

Open Door

to healthy minds and healthy bodies

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PRESIDENT'S CORNER

Our hard working Course Coordinators, Bron Baker and Penny Nicholson have been very busy lately arranging courses (especially new ones), the Second Semester Course Booklet, venues, etc. When you receive your Course Booklet, please take the time to look at the new courses (which will be identified) rather than focussing on only those which you already know about. New courses are: Computer Fundamentals – Online Training, EFT: Emotional Freedom Technique, Introduction to Wattles of the Northern Tablelands, Investors' Forum, Patchwork on Wednesday. There is also the return of Trivia Quiz Challenge.

Along with this Newsletter (everyone is getting a hard copy, even those who normally get it from the website) you have received a Course and Activity Booklet for Second Semester. **Please remember that it is necessary to re-enrol in year-long courses which you took in first semester, even those which continue without a break.** This is in addition to enrolling in courses just starting in Second Semester. If you have changed any of your contact details (especially phone numbers) please let the U3AA office know, via your re-enrolment form, about those changes. Your phone number is included on the Class List that is given to each Course Leader as a point of contact when and if that is necessary.

The first stage in the refurbishment of ASCA House is now complete. Ian Morrissey, the builder, did an excellent job in replacing the floor joists in the computer room, one joist in the kitchen, as well as replacing the kitchen ceiling. However, Ian did more than this. He felt that the ceiling fan in the kitchen was so old that it was not worth remounting. Instead, he has replaced it with a brand new ceiling fan as his donation to U3AA. We would like to thank Ian for this very generous gesture. He said that he had previously worked on ASCA house many years ago and so his knowledge no doubt contributed to the efficient way he did the work. I have included a short notice of thank you to Ian in the Newsletter (although I am sure everyone reads the President's Corner!). Lindsay Snell our plumber has already replaced the water heater in the kitchen and work on the toilets is underway. At the same time, he will be undertaking work to overcome the problem we have with stormwater leakage into the office and south room. This storm water work is financed from our own funds not from our Grant money. The first stage of the stormwater fix will involve work on the west side of the building. The final stage on the south side will be undertaken during the break between semesters when at least some of our activities will be in abeyance. While this stage is underway, unfortunately the main sliding door entrance in the rear of the building will not be open and it will be necessary to use one of the entrances on Barney Street. This is why this stage will be carried out at that time so that as few activities as possible are affected. As you may know, the Barney Street entrances are normally only emergency exits since it is best to have only one normal entrance for security reasons. We will keep course leaders likely to be affected by this temporary arrangement informed of developments. We have now finalised arrangements for the rest of the kitchen refurbishment and hopefully work on this should commence soon. Hopefully all the work will be finished by the start of second semester.

Ian Jackson

U3AA office hours

9:30am to 12:00 noon

Monday - Wednesday

Next Newsletter Deadline

1st August

Please email contributions to Alanna
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9:30am to midday**

and at other times by appointment

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

Roving reporter Barb Trehy, asks the hard questions



Fearless questions were asked
about: **Tuesday Talks**

"It's just amazing hearing about what people do with their lives when they front up to talk to us ...we hear funny stories, stories about war, sport, travel ... it is always interesting... and of course there is the social side. And the morning of tea." (Harry Peters).

"There are such interesting topics, it is so informative. We are so lucky to live in Armidale with such a diverse group of people willing to talk about themselves as well as other topics. There is a significant enjoyment factor in the social side of it too. Morning tea." (Pat Curry)

"We meet up with others, socialise, talk. Speakers vary, but I like it all. I like Power Point, easy to follow. Dr Tiley was very good. Don't like speakers trying to persuade us to do or buy or join something. I like morning tea." (Ray Farrell)

"Ask someone else - I'm only the morning tea lady". (Val Granfield). [Val, no such modesty please! You're the most important person there! B.T.]

Second Semester Courses

Everyone, including those who normally get the Newsletter online, receives the Course Booklet for Second Semester, with an Enrolment Form attached, along with this Newsletter. Please note that as the Enrolment Form indicates, no enrolments are carried forward to Semester 2, so you must fill in the form even if you are continuing a course from first Semester.

April Puzzle Answer Just between you and me

June Puzzle Rest Your

Please note - This is a call to any members who are in possession of ASCA House keys to please confirm this with the office. This includes keys to the office itself. Thank you.



Please note - If you are a Justice of the Peace and you are prepared to be available for certifying documents, we will up-date the rather outdated list that is kept in the U3AA Office. In the meantime, Shirley Cook (Secretary) is a current JP and is usually in the office Mon-Wed mornings.

BEWARE RANSOMWARE ALERT!

Ransomware is malicious software that makes computer data or systems unusable until the victim makes a payment.

Recommended action:

- Install the latest updates for applications and operating systems, especially Microsoft Windows. Stay Smart Online recommends turning on automatic updates.
- Confirm that backups are available and working.

You can find more information about the **newest ransomware threats** www.staysmartonline.gov.au.

Hahaha

- Dyslexic man walks into a bra
- Police arrested two kids yesterday, one was drinking battery acid, the other was eating fireworks. They charged one - and let the other one off.
- Two aerals meet on a roof - fall in love - get married. The ceremony was rubbish - but the reception was brilliant.
- Patient: "Doc, I can't stop singing the *Green, Green Grass of Home*". Doc: "That sounds like Tom Jones syndrome". Patient: "Is it common?" Doc: "It's not unusual"
- I'm on a whiskey diet. I've lost three days already.
- Never test the depth of the water with both feet.
- If you think nobody cares whether you're alive or dead, try missing a couple of mortgage payments.
- Before you criticize someone, you should walk a mile in their shoes. That way, when you criticize them, you're a mile away and you have their shoes.
- If at first you don't succeed, skydiving is not for you.
- Give a man a fish and he will eat for a day. Teach him how to fish, and he will sit in a boat and drink beer all day.
- If you lend someone \$20 and never see that person again, it was probably well worth it.
- Good judgment comes from bad experience ... And most of that comes from bad judgment.

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

President	Ian Jackson	6707 2941
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Secretary	Shirley Cook	6772 7262
Treasurer	Diane Cherry	6772 7726
Committee	Rosemary Mort	67728921
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	Marjorie Stanley	6772 8225
	Ray Weston	6772 3252

Exploring the Bush

Eight members 'Explored the bush' around Uralla on a glorious autumn day, Saturday 6 May. The colours of the many exotic trees were a joy to behold, and the day full of interest. Of particular note was The Glen, where the Uralla Arts Council has a project based on the star constellations around the southern celestial pole. Eight huge slabs of granite will be set in a parabola, each topped with a sculpture about a constellation. At the centre of the curve there is to be a 60 foot obelisk. Two slabs, representing Crux and Carina, are in place, with other slabs waiting in the wings.

The photo was taken at the Racecourse Lagoon. It was lovely to see it and Dangars Lagoon very full of water with plenty of birdlife.



NAME BADGES 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, as you can not expect your tutor or other members to find your details, which at most times is not possible.



U3AA Crochet Group has made three blankets. The Meals on Wheels group pulled a name out of hat and gave one blanket to a member in Uralla. The other two were gifted to Armidale residents, one of whom is shown here with MOW President Rick Mills, receiving his blanket; perfect timing for the onset of the cold weather!



ASCA House Odd Jobs

Some years ago we had a number of members prepared to do odd jobs around ASCA House such as small maintenance tasks, painting etc. For various reasons (none of us is getting any younger) we seem to have lost some of them (or at least lost contact with them). We wondered if there are any members prepared to have their names included in a list so that if any small jobs do crop up we would have some people to contact.

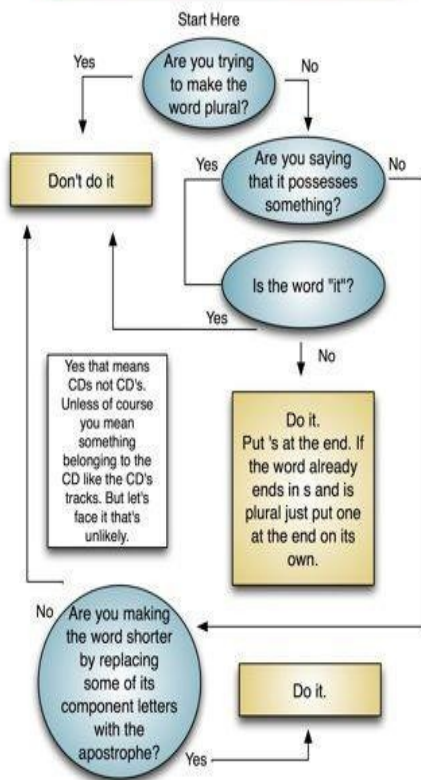
Thanks to Ian Morrissey

Ian Morrissey has completed the replacement of joists in the computer room, one joist in the kitchen and replaced the kitchen ceiling. We are delighted with the way Ian completed the task, with minimum disruption to our activities. However, we owe Ian particular thanks for replacing the ceiling fan in the kitchen as his donation to U3AA. Ian felt that the old fan was in such poor condition that it was not worth putting back up when he finished the ceiling. He decided to buy a new fan and install it free of charge. Many thanks Ian.

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.

Should I use an apostrophe?*



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.

Book Reviews

'The Shepherd's Life. A tale of the Lake District' by James Rebanks

This is an autobiography detailing the day-to-day life of a shepherd in the Lake District from the late 1980's to the present day. His sheep farm is mostly on the steep, rock-strewn fells. The book is divided into four sections: summer, autumn, winter, and spring. Each section, however, has passages in the past as well as present day. He discusses the influence of his grandfather and father on his own lifestyle and values and those he is trying to instil in his own children. It is a hard life, especially in winter but brings its own rewards. In addition to tending and expanding his flock, he works to improve his sheep by selective breeding to add quality to the fleece and meat. He discusses community interdependence and values; many of the farms have been worked by successive generations of the same families.

The prologue of the book discusses his schooldays and the attitude he and his friends had towards school. 'There was an abyss of understanding between that teacher and us. The kids who gave a damn had departed the year before to our local grammar school, leaving the 'losers' to fester away over the next three years in a place no one wanted to be. The result was something akin to a guerrilla war between largely disillusioned teachers and some of the most bored and aggressive kids imaginable.' The pupils were the sons of farmers and wanted no other life. The teachers were from the city and the gulf in values and outlook was immense. However, later in the book he realises the benefits of further education in changing times.

Despite contradictions and perhaps some hypocrisy on the part of the author; as a whole, our book group enjoyed this book. Opinions were very varied and it provoked much discussion.

Jean Jackson

'Letters to My Grandchildren' by David Suzuki

David Suzuki - scientist, environmentalist, TV personality and author has written this book for his six grandchildren, offering them advice from his experience. He speaks about issues dear to his heart, asking his grandchildren to respect the natural world, man's connection to the land, and the sensible use of natural resources. He deplores the modern obsession with electronic devices, the lack of physical exercise and diminution of community connectedness.

Interspersed with Suzuki's ideas is information about his own life and family, including the internship of his Japanese parents in Canada in World War II after the bombing of Pearl Harbour. He puts forward ideas about racism, activism, tolerance and hard work, topics he believes are useful for the next generation.

I enjoyed reading this book although the format of letters to his grandchildren seems an odd way to convey his messages. He clearly hopes for a wider audience, but at the end of the book he addresses specific letters to each grandchild. Occasionally, the material in the book is dry and repetitive, sometimes nostalgic and a little self congratulatory in places. It is obviously intended to inspire us, along with his grandchildren, to live lives of compassion and conviction. It is certainly worth a look, and it would be hard to disagree with the main thrust of ideas about humans and their relationship to the environment.

Marnie French.

'Quiet' Susan Cain

Susan Cain begins her pop psychology book with an attempt to define the characteristics of introverts and extroverts. Using quotes from renowned sources, as well as anecdotal stories, she claims these two groups generally behave differently, with extroverts being more talkative and dominant and introverts being quiet and shy in social situations. Extroverts prefer seminars whereas introverts prefer lectures. Later on, she does explain that the two groups merge in many instances and people may exhibit different characteristics in different settings. However, she asserts that personality traits remain stable over a lifetime.

This book is written principally about American institutions where there is a culture of respect for extroversion. Schools require kids to actively participate, making it difficult for introverted kids to learn happily. Work places are often open planned leaving no privacy for workers who are trying to concentrate. Brainstorming in groups is venerated, whereas Cain feels the new Groupthink stifles creativity.

Cain does have some good suggestions: she brings home the idea that true self esteem comes from competence, and well developed talents or interests boost confidence. Love, she feels is essential but gregariousness is optional. Extroverts may have dozens of friends with introverts having a few close friends. Here, she talks about quality versus quantity.

All the members of our group typed themselves as being mainly introverts. We wondered what this said about the group in general? We all thought the book had interesting insights in various chapters, but otherwise thought it was dry and repetitive. We noted that the quoted references would have been more properly put into footnotes, and we also wondered about the validity of the quoted psychological and biological studies.

No-one in our group enjoyed this book and a couple of members failed to finish it. Nevertheless it engendered a spirited discussion about the contents and it was a worthwhile addition to our reading list.

Marnie French.