

Open Door

Newsletter 181

18 Dec 2016

to healthy minds and healthy bodies

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President's Corner

Another year nearly over and happily for U3AA, another very successful one. Success is due to the efforts of our many volunteers: committee, course coordinators, technical support, office staff, newsletter people and last but not least our course and activity leaders. Also, without all our members we would not exist. 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 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 2017 plus a registration and enrolment form. The Newsletter 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 new offerings. 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.

In this Newsletter you will see that our **Registration and Enrolment Day is on Tuesday, 17 January** and our **Annual General Meeting is on Tuesday, 21 February**. There is also a notice saying that the office will close after **Wednesday, 7 December and open again on Monday, 9 January**. We look forward to seeing you all in the New Year. With over 600 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.

My best wishes to all our members for a happy and safe Christmas.
Ian Jackson

Next Newsletter Deadline 1st February

Please email contributions to Alanna
aingal22@bigpond.com

Break-in at ASCA House

Unfortunately, on the night of 24 November there was a break-in. The door into the East room on Barney Street was damaged and will have to be replaced. Fortunately, only a small amount of cash (tea money, book purchases, Lions Christmas cake money etc) was taken. None of our equipment was taken or damaged and there was no vandalism, for which we should be grateful. Naturally, the police were informed and were very understanding. We felt it appropriate that our members were informed of the event at **their** place. We feel that the time has come to install extra security at ASCA House.
Ian Jackson

Contact Details

University of the Third Age Armidale Incorporated

Mail to:

PO Box 1440
ARMIDALE NSW 2350

Phone:

6772 2752

Email:

admin@u3aa.org.au

Office:

Rear of A.S.C.A. House
(enter from Markham St
through backyard)
166 Barney Street
ARMIDALE NSW 2350

Office Hours:

Monday to Thursday
9:30am to midday

and at other times by appointment

Web Page:

www.u3aa.org.au

Membership and Enrolment Form

Your form for 2017 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 Newsletter will still be on the Website as well.

Office closure over the Christmas break

The office will be closed after
Wednesday, 7 December and

re-open on
Monday, 9 January 2017

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



Why we go to U3A's Science courses:

"...fun.....uses teachers from
UNE.....opportunity to learn new
things..." (Alan Cunningham)

"...good fun..... educational.....
good speakers and good
selection of speakers....."
(Brian Hardaker)

"...Interesting.....good topics
chosen..... presenters very
good.....'
(Marj Lawrence)

"...fascinating.....things I didn't
know.....insight into how
scientists research things....."
(Barrie McKelvie)

"...presents interesting and
various aspects of science in
society....."
(Colin Sholl)

Armchair Theatre

Oh what joy, Tuesday mornings, as we sit inert ignoring our aching bones
All ears for unfolding drama we behold up front, with marvellous tones
Dregs of tea or coffee in hand we laugh or sit agog with quiet anticipation
Oh goodness gracious again, what fabulous intonations
These people are clever, friendly and such a pleasure to know
Borne out as the noisy, animated pre-play mingling does show
But wait, there's Alanna standing with a rather bemused frown
Waiting patiently for the hub-bub to subside and us all to sit down.
And the after-play discussions bring forth such joyous enlightenment
Presented by the indisputable knowledge of those fortuitously sent.
What a wonderful way to spend a Tuesday morning, an unmissable
pleasure,
With these delightful thespians of Armchair Theatre, everyone a living
treasure.
But it doesn't end there, oh no, we're stomping off up town to continue the
merriment with more rowdy natter
Over coffee, tea and eats, as we put the world to rights, us oldies infuse
delicious, noisy café clatter.
Oh yes, as we slurp, munch and gesticulate, I've noticed rather perplexed
glances, from other patrons, and staff, I expect
But is that sad envy, a wish to join in? Or annoyance at such deplorable,
rambunctious behaviour, I detect?
If it's the latter, who cares? I don't. I'm lovin' it! So there. Throw me out if
you must. I'll gladly liven up the local lock-up!
Oh dear, how on earth did I transition from respectable musings at Legacy
Hall to being banged up in the local lock-up just across the road and all?



Locking up at ASCA House

A few weeks ago, the sliding door
on the south side of the house
(the normal entrance) was left
unlocked over lunch-time with
nobody on the premises. As it
happened, no harm was done,
but if people in your activity are
responsible for locking up at a
particular time then please make
sure that this is done.

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 po ...
send our best wishes and hope
will soon be well enough to j
activities again.



Dec Puzzle MILLION

Annual General Meeting of University of the Third Age Armidale Incorporated will be held on

Tuesday, 21 February 2017

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
NOW



October Puzzle

ripoorch

Answer

Take from the rich and
give to the poor

Bush walking report

Mount Duval Walk – Saturday 8th October 2016

The weather turned on a near perfect day for fourteen keen bush-walkers who set off for Mount Duval, led by Roger Epps.

The walk of about 7km, started from the old woolshed on the *Newholme* property, which is now operated as a research station for the UNE, and followed a steep fire trail. The return leg followed an old Bush Fire Prevention Assoc. trail on a much gentler route.



Yep – every day is a picnic in the bush – and we proved it! There was no real view from the summit, which is unexpectedly flat land, with a towering stand of Messmate Stringybark trees, over 30m tall, and a clear grass understory - very unusual. Our pet forester John points out that the trees are all of the same age, and would have regenerated from an intense fire storm centuries ago, before European settlement, which raced up the side of the mountain and killed the previous stand in a gigantic fire storm. It makes one realise just how important fire has been in our Australian environment.

This is granite country with frequent rounded outcrops of rock covered in a patchwork of differing lichens – which are very scenic – but much of the slopes of the mountain are covered in a dense shrub layer of blackthorn bushes. We saw little wildlife, bird or animal, other than a wallaroo stealing food from a shed at the HQ. Overall - it had been a highly enjoyable walk. John Brandis.

Computer Coaching for 2017

As you may be aware, there continues to be rapid evolution of computing technology, resources and applications. In order to keep pace with change and in response to feedback from members, we are proposing a revamp of what is offered in computer training, and, how this is delivered in 2017.

The focus of this revamp is on the provision of one to one coaching and assistance to solve an individual's particular problem and/or increase their knowledge in relation to, for example:

Using tablets/IPADS

Using laptops

Getting around Windows 10

Making the most of Facebook to stay in touch with family and friends

Portable computing (taking your internet access with you)

Handling photos, streaming music and videos

Using specific applications such as 'Getting the best from the BOM weather forecasting', 'Planning public transport trips using Trip View on tablets or phone'.

Creating an Excel spreadsheet

The best brain training (games) on your tablet or phone

These are just a few ideas.

We need your input in two ways to ensure that we can best match your needs with available expertise. Firstly, if you may be seeking assistance, please tell us what kinds of topics you would like help with. Secondly, if you have particular areas of interest and expertise and would like to volunteer your services as a computer coach, please tell us about your area(s) of expertise. At this stage, we are considering making available one hour coaching sessions on one or more related topics.

Please tell us what you think by either emailing admin@u3aa.org.au , telephoning or leaving a handwritten note at the U3AA office or, for further enquiries, please contact the Coordinator, Penny Nicholson on 0408 272 011.

A number of people have contributed to teaching our range of computer offerings over the years but two names deserve special mention: Des Latham and Doug Crocker. Those of you who have taken computer courses in recent years will know Des as the leader of the Seniors Computer Club but Doug has also been a mainstay in teaching as well as keeping our computer system running and up to date. I would like to take this opportunity to sincerely thank both of them for all their work. What will be obvious, even from the suggested topics above, is that successful implementation of our new proposals will require input from quite a number of people, so please consider offering to assist. You may be familiar with only one of the topics but this is all we would want from you. Finally, my thanks to the Course Coordinators, but especially Penny Nicholson, for preparing this proposal.

Ian Jackson

Are we gorgeous or what!!

I am sure I speak for all our members when I say how appreciative we are of the work put into our garden areas at ASCA House. Ellen and the wonderful team of *Gardening at ASCA* have certainly given our building a bright and cheerful environment. Well done – Ian Jackson



Ellen Pinnington



Mary Campbell

THANK YOU MARGARET

Margaret Burke has been a volunteer in the U3AA office for many years. During that time she has developed her own system for dealing with those rare occasions when she is absent. Margaret does (putting out the bins, re-arranging the office, etc.) Margaret is retiring from the U3AA office, but she will be filled in her *retirement*.



Singing for Pleasure

Singing for Pleasure is a happy group of U3A members who like to sing. And ANYONE can sing! We sing a mixture of songs. Some 'Golden Oldies'. Some from popular shows and others from many sources. Once a year we have an Irish day and, of course, Christmas carols around this time. We sing for an hour or so, with a break for members' news or jokes, and round it off with a cuppa and chat. We are lucky to have two great pianists within our group.



Thursday of the month at 2pm to see if



Twenty Year Reunion for U3AA Bushwalkers up to 1997

Proposed date Monday 13th March to Thursday 16th March, 2017

For those members involved until 1997, I propose a get together at Dorrigo, where we had a few days of planned activities back then.



Our programme will be scaled down to suit present abilities. We shall visit local places of interest, do lots of socialising over meals and refreshments.

For their own accommodation which Dorrigo Information Centre can assist with (02)66572486. Opening

People interested in the idea contact Phil Sharpe by the 31st January, 2017 so that arrangements can

phil@u3aa.com

What's new in courses for 2017?

We have a range of new and modified courses to entice your interest for semester 1 next year:

A new book group, *Athena Book Group*, will be led by Junette to read and discuss a wide selection of fiction, non-fiction and classics. Books will be chosen by the group.

Computer coaching – one to one help will be coordinated by Penny. You identify what you need help with and Penny will (wherever possible!) arrange an appropriate coach. Examples of topics could include getting around Windows 10, using the internet, making the most of Facebook, brain training games.

Maggie is now offering *Crochet for beginners* in addition to crochet for the experienced.

Environmental geology will give a broad overview of aspects of environmental geology such as natural hazards, resources, wastes and pollution, and energy sources and consequences of use.

A couple of topical local environmental aspects will also be covered.

Exploring the bush around Armidale has the specific goal of collecting information to update the 2003 edition of "Family outings around Armidale" and is being run in conjunction with members of the Armidale branch of the National Parks Association. Travel to reserves around Armidale to enjoy the bush and also observe and record flora and fauna, geology and landform, special features and infrastructure.

Barbara's *New look French* will focus on listening, reading aloud, speaking and pronunciation rather than on grammar and written French, but it will include verb drill as verbs always need work!

Pat Neild will be offering a basic alterations course, '*Sew: See it finished*', which is designed to help you with your sewing projects – *UFOs* (Un-Finished Objects) or *PhDs* (Projects Half Done). The class will share tips and skills to help you get organised and finish your projects.

In response to popular demand, Glenys is now providing a third session of *Table tennis* on Thursdays

Bron will lead *Yoga on chairs* for those who are unable to enjoy floor yoga because of physical limitations. It will offer a gentle Yoga connection with your body, breath and awareness.

Penny Nicholson
Joint Course Coordinator

The Executive

President	Ian Jackson	6707 2941
Vice Presidents	Des Latham	6772 6508
	Shirley Cook	6772 7262
Secretary	Vivienne Gregg	6772 7931
Treasurer	Diane Cherry	6772 7726
Committee	Rosemary Mort	
	Marjorie Stanley	6772 8225
	Ray Weston	6772 3252

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.

Book Reviews

The Discreet Hero Mario Vargas Llosa and Translated by Edith Grossman

Mario Vargas Llosa is a Peruvian author who in 2011 was awarded the Nobel Prize for Literature in recognition of his many books about South America.

In *The Discreet Hero*, Felicito Yanaque, upright and hard working, has built up a successful transport business in a large regional town. The guiding principle in his life has been the example of his poor, illiterate father whose dying words were: "Never let anybody walk all over you, son." So when he receives an extortion letter demanding protection money, he reports immediately to the police. During Felicito's quest for justice the reader meets many memorable characters: the two investigating policemen, his friend Adelaida whom he believes can predict the future, Mabel, a young woman he provides for and visits every Friday. He lives with his wife in a loveless marriage and we meet his two sons. Life is usually a struggle for them all.

While the crime of extortion is being solved, another, seemingly unrelated story involves the lives of comfortable professional city-dwellers. Ismael Carrera, about to retire from his successful insurance business in the capital, enlists his loyal friend, lawyer Don Rigoberto to witness his second marriage and the writing of a new will. Both these moves will be controversial and even scandalous.

The importance of relationships unites these stories. Relationships between friends, within families, and especially between fathers and sons. Felicito and Ismael each have two adult sons. Don Rigoberto has a teen-aged son he loves and worries about in equal measure.

The two communities we meet in this book differ in class, education, aspiration, even race, yet through their individual stories, told with a great deal of humour and affection, we see how much we all share. In the final pages the various strands come together quite naturally.

All members of the group thoroughly enjoyed this book.

Ann Pryosusilo

From Moree to Mabo, The Mary Gaudron Story Pamela Burton

This gives an interesting account of Mary Gaudron's childhood in Moree and boarding school time at St Ursula's in Armidale. It describes her hard work and dedication as a lawyer and her concern to improve conditions for women, aboriginal and disadvantaged people. The book is in Armidale Library and well worth borrowing.

Anne Cunningham

Thursday's Book Discussion

Helen Garner's *Everywhere I Look* was discussed at our November meeting. This book has had great reviews but we were disappointed and didn't feel that it came up to expectations. However it did cover many issues and caused a lot of discussion.

This is a collection of stories and reviews on other writers, movies, journalists and musicians and is divided into six parts. I enjoyed it better the second time of reading because the writing and content started to get into my soul.

Her childhood was very difficult with a restless father who moved continuously from one dwelling to another and ... her mother's sad life, losing all of her teeth in her early thirties because of gum disease, her depression: she never seemed to match up to other mothers; "if only she would walk in here now". We all felt a bit like that because of our lost opportunities with our parents but, the world moves on. Helen writes of her own unhappy marriages, two abortions about which in later life she grieves.

Her teacher, "Dear Mrs Dunkley... I thought I knew you Mrs Dunkley ... I knew your hands, Mrs Dunkley" and what a marvellous teacher she was; grammar and spelling so important, and mathematics, of course.

Her views on old age too, where old people are invisible, given the worst table in the restaurant, treated as unintelligent and called sweetie!

Priceless is her review of Jane Austin's *Pride and Prejudice* and was the plum in the cake for me.

Patsy Fulloon