

Open Door

Newsletter 182

18 Feb 2017

to healthy minds and healthy bodies

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Next Newsletter Deadline 1st April

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PRESIDENT'S CORNER

Happy New Year to all members. A special welcome to our new members of whom we have quite a few. We hope you enjoy the range of courses and activities as much as we know our continuing members do. To any of our members from 2016 who have not yet rejoined we hope you do continue with us; we know that many people are away during the Christmas holiday period and hopefully this is the reason you have not yet renewed your membership, which remains at \$40 for 2017. If you do not renew your membership this is the last newsletter you will receive. As was indicated in the December issue, and in your course booklet, we have a number of new offerings in first semester.

It gives me great pleasure to announce a number of positive things at the start of the year, and they are also covered elsewhere in the newsletter. First of all, congratulations to our Technical Manager, Doug Crocker, on his Australia Day Award of OAM. Doug has been a vital member of our organisation since 2002 and without him we would not have been as successful as we have been. Please take time to look at his contributions as a volunteer, not just for Armidale U3A, but to other organisations both here and in Sydney.

Next, we must congratulate Des Latham on reaching the ripe young age of 90. Des was involved in founding Armidale U3A back in 1992 and has been on the Committee ever since, as President or Vice-President for the whole of the time. He has also been a mainstay in our computing courses. Des is a splendid example to us all.

Those of you of a mathematical inclination will realise that if we were founded in 1992 then we are coming up to our 25th anniversary. Although we got off the ground in the second half of that year we were not incorporated until February 1993 and so we feel it appropriate to celebrate our 25th Birthday in February 2018. One thing we would like to do is produce a booklet detailing our history and if there is anyone out there who would like to take on the task of producing it we would love to hear from you. We do have extensive records, including minutes of meetings, and still have a number of original members such as Des Latham and others who go back nearly as long.

The final bit of good news is that we were successful in obtaining a grant of \$50,000 from the Armidale Regional Council's Stronger Communities Fund to undertake repairs and improvements to our home, ASCA House. Please look at the item in the Newsletter which details what we plan to do. All in all then, a good start to 2017. Finally, please remember that our Annual General Meeting is to be held on Tuesday, 21 February at 3pm at ASCA House. Please come along and meet people.

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**



Views on Armchair Theatre

"Enjoy reading the plays and learning about the characterisations... camaraderie ... supportive ... always fun .. nice venue ..."

Marnie Tilley

Brings back old memories ... interaction with others ... teaching and learning ... history and psychology of ideas ..."

Jenny Web

"Intellectual stimulus ... plays are many and varied ... always good discussions on the social issues involved ... insight into plays as literature ..."

Gretel Kempster

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.

BEWARE NEW SCAM!

People have booked into a motel and used their card to pay. A short time later the Reception Desk phones to say that they are having trouble with the card and could the person please repeat the three security numbers on the reverse of the card. WHAMMO!

**Dec Puzzle
MILLION
One in a million**

February Puzzle
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issue

**MEDAL (OAM) OF THE ORDER OF AUSTRALIA General Division
Mr Douglas Charles CROCKER**

For service to the community of Armidale.

Service includes:

University of the Third Age Armidale Inc:

- Secretary, 2013-2014.
- President, 2007-2010.
- Vice-President, 2005-2006.
- Technical Manager, current.
- Course Co-ordinator and Teacher, 2002-2015.

President, Computer Bank New England, Uralla, 2002.

Network Convenor (Armidale), Post-Polio Network NSW Inc, since 2001.

Past Venturer Leader, Scouts Australia, Westmead, 1984-1991



Doug Crocker was honoured for his work with the University of the Third Age and for a lifetime of volunteering.

It all started when he was a boy, working in the school sports storeroom, breaking in cricket bats in his spare time.

"It's been a long history of volunteering over the years, starting back in my school days. When our kids came along, getting involved in their sporting activities, managing their football team, being involved at Little Athletics and scouts – I really enjoyed helping out".

In 2001, Doug retired and moved to Armidale and in 2002 he joined University of the Third Age.

He initially taught computer skills and then in about 2007 as president, was instrumental in securing the group a permanent home in ASCA House on Barney Street.

"The award really is unexpected," he said

"They give out so few of them each year.

"So it really is an honour to be acknowledged in this way, I'm very humbled."

Des Latham: Congratulations

As mentioned in my President's Corner, Des has reached the ripe old age of 90 and I am sure that we all wish him heartiest congratulations. Since Des was in at the start of U3AA in 1992 and has been either President or a Vice-President for all this time, as well as a mainstay of our computer courses, we owe him a great deal. He is also a real gentleman.
Ian Jackson



U3AA will soon be Twenty Five Years Old

In 1992 work started on U3AA and in the second half of the year some courses began. However, we were Incorporated in February 1993 and so it seems appropriate that we celebrate our 25th Anniversary in February 2018. One thing we would like to do is produce a booklet detailing our history and if there is anyone out there who would like to take on the task of producing it we would love to hear from you. We do have extensive records, including minutes of meetings and still have a number of original members such as Des Latham as well as others who go back nearly as long.

Ian Jackson

Twenty Year Reunion of U3AA Bushwalkers New Dates

Important Notice

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).

Basic Introduction to First Aid course

We are very grateful to Barry Haylock, one of our members, for again offering to run a free basic first aid course for course leaders, office staff and volunteers. This is not a formal first aid certificate course but is designed to provide course leaders with at least some basic rules to follow in case of an emergency at a U3AA activity. Please note that this is not compulsory for anyone but we feel that many of you would welcome the opportunity to gain some knowledge of first aid or refresh your current knowledge.

The course will be offered twice, once on Saturday 18th March 2017 and again on Saturday 25th March 2017. The course will last for 2 hours from 10.00am to 12.00 noon. The maximum number of participants at each session is 25.

Please advise any of the following;

- The office (tel: 6772 2752 office hours Monday to Wednesday 9.30am to 12.00 noon)
- Joint Course Coordinator, Bron Baker 0438 658 205
- Joint Course Coordinator, Penny Nicholson 0408 272 011

by Friday 3rd March 2017, if you would like to take advantage of this very generous offer.



Xmas lunch with Marjorie and the Yoga ladies at the Grand Hotel

Aquarobics Times at the TAS Pool

Please remember that Aquarobics times at the TAS pool are strictly 7.45am to 8.30am. This is very important to take note of because now that the UNE and Hospital pools are out of action the pressure on the TAS pool means that scheduling of activities there is very tight.

There are other groups both before and after U3AA activities. **Therefore we must adhere very strictly to our time slots.**

Ian Jackson

Just in case you were wondering

- A single human brain generates more electrical impulses in a day than all the telephones of the world combined.
- 50,000 cells in your body died and were replaced by new ones while you were reading this sentence.
- A feeling of thirst occurs when water loss is equal to 1% of your body weight. The loss of more than 5% can cause fainting, and more than 10% causes death from dehydration.

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.

Cyber Security - You can protect yourself against frauds and scams by following the guidelines at www.staysmartonline.gov.au/sites/g/files/net1731/f/2016-SSO-My-Guide.pdf

My Guide can be safely downloaded and gives tips and techniques to help you stay secure when working, socialising or just browsing online.

Issues covered in **My Guide** include:

- Being careful about posting to social media any photos or information about yourself, your friends or your family. You may be breaching your privacy and the privacy of those close to you. Unscrupulous people may take advantage of this information to undertake a range of unwanted activities, such as identity theft.
- Using strong passphrases (a series of words that may be longer, harder to guess and harder to remember than traditional passwords) to protect your online accounts from people who want to steal your information.
- Treating any unexpected message with caution. The message may be designed to trick you into giving out sensitive information such as your bank account details, credit card numbers and passwords/passphrases
- Keeping to trusted websites so you minimise the risk of inadvertently infecting your phone or computer with malicious software such as ransomware (malicious software that locks your device and requires you pay a ransom to its distributors to be unlocked), spyware or viruses.
- Protecting your online banking and other sensitive information by applying security updates (and using up-to-date security software on your device)
- Applying the same rigour to securing your mobile device as you do your personal computer. Doing so minimises the risk of people gaining unwanted access to your phone or tablet and any sensitive information those devices hold.

My Guide also includes a list of organisations to which you can report scams, cybercrimes and identity theft.

Book Reviews

The Winter's Tale - Shakespeare

Our Reading Group members chose this Shakespeare play as our classic read over the December/January period as none of us had previously read or seen it.

The story of the play opens with Polixenes, the King of Bohemia, visiting his childhood friend, Leontes, now King of Sicilia. Leontes' wife, Hermione, persuades Polixenes to extend his stay in Sicilia, and the acceptance of this invitation sets off Leontes' suspicion that his wife is guilty of adultery with Polixenes.

Thus, the stage is set for tragic happenings, and Leontes endures a sixteen year long penance as a result of his jealousy and accusation. However, the play does have an element of happiness and redemption at its conclusion, making it more comedy than tragedy.

This play was first performed more than 500 years ago, and its themes, human responses and relationships are as relevant today as they were in Shakespeare's time. It has a wonderful cast of characters and a rich use of language. I greatly enjoyed reading the text, and the pleasure was amplified by watching the 1981 BBC production of the play, which is available in the town library. It was a case of revelling in the greatness of Shakespeare, and I can highly recommend seeing this play.

Marnie French.

Book Discussion Group

The Dry - Jane Harper

The events in this book take place in rural Victoria in the country town of Kiewarra at a time of prolonged and severe drought.

Police Investigator Aaron Falk, who now lives in Melbourne, returns to Kiewarra where he grew up for the funerals of his childhood best friend Luke, his wife, Karen, and their son, Billy. The local police have concluded that Luke had shot his wife and son before shooting himself. Luke's parents do not believe that Luke could have carried out these crimes and they ask Aaron to investigate. Aaron's investigation brings back to the surface old wounds and long-buried secrets reaching back to the childhood and adolescence of Aaron and Luke.

This crime novel is well paced; the plot is complex and the characters solid and well-drawn. The effect of the drought and heat on the community as a whole is well portrayed.

The opinions on the book in our Book Group were divided; some thoroughly enjoyed it, others found it depressing. I would recommend it as a really good read.

Jean Jackson

Thursday's book discussion

One of the three books read over the Christmas break was **My Brilliant Friend**, by *Elena Ferrante*. It is the 1st of the Neapolitan quartet.

The story opens in the 1950's in a poor vibrant neighbourhood on the outskirts of Naples.

Growing up in this tough area are two girls, Elena and Lila. They learn to rely on each other. They are competitive, caring, jealous and needy; small slights can cause true suffering, while careless gesture of affection – great happiness.

They survive childhood and adolescence, learning how to navigate school, boys and sex. They are the embodiment of a nation undergoing a big change.

Through the lives of these two girls Ferrante tells the story of a neighbourhood, city and country as it changes and transforms the relationship between Elena and Lila.

A good read – some of us wish to continue reading the rest of the quartet while others found this book enough.

Jenny Palmer

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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