

Open Door

Newsletter 190

18 June 2018

to healthy minds and healthy bodies

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Next Newsletter Deadline

1st August

Please email contributions to Alanna
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Presidents' Corner

Our hardworking Course Coordinators, Bron Baker and Penny Nicholson have been very busy lately arranging courses (especially new ones), the Second Semester Course Booklet, venues, etc. When you receive your Course Booklet, please take the time to look at the new courses (which will be identified) rather than focussing on only those which you already know about. Information about three new courses is included in this newsletter. Along with this newsletter (everyone is getting a hard copy, even those who normally get it from the website) you will have received a Course and Activity Booklet for Second Semester. **Please remember that it is necessary to re-enrol in year-long courses which you took in first semester, even those which continue without a break.** This is in addition to enrolling in courses just starting in Second Semester. If you have changed any of your contact details (especially phone numbers) please let the U3AA office know, via your re-enrolment form, about those changes. Your phone number is included on the Class List that is given to each Course Leader as a point of contact when and if that is necessary. Please remember that if you decide to not continue with a course you should let the office know so that if there is a waiting list someone else can take your place.

We are delighted to have a new sponsor: New England Foot Clinic.

A few housekeeping details which have been brought to my attention. Some people are using a disabled parking spot on Markham Street who are not entitled to do so. Please remember that these spots make it so much easier for someone with a disability. On one occasion ASCA House was left unlocked and on another occasion the heating was left on in one of the rooms overnight. Please remember to lock up when you should and turn off the heating. If you move furniture around, please remember to put it back in the original position.

There is a notice on the Community Noticeboard at ASCA House about a Reuse and Repair Café which may be of interest.

Enjoy your activities in second semester.

Ian Jackson

New Sponsor

We are delighted to welcome a new sponsor: New England Foot Clinic

ASCA House

Please remember to lock up, turn off heating and lights and put furniture back to its original position. Thank you very much.

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, 2ARM-FM, Ducats, Shane Hutchison (LGHM), New England Foot Clinic, Moin and Associates (Lawyers), New England Travel, Newling Gardens, Eyecare Plus.

Roving reporter Barb Trehy,
asks the hard questions



The Editor Alanna and I happened to witness a stirring sight in the South Room last Tuesday afternoon - a large table, two ladies, one at each end of the table, swooping and diving at each end of it, a ball ricochet-ing off walls with the speed of light, and an enthusiastic audience cheering them on.

Verily, it was a scene to shame the Chinese Olympic Table Tennis Team.

It looked to be enormous fun, great exercise, and an amazing opportunity to develop hand-eye co-ordination. I'm told 18-19 faithful souls have been doing this for about 6 years, led by the trusty and hearty Glenys Crocker. I'm also told that a certain Mr. Kempster has a serve that says : "Be afraid. Be very afraid!".

More power to their collective elbows, I say.

The pic below says it all. (Margaret's dainty leg-lift and bare feet would shame Ava Gardner in "the Barefoot Contessa". All right - how many remember that film?)



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.

April Puzzle Answer
Top Secret

June Puzzle

T D C C

Contributions requested

We have well over 50 courses with U3AA and 6 times a year our dedicated Roving Reporter puts a little about one of the 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



It's back to *work* for us all - as Term 2 is upon us, and for the Network after a successful Conference and Annual General Meeting.

Over 80 representatives from more than 35 U3As attended the Conference in Canberra from 11th to 13th April, including three delegates from Western Australia and one from Tasmania who travelled at their own expense to attend. Feedback about the Conference was overwhelmingly positive, and much of value was learnt. Reports from the various sessions and presenters will be available over coming weeks through E-Bulletins, Newslink and our website. The AGM was also well attended, with all Special Motions containing changes to the Constitution passed. Minutes will also be posted on our website shortly.

Planning for next year's Conference is already underway, so put its location, Tamworth, and the dates 10th to 12th April 2019 into your diaries.

If you would like to subscribe to the U3A Network e-bulletin, please follow the link below and complete your details or you can download each bulletin from their website. [Subscribe](#)

Hilda Newley

I am sad to advise you of the recent death of our long standing member of U3A, Hilda Newley. Hilda was an original founding member behind the formation of U3A in Armidale.

The – between the dotes of birth and death seems very insignificant. Actually it covers the life of a very energetic person , who when she undertook a job performed it thoroughly and efficiently.

I met Hilda in 1992 when she was a member of the committee investigating the foundation of a branch of the University of the Third Age. Hilda would suggest an idea and provided it was accepted by the team, would then throw all her enthusiasm in forming a plan from. Hilda consequently developed the process of forming the U3a in Armidale.

Hilda spend about 20 years as a teacher at St Mary's School, Armidale and had helped all the children in her care to develop successfully.



My apologies for clipping the last line off the joke in April's newsletter . I have put the complete version in again.

Hahaha

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."

Q: Why are elevator jokes so good?

A: They work on so many levels.

Q: Why didn't the melons get married?

A: Because they cantaloupe

Q: What do you call a fake noodle?

A: An impasta.



Indonesian language and culture

This course is designed to introduce the student to an understanding and appreciation of the language and culture of the Indonesian people.

Drawing Basics And Beyond !

Learn the 'nuts and bolts' of drawing with basic materials (such as graphite pencils, charcoal) and techniques explained. Using still-life objects, each class will provide 'how to' exercises plus the opportunity to create images of your choice and the chance to put your creative stamp on your own projects! If you already have drawing skills, the opportunity to practice, sustain and develop your skills is always worthwhile.

- Drawing also has therapeutic benefits including: improving concentration and memory
- Helping to reduce depression, anxiety and stress
- Helping to promote positive emotions and creativity

Drawing is lots of fun! So.....Come along and get your drawing skills happening!

Walking and light aerobics workout

This is a fun workout class that includes some stretching, simple dance-inspired movements and walking the equivalent of a mile all in the comfort of the ASCA House's East room while enjoying some great music and Golden Oldies

Jordan Peterson's *Twelve Rules For Life: An Antidote to Chaos* Discussion Group.

Canadian psychology professor Jordan Peterson is well known as a man of erudition and integrity. He has vast experience as both a research and clinical psychologist, and his status as a formidable public intellectual has been enhanced through his extensive knowledge in many other fields. For the last few years he has been a very popular, and sometimes controversial, figure on YouTube where he offers his lectures, interviews and discussions to the general public. His recent book the *Twelve Rules For Life: An Antidote to Chaos* is an international best seller, and tickets to his public appearances at home and abroad continue to sell out within hours of release.

Despite its author's impressive credentials, this book is a very accessible one meant for the general reader. It provides a deeply ethical and reflective guide to living, and a wealth of material for fruitful discussion. This is not just another self-help book or a rigid set of rules. Instead it offers principles meant to counter the chaos that ensues without them, and the vacuum left by moral relativism. As Norman Doidge says in his Foreword to the book, "without rules we become slaves to our own passions". In each chapter, based on one of the twelve rules, Peterson draws on evidence drawn from hard scientific studies in evolutionary biology, psychology and neuroscience, and incorporates ideas from literature, mythology and wisdom traditions. He is particularly interested in the power of stories, from ancient myths to Disney movies, to reveal truths about the best way to function in the world. These insights are interspersed with an easy-to-read variety of stories and anecdotes from his many years of clinical practice and his own life experiences. High seriousness is interspersed with genial humour. Chapter headings include "Set your house in order before you criticise the world"; "Be precise in your speech"; "Do not let your children do anything which makes you dislike them"; and "Pet a cat when you encounter one on the street". These are snappy titles that only begin to suggest the depth of ideas within. The book has also prompted some intriguing critical reviews: "it's first twenty pages give a summary of evolutionary psychology that's breathtaking"; "Peterson speaks the way I always wished my father had ... "; "Peterson can take the most difficult ideas and make them entertaining"; "... if Peterson is right, you have nothing to lose but your own misery."

Personal responsibility is the overriding theme of this book. "If we each live properly, we will collectively flourish."

I hope this has whetted your appetite to explore Peterson's work. If you think this sounds of interest and you might like to take the course, you will need to purchase a copy of Peterson's book and read at least some of it before you enrol to see if this is for you. The town library has it on order but it will be some time before it arrives. It's available in local bookshops, and from Amazon and The Book Depository. You can also find a huge variety of Peterson's lectures and interviews on YouTube. Don't read about Jordan Peterson; he is so often misrepresented. Read him, and watch him, and form your own opinion.

I'm looking forward to stimulating discussions and lots of sharing and learning.

Corinne Buckland

Congratulations to Des Latham for receiving an Order of Australia award

Des has been involved with U3AA since its inauguration in 1992. Since that time he has been on the Management Committee every year as either President or Vice-President. As well as his service on the committee, Des also helped set up computer classes in 2000 and has been an instructor in those classes ever since.

Des has conducted dance classes for the U3AA and participates in regular classes each week in the wider community as both teacher and partner.

He is an active member of the Roman Catholic community and has, for about 60 years, been a regular reader at Mass.

With his late wife Jean, Des was a leader of a Family Group from when it started in 1994. His wife died in 2003 but Des is still an active member of the groups. He often helps with other parish events e.g. usher at Bishop's ordination, Planned Giving program, etc. He has also been active in St Vincent de Paul Society.

When Des's children were at school, he was active on the school boards.

Des is indeed a very worthy person to be awarded this Honour.



'Be Connected - Your guide to getting online'

Pick up a copy of this guide, available free from the U3AA office.

Be Connected is a free Australian Government initiative designed to help you get the most out of going online, so you can add new skills and experiences to your life.

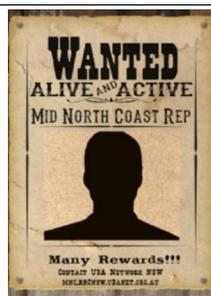
Be Connected can help you:

- learn the basics and realise the full potential of going online
- keep up-to-date with what's happening in your community and around the world
- find new or old friends who share your interests and hobbies
- be safe while you are online
- talk to family and friends who live far away
- learn how to shop online, safely and securely

The **Be Connected** guide will get you started and help you to make the most of the **Be Connected** website www.beconnected.esafety.gov.au

Be Connected is a great place for you to get the skills you need to use a computer, laptop, tablet or smartphone to access the internet. Whether you are just starting, or if you want to brush up on your knowledge and skills, or learn something new, you will find lots of free and easy courses to take you through the steps to becoming connected and getting the most out of being safely online.

The U3A Network has a casual vacancy for the Regional Representative covering the new Mid-North Coast region. This region includes U3As in Forster/Tuncurry, Manning Valley (Taree), Port Macquarie-Hastings, Kempsey-Macleay, Gloucester, Nambucca Heads and Coffs Harbour. The Regional Representative must be a current member of one of these U3As.



The position continues until the next AGM (April 2019), and involves being the link person between the Network and its members, attending two or three Committee meetings in Sydney over the year, and organising regional forums. All expenses including travel, accommodation stationery etc are reimbursed.

If you are interested please contact Ian Robertson on 0411 368495 or Laurene Mulcahy at regionrepccch@gmail.com

The Executive

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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.

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