

# Open Door

Newsletter 232

1st February 2025

to healthy minds and healthy bodies

## From the Desk of the President — Sue Cameron

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Armidale Incorporated

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### The Executive

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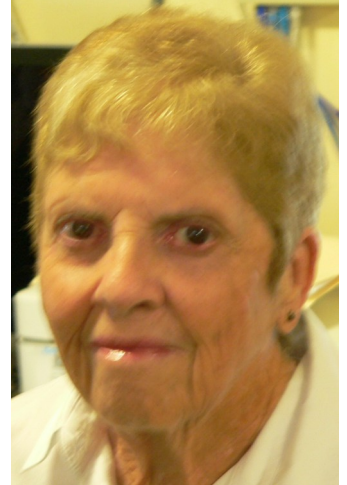
### NEXT NEWSLETTER DEADLINE

**1st April 2024**

Please email contributions to  
The Editor, Catherine Michael,  
u3aanewsletter@gmail.com

Welcome back to 2025, I hope the holiday period, spent with friends and family, was an enjoyable time for you all.

A special welcome to our new members. 2025 is certainly off to a flying start with 384 financial members already, 43 of whom are new members. Ladies still outnumber our male members by a long way, so how about it guys, stir some of your hesitant friends into coming along, they might even enjoy themselves, the odds are certainly in their favour.



Most of our memberships are paid either online or by personal contact at our office in ASCA House, however, just a reminder if you are having difficulty with either of these options, you can renew your membership and enrol in Courses over the phone using your credit card. Our office staff are only too happy to help, but just remember to do this during office hours, Monday to Wednesday, 9.30am to 12 noon. Also a reminder, the volunteers like to close up at 12 noon sharp, so please give them time to enrol you by coming to the office well before closing time.

Sadly, Bill Crocker died on Sunday 14th January 2025 aged 98. Bill has been our oldest and proudest member for many years. Bill joined U3AA in 2009, most recently enjoying our Armchair Theatre and two classical music groups. Our sincere condolences to his wife Lenore Crocker who continues to be an active U3AA member.

Tuesday 11<sup>th</sup> February is the date for our Annual General Meeting which commences at 2.30pm in the East Room of ASCA House. Formal notice will be sent to all members by email, or post for those without an email address. Please come along and show your support for those who run your organisation. Better still, as we have two known vacancies, volunteer to join the Committee. The job is not onerous. We now meet bi-monthly during which time we exchange ideas on how to improve your organisation and general management. As you are all well aware, we then have two very capable individuals who enact our decisions, so, not much stress for Committee members! Hope to see you on the 11<sup>th</sup>.

### Please support our sponsors:

2ARM-FM, Armidale City Bowling Club, Bunnings, CGA Country Glass and Aluminium, Chris Ferris, Armidale Horticultural Services (0458474035), New England Foot Clinic, Regional Australia Bank, SportUNE.

For further information sponsors' websites can be accessed from the U3AA website [www.u3aa.org.au](http://www.u3aa.org.au)

## U3AA AquaStretch 2024 'Muck up Day'

The real heroes of the day who deserve all the credit for our very successful Muck up Day were Jennifer Cook and Kathy Harris. It was all their hard work and skills, that made the morning such a success. Of course the AquaStretch team entered into the spirit of the games. Decorum went out the door, in came a group of seniors who would put any teenagers to shame. They all had a wonderful fun time, even though they were unruly, noisy, wouldn't listen to instructions, talked over one another and cheated when they thought they could get away with it! Let's hope when Jenny and Kathy recover from their efforts, we can do it all again at the end of this year. *Margaret Milligan, Leader of AquaStretch*



L: Kathy Harris, R: Jennifer Cook

If you would like to watch their video on YouTube, click this link [4 January 2025](https://www.youtube.com/443?) which will open this box:

Open Web Page

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Do you want to open the page at <https://www.youtube.com/443?>

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Cancel

Click

for a couple of minutes of fun.

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## Member Profile — Liz Peasley

Liz was born in a little town called Gresford, near Maitland. She lived in Bowral for some time and moved with her husband and family to Armidale. The move also positioned the family closer to both sets of parents: her parents in Armidale and Brian's parents in Inverell.

She has a son with Downs Syndrome (39 years old) who lives at home with them. Her other son works at A&E here in Armidale and her daughter is married with 2 children, lives in Grafton and works in probation and parole. Both children love their challenging jobs and Liz is proud of all her children.

Liz is a retired teacher who worked initially at Walcha when the family moved to Armidale and then at Newling Public School. After years of commuting significant distances to work, Liz loved the ease of getting to work at Newling. Liz retired in 2021.



She joined U3AA when she retired. She had always wanted to do yoga but just could not find the time when she was working so retirement opened new doors for her. She loved her Monday classes with Saroja so much, she was thrilled when Bron introduced a Friday Chair Yoga session and immediately joined that. Two years ago, she joined the line dancing class with Denise. She finds all her classes wonderful and is so appreciative of the instructors who give up their time to share their interests with the groups. She has re-enrolled for all her classes for 2025 and added Bones and Balance as well. She figures that 4 exercise classes a week should keep her super fit and healthy.

Liz believes that the social elements of her classes are a major benefit to her. She loves meeting different people, and catching up with those she knows in the various classes. Friendships grow out of these classes and Liz loves catching up with classmates outside of the U3AA classes. She notes the wide age range of people in the various classes and hopes (with fingers crossed) that she will be able to continue to participate with the same levels of intensity as demonstrated by some of her older classmates: people of whom she is in awe!

Lovely to talk with you Liz and thank you so much for your time  
*Margaret Sims.*

## U3AA NOTICEBOARD

### Option to Change the U3AA Logo

A big *Thank You* to all who responded to the email to all members late last year about the change of logo for our organisation. The overwhelming response was positive to change to the more recognisable one associated with the worldwide organisation.

The final say will be at the AGM on the 11th February but we look forward to the decision being confirmed then.

After several suggestions to personalise it, the new logo will be:



### Annual General Meeting 2025

#### Please Note:

Our Annual General Meeting will be held in the East Room at ASCA House at 2:30pm on Tuesday 11th February.

Enrolled Members are entitled to vote at the meeting

The financial results for 2024 will be presented at that time. Also included will be the results of the survey about the proposed change of Logo.

We look forward to seeing you there.

*Doug Barber,*

*Treasurer and Public Officer*

## U3A NETWORK NSW INC. UPDATE

Tamworth U3A has shared an incredible history resource:

*'Gordon Holding has been presenting history talks to Tamworth U3A members for the last 12 years. Gordon has an incredible knowledge base and has created a link that would enable all NSW U3As to access his presentation notes, free of charge, focusing on European, British and World History. Gordon taught and advised in Further Education for 30 years in the UK and eight years in Australia.*

*Gordon has loaded class material and advice to tutors on a website, granting access to any not-for-profit organisations who would like to use it to run classes.*

The link is [historywithgordon.com](http://historywithgordon.com) [www.historywithgordon.com](http://www.historywithgordon.com)

Topics include:

- *Medieval History x 9 items*
- *Political Ideologies x 5 items*
- *Money and Finance*
- *Creating the Railways of New South Wales*
- *Crime and Transportation in 'Long 18th Century' England*
- *The Celts*
- *A Brief History of The Ukraine*
- *World War Two and the Demise of Fascism and Communism*
- *The Rise of Islam*
- *History of Afghanistan*
- *The Templar Inheritance.*

# Annual Calendar

University of the Third Age Armidale Inc.

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Have you picked up your 2025 Calendar yet? \$10.00 each  
Call in to the office and get one. Mon - Wed 9:30 to 12:00



Armidale Arboretum - Photography Group

## SUMMER ABUNDANCE

Oh the joys of summer! The warm weather, enjoying the sun and catching up with friends and special loved ones. My little summer garden is productive, and I enjoy picking bits-and-pieces to add to salads and meals.

This summer was especially joyful for me as my plum trees were heavily laden with fruit and my mum visited Armidale and helped me make jam. Our hands were stained for days but the jam was delicious! Mum took some of the bounty home to see her through the winter, with extra jars to give to her friends. I feel very lucky to have such an active and engaged mother. She will be 100 in July. We also made delicious plum cakes.

I planted the plum trees in 2011 – one a 'Santa Rosa' with golden fruit and the other a 'Mariposa' with rich blood-coloured fruit – in the garden near the nature strip in Dangar Street anticipating that children walking to Armidale City Public School would be able to pick them on the way to-and-from school. But my calculations didn't work out as the fruit ripens late December and January – right in the middle of the school summer holidays.

*Margaret Bain*

