

# Open Door

Newsletter 205  
7th February 2020

to healthy minds and healthy bodies



## President's Corner

A Happy New Year to all members. I specially would like to welcome our new members of whom we have quite a few. We hope you enjoy the courses and activities we have on offer. To any of our members from 2019 who have not yet re-joined we hope you do continue with us; we know that many people are away during the Christmas holiday period and hopefully this is the reason you have not yet renewed your membership, which is still \$50 for 2020. If you do not renew your membership by the end of February this is the last newsletter you will receive. As was indicated in the December newsletter and Course Booklet we have a number of new offerings in first semester. As always, our two Course Coordinators, Bron and Penny have performed wonders in a very demanding task. If you have enrolled in an activity but then decide not to do it please remember to let us know that you are withdrawing so that someone else can take your place. To meet our insurance requirements, only U3AA members can attend our courses and activities. Please remember to wear your name tags so that course leaders know you are a member.

Although we had nearly 650 members in 2019 I still am surprised that many people do not realise we exist or if they do then they have little idea of what we offer. So please, spread the word and let others know. One problem, which I have discussed with members of other U3A groups, is the word 'University'. Particularly in a university city, some people may be put off by this word. Please reassure them that we are not a university in the traditional sense, you need no qualifications to join us. We offer an enormous range of courses and activities to suit everyone.

Please note that as indicated in the December Newsletter, the **Annual General Meeting** be will held on **Tuesday, 18 February at 3:00pm at ASCA House.**

As many of you will be aware we have now installed a back-to-base security system. This follows a recent break-in we had when fortunately only a few dollars from our book sales was taken and there was no vandalism. However we felt that next time we might not be so lucky, hence the security system. There is a notice about the security system in the newsletter which details how we will operate the system given that it needs to be turned off in the morning and on again at the end of the day. It will also be on continuously at weekends and public holidays. **Please take the time to read this notice. There is a \$44 callout fee if the alarm is set off.**

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:

**2AD, 2ARM-FM, Armidale City Bowling Club, Eyecare Plus, Home Nursing Group, Moin and Associates (Lawyers), New England Foot Clinic, New England Travel, Newling Gardens, Oak Tree Retirement Villages, Regional Australia Bank, Shane Hutchison (LGHM).**

## In this issue

### Page 1

- President's Corner
- Our sponsors

### Page 2

- Notice Board - Important info
- Security System at ASCA House
- Humour
- Recipe

### Page 3

- U3AA Bushwalking
- Vale Geoff Kempster
- More Notices

### Page 4

- Book reviews
- Seniors Card Short Story Writing Competition 2020

## 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 Street  
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



### Signing Legal Documents

It has been brought to our attention that if you just date a document day/month/20 it would be possible for someone to just change 20 to 2018, for example. So for any important document always put 2020.

### Enrolling

Although we do have an Enrolment Day, we would like to emphasise that of course you can enrol at other times. You will appreciate that if all 600 plus members came along then we would face complete chaos.

### Name Tags

Name tags are printed in blocks rather than as soon as members enrol. Therefore there is a delay before they are printed (up to ten days). Posting large numbers is very expensive so it would be appreciated if members could pick them up from ASCA House. They are in a box, in alphabetical order, on the reception counter. Any not picked up after a reasonable time will then be posted out.

### Recipe: Raspberry, Mint and Apple Sorbet

#### Ingredients

- 500g packet frozen raspberries
- 2 tablespoons fresh mint leaves, torn
- 1 1/2 cups chilled apple juice
- Extra fresh mint leaves, to serve

#### Method

**Step 1**—Place raspberries, mint leaves and 1 cup apple juice in a food processor. Process, gradually adding remaining apple juice, until smooth and combined, scraping down sides of processor occasionally.

**Step 2** - Working quickly, scoop mixture into serving glasses. Serve sprinkled with extra mint leaves.

[taste.com.au](http://taste.com.au)

### Security System at ASCA House

As many of you will be aware, we have now installed a back-to-base security system. Obviously this system needs to be turned on and off and we are gradually working with course leaders who are either first in or last out from ASCA House on each day to ensure this happens.

**We feel that it is only necessary to have the system armed at the end of each weekday and then turned off when the first person comes in the next day. There is no need for the alarm to be switched on after every activity during the day, only after the last one each day. The system will be turned on at the end of the last session on Friday and then remain on until first thing on Monday. It will also be turned on all day when there is a public holiday.**

**If anyone needs to come to ASCA House during the weekend, a public holiday, or in the evening, (for example to check that the audio-visual system is working in the East Room) and they do not know how the security system works, then please contact a Committee member.**

It is a very simple system to operate so hopefully should not present any problems. **Of course if for any reason a course leader who normally turns the system on or off is not able to do so then they will need to ensure that someone else does. There is a \$44 callout fee if the alarm is set off.** As always it is important that doors are locked if there is nobody in the building. If equipment is stolen and/or any damage done then our insurance would probably be invalid if it were to be discovered that the building was not locked.

**However, the simplest rule is that when your activity is finished, if there is no-one else in the building (please check) 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.



- What do you call a fat psychic? A four-chin teller.
- How do poets say hello? Hey, haven't we metaphor?
- Why couldn't the bicycle stand up on its own? It was two tired.
- What do you call a rooster staring at a pile of lettuce? A chicken sees a salad.
- What did the traffic light say to the car? Don't look! I'm about to change.
- What do you call a parade of rabbits hopping backwards? A receding hare-line.
- Did you hear about the mathematician who's afraid of negative numbers? He'll stop at nothing to avoid them.

## U3AA Bushwalking November 2019

I can't remember ever arriving home from a walk and needing to empty my pockets of dust, grit and various vegetable matter. Luckily I did before the trousers went into the wash! Yes, our Friday 8<sup>th</sup> November walk will remain memorable for several reasons. Despite the rather ominous weather forecast, 15 walkers were keen to explore new territory including a climb to a good viewing point. The view over the gorge country, from the hilltop on "Wattleton" south of Metz, although already partially dampened by smoke and dust, was really spectacular. After identifying numerous distant bushfires from their vantage point and identifying many landmarks, the group followed the ridgeline to a very convenient lunch spot with both the view and friendly (or possibly envious) cattle to entertain them. The final viewpoint to the west convinced the group that the forecast was truly justified as the horizon was rapidly filling with dust clouds. With no hesitation the walkers headed homewards but not before being hit by incredible wind gusts, dust and dirt – and hence the grotty pockets! To their credit, there were no complaints, probably because people were too wary to open their mouths. Many thanks to the Waters family for providing the opportunity.

*Roger Epps*

*(Apologies to Roger for this item not appearing in the December issue of the newsletter due to the latter being printed early)*



*Caption: Portion of the panoramic view as backdrop to the U3AA walkers.*

## Vale Geoff Kempster

Members will remember the tribute to the Music Appreciation course of Geoff and Gretel Kempster which appeared in the December newsletter. Sadly, Geoff died on 28th December and we received a letter from Gretel, a precis of which the Committee would like to share with members. Gretel is happy for us to do this.

*To Ian Jackson and all the wonderful people who help run U3A Armidale.*

*Dear friends*

*Since the Armidale U3A began in the early nineteen-nineties, 'retirement' has changed into a new life, with new friends and enlivened interests for both of us, and we are very grateful for that. There will not be a funeral service for Geoff, but at some time (in a month or two) I hope to hold an 'open house' day when people will be invited to call in informally to remember him with a chat and perhaps some music.*

*Yours sincerely,  
Gretel Kempster*

*(All those who have participated in the course were invited to a special music session on Friday 31st January).*

## 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.

## REMINDER

**ANNUAL GENERAL MEETING  
of  
University of the Third Age  
Armidale Incorporated  
will be held on**

**Tuesday, 18 February 2020  
3:00pm**

**A.S.C.A. House, Armidale.**

**Come along, elect your  
management committee and  
enjoy a free afternoon tea.**

## Permission to use Photographs

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

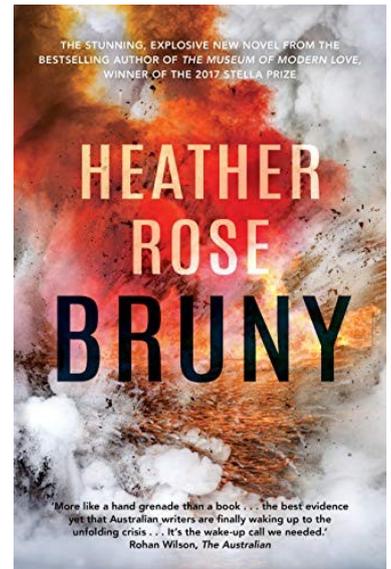


### The Executive

<b>President</b>	Ian Jackson	6707 2941
<b>Vice-President</b>	Ray Weston	6772 6508
<b>Secretary</b>	Shirley Cook	6772 7262
<b>Treasurer</b>	Diane Cherry	6772 7726
<b>Committee</b>	Sue Cameron	6772 0962
	Penny Nicholson	0408 272 011
	Barbara Trehy	0422 599 348
	Pam Walkley	0407 277 453
<b>Newsletter Editor</b>	Dorothy Barnes	0427 753 781

## BRUNY by Heather Rose

Astrid Coleman (Ace), a UN conflict resolution consultant agrees to return to her homeland where a massive new bridge is being built to join the island of Bruny to the mainland of Tasmania. Her twin brother is Premier of Tasmania, her elder sister is the Leader of the Opposition, her father is in care, having had a stroke and her mother is dying of cancer. Into this difficult family set up, Ace arrives and is asked to conciliate the protestors and the proponents of the new bridge scheme. An unexpected explosion partially destroys the bridge and emergency legislation allows Chinese workers to come in to complete it in the required time frame. However as the story progresses all is not as it seems and various twists and turns have the reader wondering what will come next.



Set in the near future, the novel is a satire on what could easily happen in Australia in the years to come. It is a thriller full of political intrigue, family relationships, loyalty and betrayal.

Environmental considerations, globalisation and romance are woven into the mystery of the suspected terrorist attack on the bridge.

The book is beautifully written and descriptions of the Island of Bruny capture its unsullied beauty. The content is topical and relevant with allusions to current political problems and community attitudes in Australia. Deceit and vested interests in all levels of society are exposed.

Everyone in our Reading Group loved this book and it engendered an excellent discussion. I found the plot a little far-fetched at the conclusion but other members thought it all very possible. Highly recommended.

*Marnie French.*

## 'Northanger Abbey' by Jane Austen

This is Jane Austen's first completed novel written when she was seventeen. The main character is an unsophisticated girl, Catherine Morland. The novel begins and ends in her home in the country but is largely set in the city of Bath. During her stay there she meets a variety of people and learns that not all of them are as they seem. She is invited to spend some time at Northanger Abbey with a family she meets in Bath.

Catherine's experiences there draw strongly on the Gothic style of literature popular at the time. The novel is a witty commentary on that style of writing and although the characters in the novel and the plot itself are shallower than in the author's later works it is an entertaining read.

*Jean Jackson*

*"The delight of opening a new pursuit, or a new course of reading, imparts the vivacity and novelty of youth even to old age"-  
Isaac Disraeli.*

## Seniors Card Short Story Writing Competition 2020

We have put information about this on the notice board at ASCA House. The theme this year is 'Resilience' and the closing date is 12 noon on 30 March.

The maximum length is 1,000 words. If you are interested, please look at the details on our notice board.

**Next Newsletter Deadline  
1st April 2020**

Please email contributions to Dorothy Barnes  
dkbarnes134@gmail.com