

Open Door

Newsletter 183

18 Apr 2017

to healthy minds and healthy bodies

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Next Newsletter Deadline

1st June

Please email contributions to Alanna
aingeal22@bigpond.com

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www.u3aa.org.au

PRESIDENT'S CORNER

Our AGM in February was a success and as you will see in this newsletter there are some changes to your Committee. Vivienne Gregg stood down as Secretary and we thank her for her efforts over the last four years. In Shirley Cook we have an admirable replacement. A new Committee member is Penny Nicholson whom some of you will already have met in her roles as joint Course Coordinator and helping Doug Crocker with our computer system. Since we ended 2016 with a small surplus, we decided at the AGM that the fee for 2018 would remain at \$40. This will be the fifth year we have managed to hold it at this level and fits in with our objective of keeping the fee as low as possible.

Many of you will have seen the article about U3AA in the April edition of Focus. In it I said that we owe much of our success to the efforts of our volunteers. Two examples of how fortunate we are: first, while Kay Love is overseas, Franky Elks has taken on the role of leader of Aquarobics as well as running her own Bones and Balance class and second, while Eve Bofinger, one of our founding members, is ill, Robin Murison and Elwyn Hegarty have taken on the role of acting course leaders of the Science course. We hope Eve soon recovers. Unfortunately, we will soon say farewell to one leader, Garry Melville, who is moving to Tasmania. Garry has been a leader of quite a number of courses, for example Elgar and After: British Music in the Twentieth Century and currently his Philosophy course. Members comment on the excellent course material he provides and we wish him well.

We have received a donation of three copies of Windows 10 from Microsoft, worth US\$564 and we are very grateful to Microsoft for this.

Details of the work we are undertaking in ASCA House, held over from the February issue, can be seen in this one. Work to repair floor damage and the kitchen ceiling will commence on Tuesday, 18 April and when this is completed, the kitchen renovations will be possible. Hopefully, the plumbers will start on renovation of the toilets soon. However, as some of you will be aware, the very intense rainfall events recently experienced created problems for our storm drainage system and we have decided that this must also be attended to in the near future. The work will be undertaken by the same plumbing company, Green Plumb Energy and Gas Pty Ltd who have given us excellent service in the past. We thank Lindsay Snell for this.

By the time you read this, we should have a new sound system in place in the East Room.

Ian Jackson

Please support our sponsors:

Since we have a growing list of sponsors, space means that it has become very difficult to fit all their logos in our Newsletter. Therefore we decided that instead, they will be placed on the address labels for the Newsletter. You can also view their websites from our website. Just click on *Sponsors* on the left hand of our webpage. However, since we do value the support of our sponsors very much, we intend to still list them in the Newsletter. Our current list of sponsors is as follows:

Armidale City Bowling Club, Regional Australia Bank, Shane Hutchison (LGHM), Moin and Associates (Lawyers), 2AD, 2ARM-FM, Ducats, New England Travel, Newling Gardens.

Roving reporter Barb Trehy, asks the hard questions



Barb has asked the hard question of herself “what are Some weird French Words”

- **Caoutchouc** - South American origin = Rubber-coated
- **Métro-boulot-dodo - Commute-Job-Sleep** = Adult suburban life
- **Hurluberlu** - Probably invented by Rabelais in 16th Cent = Scatterbrain
- **Tohu-bohu** - Hebrew from Book of Genesis - Formless State of Universe = Confusion
- **Œil-de-bœuf** - “Ox-Eye” = round / oval window in churches, mosque, etc.
- **Saperlipopette** - attrib. French poet Rimbaud = disguised form of “Sacreblue!”

Tea

Starting your day with a cup of tea will not only put you in an alert mood, you'll also feel more relaxed as the L-theanine it contains has been found to lower the stress hormone cortisol. Over the long term, drinking at least three cups of tea per day may also help keep your heart healthy - research shows it is associated with a decreased risk of cardiovascular disease. Flavonoid antioxidants found in tea improve the elasticity and flexibility of blood vessels as well as reducing oxidative damage (hardening of the arteries).

Please remember to

- Turn off taps
- Switch off lights
- Lock the doors and windows
- Put furniture and equipment back
- Notify office of change of contact details
- Thank your course leader
- Thank office staff
- Play nicely with the others

February Puzzle

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issue

Answer - Tennis shoe

April Puzzle

YOU JUST ME

Hello from Bron and Penny,
Joint Course Coordinators for U3AA.



It is that time of the year for a reminder to anyone interested in leading a *Course* for Semester 2, 2017 to please contact us. Remember, a *Course* can run for the Semester, over several sessions or, as a *one-off* session.

If you have an idea or knowledge on a subject that you feel would be of interest to others, how about coming in to talk it over with us.

Please contact the U3AA Office on 6772 2752 and we will get back to you promptly.

A big thank you to Barry for once again running *Basic Introduction to First Aid* focusing on CPR. The session was informative, relevant and interactive. All participants gained increased confidence and up to date knowledge.

We would encourage volunteers to consider the value of regularly refreshing your own knowledge, skills and confidence in applying CPR in an emergency.



Please telephone or email the office if you would like to be included in our next session.

Grant from Armidale Regional Council's Stronger Communities Fund

As mentioned in my February President's Corner, we have been successful in obtaining a grant of \$50,000 from this fund. This will largely cover repairs to old termite damage in the floor of the North Room (the computer room), replacement of one joist in the kitchen floor which has dry rot, renovate the men's and ladie's toilets, repair the kitchen ceiling and completely renovate the kitchen itself. We will need to spend a small amount of our own funds to cover all this but obtaining the grant means that we can also spend some more of our own funds on a new sound system in the East Room and then also hopefully be able to install solar panels. As I suggested in my report, the work at ASCA House will undoubtedly cause some inconvenience for our activities although we will endeavour to keep these to a minimum. Please be patient if your activity is affected.

Ian Jackson

U3A Armidale website

U3A has a website at u3aa.org.au. This can have many uses. It promotes U3A, it provides information for newcomers, gives contact details and is a way of accessing files such as Course Booklets and Newsletters.

It can also be useful for individual courses by promoting them and providing information about them to participants and other interested people.

If Course Leaders would like to use the website in relation to their courses they are most welcome to do so. Please contact the U3A office with details.

If anyone has suggestions for additions or modifications to the website, please also contact the office.

Hahaha

- A young blonde woman is distraught because she fears her husband is having an affair, so she goes to a gun shop and buys a handgun. The next day she comes home to find her husband in bed with a beautiful redhead. She grabs the gun and holds it to her own head. The husband jumps out of bed, begging and pleading with her not to shoot herself. Hysterically the blonde responds to the husband, "Shut up...you're next!"
- I went to the doctors the other day and I said, 'Have you got anything for wind?' So he gave me a kite.
- "I went to the zoo the other day, there was only one dog in it, it was a shitzu."
- "I said to the Gym instructor "Can you teach me to do the splits?" He said, "How flexible are you?" I said, "I can make it any day except Tuesdays".

Eddie Leck passed away on Sunday 2nd March. He had been ill for some time, slowly growing weaker.

Eddie, along with his wife Margaret, have been great supporters of U3AA's singing group. Margaret has been our alternative pianist for quite some time now and Eddie always lent his rich Scottish voice to the group's singing. Eddie and Margaret have been great entertainers for many years putting on shows and leading singing groups for many seniors groups, retirement villages and nursing homes. Eddie had a wicked sense of humour and told jokes at our singing group which always had our members in stitches.



One of the many fond memories from the singing group is Eddie reciting Australian poems like *The Man from Snowy River* (and other well known Australian poems) in a broad Scottish brogue off the top of his head and at the drop of a hat.

From all in the Armidale U3A community we extend our deepest sympathy to Margaret and their family.

Twenty Year Reunion of U3AA Bushwalkers

The dates of this proposed event as published in the December issue of Open Door have been postponed from Monday 9th to Thursday 12th October. Reminder notices with details will be given closer to the time or may be obtained from me via email: phill_1067@hotmail.com or by telephone 67711067 (after hours).

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.

Armidale Volunteer Referral Service

Armidale now has a great scheme to mentor young drivers so that they can clock up the hours and get the experience necessary to gain their P plates in a reasonable time. This enables young people to have a wider choice of job opportunities in our community.

If you would like to find out more about volunteering with this scheme, please call Jane Guilfoyle on 67703688 or email her on jguilfoyle@armidale.nsw.gov.au



AND

A schedule of **Cultural Competency Training** from NESST – covering our whole region (*only the Armidale date is shown here*). The training is suitable for anyone working with Aboriginal people and may be useful to volunteers and volunteer managers.

When: 28th June
 Where: Armidale Bowling Club
 92-96 Dumaresq Street <https://www.stickytickets.com.au/48069>
 Contact: Jane Davies
 Email: jdavies@armidale.nsw.gov.au
 Web: armidale.nsw.gov.au
 Kent House | 141 Faulkner Street | PO Box 75A Armidale NSW 2350

Aquarobics change of payment method

The method of payment for each session at the pool has changed for those who are not members of the TAS pool:

- Please pay your \$4.50 fee to the pool office when you sign in to TAS
- Remember to also sign the U3A attendance sheet.

The Executive

President	Ian Jackson	6707 2941
Vice-Presidents	Des Latham	6772 6508
Secretary	Shirley Cook	6772 7262
Treasurer	Diane Cherry	6772 7726
Committee	Rosemary Mort	67728921
	Penny Nicholson	67751972
	Marjorie Stanley	6772 8225
	Ray Weston	6772 3252

Just in case you were wondering

- The only part of the body that has no blood supply is the cornea of the eye. It receives oxygen directly from the air.
- The human brain has a memory capacity which is the equivalent of more than four terabytes on a hard drive.
- A newborn child can breathe and swallow at the same time for up to seven months.
- Your skull is made up of 29 different bones.
- Nerve impulses sent from the brain move at 274 km/h.
- When you blush, your stomach also turns red.
- Not only human beings, but also koalas have unique finger prints.

Book Reviews

Book Discussion Group

Blue Ribbons Bitter Bread by Susanna De Vries

This biography about an extraordinary Australian woman, Joice Loch, has an intriguing title. 'Blue Ribbons' is a synonym for medals and honours and this heroic woman was awarded them in abundance. 'Bitter Bread' describes the type of bread given to refugees in camps in Poland and made by village women in Greece during the famine. The bread dough was increased in volume by adding roasted ground acorns to the mix which gave it a bitter taste.

Joice began life in Queensland in 1889, grew up in rural poverty in Gippsland, wrote a children's book and tried freelance journalism before marrying another journalist, Sydney Loch. Looking for stories, they travelled together to Ireland and encountered real drama in Dublin with the IRA. Fearing IRA vengeance they fled to London and signed up as volunteers with the Quakers to work in Poland.

Joice Loch spent decades tirelessly working in refugee camps in Poland and Greece. She organised 'Operation Pied Piper' for Polish and Jewish women and children to escape Nazi persecution. As well as rescue work in an earthquake, she operated a very successful anti-malarial programme, set up a home-based traditional carpet-making enterprise and strove to improve the health of women and children in remote Greek villages.

The couple made their final home in Greece.

Denise Monley

Rhododendrons of sub genus Vireya by Dr George Argent

Second edition

It would be unfortunate to overlook this book because Vireyas are usually associated with tropical areas – they are also known as Malesian or tropical rhododendrons – but they can be grown world-wide given the right conditions. Although found in the tropics these plants do not grow in the steamy coastal areas but are found in cool mountainous regions. The author works in the Royal Botanic Garden in Edinburgh where he grows and propagates many varieties of Vireya in a cool glasshouse with a night-time minimum of 10° and daytime minimum of 13°.

The technical and complex descriptions and information in this book make it a reference book rather than a garden guide but nevertheless it is well worth borrowing. There are over 300 colour illustrations of excellent quality as well as detailed black and white line drawings. There are chapters on cultivation and propagation, pests and diseases and other disorders, collecting and conservation, an illustrated glossary, a bibliography, and a chapter on recent molecular work. There is a history of Vireyas from their discovery in 1822 up to the present day.

This recent library acquisition is a beautiful book with superb illustrations showing the enormous variety in flower-form of Vireyas. It has detailed information which you may not require but is well worth borrowing just to browse through the illustrations.

Jean Jackson

The Eye of the Sheep by Sofie Laguna

This book by Sofie Laguna was the winner of the Miles Franklin Prize in 2015. It is told through the voice of Jimmy Flick, an unusual child with great insight. Jimmy has special needs and sees everything in a different way to other kids. His cells sometimes spin so fast that he races around out of control. Paula, his mother, is the only person who understands him and she gets him to count sheep at night until he is calm enough to sleep. His older brother, Robby, cares for him, but eventually has to find outside work and his father, Gavin, finds him difficult. When family circumstances undergo a significant shift, the life of everyone in the family changes.

This book is beautifully written in lyrical language. Jimmy's comments go straight to the heart of every situation with an honesty that reveals the adult relationships in an uncanny way. The problems of generational violence, alcoholism, unemployment, and social disadvantage are revealed. Countering this is a mother's love and some form of redemption at the conclusion of the novel.

Everyone in the reading group loved this book and it set in train a wonderful discussion. Jimmy's voice is beautifully sustained throughout in a unique and unusual way. We all thought it one of the best books we have read.

Highly recommended.

Marnie French.

Get Well and Best Wishes

There may be times when we do not hear about those members who are ill and perhaps in hospital. To all who may find themselves in such a position we send our best wishes and hope that you will soon be well enough to join in our activities again.



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