

Open Door



Newsletter 192

18 October 2018

to healthy minds and healthy bodies

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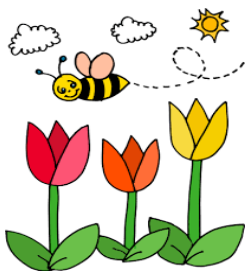
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Next Newsletter Deadline

1st December

Please email contributions to Alanna
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President's Corner

As I indicated in my previous report I have been overseas and have just arrived back in Armidale. Quite a change to come from a northern hemisphere Autumn to a southern hemisphere Spring. Hopefully the recent rain will continue. Already the Committee and Course Coordinators are well into planning for next year. We will be sending out course leaders' questionnaires in early November and it helps the Course Coordinators with their difficult task if replies are received by the due date. I know that Bron and Penny spend quite a bit of time telephoning those who do not do so. If you are thinking about running a new course or activity Penny and Bron would love to hear from you. Just contact the office and they will get in touch with you. We plan to have our Enrolment Day on Tuesday, 15 January and our Annual General Meeting on Tuesday, 19 February. Both dates will be advertised in our December Newsletter.

As in previous years, anyone joining U3AA after 1 October will be fully paid up for 2019. At our last AGM we agreed to increase our fee for 2019 to \$50. We managed to keep the fee at \$40 for five years but felt that an increase in 2019 was prudent. Despite grants we received over the last year or so we have had to spend some of our own funds on essential work to ASCA House and as you are no doubt aware, costs of everything are increasing.

In First Semester 2018, a flat rate of \$20.00 per Semester per course for each course member was charged for activities held at venues other than ASCA House. This practice will continue in 2019. Please note this only applies to activities held in other venues where there is a rental payment. As with other course charges, payment is due when you enrol. U3AA subsidises any rent and we hope you agree that this is still a very reasonable cost for a full semester. Prior to 2018 the amount paid by members varied depending on the venue and in some cases was paid at the start of the course but in other cases was paid on a week by week basis. One problem with the latter situation was that if someone did not attend then they did not pay. However, the rent still had to be paid in full. The course leader was responsible for collecting the money from members. We felt that we needed to make the system more equitable and simple so that costs paid by members did not vary greatly between activities. Therefore, the U3AA Committee identified the need to establish a reasonable "standard payment rate" for members of groups who use venues that attract rental fees. We felt that an amount of \$20 per Semester was appropriate.

As some of you will be aware, Shirley, our Secretary, former President and Office Wonder-Woman has health problems and had surgery in Tamworth last week. We all wish her well for a full recovery.

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.

Roving reporter Barb Trehly,
asks the hard questions



I look forward to **Tuesday Talks**. I appreciate the variety of topics and each presentation. There are talks from people from different walks of life - rural, university, business, life experiences, holidays, historical and geographical facts.

Ruth Blanchard.

Singing for Pleasure is a friendly, happy hour and I feel good after singing. The group is very social, keeps me mobile, and I feel alive after the exercises.

(Anon.)

With my lack of balance, **Tai Chi** helps my muscles going as best I can.

Jim Scanlan.

If you would like to add to our little column you can obtain a blank form from the front desk. Having a few words about the different courses and groups lets others know a bit more about what goes on and may encourage them to try something new.

Lost and Found

Looking for something? Perhaps you left it at your second home (U3AA). Call in to the office and you may get a nice surprise!!

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.

August Puzzle Answer Tuna

October Puzzle

Stood
Miss

The Tech Savvy Seniors (TSS) Regional Road Show is coming to Armidale



TSS is a digital literacy program run by the NSW Government in partnership with Telstra, tailored for seniors to learn about how to use and operate different pieces of technology.

There will be two sessions held in Armidale.

Friday 2 November

Location: Armidale War Memorial Library, 2/182 Rusden Street, Armidale

Time: 10.30am – 12noon and again at 1.30pm – 3.30pm

Topic: Introduction to iPads

Light refreshments will be served at the conclusion of both training sessions.

To register your interest, please email clayton.smithwick@facs.nsw.gov.au or call (02) 8753 9321. Spots are limited.

Please feel free to bring along your iPad otherwise the library will have iPads available for use during the training session.

Home safety

There are lots of things you can do to contribute to your safety at home:

- Add non-slip flooring to entryway, bathrooms, and outside to prevent falls.
- Install rails on both sides of staircases.
- Add grab bars beside bath and toilet; make sure they are strong enough to hold the weight of a person. Put a seat in the shower.
- Install extra lighting to improve visibility, especially at entrances.
- Replace steps with ramps, or add ramps.
- Remove all trip hazards.
- In the kitchen, make storage accessible, with open shelving and drawers. Make sure basins and sinks are at an easily accessed height.
- Make sure power switches are accessible.
- Replace cupboard and drawer handles with D-shaped handles. They are easier to use, particularly if you have limited strength or arthritis.
- Ensure you have easy access to a phone, especially at night. Invest in a cordless phone or keep your mobile phone on charge next to the bed.

Hahaha

- A group of chess enthusiasts checked into a hotel and were standing in the lobby discussing their recent tournament victories. After about an hour, the manager came out of the office and asked them to disperse. "But why?" they asked, as they moved off. "because," he said "I can't stand chess nuts boasting in an open foyer."
- When Susan's boyfriend proposed marriage to her she said: "I love the simple things in life, but I don't want one of them for my husband".
- I went to buy some camouflage trousers the other day but I couldn't find any.



UNIVERSITY OF NEW ENGLAND RESEARCH REPORTS [213]

Course Leader: Brian Hardaker 02 6772 1159

In conjunction with the University of New England, U3AA has arranged for some UNE researchers, mainly PhD students, to come and talk about their research. The topics may range across all disciplines.

The following four presentations will be offered to assess interest. Depending on the response of members and availability of speakers, we aim to continue the program in 2019.

The presentations will be held in the East Room of ASCA House.

Wednesday 24 October 2018, 2.00 – 3.30pm

Margaret Sharpe

The Coalsack and the Roo in the Sky: Places of Star Formation

Wednesday 14 November 2018, 2.00 – 3.30pm

Sally Bristow, School of Health

Maternal Health Rural Mothers health: mothering children with chronic conditions

Wednesday 28 November 2018, 2.00 – 3.30pm

Dr Jacqueline Epps, Medical School and a GP in Armidale

Changing our perception of pain: an uncomfortable reality

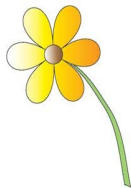
Wednesday 12 December 2018, 2.00 – 3.30pm

Fiona Murray, School of Health and Oorala Aboriginal Centre

Cultural Awareness or Awareness of Culture

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.



A new course in Musical History

I wonder how many music lovers have ever pondered how on earth one bare, totally unadorned line of Gregorian chant in the Middle Ages morphed into the unfathomable glories of Bach's Mass in B Minor.

It didn't happen overnight - in fact it took about 800 years, and it was a stunning journey woven into the rich texture of European history encompassing the early and late Medieval, Renaissance and Baroque eras of Western civilisation.

Come with me on a thrilling journey through

- early developing Christianity,
- the courtly love and chivalric culture of 14th century France and the Low Countries,
- the rise of Europe's magnificent architecture,
- the effects of the invention of the printing press in 1439
- the Reformation and rise of Humanism
- the upheavals of the Reformation after Martin Luther nailed a document to a church door in Germany in 1517
- the sonorous glories of Venice and Florence in the 1600s,
- the political turmoil in the 1600s of the English Commonwealth and Restoration, 30-Years War, Louis XIV,
- and the early Baroque trail-blazing giants of musical development who led up to J.S. Bach.

This is our story and heritage - our political and cultural development from 800-1750 AD, and it is a wondrous tale, forming the background to a journey through the music of these times via scores of music examples of the greatest music mankind has ever produced.

The course begins next year in Semester 1. No musical training is presumed or necessary, but some basic principles of music theory and notation will be dealt with briefly early on.

Each talk will end with a work by Bach.

All welcome.

Barbara Trehy.

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.

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Book Reviews

The Choke Sofie Laguna

Ten-year-old Justine is the narrator in this latest book by Miles Franklin winner, Sofie Laguna.

Justine lives in poor conditions with her War-damaged grandfather, as her mother left when she was 3 years old and her father is a feckless drifter with criminal tendencies. The setting is a small rural Victorian town along the banks of the Murray River. Justine finds sanctuary in feeding Pop's chooks and in the natural landscape, especially at 'The Choke' where the banks of the Murray River can almost touch. The latter is a place of beauty and refuge for Justine.

The men in the novel are violent, selfish and damaged. Aunty Rita is a peripheral female relative, but there are no adults in whom Justine can trust. School is alien as Justine is dyslexic and can't read. Her friendship with the disabled Michael Hooper ends when he is transferred to a special school prior to the transition to High School. As time progresses with Justine in High School, she becomes a victim of her naivety and her lack of care.

Laguna does a wonderful job of showing us the world through Justine's eyes, and the book abounds in beautiful descriptions of nature. It is a distressing coming of age tale depicting the cycle of male violence, poverty and neglect, and the intergenerational damage that results. The novel is generally dark and unsettling, and the reader has no trouble in recognising the pitfalls that must result for Justine. However, there is some hope at the end of the book.

The novel is masterfully written and Justine's voice is beautifully sustained throughout. It was greatly enjoyed by all the reading group members and is highly recommended.

Marnie French.

The Summer Before the War Helen Simonson

It is difficult to categorize this enjoyable book. It depicts a period of social and technological change in the small provincial town of Rye in Sussex where Beatrice Nash arrives to take up a position as Latin teacher. Through her experiences we are drawn into the lives of a wide variety of characters from every level of society.

The struggle for independence by women is a major theme as is the importance of social class in determining one's opportunities. Life could be very pleasant for the rich, fraught with difficulties and barriers for the poor.

A gentle love story between Beatrice and Hugh, who is training to be a doctor, underlies events. As war becomes reality these likable, vulnerable people have to face horrors they could not have imagined.

I was not looking forward to reading another 'war book' but Simonson's meticulous research and most of all the empathy and compassion with which she presents people and events changed my mind.

Every member of the group enjoyed it

Ann Pryosisilo

Aussie Fact file

- There are three times as many sheep than people living in Australia
- The Australian Emu – a large, flightless bird – can run as fast as 45km/h
- The Platypus is highly poisonous, and has enough poison to kill a dog or make a human seriously ill
- Wombat poo is shaped like a cube!
- The Box Jellyfish – which is found in the waters of the Great Barrier Reef – is responsible for more deaths than snakes, sharks and saltwater crocodiles combined
- The record jump recorded by a kangaroo is a whopping 9 metres in a single leap!
- Two native Australian animals, Platypus and Echidnas, are the only two mammals in the world that lay eggs to give birth
- Koalas sleep for about 20 hours per day
- Tasmanian Devils have the strongest bite per body size of any mammal
- There are 4 different species of kangaroo in Australia, with the Red Kangaroo being the largest. The largest Big Red ever seen was 2.1m tall and weighed 91kgs
- The Australian Thorny Devil is one of the longest-lived lizards of its size in the world, with a lifespan of up to 20 years
- The Kangaroo and Emu were chosen to be the two animals on the Australian Coat of Arms because they can't walk backwards, reflecting a forward-thinking culture
- 17 of the world's most poisonous snakes can be found in Australia
- Australia is home to around 1,500 types of spiders, 4,000 types of ants and 350 types of termites
- Australia has a larger population of camels than Egypt