

Open Door

Newsletter 202

16 Aug 2019

to healthy minds and healthy bodies

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Next Newsletter Deadline

1st Oct

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Presidents' Corner

By the time you read this Newsletter the second semester will be well underway; in fact many groups do not have a mid-semester break. We have quite a number of new members and I extend a warm welcome to them. Please remember, if you enrol in a course and then decide against continuing, let the office know. This will allow someone else to take your place.

As you will see in this newsletter, yet another of our groups, this time the Knitting Group, is contributing to the wider community. Congratulations to them. Please note the request they make for any material which you no longer need. They will find a use for it, no matter how small it is.

Armidale is having a Seniors' Month this September. A number of events will be held during the month and of course U3AA is involved. We are presenting a display of Tai Chi by Brenda Whitman's group and Bones and Balance by Bev Pitt's group. However, we will also have a continuous slide show of all our fitness activities and I would like to thank Alan Walsh who devoted a great deal of time and effort to produce pictures of all the activities. All this will happen at ASCA House and of course we will have material relating to all our activities. Hopefully we will gain some new members as a result.

The access ramp outside our main sliding door has proven to be a success. We have added three new ones inside. One at the step into the East room, one at the entrance to the corridor leading to the West room and Computer room and one at the step into the Gentlemen's toilet. In the near future we will add one to the step from the entrance into the kitchen. Unfortunately, not only do the steps vary in height between each other but the height varies across some of them. However, we hope that the new ramps will still be a big improvement on the previous situation. Already we have had good feedback on them.

Just another gentle reminder. Recently, an air-conditioner was left on overnight. Please ensure that the air-conditioners are turned off when you leave.

Enjoy your activities in Second Semester.

Ian Jackson.

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.



President's comment

In the previous two newsletters you were told about the important contributions made to the community by the Patchwork and Crochet Groups. This time it is the Knitting Group, as you will see from the contribution on this page by Marian. Please note her second paragraph. If you have any material at all which you no longer need please donate it to the group. Don't worry about it being only a small amount, they will most certainly find a use for it.

Turning off Heating and the Security of ASCA House

Now that the cold weather is upon us, please remember to turn off the air-conditioner when your activity at ASCA House is finished. Also remember that to avoid the building being left unlocked, 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. An activity may have been cancelled, perhaps at short notice, or may be starting later than usual.

Permission to use Photographs

When providing photos to the Newsletter please ask those in the photo for permission prior to submitting for publication.



June Answer

backhanded

August Puzzle

TYRE

In the Garden

The worst of Winter is behind us (hahaha) and we can see spring bulbs popping up, and camellias already in bloom. With Spring only a few weeks away, it's a great time for a bit of clear out and clean up. Our dry conditions have left gardens a traumatised but a good layer of mulch and a light fertilise will pick them up in no time.

- Roses can be pruned
- Rake up and mulch autumn leaves or pile them into garden beds
- Tidy up flower beds and borders
- Sow seeds that need a long growing season
- If you have a green house it can be cleaned out
- Hunt down and remove garden pests
- Move any deciduous shrubs now
- Check fences and gates
- Clean garden tools
- Prepare your compost area
- A few little flowers near your front door make a welcoming addition



Seniors' Month in September

As mentioned in my President's report, Armidale is celebrating Seniors' month in September with a range of events.

On Saturday, 7 September, between 10am and 12noon, U3AA is mounting a display of Tai Chi with members of Brenda Whitman's group and Bones and Balance with people from Bev Pitt's group.

There will also be a slide show of all our **other fitness activities** (thanks to Alan Walsh!) and information on all our courses.

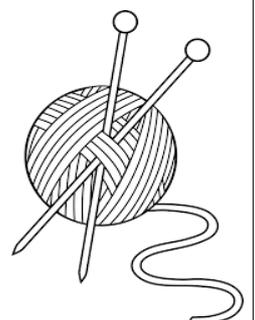
There will be brochures listing all events during the month of September and an official opening of the proceedings by Thelma McCarthy on 15 August (before you receive this newsletter) at the Bowling Club.

The idea of this early opening is to hopefully gain maximum publicity.
Ian Jackson

U3AA Knitting Group

By the end of 2018 our small group had made 8 knee rugs for BUPA. Some were made from squares, others were knitted in one piece. On average these rugs were 35"x45" in size. This year we spent the first semester having a sabbatical leave which as many of you know required that some knitting work be done in absentia. Sure enough on return in July we had another 3 rugs ready for BUPA. Our focus at present is to produce muffs for the Occupational Department at the local hospital. They will be used to benefit stroke and/or dementia patients keeping their hands warm and providing, within them, materials to provide exercises. There are definitely firm requirements to be met to make our latest venture successful.

Our members also work on their own projects for which they provide the materials. Resources for our other activities come from people from the community who have yarn (wool/acrylic/bamboo etc) that is no longer required by the family. We sort these gifts. There is rarely anything that is not of use to us.



Marian Stone
Course Leader

The sign says it all

A sign in a shoe repair shop:

We will heel you

We will save your sole

We will even dye for you

A sign on a blind and curtain truck:

Blind man driving.

In a Podiatrist's office:

Time wounds all heels.

At an Optometrist's Office:

If you don't see what you're looking for,

You've come to the right place.

On a Plumber's truck:

We repair what your husband fixed.

On another Plumber's truck:

Don't sleep with a drip. Call your plumber.

At a Tyre Shop:

Invite us to your next blowout.

On an Electrician's truck:

Let us remove your shorts.

In a Non-smoking Area:

If we see smoke, we assume you are on fire and will take appropriate action.

On a Maternity Room door:

Push. Push. Push.

At a Car Dealership:

The best way to get back on your feet - miss a car payment.

Outside a Muffler Shop:

No appointment necessary. We hear you coming.

In a Vet's waiting room:

Be back in 5 minutes. Sit! Stay!

At the Electric Company:

He would be delighted if you send in your payment on time

However, if you don't, you will be de-lighted.

In a Restaurant window:

Don't stand there and be hungry; come on in and get fed up.

In the front yard of a Funeral Home:

Drive carefully. We'll wait.

And the best one for last:

Sign on the back of another Septic Tank Truck:

Caution - This Truck is full of Political Promises

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.

Simple Joys

I often wonder why I am so contented living in this little town so isolated from BigSmoke, FleshPot, Noise, Traffic, Crowds...etc, - a town which is also so not isolated from Clear Blue Skies, Clean Air, Bracing Winters, Cooler Summers, Peace, Quiet, Easy Parking.....

Oops! Have I just laid out the answers to my own ruminations?

I could also add the facilities of a train service, air services, education facilities over and above those of most other towns, a Conservatorium and associated lively music scene, beautiful churches, a cinema, an abundance of great coffee venues, a choice of supermarkets (albeit with a strike against those responsible for closing down our independent grocer!), a general market once a month, and Farmer's market twice a month.

And my especial joy is having our own greengrocer, where we get to choose exactly what we want with the best of service, with no pre-packaging, and with paper bags and cardboard boxes provided. Most country towns are not so lucky.

Contentment can be an elusive thing until one starts adding up the blessings of one's daily life. With blessings such as all these on my doorstep, why would I want to go anywhere else?

Barbara Trehy.

Hahaha!

- Singing on the shower is all fun and games until you get shampoo in your mouth, then it just becomes a soap opera.
- I went to a really emotional wedding the other day.....Even the cake was in tiers.
- People say I'm condescending.....That means I talk down to people.
- I discovered I scream the same way whether I'm about to be devoured by a great white shark or if a piece of seaweed touches my foot.
- Want to hear a word I just made up? Plagiarism.
- I took the shell off my racing snail, thinking it would make him run faster.....If anything, made him more sluggish.
- Someone stole my mood ring.....I don't know I feel about that.
- A clear conscience is usually the sign of bad memory.
- And the Lord said unto John, "Come forth and you will receive eternal life" But John came fifth, and won a toaster.
- The main reason Santa is so jolly is because he knows where all the bad girls live.
- I changed my iPod's name to Titanic, it's syncing now.



Special thanks to all those who email **newsletter contributions** directly to me. It is very much appreciated and makes putting the newsletter together a peaseure.....Alanna

Book Reviews

The Lost Man *Jane Harper*

Set in the fearsome dry heat of the Australian outback, this story is of the three brothers of the Bright family. Nathan and Bub meet at the stockman's grave, an isolated monument, which is the scene of their third brother's death. Cameron has been the most engaging and popular of the three and it seems impossible to imagine how he has come to die in such conditions, given his knowledge of the country.

Nathan becomes aware that something has been troubling Cameron in recent times but he finds it hard to accept that Cameron is the victim of a bizarre suicide. His journey of discovery results in a timeless tale of family dynamics, which makes this book more than just a mystery to be solved.

The novel switches between episodes from the past and the present, and the author slowly reveals happenings that have shaped the lives of the three brothers. The excellent writing transports the reader to the isolation of the outback and the hot climatic conditions. A complicated web of family conflicts, betrayals, loneliness and forgiveness is the result and the various characters are compellingly drawn.

All members of our book group liked this book, which we felt showed the author at the pinnacle of her craft. There was a discussion about the title of the book and whether "The Lost Man" is the protagonist Nathan. Certainly, Nathan qualifies for this position but it could also be said that his two brothers, Cameron and Bub are also "lost men".

Highly recommended.

Marnie French.

Book Discussion Group Book Review

Dark Emu *Bruce Pascoe*

This book is an excellent source of information on Aboriginal societies at the time of colonisation and earlier. The author uses a wide variety of primary sources such as diaries and journals of explorers whose accounts are based on eye witness experiences.

The book outlines the preconceived ideas of many early settlers and the British colonisers. There are many examples of the skills of the indigenous people; for example fish ponds and trapping, food storage, carefully selected crops proven to be suitable to the land, extensive irrigation systems.

They clearly understood the value of soil preparation and conservation together with water usage and allocation. Several of the explorers give detailed descriptions of carefully planned house design and weatherproof construction.

Evidence is presented of a large and organised overall society in which tribes met regularly for discussion of matters of mutual concern, sharing of knowledge and feasting. Unfortunately this knowledge was largely ignored by the early settlers and thereby much valuable information was lost.

Jean Jackson

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Keeping well in Winter

Boost your diet - Eating foods that are high in vitamin C will help your immune system. Include fruit and vegies such as lemons, kiwifruit, capsicum and broccoli. Ensure your diet also includes lean meats, fish, poultry, dairy, legumes, wholegrains, nuts and seeds, and herbs and spices.

Exercise regularly - Regular exercise has a long-term cumulative effect on immune response. A brisk walk several times a week, if you are able. Socialise by walking with family or friends.

Scrub up - Frequent hand washing is one of the best ways to avoid spreading bacteria, viruses and other microbes. Wet your hands and lather up with soap for 20 seconds to help dislodge germs and rinse well under running water.

Sleep well - Lack of sleep can have a serious effect on your immune system, making you more vulnerable to catching colds. Create a relaxing bedtime routine, such as listening to soft music and avoid watching TV or using your computer just before bedtime and turn the lights down low an hour before you turn in for the night, as it will boost the release of melatonin in the brain. Also try to go to bed and get up at the same time every day, even on weekends.