

Open Door

Newsletter 204

16 Dec 2019

to healthy minds and healthy bodies

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Presidents' Corner

Once again we have had another successful year due to the efforts of our many volunteers: Committee, Course Coordinators, Technical Support, Office Staff, Newsletter Editor (and Newsletter mail-out crew) and last but not least our Course and Activity Leaders. Also, without all our members we would not exist. You will all be pleased to know that at 30 September our membership was 643. This is effectively the total for 2019 since anyone paying after this date (new or continuing) is automatically enrolled for 2020. Already, a number of people have joined for 2020 and it is especially good that we seem to have quite a few new people. A warm welcome to the latter and I hope you enjoy what we have to offer.

This time of year is especially busy for Bron and Penny our two Course Coordinators. They really do a tremendous job, including producing the Course Booklet. I should also like to thank our sponsors listed at the bottom of the page for their generosity in various ways. For example, Shane Hutchison's men from LGHM continue to keep our lawns neat and tidy at no cost to U3AA. We are delighted that we have a new sponsor, Oak Tree Retirement Villages and welcome them. We hope that you will support our sponsors.

As always, all members receive a hard copy of the December Newsletter together with the Course Booklet for first semester 2020 plus a registration and enrolment form. The Newsletter and Course Booklet will still be put on our website. As well as continuing with many old favourites, as you will see in the booklet and also in the Newsletter, there are quite a number of interesting new offerings and some old favourites returning after a break. Please take time to look at what they are. No doubt there will be many that are of interest to you and so please think carefully before signing up for too many. If you do find that you are over-committed, please let us know that you are withdrawing from a course so someone else can take your place. As indicated in previous Newsletters the annual fee for 2020 will remain at \$50

In this Newsletter you will see that our **Registration and Enrolment Day is on Tuesday, 21 January 2020** and our **Annual General Meeting is on Tuesday, 18 February 2020**. There is also a notice that the office will close **after Wednesday, 4 December 2019 and open again on Monday, 6 January 2020**. We look forward to seeing you all in the New Year. With so many members, the start of the year is very busy so please be understanding when dealing with our hard-working office team. In addition to our normal office hours (Monday to Wednesday 9.30am to 12.00 noon) we will also be open on Thursday mornings in the early months of the year.

Since U3AA began, one of our most popular activities has been Music Appreciation with Gretel and Geoff. Geoff is not at all well at present and unfortunately they have decided to call it a day. There is a tribute to them both

in this newsletter which indicates just why this activity has such a great

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Office closure over the Christmas break

The office will be closed after Wednesday, 4 December 2019

and re-open on Monday,

6 January 2020

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Office Hours:

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

Web Page:

www.u3aa.org.au

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:

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, Shane Hutchison (LGHM).



New Sponsor: Oak Tree Retirement Villages

We are delighted to welcome Oak Tree Retirement Villages as a new sponsor. As you are probably aware they have two villages in Armidale, one in Martin Street and the other in Taylor Street, south of Kentucky Street.



Membership and Enrolment Form

Your form for 2020 is enclosed with this Newsletter and Course Booklet.

Please note that, as is our usual practice in December, we are sending everyone a hard copy of the material. However, the material will still be on the Website as well.

Change of Newsletter Editor

Alanna Hillsley is leaving Armidale and we would like to thank her for all her hard work in producing the Newsletter over the last four years. However, we have an excellent replacement in Dorothy Barnes and thank her for taking over this important role.

Committee member Barbara Trehay will continue in her role as proof-reader.

Next Newsletter Deadline

1 Feb 2020

Please email contributions to Dorothy Barnes
dkbarnes134@gmail.com

Oct Puzzle Answer

Easy as Pie

Continued from page 1 reputation. Many thanks to Gretel and Geoff for all your hard work and we wish you well in the future.

As you will have noticed, the Newsletter Editor, Alanna Hillsley is leaving us (and Armidale). I would like to thank her for all the hard work over the last 4 years. Having been the editor myself, I know that although it is an interesting and satisfying job it is not without its frustrations at times. However, I am sure we have a very able replacement in Dorothy Barnes and my thanks to her for taking on the job. After being President for four years I have decided that it is time to make way for someone else. Also, our hardworking Treasurer Diane Cherry who has occupied this role for eight years has also decided to stand down. I am sure, given the great bunch of people we have in U3AA, we will be successful in finding others to join the Committee. It looks as if we will probably have at least two vacancies on our Committee for 2020 so please consider joining us; you will find it very worthwhile. Talk to one of the Committee about what is involved. My best wishes to all our members for a happy and safe Christmas.

Ian Jackson

Kempster's Musical Appreciation

Our thanks and gratitude go out to Geoff and Gretel Kempster for the 2019 season of their truly wonderful Music Appreciation course.

The Kempster's music class was a foundation U3A course, going back to the dawn of U3A time in 1992. It has become an institution over the decades since, welcoming new intakes of students twice a year – six weeks of Friday mornings each Spring and Autumn, in their conservatoire with views over the front garden. And like Camelot, it has never rained during a performance (at least that's what Gretel tells us).

Geoff and Gretel are a remarkable double act. Gretel FOH stalking the front lawn greeting arrivals and distributing her meticulous and patiently-constructed, hand-written, photocopied programs (with liner notes). Geoff is the DJ, finely adjusting the volume under keen guidance from Gretel in the back row, with a shrug of the shoulders to ask "is that OK?" Both of them can extemporise like professors on the composer, the performers, the instruments, the history, musical gossip, or anything else on which they wish enlighten us.

A particular issue (for the Kempsters if not for the rest of us mere mortals with mortal hearing) has been the quality of the speakers – the last two sets of which are the size of kitchen cupboards. Even so, they are never perfect enough for the maestros.

The Kempster's musical knowledge is legendary - and is only equalled by their CD collection and their generosity in sharing both. The range and quality of the music offered would satisfy a University course. This is of course "Classical Music", with a leaning to the Germans and Austrians, though the Scandinavians, Czechs, Russians, French, Italians and miscellaneous other Europeans all get a go – in fact even the Brits, Yanks and Aussies. At times, even living composers!

While the musical selection usually entertains and pleases, some of their more eccentric and possibly mischievous choices are designed to stretch and challenge their captive audience. Like Bohuslav Martinu – for instance his *Legend of the smoke from the potato tops*.

Concerts of course include a break for morning tea, taken under strict time management in their courtyard garden. Adherence to schedule is more of the German than the Italian school.

Thank you Geoff and Gretel for the 2019 season. Your gatherings are always happy, enjoyable and educational, and seeing you again is always looked forward to. Kempster's Musical Appreciation is the perfect model of a modern major music class.

Lenore Crocker and Jack Bedson

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.

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.

Security System at ASCA House

A back to base security system has been installed at ASCA House.

We are still finalising the way in which we will operate the system, particularly turning it on and off.

- Did you hear about the fellow whose entire left side was cut off? He's all right now.
- A bicycle can't stand alone; it's just two tired.
- The guy who fell onto an upholstery machine last week is now fully recovered.
- He had a photographic memory but it was never fully developed.
- When she saw her first strands of gray hair she thought she'd dye.
- I didn't like my beard at first but then it grew on me.
- Did you hear about the crossed-eyed teacher who lost her job because she couldn't control her pupils?
- When you get a bladder infection, urine trouble.
- When chemists die, they barium.
- I stayed up all night to see where the sun went, then it dawned on me.
- Those who get too big for their pants will be totally exposed in the end.

Wednesday Aquastretch Class

Physical and mental wellbeing are top of the agenda for the members of the Wednesday Aquastretch class. That's why we're prepared to try new things: like bicep and triceps curls with our foam barbells, which gives us great resistance under the water. It's not all hard work, as we also love having a chat and a bit of a laugh while we're pushing ourselves physically.

We have a great diversity of members who add to the experience. Sue, our physio, reminds us why it's important to engage our core muscles and our pelvic muscles and to breath at the same time. Margaret, our exercise counter for 2019, is rigorous about the number of repetitions we're meant to do. Penny, Gayla and Kerry are all there as back-ups when I'm away. And everyone can introduce new exercises, which adds to the spontaneity.

I like to remind everyone of the importance of improving our balance. I also point out if we do our exercises slowly it gives our synovial fluid a chance to lubricate our joints - a bit like a grease and oil change. That usually gets a laugh!

I'm very proud of how well everyone has embraced the use of equipment, such as the barbells and noodles, and greatly improved their performances over the year. We may even have something new in 2020.

The class is popular so there aren't many spare spots but a lot of us go away at times so if you'd like to try it out give me or one of my helpers a call and we'll see when we can fit you in. *Margaret Milligan—Course Leader*

Recipe: Protein balls

Also known as Bliss Balls or Amazballs, they deliver a burst of high energy for breakfast or as an mid-afternoon pick-me-up.

Ingredients:

- 100g chopped walnuts or cashews, lightly toasted
- 100g almonds, lightly toasted
- 2 tbsp linseed, sunflower seeds and/or pepitas
- 170g medjool dates, pitted and chopped
- 100g soft dried apricots or figs, chopped
- 100g prunes, pitted and chopped
- 1 tbsp tahini or peanut butter
- 2 tbsp raw cacao powder or cocoa powder
- 1 tbsp ground cinnamon
- 2 tbsp honey or agave syrup,
- Pinch of sea salt
- 100g desiccated coconut for coating



Method:

1. Combine the walnuts, almonds and seeds in a food processor and whiz until fine crumbs. Add the dates, apricots and prunes and whiz until smooth. Add the tahini, cacao powder, cinnamon, honey and sea salt and whiz for two minutes or until the mixture starts to form into a ball.
2. Divide into golf ball-sized portions and roll into balls between lightly wet palms. Roll in coconut, and store in an airtight container in the fridge for up to two weeks. Freezing makes them deliciously firm and chewy. Makes: 15 to 20.

The Executive

President	Ian Jackson	6707 2941
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Book Reviews

The 19th Wife David Ebershoff

At our meeting this October we discussed *The 19th wife* by David Ebershoff. This book focuses on the life of the Mormon people from the time they crossed America to establish their new home in Utah and their extremely hard life once there. This is a work of fiction, but all the main characters exist in the time period in which they are presented in the novel, and the main events are part of American history.

The workings of family life, especially polygamy, and the dominating influence of the prophet (religious leader) on the mass of the population, form the essence of the story. I found the book incredibly interesting, thought provoking, even intriguing, but not a happy read.

Initially the writing appears to be very confused, but eventually I realised it was in three sections - imagined government documents, the 1800s, and 2004. And there were two 19th wives. Eberoff's writing style changes according to the 1800s or 2000s. It is worth sorting this out before you commence the 600 page read. For many people a basic understanding of the faith of the Church of the Latter Day Saints could be helpful.

If you have any interest in the theme behind this novel I recommend it to you for the skill of the author, not only for his in-depth research but also his ability to present a most important current topic with such clarity in a novel.

Marian C Stone

NEW FOR SEMESTER 1, 2020

- Discussion Group – Beginnings in Stoicism
- Gateball
- History of New England: an Introduction (Lecture Series)
- History of New England: an Introduction (Discussion Group)
- History: Aspects of British Social History c1650-c.1850 – Custom and Community
- Meditation: Beginning Stages
- Philosophy: the Big Questions
- Scottish Country Dancing
- Wildflowers of Waysides and Woodlands around Armidale

RETURNING FOR SEMESTER 1, 2020

- Descant Recorder for Beginners
- Health Topics - Gut Health and Nutrition
- Science: More Great Scientists and Ideas that Changed the World
- Travel - Armchair

ANNUAL GENERAL MEETING of

University of the Third Age Armidale Incorporated

will be held on

Tuesday, 18 February 2020

at

3:00pm

A.S.C.A. House, Armidale.

Come along and elect your management committee.

Enjoy a free afternoon tea and chat with old friends and meet new ones.

Mark it in your diary

REGISTRATION AND ENROLMENT DAY

Tuesday 21 January 2020

A.S.C.A. House, Armidale

Come along — bring a friend or two

Meet the Tutors

Pay your 2020 Membership Fees

Enrol in a course or two

Start enjoying the 2020 U3AA activities

Mark it in your diary