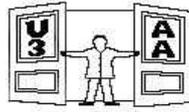


# Open Door



Newsletter 189

18 Apr 2018

to healthy minds and healthy bodies

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## Next Newsletter Deadline

**1st June**

Please email contributions to Alanna  
aingeal22@bigpond.com

## Contact Details

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Armidale Incorporated**

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**Monday to Wednesday  
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and at other times by appointment**

Web Page:

**www.u3aa.org.au**

## Presidents' Corner

We had a very successful Annual General Meeting, once again with excellent catering. As I indicated previously, Des Latham and Marjorie Stanley stood down from the Committee but we have admirable replacements in Barbara Trehy and Pam Walkley; both will be known to some of you. Pam runs the Investors' Forum and Barbara is a course leader in French, as well as assisting Alanna with the Newsletter. You may also have encountered them in other U3AA activities. As you are aware, we had to dip into our own funds fairly heavily last year and because of this the AGM decided that for 2019 the fee should be increased to \$50. We have been very fortunate in being able to keep the fee at \$40 for five years. We compare very favourably with other U3AAs, where, in addition to annual fees, members have to pay an extra cost to cover the expense of hiring venues. While this does apply in Armidale for venues which we still need to hire, most of our activities are held at ASCA House. Of course, ASCA House is not 'free'. It comes with costs (insurance, rates, water, electricity, the latter hopefully being reduced with the installation of our solar system, and maintenance).

We already have more than 600 members this year, an increase on the situation in the last few years. An especially warm welcome to all our new members, of whom we have quite a number. Remember that if you decide not to continue with a particular course/activity please tell the office so that if the course is full then someone else can take your place. I know that people do tend to be away at this time of year, but if you are going to miss a number of sessions it is helpful to let the course leader know.

We have been aware for some time that accessibility at ASCA House is not what it should be, given the age of our members. A number of members have walkers and wheelchairs and we appreciate the problems they face. Also, ASCA House is a listed heritage building which has been altered in the past in ways not in tune with this listing. Fortunately we are in a position to be receiving advice both in terms of accessibility (from Gordon Fuller) and heritage (from Graham Wilson). This will allow us to identify what needs to be done and then apply for grants. However, Gordon informed us that there are 'off the shelf' ramps which are very stable and which should ease access problems for those with wheelchairs and walkers. We intend acting on this aspect in the near future, without waiting for grants.

The 25<sup>th</sup> Anniversary held at the Armidale City Bowling Club was a very enjoyable event. We thank the Bowling Club for making their Auditorium available to us free of charge. Thanks also to the Home Nursing Group and the Regional Australia Bank for their generous donations which went a long way towards funding the lunch. Although we were not incorporated until 1993, hence the Anniversary this year, a group did get things underway in the second half of 1992. cont. page 2

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, Home Nursing Group, 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



### “What was the idea of a U3A?”

The U3A as it started in France in the 1970s began as an adjunct to Universities around most of continental Europe, that is, **academics sharing their discipline outside the institution** with retired people.

This notion changed in Britain and some of its dominions in the 1980s as they set up U3A branches to be more one of peer learning based on self-help. The idea was that older **retired people have a huge fund of knowledge and life experience to share**, and from it to form courses on specialist subjects for those with such interests.

The concept of a U3A was never going to stop at this, and along came the **Virtual U3A** in 2009, increasing the scope of the original idea to a) unlimited ideas for courses, b) and also, more importantly, to reach people who were otherwise unable to be part of the movement for reasons of isolation, ill health, and so on.

The sheer range of courses offered by U3As is what makes the concept so unique - anything from the timeless interests of simple handicrafts such as knitting and crochet to the exploration of astrophysics and space travel is offered to seniors and retirees around the world, to both contribute to, and to absorb as new knowledge.

To me this is on a par with the astonishing rise of literacy and education generally in 19<sup>th</sup> century Britain. That all this should be so towards the end of life with the elderly rather than at its beginning with children is all the more remarkable.

Barbara Trehy

### February Puzzle Answer Trip around the world

### April Puzzle

→ **Secret  
Secret  
Secret**

President's report cont.

Some of our founding members from that year were introduced at the start of the event. I apologise if, as it seems, our records are not as complete as we thought. As a result, some of those who were part of the original group of 1992 did not receive personal invitations and some of that group who were present were not introduced at the start of proceedings. Barnaby Joyce emphasised the importance of keeping mentally and physically fit and remaining socially engaged, which matches our U3AA objectives perfectly. The Chekov play *The Bear*, performed by our Armchair Theatre group, was very well received and Bron Baker had everyone engaged with her Chair Yoga. What I felt was particularly special was the sociable and friendly atmosphere throughout the event.

Ian Jackson

**Contributions requested** U3AA has over 50 courses and 6 times a year our dedicated Roving Reporter puts a little about one of them into our newsletter. To let others know what happens at your group please send Barb a quick email and she will be in touch to 'Ask the Hard Questions'. Barb can be contacted via email [barbaratrehy44@gmail.com](mailto:barbaratrehy44@gmail.com)



### Let's get serious about Cyber security

We seem to be inundated with emails about lost money, found money, lottery wins, bank account breaches, ATO, PayPal, account suspensions, eBay, Amazon, inheritance, Centrelink the list goes on and on.



DO NOT OPEN these emails or click on any link in the email. DO NOT GIVE any information over the phone unless you have initiated the call. Your personal information can very easily be collected, your bank account emptied or your identity stolen. Even if a webpage you are directed to from an email looks like a legitimate site, it probably isn't.

No legitimate company will ask for personal or account information via email. All legitimate emails will use your name and ask you to go to your account and log in. Only access your account from an official webpage.

Go to Stay Smart Online <https://www.staysmartonline.gov.au/>

<b>WWW</b>	<b>World Wide Web</b> or internet
<b>URL</b>	<b>Universal Resource Locator</b> includes all colons, slashes etc eg U3AA's URL is <a href="http://www.u3aa.org.au">http://www.u3aa.org.au</a>
<b>Domain Name</b>	An online address eg U3AA's domain name is <a href="http://www.u3aa.org.au">u3aa.org.au</a> . A domain name is unique and must be renewed.
<b>HTTP</b>	<b>Hyper Text Transfer Protocol</b>
<b>HTTPS</b>	<b>Hyper Text Transfer Protocol Secure</b>
<b>Search Engine</b>	A program that searches for items in a database that correspond to keywords specified by the user. Used for finding particular sites on the internet eg Google, Duckduckgo etc
<b>USB</b>	<b>Universal Serial Bus</b> . Also known as a thumb drive, pen drive, flash-drive, memory stick etc. Used for the same purposes as the old floppy disc and CD or DVD.

### Hahaha .....

- My mother-in-law fell down a wishing well, I was amazed, I never knew they worked.
- A woman has twins, and gives them up for adoption. One of them goes to a family in Egypt and is named 'Amal.' The other goes to a family in Spain, they name him 'Juan'. Years later; Juan sends a picture of himself to his mum. Upon receiving the picture, she tells her husband that she wished she also had a picture of Amal. Her husband responds, "But they are twins. If you've seen Juan, you've seen Amal."



## WORKSHOPS REMINDERS FOR MAY 2018

**An Introductory course on CPR** for U3AA members. If you would like to make yourself familiar with First Aid procedures relating to Cardiopulmonary Resuscitation (CPR) this short course is being held.



on: Saturday, 12th May 2018  
 from: 10am to 12noon  
 at: ASCA House - East Room

### Soft Furnishings: Two Full Day Workshop

This short workshop requires basic sewing skills and a machine in good working order. It will introduce you to methods of measuring and calculating fabric required for constructing your own cushions, curtains, pelmets, blinds, bed linen, table covers, headboards, loose covers and trimmings. This course will be held over two full days with an Introduction Session included.

- Introduction session - Monday, 14th May 2018 at 4.15pm to 5.45pm
- Workshops - Saturday, 19th and 26th May 2018 from 9am to 4.30pm

Any enquiries regarding this workshop please contact - Patricia on 0411984257 or pat@sewitwell.com.au

To enrol in either or both workshops - Phone U3AA on 6772 2752 or enrol at the office.



### Support for our Anniversary Event

In addition to the support from our new sponsor, the Home Nursing Group, we would like to thank two of our existing sponsors, The Armidale City Bowling Club and the Regional Australia Bank for contributing so much to the success of the event.

#### New Sponsor:

#### Home Nursing Group

We are very grateful for the support of the Home Nursing Group in helping to make our 25<sup>th</sup> Anniversary event such a success.

## ASCA Gardens

The Gardening group looks after and improves our gardens and LGHM, one of sponsors, regularly cuts the grass.

For years a small team has been working on the garden. Walter Heinger has been doing heavy work and installed and maintains our watering system. Mary Campbell, Neroli Wilson and I have been doing the weeding, trimming and planting. Neroli was responsible for digging up a new bed along the back fence and providing the plants.

We are very pleased this year to welcome new members. Michael Elliott has taken the responsibility of watering each week when needed as well as undertaking heavy work. Ros Busby contributes to the heavy work and Helen Stokes is weeding and trimming. You might see us hard at work, or sitting down for a chat, on Wednesday mornings.

When the group started nothing grew south of the office wall – it was just rubble. The hellebores and camellias planted there have thrived along with other new plants on the east side of the building. Beautiful iris, from the Bundara Iris Farm, have been planted and the Californian poppies always put on a wonderful display.

Over the years we have raised money to use on the gardens by selling donated plants, produce and seeds. My apple cucumbers sell quickly for 20c each. We are expecting some small Japanese maples and geranium cuttings. Last week I put out a crepe myrtle for \$5. In the past we have sold figs and a range of fruit and vegetables. This year we have raised \$13.50. Our best year was 2013 when we raised \$221.90, much of it from the sale of donated alpaca manure. That year we contributed \$100 to a very high water bill.

We would be grateful for any garden surplus you can contribute. Just bring it in, with some indication of price, and put it on the table inside the entrance door. The garden fund jar for sales is there.

Ellen Pinnington

#### The Executive

<b>President</b>	Ian Jackson	67072941
<b>Vice-President</b>	Ray Weston	67723252
<b>Secretary</b>	Shirley Cook	67727262
<b>Treasurer</b>	Diane Cherry	67727726
<b>Committee</b>	Rosemary Mort	67728921
	Penny Nicholson	67751972
	Barb Trehy	57760800
	Pam Walkley	0407277453

### 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.

### I carry your heart in my heart

“I carry your heart with me (I carry it in my heart) I am never without it (anywhere I go you go, my dear; and whatever is done by only me is your doing, my darling)

I fear no fate (for you are my fate, my sweet)

I want no world (for beautiful you are my world, my true)

and it's you are whatever a moon has always meant and whatever a sun will always sing is you

here is the deepest secret nobody knows

(here is the root of the root and the bud of the bud and the sky of the sky of a tree called life; which grows

higher than the soul can hope or mind can hide)

and this is the wonder that's keeping the stars apart

I carry your heart (I carry it in my heart)”

*EE Cummings*

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**Book Discussion Group**

**A Legacy of Spies** (George Smiley) by John le Carré

Peter Guillam, staunch colleague and disciple of George Smiley of the British Secret Service, otherwise known as the Circus, is living out his old age on the family farmstead on the south coast of Brittany when a letter from his old Service summons him to London. The reason? His Cold War past has come back to claim him. Intelligence operations that were once the toast of secret London, and involved such characters as Alec Leamas, Jim Prideaux, George Smiley and Peter Guillam himself, are to be scrutinized by a generation with no memory of the Cold War and no patience with its justifications.

Interweaving past with present so that each may tell its own intense story, John le Carré has spun a single plot as ingenious and thrilling as the two predecessors on which it looks back: *The Spy Who Came in from the Cold* and *Tinker Tailor Soldier Spy*. In a story resonating with tension, humour and moral ambivalence, le Carré and his narrator Peter Guillam present the reader with a legacy of unforgettable characters old and new.

Jean Jackson

**Book Discussion Group**

**Glass Houses** by Louise Penny

If you enjoy a high class crime novel with social interaction included, then this book is a good read. Agreed by all in the group.

When a mysterious figure appears dressed in black in Three Pines village one cold November evening, Chief Superintendent Armand Gamache and the village people are at first curious and then wary.

Who is this cobrador, or debt collector, and who is in debt, either financially or morally ?

The characters of the village are very well portrayed.

When the figure vanishes overnight and a body is found dead it is up to Gamache to discover if a debt has been paid off.

The story is told partly from the court case of the murder in Three Pines, and life in the Village with all its characters.

The book covers death and also trying to stop drug trafficking, so there are two plots unfolding.

There is a deep look at roles of conscience, revenge and a belief in justice as central to society.

A quoted saying by Mahatma Gandhi in this book is very applicable. " Higher courts than courts of justice, and that is the court of conscience. It supersedes all other courts " .

Jenny Palmer

**Thursday Book Discussion Group**

**Review of Home Fire** by Kamila Shamsie

Home Fire is definitely a must-read book for today's society. The whole group, I will not say "loved" the book because it was not that sort of book, but were so impressed with it and the message the author conveyed. The book published in 2017 is very well written, easy to read and a real page turner.

Home Fire tells the story of two Muslim families the young people and their relationships; their lives in London and the challenges they face both within Britain and outside. For example: trying to leave Britain to take up a postgraduate award to study in America. Heathrow immigration is not a friendly place – is the offer of a post graduate award valid? Is she really British? Did she feel British? Inspecting her luggage to the tiniest degree; eventually acknowledging that her travel was genuine and letting her go with her boarding pass but the plane had left without her.

Kamila Shamsie made us very aware of how easy it is for a young male Muslim, who is interested in his original homeland to be influenced and recruited for duties there or elsewhere. The lies, the promises, the falsehoods they are told so glibly. We in our innocence wonder how they can be so naive. On reflection I wonder why more are not attracted. This section of the book gave some of us the shivers as we had to come to terms with realities facing some migrants.

To end: I concur with Peter Carey's comment on Home Fire "Recommended reading for prime ministers and presidents everywhere"

Marian Stone