

Open Door

12th February, 2024



to healthy minds and healthy bodies

Contact Details

University of the Third Age
Armidale Incorporated

Mail to: **PO Box 1440
ARMIDALE NSW 2350**
Phone: **6772 2752**
Email: **u3aarmidale1@gmail.com**
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**
Website: **www.u3aa.org.au**

The Executive

President	Sue Cameron	0429 781 330
Vice-President		
Secretary	Margaret Sims	0421 659 467
Treasurer	Doug Barber	0439 769 003
Committee	Sene Hicks	0438 448 341
	Carole Peacock	0438 237 990
	Laurie Pulley	0421 453 525
Newsletter Editor	Dorothy Barnes	0427 753 781

NEXT NEWSLETTER DEADLINE

1st April, 2024

Please email contributions to
Dorothy Barnes
dkbarnes134@gmail.com

From the Desk of the President — Sue Cameron

With February now commenced, it's full steam ahead for your U3A, as most courses are up and running. Some of our more enthusiastic groups barely stop for Christmas! Our more popular activities are mostly full, with waiting lists established for those already closed.

Thanks to Penny and Saene we've had a tremendous response to the membership drive, with 389 financial members as I write.

A big welcome to our new members, we hope this is the beginning of a long association.

A couple of items for your attention, and a reminder to all members:

The office opens Monday to Wednesday 9.30am to 12 noon. Outside these times, information is available on our website, www.u3a.org.au or by email on u3aarmidale1@gmail.com. Doug Barber, Penny Nicholson and Joanne Pateman (a new member) work Mondays, Doug, Penny, Ian Jackson, Margaret Bain and Dianne Mitchell Tuesdays, and Doug, Penny, myself and Gail Moffatt (who unsuccessfully tried to retire after helping out for many years) work Wednesdays. A big "Thank You" to all.

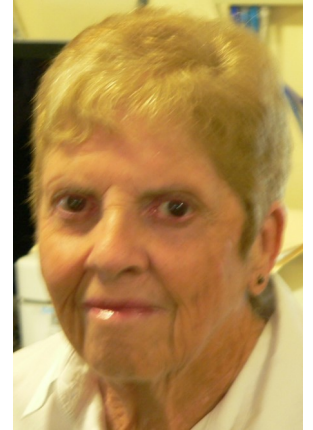
It is a requirement of our insurance policy that all members wear their name tags to all activities. We print these off every Wednesday and place them in a box on the office counter from where they can be retrieved at any time. *Just please put them back in alphabetical order!*

We are nearing the end of our renovations. The men's toilet is close to completion, the roof is weatherproof and the kitchen painted. The committee has decided to use some funds to paint the East and West Rooms along with the Hallway. All in all, a great result.

On the subject of the committee, our Annual General Meeting is scheduled for Tuesday 20th February at ASCA House, commencing at 3pm. We have volunteers for our Executive but need Committee members. The work is not onerous. We just need ideas from those prepared to come along once a month on the second Monday at 1.30pm. Our meetings are short and concise.

Please give this your serious consideration, as all the amenities, courses and memberships amount to nothing in the eyes of Fair Trading if we don't have functioning management, as prescribed in our approved constitution.

Sue Cameron



Please support our sponsors:

2AD, 2ARM-FM, Armidale City Bowling Club, CGA Country Glass and Aluminium, Chris Ferris, Armidale Horticultural Services (0458474035), Home Nursing Group, NECOM, New England Foot Clinic, New England Travel, Newling Gardens, Oak Tree Retirement Villages, Regional Australia Bank, SportUNE.

**For further information sponsors' websites can be accessed from the U3AA website
www.u3aa.org.au**

Aging – Let’s Talk About It!

Baby boomers have started to hit the phase in their lives when they are faced with the changes that come with increasing age. Some of these changes would have been experienced even by generations past, while others are quite new and typical only to the very different physical and social environment we are facing today.

Coming from a background of 17 years of aged care, especially dementia care, I’ve witnessed the various situations the aged can find themselves in. And I’m not just talking about the residents themselves, but also their ageing relatives: partners and children who often had acted as carers for their loved ones prior to their entry into residential care, sometimes in situations that in my opinion justify the description ‘unsung heros’.

I notice that there is considerable stigma attached to many of the processes of ageing, which means that people affected tend to hide their difficulties, thus making it easy for our society at large to ignore the problems, instead of assigning resources to developing solutions.

All of this has been brought to a new level of awareness for me, as myself and many of my friends and family are meanwhile directly affected by ageing-related issues. I have noticed how strongly feelings of embarrassment, and sometimes even denial, are shaping the conversations about these issues. I am longing to compare notes openly

and find out which of the typical struggles have been countered with practical and often unexpected solutions. But also to distinguish these issues from others which are best met with changes in attitude and expectations. I think there is a wealth of personal experiences out there, and I imagine how good it would be for everyone to be able to tap into the learning of others, and share their own.

These thoughts have led to the idea to start a discussion group about ageing issues, as part of the program of the U3AA. It is scheduled to start on 8th March 2024. The basic idea is to talk about some of the issues and experiences typical for this stage of our lives. Each session will address a specific topic, where we have the opportunity to explore the challenges and possible solutions to this subject. While I can already think about a whole range of suggestions, I imagine all of you can too. The topics actually discussed will be those of most relevance to the participants.

It is my hope that ultimately, the experiences of us boomers, just because there are so many of us, will bring forth improvements in the conditions of all who are ageing. That new solutions will be found to old and new problems. Maybe our U3AA discussion group could be contributing to this process, and our problems and solutions of today could be a start to improve not only our own lives, but also the lives of those who follow us.

Karla Muir—Course Leader

WORK PROGRESSES ON THE LONG-AWAITED RENOVATIONS

photos by Doug Barber



*Above: The new floor going in
Below: The new tiling in the men's toilet*



*Above: The new roof over the South Room
Below: The newly painted kitchen*

