

# Open Door

Newsletter 199

6 February 2019

to healthy minds and healthy bodies

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## Next Newsletter Deadline

**1st April**

Please email contributions to Alanna  
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## Presidents' Corner

A Happy New Year to all members. I specially would like to welcome our new members of whom we have quite a few. We hope you enjoy the courses and activities we have on offer. To any of our members from 2018 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 is now \$50 for 2019. If you do not renew your membership by the end of February this is the last newsletter you will receive. As was indicated in the December newsletter and Course Booklet we have a number of new offerings in first semester. If you have enrolled in an activity but then decide not to do it please remember to let us know that you are withdrawing so that someone else can take your place. To meet our insurance requirements, only U3AA members can attend our courses and activities. Please remember to wear your name tags so that course leaders know you are a member.

Although we had 655 members in 2018 I still am surprised that many people do not realise we exist or if they do then they have little idea of what we offer. So please, spread the word and let others know. One problem, which I have discussed with members of other U3A groups, is the word 'University'. Particularly in a university city, some people may be put off by this word. Please reassure them that we are not a university in the traditional sense, you need no qualifications to join us. We offer an enormous range of courses and activities to suit everyone.

Please note that as indicated in the December Newsletter, the **Annual General Meeting be will held on Tuesday, 19 February at 3:00pm at ASCA House.**

As you will see in this newsletter, the annual U3A NSW Network Conference will be held in Tamworth this year from Wednesday 10 April to Friday 12 April. Further details are on the notice board at ASCA House. Please consider supporting our Tamworth branch.

Our Patchwork group is planning to raffle patchwork quilts to support renal units in local hospitals. This is a very worthwhile endeavour and we support their efforts. Details will be put on the notice board at ASCA House and tickets can be bought there during office hours. Tickets will also be sold elsewhere.

We have a new computer monitor installed in the West room which we hope will improve offerings there. One of our committee members, Barb Trehy, has donated a TV monitor which will be used in the South room. Another member has donated a large computer monitor which has now been installed on one of our office machines. Many thanks for both donations. Also, as indicated in the Newsletter, Yabla, a French resource site, has made a generous offer to our French group.

Unfortunately, once again there was an occasion when the main sliding door of ASCA House was left unlocked during the day, with no-one in the building. If equipment is stolen and/or any damage done then our insurance would probably be invalid if it were to be discovered that the building was not locked.

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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, Home Nursing Group, Shane Hutchison (LGHM), 2ARM-FM, Ducats, New England Foot Clinic, Moin and Associates (Lawyers), New England Travel, Newling Gardens, Eyecare Plus.**



**Annual General Meeting:** Tuesday, 19 February at 3pm at ASCA House. Come along and bring a friend or two. Meet the Tutors and pay your membership. A warm welcome to all members.

**Enrolment in Courses**

A large number of courses will commence at the end of February and beginning of March. Please check your enrolments to make sure you don't miss the start of your course/s.

If you find you are not able to attend any courses you've enrolled in please let the course leader and the U3AA office know as there may be others waiting on a *stand-by* list to join. The office number is 6772 2752.

Bron Baker and Penny Nicholson  
(Course Coordinators)

**U3A NSW Network Conference 2019**

The annual conference will be held in Tamworth this year from Wednesday 10 April until Friday 12 April. The venue is the West Tamworth Leagues Club. Details of the conference are on the notice board at ASCA House. Please consider supporting this event. The programme looks interesting.

**Security at ASCA House**

As pointed out in the President's Corner, once again the main sliding door of ASCA House was left unlocked during the day, with no-one in the building. If equipment is stolen or any damage done then our insurance would probably be invalid if it were to be discovered that the building was not locked. The Committee will be discussing ways in which we can prevent this happening again. We would certainly not wish to restrict access to the building. **However, the simplest rule is that when your activity is finished, if there is no-one else in the building (please check), please lock the sliding door, even if you think another group may be coming.** Activities are cancelled, often at short notice, or for some reason may be starting later than usual.

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Ian Jackson

*The Mort Report*

Bron Baker and Penny Nicholson spend several hours each week organising and co-ordinating the courses U3AA members enjoy.

When first semester begins their preliminary work is over as more than 600 members in Armidale and surrounds participate in the 60 courses and activities on offer.

However, there is always second semester to consider and Bron and Penny are already following up suggestions made by members and offers by others to run new courses. They are also kept busy monitoring enrolments in each course and letting people on standby lists know if they have a place.



In addition Bron teaches Yoga on Thursdays and Fridays and learns the recorder in Laurie Pulley's classes. Penny coordinates and provides One to One Computer Coaching, is a regular at Aquarobics and shares the leadership of Aquastretch on Wednesdays.

"I really enjoy the interaction with people, discovering all the hidden skills in the community people are willing to share and working with Penny," says Bron.

Penny who is a relative newcomer to Armidale says she sees U3AA as a great way to establish meaningful contact with people who share similar interests.

"I love aquarobics and my swimming buddies," she says. "There's also great value and enjoyment in participating in courses and as a course leader."

During her working life Bron was engaged in the welfare sector working with people with disabilities, in childcare and women's refuges. She has moved around a lot from Darwin, Port Macquarie, Grafton, Goulburn, Bega and Sydney to finally settle in Armidale 12 years ago.

Penny also worked in the disability/ personal injury sector as a Rehabilitation Counsellor with the Commonwealth Rehabilitation Service of Australia, as a Federal Government policy advisor as well as other senior positions in Sydney. She and her husband decided they "did not want to grow old" in Sydney and came to Armidale in 2015 to take on a new life on acres outside the city.

"My family have lived in this area since the 1800's, it feels like home and I love the climate," she says.

Caption – Penny Nicholson and Bron Baker

**Hahaha**

- I think my phone is broken. I pressed the home button and I'm still at work.
- A depresso is what do you get when you realize you ran out of coffee.
- Google request: How to disable autocorrect in husband?
- Women usually claim childbirth is the most painful experience of their lives. Until they start stepping on Legos approximately three years later.
- I asked my daughter if she'd seen my newspaper. She told me that newspapers are old school. She said that people use tablets nowadays and handed me her iPad. The fly didn't stand a chance.

### News from the French Quarter

"I have subscribed for a few years to the French teaching and learning site called Yabla. Its main attraction for me is the short video clips of people, places and life in France, spoken in **clear French** (perhaps an oxymoron?) which can be played at various speeds, stopped and started easily, and with transcripts and optional English/French subtitles.

The best bit? A 3-month free subscription to every person enrolled in French at U3AA this year. An enticement to bigger things for Yabla? Sure. But a beaut offer not to be sneezed at." Barbara Trehy

### February Puzzle

M ce  
M ce  
M ce

**December Puzzle Answer**  
Little sister

### In case you were wondering

- **Leonardo Da Vinci** didn't invent scissors. Spring scissor are thought to have been invented around 1500 BC in ancient Egypt. Cross-bladed scissors were invented by the Romans around AD 100.
- **Google** originated from a misspelling of the word *googol* which means the number 1 followed by one hundred zero's.
- **Hyper** and **Hypo**. These two prefixes are easily confused as they sound so similar but they have more-or-less, opposite meanings. **Hyper** means over, excessive, more than normal. **Hypo** means under, defective or inadequate, as in such words as hypodermic (under the skin) or hypoallergenic (formulated to minimize the risk of allergic reaction).
- **The Box Jellyfish**, found in the waters of the Great Barrier Reef, is responsible for more deaths than snakes, sharks and saltwater crocodiles combined.
- **Tasmanian Devils** have the strongest bite per body size of any mammal.
- **Australia's first police force** was made up of 12 convicts who were judged to be the best behaved.

### The Executive

<b>President</b>	Ian Jackson	6707 2941
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### The Interrobang

American, Martin Speckter, conceptualised the interrobang in 1962. As the head of an advertising agency, Speckter believed that advertisements would look better if copywriters conveyed surprised rhetorical questions using a single mark. He proposed the concept of a single punctuation mark. Speckter solicited possible names for the new character from readers. Contenders included *exclamaquest*, *QuizDing*, *rhet*, and *exclarotive*, but he settled on *interrobang*. He chose the name to reference the punctuation marks that inspired it: *interrogatio* is Latin for "rhetorical question" or "cross-examination"; *bang* is printers' slang for the exclamation mark. Graphic treatments for the new mark were also submitted in response to the article.

A sentence ending with an interrobang asks a question in an excited manner, expresses excitement or disbelief in the form of a question, or asks a rhetorical question.

For example:

- You call that a hat?
- What are those?



### Patchwork Group Raffle

Our Patchwork Group are going to raffle quilts to support Renal Units in several local hospitals. This is a great initiative which U3AA strongly supports. Details will be posted on the ASCA House notice board and tickets can be bought there during office hours. Tickets will also be available elsewhere.



### 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.



### 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.



**Please pick up your Name Tags** from the Office, or if the Office is unattended, from the box of Name Tags on the Office counter. Name Tags should be available within 14 days of joining or renewing membership.

### NAME BADGES ARE NOT OPTIONAL

Please note that wearing your name badge is NOT optional. Whether you are at ASCA house or another venue, you are obliged to wear your name badge and have an emergency contact detailed on the reverse. In the unfortunate event that there is a medical emergency it is critical that we have this information at hand. Wearing your name badge is your responsibility and it should be taken seriously. In the event of an emergency you can not expect your tutor or other members to find your details, which at most times is not possible.

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## Book Reviews

### **One Hundred Years of Dirt - Rick Morton**

Award winning journalist, Rick Morton, has written this memoir with honesty and insight. He was born into the Morton family on a large property in outback Queensland, where isolation and harsh conditions exacerbated the aggression and conflict of his dysfunctional family. A legacy of domestic violence and fear was passed down from father to son over one hundred years of generational transfer.

Rick's father, Rodney, was abused as a child and his aggressive behaviour resulted in a disastrous split in the family after Rick's brother Toby suffered severe burns. Morton tells us that "this event metastasized into something deadly" and he, his mother and two siblings were left to fend for themselves. The cycle of deprivation instilled in Morton a "singular compulsion" to extricate himself from this situation, whereas Toby took to drugs to blot out his pain.

The book is a meditation on poverty, family violence and humiliation contrasted with privilege, opportunity and protection. Morton's anxiety about his sexuality and his mental distress led to suicidal thoughts and attempts. He describes his depression as "a thing with sharp and dangerous borders, a thing with animus".

There is no bitterness or pretence in this beautifully written memoir. It is hard and raw but also touching and humorous. Morton has researched mental illness and the inadequacy of community support for people in his mother's situation. He pays tribute to his mother and the unfailing love that she gave him and his siblings. It is this quality which has enabled him to escape from his diminished childhood but he tells us that the shadow of poverty is still somehow curled up in his DNA.

Highly recommended.

Marnie French.

### **The Escape Room - Megan Goldin**

Set in America, this book is an exciting psychological thriller about the cutthroat world of high finance and white collar crime. It is narrated in alternating chapters by the protagonist Sara Hall and four investment bankers undergoing an escape room challenge in an elevator. Sara Hall has joined the world of high finance but is critical of the life style and becomes suspicious about the mysterious death of one of her colleagues. Cooped up in a dark elevator the four ambitious high flyers attempt to follow clues to escape but the claustrophobic conditions unmask them and lead to unexpected consequences.

The dog-eat-dog world of corporate finance with its profit-at-all costs is wonderfully portrayed. The characters in the elevator are competitive, cynical and unlikeable, and their personalities are gradually revealed. Sara Hall is involved in investigation and subsequent revenge, which leads to a fantastical ending for the book.

This book was chosen as the annual crime novel for our book group. Some members found it well plotted and ingeniously realised but others were disappointed in the elaborate ending. However, it is an excellent thriller and very suitable for a train journey or a day at the beach.

Marnie French.

## LARGE PRINT BOOK REVIEW

### **A Tale of Two Cities - Charles Dickens**

The story begins in 1775 with the release from The Bastille of Dr Manette who has been imprisoned there without cause for eighteen years. His daughter, Lucie, has been raised in London and she travels to France to bring her father back with her and nurse him back to health. They settle into a tranquil life in London where Dr Manette recovers. There are three main characters apart from Lucie and Dr Manette. They are Charles Darnay - a French aristocrat who fled France where he will inherit a large estate and title. He cannot accept the cruel exploitation of the poor by the aristocratic rich and therefore cannot return. Sydney Carton is a talented English lawyer who has forsaken every chance of advancement through indolence and lack of ambition. Mr Jarvis Lorry is an English banker who organised Dr Manette and Lucie's return to England. Charles and Lucie marry - unaware of Sydney Carton's love for Lucie.

In 1792 because of events in the French Revolution Darnay must return to France. He is captured and imprisoned. Lucie and her father travel to Paris to try and save Darnay.

This book is very different from Dickens' usual novels portraying the many facets of English society. However, it is still a story of individual lives but set against a very different and complex background. Dickens states in the Preface that the conditions in France he describes are accurate, and the tension, uncertainty and terror of the times are chillingly portrayed. This book's opening paragraph gives much food for thought in today's world of change and unrest.

Jean Jackson