

Open Door

to healthy minds and healthy bodies

In this issue

Page 1

- President's Corner
- Our sponsors

Page 2

- Notice Board
- Card making
- Intro to NE History, new course
- Newsletter change
- Puzzle

Page 3

- Bushwalking News
- Knitting pattern - House Boots

Page 4

- Book review
- Water Wise tips
- The Executive
- Hahaha



Presidents' Corner

I noticed that in my October report last year I said I hoped the recent rain would continue. What a change this year! The initial response to our request for bottles of grey water for the ASCA House garden was very positive but I gather it has fallen off. If you can spare even a small amount our garden group would be most appreciative. They have put in so much hard work and deserve support.

We will be sending out course leaders' questionnaires in early November and it helps the Course Coordinators with their difficult task if replies are received by the due date. I know that Bron and Penny sometimes spend quite a bit of time telephoning those who do not do so. If you are thinking about running a new course or activity Penny and Bron would love to hear from you. Just contact the office and they will get in touch with you. Already I know that there are a number of very interesting new offerings proposed. We plan to have our Enrolment Day on Tuesday, 14 January and our Annual General Meeting on Tuesday, 18 February. Both dates will be advertised in our December Newsletter.

As in previous years, anyone joining U3AA after 1 October will be fully paid up for 2020. The annual fee for 2020 remains at \$50.

Last year and this year, a flat rate of \$20.00 per semester per course for each course member was charged for activities held at venues other than ASCA House. This practice will continue in 2020, but please note this only applies to activities held in venues other than ASCA House where there is a rental payment. As with other course charges, payment is due when you enrol. U3AA subsidises any rent and we hope you agree that this is still a very reasonable cost for a full semester. We felt that we needed to make the system more equitable and simple so that costs paid by members did not vary greatly between activities. Therefore, the U3AA Committee identified the need to establish a reasonable 'standard payment rate' for members of groups who use venues that attract rental fees. We felt that an amount of \$20 per Semester was appropriate.

Ian Jackson

Next Newsletter Deadline

1st Dec

Please email contributions to
Dorothy Barnes
dkbarnes134@gmail.com

Contact Details

**University of the Third Age
Armidale Incorporated**

Mail to:

**PO Box 1440
ARMIDALE NSW 2350**

Phone:

6772 2752

Email:

u3aa@iinet.net.au

Office:

**Rear of ASCA House
(enter from Markham St through
backyard)**

**166 Barney Street
ARMIDALE NSW 2350**

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:

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.



WATER FOR ASCA HOUSE GARDENS

If you can spare a bottle of GREY WATER for the gardens in this time of drought you will make the Garden Group (and the garden) very happy. Just leave the bottle by the shed beside the main sliding door entrance.

Thank you very much.

Lost Property

There is a lost property box in the U3AA office. If you're looking for something you may well have left it here. Please ask the office staff.

Security of ASCA House

Please remember to turn off the heaters/air-conditioners/lights etc. 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.

Aug Answer

Flat Tyre

Oct Puzzle

EZASTπ

Card Making

Well, we're nearly into the last semester of the year. Time flies by doesn't it. Our card making has been going along well. Numbers were down a bit during winter owing to tripping around the country, overseas, flu and child minding. But everyone is back and enjoying our lessons. We have tried some new techniques and at times it can be a test for the brain, but between us we manage. I do have a lovely group of ladies who are quite talented.

Some of our cards go to different charities: Hospital Canteen, RSPCA, Daffodil Day and the Women's Shelter. Well done girls.

I hope next year will be as successful as this year.

Lyn Ruthberg

President's Comment

Yet another example of how our members contribute to the community. Well done everyone in the Card Making Group.

Ian Jackson

History of New England: an Introduction

First semester 2020 will see the launch of a full semester course introducing the history of New England. The New England covered is not just the Tablelands and slopes, but the broader New England or North, the Tablelands and the surrounding river valleys to the north, south, east and west.

This is a story of a land and its peoples. The course will take you over more than 60,000 years from the early migration out of Africa of the peoples who would become the Australian Aborigines to the end of the twentieth century.

There will be eighteen lectures starting on Thursday 6 February. Nine discussion group sessions held on the second and fourth Tuesdays of each month will allow participants to follow up particular topics. Excursions may be possible depending on the wishes of participants.

Because of the size of the course, there will be a mid semester break between 10 and 27 April, with the last lecture and end course celebration on Thursday 25 June.

No prior knowledge is required. There are also no set texts, partly because such texts either do not yet exist or may be difficult to obtain. Participants will be supplied with course material, including reading lists that will allow them to follow up where interested.

I will lead this course. As a writer, historian and economist, I have been the *Armida Express* history columnist for a number of years. I have a particular interest in the history of Northern NSW and I am presently writing a full history of the area.

Course numbers will be limited to 35 to facilitate discussion and interaction. There is no charge, although all participants must be members of U3A before starting the course.

Jim Belshaw

Thank you

I would like to thank everyone who has been so supportive of me while I have been the Newsletter editor. The office staff have been wonderful and my special thanks to Ian for being on top of things well in advance. To Barb Trehy for her proof reading, contributions and tea. To Penny and Bron our amazing Course Coordinators. Everyone who contributes to the book reviews, bushwalking news, course tidbits, jokes etc. It's been an absolute delight.

Dorothy Barnes will be taking over and all contributions will now go to her for inclusion (dkbarnes134@gmail.com). If possible contributions are easier to include if they are emailed but it is perfectly ok to deliver hand written items to the office staff or even phone and this can be typed up while talking.

Thank you everyone - *Alanna Hillsley*

U3AA Bushwalking August 2019

The venue for Saturday 17th was Wollomombi Falls in the Oxley Wild Rivers NP and, no, we weren't expecting to see much action. Nevertheless, 23 walkers attended and, after morning tea and chat, headed off on the Wollomombi Track following the gorge rim to the east from the picnic area.

Wildlife are often sighted along this track including wallabies and echidnas. However, apart from a few feathered creatures, the walk was devoid of the usual wildlife. It was both interesting and depressing to see the vegetation in such tinder dry condition. Despite this, the views from the three lookouts along the way provided their usual magnificent panoramas. There wasn't a drop of water to be seen going over the Wollomombi and Chandler Falls, only a dismal stagnant puddle or two along the Wollomombi River. A very enjoyable walk on a perfect spring(?) day.

Roger Epps



With the sun setting the walkers aglow, they optimistically await a flush of water down the Wollomombi.

HOUSE BOOTS

These will be slippery on smooth flooring and are best suited for wearing on carpet or in bed

MEASUREMENTS 4–6 years 8–10 years Woman Man To Fit Foot cm 18 21 24 28

PATONS INCA 50g balls Quantity (colour 7017) 2 3 5 6

NEEDLES AND EXTRAS • 1 pair 6.50mm knitting needles or size needed to give correct tension. • wool needle for sewing seams. • 4 (4-6-6) buttons.

TENSION 14 sts and 27 rows to 10cm over garter st, using 6.50mm needles. Check your tension carefully. If less sts to 10cm use smaller needles, if more sts use bigger needles.

LEFT BOOT (beg at sole) Using 6.50mm needles, cast on 33 (43-45-47) sts.

1st row – K1, * inc in next st, K13 (18-19-20), inc in next st, K1, rep from * once ... 37 (47-49-51) sts.

2nd row – P1, * inc in next st, P15 (20-21-22) sts, inc in next st, P1, rep from * once ... 41 (51-53-55) sts.

3rd row – K1, * inc in next st, K17 (22-23-24), inc in next st, K1, rep from * once ... 45 (55-57-59) sts.

Cont in stocking st, inc in this manner (one st in from side edges and one st either side of centre st) in every row a further 1 (1-3-5) times ... 49 (59-69-79) sts.

Working rem in garter st, work 6 (6-8-8) rows.

Beg Shaping for Instep – Next row – K2, sl 1, K1, pssso, knit to last 4 sts, K2tog, K2 ... 47 (57-67-77) sts.

Rep last row 11 (15-17-19) times ... 25 (27-33-39) sts. **

Beg Ankle Band – Next row – Cast on 10 (12-14-16) sts loosely, knit to end ... 35 (39-47-55) sts. Work 5 rows. *** Buttonhole row – K3, yfwd, K2tog, knit to end. Work 7 (9-13-19) rows. *** Rep from *** to *** 0 (0-1-1) times, then buttonhole row once ... 2 (2-3-3) buttonholes.

Work 5 rows. Cast off loosely.

RIGHT BOOT (beg at sole) Work as given for Left Boot to **. Work 1 row. Beg Ankle Band – Next row – Cast on 10 (12-14-16) sts loosely, knit to end ... 35 (39-47-55) sts. Work 4 rows. *** Buttonhole row – Knit to last 5 sts, K2tog, yfwd, K3. Work 7 (9-13-19) rows. *** Rep from *** to *** 0 (0-1-1) times, then buttonhole row once ... 2 (2-3-3) buttonholes.

Work 5 rows. Cast off loosely.

TO MAKE UP DO NOT PRESS Using a flat seam, begin at heel and join sole seam. Using mattress st, join top of foot seam to beginning of ankle band. Wrap ankle band around ankle, to desired fit. Sew on buttons to outer edge of boot to correspond to buttonholes.



Lenny's Book of Everything *Karen Foxlee*

This book won the 2019 Indie award for Children's literature. Marketed for children, it could easily have been marketed for adults and is a rewarding read.

The story is narrated by Lenny who lives with her mother, and younger brother Davey, following the departure of their father. After entering a competition, Lenny's mother, Cynthia, wins a Burrell's Build-it-at-Home Encyclopaedia, and the children start to receive a new issue each week. Lenny is entranced by bugs and beetles and Davey loves birds and eagles. When Davey is five years old he starts to grow abnormally tall and each chapter of the book chronicles his height and the date and the Encyclopaedia volumes that have arrived. Lenny looks after Davey and they fantasise about places outlined in the Encyclopaedia. Together they make a plan to get to Bear Lake in Canada where Davey is keen to build a log cabin.

The wonder of discoveries, the difficulties of single motherhood and the stresses of living with someone with a rare illness form the main issues in the novel. Davey's good nature overcomes the potential grief and loss, and support from the school and the community is gradually accepted. The narrative becomes a journey of sadness and hope.

This is a beautifully written tale and the reader can readily relate to all the characters. Foxlee treats her subject with such tenderness and such hope that the book stays in the memory long after it is finished. All the members of our reading group loved this book and I believe everyone, old or young, would enjoy it.

Marnie French.

Water Wise

- Wash dishes in a bowl and pour over your roses or on anything that needs it.
- Put the outlet hose from the washing machine into a large bin and use a watering can for the garden
- Left over tea/coffee can go onto the garden with leaves and grounds
- Diluted cooking water left over from vegies, past etc can be used on indoor plants.
- If you don't have a garden then what a bonus for U3AA. Please take what is manageable for you to carry to ASCA House to be used on the gardens (thank you very much).
- Save the clean water that comes through before the hot water and put this in small dishes in the garden for the birds.
- If you don't have a half flush toilet you can reduce water usage by filling a large screw top jar with water and putting in the cistern.
- Put a bucket or dish under a tap in case it leaks and use for any of the ideas listed
- Shower water collected in a large tub can be used for;
 - putting on the garden
 - putting into the washing machine.
 - washing the car (if you feel like washing your car)
 - topping up the toilet cistern for flushing
- And don't forget to reduce, reuse, repurpose and recycle wherever and whatever you can
- No need to carry buckets of water if they are too heavy or unbalance you, just half fill them.

HAHAHA

- England has no kidney bank, but it does have a Liverpool.
- Haunted French pancakes give me the crepes.
- This girl today said she recognized me from the Vegetarians Club, but I'd swear I've never met herbivore.
- I know a guy who's addicted to drinking brake fluid, but he says he can stop any time.
- A thief who stole a calendar got twelve months.
- When the smog lifts in Los Angeles U.C.L.A.
- I got some batteries that were given out free of charge.
- A dentist and a manicurist married. They fought tooth and nail.
- A will is a dead giveaway.
- To write with a broken pencil is pointless.
- Police were summoned to a day-care centre where a three-year-old was resisting a rest.



The Executive

President	Ian Jackson	6707 2941
Vice-President	Ray Weston	6772 3252
Secretary	Shirley Cook	0458 260 937
Treasurer	Diane Cherry	6772 7726
Committee	Sue Cameron	6772 0962
	Penny Nicholson	0408 272 011
	Barbara Trehy	0422 599 348
	Pam Walkley	6772 3252
Newsletter Editors	Dorothy Barnes and Barb Trehy	0427 753 781 0422 599 348