

# Open Door

Newsletter 184

18 Aug 2017

to healthy minds and healthy bodies

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## Next Newsletter Deadline 1st October

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## PRESIDENT'S CORNER

As I said in the note attached to your course booklet for Second Semester, delivery of our new printer was much delayed. We finally received it about 18 July, nearly a month after it should have arrived. This was in no way the fault of the local supplier but I think a case of the 'country' being at the bottom of the list as far as capital cities are concerned. The local supplier was very accommodating and we printed both the newsletter and course booklet at their premises. As you will appreciate, the delay created problems with enrolments in Second Semester. Being about three weeks late in sending out course booklets meant that we were suddenly inundated with enrolments. I would like to thank all our hard-working office people, led by our tireless secretary Shirley Cook, for the magnificent job they have done in coping with this. I am sure you will all agree that they have worked wonders.

All the kitchen fitments are now in place and we are considering how best to finish off the walls to complete the work. With such an old building, no-one was quite sure what would be found behind the old panelling and cupboards. I hope that everyone feels that the new kitchen is going to be a much more attractive place to work in. We are also considering how best to finish off the toilets where some tiling is necessary. We had hoped that the work to overcome the problem we have with storm-water leakage into the office and south room would have been completed in July during the mid-semester break. This storm-water work is financed from our own funds not from our Grant money. Unfortunately, this did not happen, due to circumstances beyond the control of our plumber. As I have mentioned in previous reports, the first stage of the storm-water fix will involve work on the west side of the building. The final stage on the south side will be undertaken, we hope, with as little disruption to our activities as possible.

At the recent State U3A conference, a constant theme was the problem of accommodation, both in terms of finding suitable venues but also increases in rent. Naturally, other U3As are very envious of Armidale having its own premises, even although we still do have to rent some venues. Although the present work being undertaken at ASCA House is causing some inconvenience, we hope you enjoy the end result and appreciate how lucky we are.

As I write this report, we currently have more than 630 members. This is a great position to be in and shows that we continue to provide what people want. At the State Conference in June one of the things I mentioned was the success we have had with our Computer Coaching in First Semester and which we are continuing in Second Semester.

Cont next page .....

### 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, 2AD, 2ARM-FM, Ducats, Shane Hutchison (LGHM), Moin and Associates (Lawyers), New England Travel, Newling Gardens, Eyecare Plus.**

President's report cont .... This attracted much interest but the main question raised was how we managed to find enough people to run the one-on-one sessions. This made me realise how lucky we are in having people prepared to do this.

In several newsletters last year I raised the issue of attracting new people to join our Committee. We did manage to attract one new member, Penny Nicholson, but as many of you know, she has also taken on the very heavy task of joint Course Coordinator with Bron Baker. I know that several Committee members feel that they would like to stand down and their wishes should be accommodated. Surely, with more than 600 members there are some who would be prepared to join us. We do work well as a Committee and I feel that one of the most satisfying aspects is knowing that we provide something a large number of older people appreciate. So please talk to one of us about what we do.

Ian Jackson

### For the love of language

Learning another language (or at least attempting to do so) brings with it the reward of getting a greater appreciation for the English language. The process of foreign language learning requires you to turn your mind to the grammatical structure of the English language in an endeavour to reconcile the structures we use with those used in the foreign language. In doing so, you find yourself considering aspects of grammar which you probably haven't even considered since your secondary school days. For me, the language I chose to try to learn is French. I have completed some units of French through university and now find the U3A course is helping me consolidate what I have already learnt and is assisting me with my oral and aural skills (and I get to have a laugh with my fellow students as we stumble along mispronouncing words and making grammatical faux pas). Some of my fellow students have come to this U3A course having previously studied French at high school many, many years ago, or having undertaken adult courses through community colleges and the like. Whether it is French, Italian, Spanish or German, a richer understanding of our native English language is gained from learning another language.....Russell Evans

### Science Program Update

23 August Wednesday  
Ben Vincent - *Botany*

11 October Wednesday  
Wendy Beck - *Archaeology*



### June Puzzle Answer

Your under arrest

### August Puzzle

more more more  
more more more  
more more  
more more more  
more more more

### Just in case you were wondering

- The average human body contains enough sulphur to kill all the fleas on the average dog, enough carbon to make 900 pencils, enough potassium to fire a toy cannon, enough fat to make seven bars of soap and enough water to fill a 50-litre barrel.
- Right-handed people live, on average, nine years longer than left-handed people.

### Roving reporter Barb Trehy, asks the hard questions



One of the U3A courses I elected to do this year is Armchair Theatre. What a delight!! It has justified my love of theatre, introduced me to plays unknown before, given me an opportunity, to acquaint myself with theatre I had wanted to see but had never had the opportunity and introduced me to a new group of very delightful like-minded people. You may not get a full blown production but the opportunity is there to sit back, appreciate the plot, the language, the nuances and just let your imagination run wild. The follow up discussions are every bit as good as the presentations. Tuesday morning has become one of the highlights of my week.

**Michael Gibson**

Learning a language is so much fun! Our German teacher is very knowledgeable and puts a lot of effort into preparing for the class. I always come away feeling I've learnt something.

**Anne Moffatt**

I have joined the new *Investors' Forum* (course 200), and we just had our first initiation session. I found it very interesting.

Pam Walkley is a source of information and inspiration, the interaction between the course participants is very good

I am glad I joined; it was a bit of a shot in the dark, because I was quite ignorant about how to invest.

**Hans Schaefer**

I have been a part of the U3A Advanced German group since 2014. Having studied German at school, over 50 years ago, but with my daughter living in Germany and with 2 German grandchildren, I decided I needed to resurrect my German. One of the first things I learned was that my memory isn't as good as it was when I was at high school - surprise, surprise - but I have kept at it and have definitely improved, beyond where I was at the end of my school years. It has been a pleasure to meet up with others who enjoy learning this language, and we have been very fortunate to have had firstly Ian Campbell lead the group, and then more recently, Michael Gordon. As a result of my improved skills, I'm really pleased to be able to say that I have read a couple of novels in German, and when in Germany, I make a point of reading the local newspapers on a regular basis. Occasionally I even manage short conversations in German.

**Shirley Cooke**

## Tuesday Talks



August 22 - Trish Stewart  
***Life in Africa***

August 29 - Deb Hunter  
***Healthy Ageing***

September 5 - Erica Barwell  
***The role of the Red Cross***

September 12 - Emma Doyle  
***Woman of the Year***

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## Is Your Computer Listening?

- Hello! Gordon's pizza?
- *No sir, this is Google's pizza.*
- Sorry, I must have dialled a wrong number.
- *No sir, Google bought out Gordon's Pizza a short while ago.*
- OK. Take my order please.
- *OK sir, would you like your usual?*
- The usual? You know me?
- *According to our caller-ID database, your last 12 orders were for pizza with cheese and sausage toppings, thick crust and crisp.*
- OK! That's it.
- *May I suggest this time you add ricotta, arugula with dry tomato toppings?*
- What? I hate vegetables.
- *Your cholesterol is not good, sir.*
- How do you know that?
- *We cross-matched your phone number with your name and your online medical portal. We have the result of your blood tests for the past 7 years.*
- Okay, but I do not want those toppings, I already take medicine.
- *Excuse me, but you have not taken your medicine regularly. We can see from our database, 4 months ago, you only purchased a box with 30 cholesterol tablets at CVS*
- I bought more from another pharmacy.
- *Such a transaction is not showing in your credit card account.*
- I paid in cash.
- *But you did not withdraw that much cash according to your recent bank statement.*
- I have another source of cash.
- *That is not showing as per your latest tax return unless you obtained it from an undeclared income source.*
- What the !!!.
- *I'm sorry, sir, we use such information only with the intention of helping you.*
- Enough! I'm sick of Google, Facebook, Twitter, WhatsApp. I'm going to an Island without internet, cable TV, where there is no cell phone service and no one to spy on me.
- *I understand sir, but you'll need to renew your passport first as it expired 6 weeks ago!*

**Congratulations to Sydney U3A**, which hosted the very successful 26th U3A Network NSW Conference, at the historic Sydney Town Hall. The Conference was formally opened by the NSW Minister for Ageing, the Hon. Tanya Davies MP.

Highlights of the Conference were four excellent keynote speakers, who explored the themes of Creation and Creativity.

The opening session was a presentation by **Professor David Christian** of Macquarie University, on the *Big History Project*, a teaching program funded by Bill Gates to teach an interdisciplinary, comprehensive and organic view of history. 'Big History' tells the story of the Universe from the 'Big Bang' to our complex modern societies by drawing on insights from disciplines such as astronomy, physics, biology, archaeology, history, and economics, demonstrating how different knowledge disciplines are connected.

The second session was a presentation by **Margret Meagher**, Director of the Australian Centre for Arts and Health, who outlined current research into the relationship between the arts and creative expression, and physical and mental health, including relief from depression. She was followed by **Chris Mead**, Director of the Creature Tales and Arts Health Agency Tasmania, which is currently providing training for aged care providers and young staff to provide creative activities for dementia and other very elderly patients. Chris's message was that Creative Ageing opens doors. As he expressed it, "making art is like ageing itself – a process of reflection, adaption and choice".

Finally, **Professor Toni Robinson** of the University of Technology Sydney, demonstrated through film the development of some technologies designed to support independent living, not necessarily limited to older people. These included 'smart' everyday items designed to measure activity (eg, a fork to measure food intake, a walking stick to measure physical activity), a sensor link to a caregiver to monitor any problems, a kettle that provides an internet link, and a robotic dog (Hardy Hound) which related to the individual owner as a pet, a monitor and a security sensor.

The Conference ended with a demonstration of the value of music and dance, with a bravura performance from a team of salsa dancers, leading to a conga line of happy registrants.

## Computer coaching - One to one help

We introduced *Computer Coaching* in Semester 1 of this year. Our inaugural volunteer coaches provided approximately 60 one hour coaching sessions to 28 members of whom about one third use Apple and two thirds use Windows operating systems. Of benefit to coaches and members is that coaching sessions are arranged at times that are mutually convenient. As a coach you can do as little or as much as suits you.

**If you would like to join our small troupe of coaches (as either an Apple or Windows computer or an Android mobile or Iphone mobile coach) I would love to hear from you!**

My survey of members' feedback was very positive. Examples of members' comments:

- *I have really enjoyed the one on one computer course. My coach is so knowledgeable and patient and he has helped me with all the computer questions I have had to date. I still have lots I would like to learn and would like to enroll again next term. I am very grateful for the opportunity I have had and I am sure lots more members would benefit by the offered course*
- *I have found this very helpful, and will find the written instructions available via links from the U3AA site great as I am a visual person*
- *I appreciate the first coaching I received, but at this stage do not intend further coaching because have had intensive help from a family member, who managed to give me instruction which was quite unexpected, when she recently visited Armidale... A great start*
- *I would certainly recommend the one on one training to others – a great way to learn*
- *It's a great idea what you are doing, so don't give up! I hope you get lots of positive responses so we can all forge ahead before the year is out!*
- *It deals with my specific problems*
- *It's on my computer that I am familiar with*
- *A time that suits*
- *If, for some reason I am unable to keep my time slot I don't have to worry about "missing out or catching up " as I would have to do in a class lesson. I have tried ...computer lessons and for me this is the best*

Penny Nicholson

Joint Course Coordinator & Computer Coaching Leader

## Book Review

### The House of Fiction Susan Swingler

This memoir is written by the step-daughter of Australian author, Elizabeth Jolley. Susan Swingler was 4 years old when her father, Leonard Jolley, abandoned her and her mother Joyce, to live with Monica Knight, who had already borne him another daughter, Sarah. At the age of 21, Susan accidentally discovered the passionate affair her father had had with Monica, who had changed her name to Elizabeth Jolley and become his second wife. They had migrated and were living in Australia.

Susan's story is about her attempt to unravel the web of deceit and lies perpetrated by Leonard and Elizabeth. Elizabeth Jolley impersonated her mother Joyce, writing to relatives in England and even enclosing photos of her own daughter, but labelled with Susan's name. It is hard to imagine what motivated the Jolleys to keep up this deception and it was probably only possible back in the time of no email and less global travel.

The book is well written although repetitive in parts, and Susan apportions no blame about the situation. She exhibits anger, hurt and bewilderment but finally accepts Leonard as a very difficult man, and recognises Elizabeth's deceit as a form of protection of him.

This book made its way onto our reading group list and I found it interesting. I had previously read most of Elizabeth Jolley's books and loved them, having her in the same category as Helen Garner, Patrick White and Tim Winton as foremost Australian authors. However, I was prompted by this book to re-read several of Jolley's works and found them as impressive as ever. None of this memoir's revelations alter her standing as a writer, and if she had not been a prominent author I wonder if it would have been published.

Marnie French.

### Permission to use Photographs

When providing photos to the Newsletter please ask those in the photo for permission prior to submitting for publication. Sorry, but this is the way things are in these *litigious* days.

### 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.



### The Executive

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