone managed to find enjoyment in the festive season. My family are all rural dwellers so our celebrations and gathering went to plan, smoothly and, with much appreciation.

Surely we look to 2021 to be kinder and more predictive than 2020. Many of us look forward to the VACCINE with much hope for a safer world.

Your committed and caring committee continue to work long hours with enthusiasm to improve many aspects of U3AA. There are some ambitious plans in hand and help will be needed to achieve these. I know members with skills to help will be able to share their expertise with these projects.

Some of the U3AA activities have recommenced in formats to meet Covid restrictions. Many other groups have continued without U3AA cover, but as gatherings and activities of friends with similar interests. Our hope is, these groups will soon be able to once again be part of the activities offered by U3AA

I hope to see as many members as possible at the AGM on 16th February.

*Sincerely
June Endacott*



VERY IMPORTANT

Annual General Meeting of University of the Third Age Armidale Incorporated

will be held on

Tuesday, 16 February 2021

3:00-4:00pm

in the Bowling Club Auditorium

Please demonstrate your support for your U3AA by attending. The Committee is changing so come along and give thanks to the outgoing members and welcome the new committee members.

We will not be serving refreshments but you may wish to have tea or coffee at the Bowling Club afterwards.



Please support our sponsors:

2AD, 2ARM-FM, Armidale City Bowling Club, Eyecare Plus, Home Nursing Group, Moin and Associates (Lawyers), New England Foot Clinic, New England Travel, Newling Gardens, Oak Tree Retirement Villages, Regional Australia Bank, Armidale NECOM. For further information sponsors' websites can be accessed from the U3AA website www.u3aa.org.au

The Executive

President	Dr June Endacott	6775 2425
Vice-President	Ray Weston	6772 6508
Secretary	Doug Crocker	6772 8335
Treasurer	Diane Cherry	6772 7726
Committee	Sue Cameron	6772 0962
	Ian Jackson	6707 2941
	Penny Nicholson	0408 272 011
	Pam Walkley	0407 277 453
Newsletter Editor	Dorothy Barnes	0427 753 781

Contact Details

**University of the Third Age
Armidale Incorporated**

Mail to:

**PO Box 1440
ARMIDALE NSW 2350**

Phone: **6772 2752**

Email: **u3aa@iinet.net.au**

Office:

**Rear of ASCA House
(enter from Markham Street
through backyard)
166 Barney Street
ARMIDALE NSW 2350**

Office Hours:

**Monday to Wednesday
9:30am to midday
and at other times by
appointment**

Bill Palmer and Angus Cameron: Many Thanks

We would like to thank Bill and Angus for carrying out some much needed maintenance and improvement work at ASCA House. This included mounting new whiteboards, wall support for the new defibrillator and work on the sound proof curtain in the South room.

Diane Cherry: Armidale Senior Citizen of the Year

We are delighted that Diane has been made Armidale Senior Citizen for the Year 2021. She has played a central role in two organisations related to the interests and well-being of older people in Armidale: Armidale Senior Citizens Association (ASCA) and University of the Third Age Armidale (U3AA). Until 2009 when ASCA ceased, she served for 11 years as their Treasurer and also ran their Friday activities for five hours organising various games and providing lunches. When Friday activities of the remaining small group of former ASCA members continued under the auspices of U3AA (who took over the premises, ASCA House, in 2009) she was solely responsible for them. She treated them with kindness, respect and the cheerfulness and unfailing good humour which characterises her at all times. She has been Treasurer of U3AA for 12 years. We normally have a membership of about 650 and offer some 60 courses and activities in each semester. Without her contribution we would not be as successful as we have been. In addition, she has contributed calligraphy courses which were extremely well received. We can think of no other person more deserving of being Armidale Senior Citizen of the year.

Course Coordinators' Update

U3AA Armchair Theatre will be back!

This very popular course will soon return in its new home - the fabulously refurbished Armidale Playhouse Theatre. The program looks at a wide variety of plays. Members read and discuss the plays. All plays are read on the spot so no learning of lines is needed! Armchair Theatre will commence (every Tuesday (except school holidays) 10am to midday) as soon as the Playhouse receives final Council approval.

Please contact Jean Freer on 0413 584 868 if you have any queries.

Tuesday Talks

Under the past and present COVID-19 circumstances it has indeed been a challenge to secure an appropriate venue for our weekly Tuesday Talks program. Armidale's NECOM is now a U3AA Sponsor and is very generously providing a fabulous big ground floor room (G31) for the weekly program commencing Tuesday 2 March 2021. The room has an attached kitchenette and morning teas will be able to resume. Thank you everyone for your understanding and patience.

Wellness

Join this four session workshop for learning and discussion about practical and easy ways to 'think good' and 'feel good'. Train yourself to think in more helpful ways, detach from negative thoughts and emotions, engage in positive activities and plenty more. Come to learn new strategies. Pick and choose what suits you best, put it into practice, notice the difference and share with others. The workshop will commence on Thursday 4 March 2021. Please refer to the Course Booklet for further details.

BOOK REVIEW

THE SURVIVORS

Jane Harper

The Survivors is the fourth book by Australian crime writer, Jane Harper. Like its predecessors, it is a stand alone novel, and relies greatly on the creation of a particular place and its associated community. Unlike *The Dry* set in drought stricken country or *The Lost Man* set in outback Queensland, *The Survivors* details a small coastal town in Tasmania. Evelyn Bay is a beach community now surviving on whale watching and deep sea diving tours to investigate wrecks. *The Survivors* of the title are iron statues set in the sea as a memorial to those who have lost their lives in shipwrecks.



Kieran Elliott has returned to Evelyn Bay with his partner, Mia and their baby girl Audrey, to help his mother with a move to Hobart. His father has dementia and is in need of care and his mother plans to move to a unit close to the nursing home. Kieran meets up with old friends and re-lives the grief he suffered 12 years previously when a devastating storm caused loss of life and wreaked havoc in the town. When a young tourist is found dead on the beach, the happenings of 12 years ago are brought to the fore.

This novel is a slow read in the first half, setting out the characters of the townspeople and exploring old secrets, injustices and regrets. Harper brings the wild coastal setting to life with the foreboding and allure of the mostly unexplored caves down at sea level. She shows how the untamed nature of the seaside-setting has shaped the lives of the town's inhabitants. The pace increases in the second half of the novel as a crime is committed and Harper litters the writing with clues about various people. The ending is artfully constructed, and the book is an excellent holiday read.

Marnie French.

U3AA Tour

There are still some places on the tour advertised in the December newsletter with all the details on page 1 of the Semester 1 Course Booklet. The tour begins on 15 March.

New Sponsor: New England Conservatorium of Music (NECOM)

We are delighted to have NECOM as a new sponsor and as indicated in the Course Coordinators' Update on page 2 they are providing a new home for our popular Tuesday Talks.

Oiling the outside table at ASCA House

We would be grateful if someone could oil the outside table for us.



Permission to use Photographs

When providing photos to the Newsletter please ask those in the photo for permission prior to submitting for publication.

Thank you

Name Tags

Name tags are printed in blocks rather than as soon as members enrol. Therefore there is a delay before they are printed (up to ten days). Posting large numbers is very expensive so it would be appreciated if members could pick them up from ASCA House. They are in a box, in alphabetical order, on the reception counter. Any not picked up after a reasonable time will then be posted out.

Lost and Found

Looking for something? Perhaps you left it at your second home (U3AA). Call in to the office and you may get a nice surprise!!

Turning off taps

Could all members, not just course leaders, be diligent about turning off taps in the kitchen.

Emergency Information (ASCA House)

This is displayed on orange sheets on noticeboards in the East room and on the veranda next to the door to the East room.

Emergency phones are on the counter and in the North room. Look for signs pointing to the location of the phones.

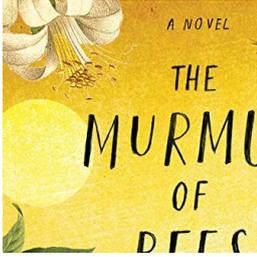
NEXT NEWSLETTER DEADLINE

1st April, 2021

Please email contributions to Dorothy Barnes

dkbarnes134@gmail.com

BOOK REVIEWS



***The Murmur of Bees* by Sofia Segovia**

Translated from Spanish to English by Simon Bruni

The Murmur of Bees is set in Mexico during the early 1900s. Not only during the Mexican Revolution but fighting the Spanish Influenza at the same time. Reminding us of a different pandemic from that we are currently experiencing.

Beautifully written, with a magical realism and a generational aspect to it. All comes together to create an enchanting, gently unwinding tale.

The story begins in Mexico during the early 1900s. A baby is found under a bridge covered in bees, by Nana Reja, a nanny who no one can remember ever being young. What should be horrifying is miraculous. The child has a special connection to the bees. They help him to see what others can't and help him to talk despite a disfigurement. The Morales family takes the baby in as their own despite the superstition and hate that surrounds the child. And their own fate is changed for the good because of it. Much of the story is light and charming, but there is also real darkness in one of the characters.

We all enjoyed this book and it is well worth a read.

Jenny Palmer

A BURNING

BY **Megha Majumdar**

A Burning is set in a slum district in India, at the time of a coming government election. Three protagonists tell the story: Jivan, a young woman accused of taking part in a terrorist attack at the local train station; Lovely, a Hijra with serious acting ambitions and PT Sir, a teacher in the local school.

In a Facebook post, Jivan criticizes the government's handling of a train bombing and becomes the focus of their investigation. She attempts to set the record straight by confiding in a reporter, but is misrepresented in newspaper coverage.

Both Lovely and PT Sir initially testify in Jivan's defence in the ensuing court case. However, at a pivotal moment for each of these characters, a moral choice must be made. Lovely has finally managed to score an acting position and PT Sir has achieved status in the right wing party aiming for government. Neither can be seen to associate with "a terrorist" and they fail to give Jivan the alibi and support she deserves.

The book is beautifully written, in alternating chapters. The author paints a picture of contemporary India where the appearance of propriety is of paramount importance. Gender, religion and class are explored as circumstances unfold for Jivan. P.T. Sir's progress throughout the novel demonstrates the insidious nature of ambition and corruption.

This short debut novel is quite powerful and the plot strands finally come together to produce the feared but anticipated ending. Our reading group all appreciated the novel and can highly recommend it.

Marnie French

Mission Statement

U3AA aims to provide an opportunity for persons in their Third Age to individually and collectively take part in and contribute to the expansion of their knowledge in fields of their choice; to individually and collectively take part in and contribute to activities that stimulate mental exercise; and, to individually and collectively take part in and contribute to physical activities designed to maintain physical well-being.

Spinning Wheel for Sale

One of our members has a spinning wheel for sale. If you are interested please contact the office.

Please note that if you have not enrolled by the end of February this is the last Newsletter you will receive.

**Older Persons
COVID-19
1800 171 866
Support Line**

Security of ASCA House

Please remember to turn off the lights, heaters/air-conditioners when your activity at ASCA House is finished. Also remember to lock the building. The simplest way is when your activity is finished, if there is no-one else in the building, please lock the sliding glass door, even if you think another group may be coming. An activity may have been cancelled, perhaps at short notice, or may be starting later than usual.