

Open Door



Newsletter 231
1st December 2024

to healthy minds and healthy bodies

From the Desk of the President — Sue Cameron

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Armidale Incorporated

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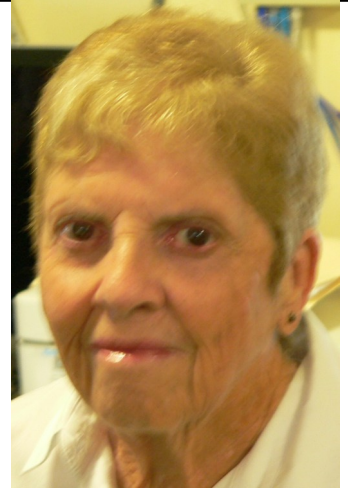
NEXT NEWSLETTER DEADLINE

1st February 2024

Please email contributions to
The Editor, Catherine Michael
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What a successful year 2024 turned out to be. Our membership, many of whom were new and younger members, topped the 500 mark, and as I write, we already have 288 financial members for 2025. All in all, a great result.

None of this would happen however, without the ongoing support and cooperation of so many. My sincere thanks go to the members of your Committee who freely give their time to keep the organisation functioning, the office volunteers, the many course leaders, who, this year in particular, agreed to expand membership of their activities so we could overcome the perception that it wasn't worth joining U3AA as all the courses were full from year to year, and you, the members who supported us. Finally, and most important of all, Penny and Doug, our "Go To" people without whose untiring patience and planning, this organisation would struggle to function. Again, to all of you, a very big "Thank You".



I must mention in closing, the beautiful and unique Christmas Tree, a photo of which is featured in this newsletter. Created by the Crochet and Knitting group, it stands in the foyer and is well worth a visit to view the skill and artistry involved.

To all of you, I wish a happy Christmas with your friends and families. I look forward to you joining with us again in 2025. The various starting dates are advised in the Course Booklet and online.

Sue Cameron

PS: Have you forgotten to advise us of your email address?

The cost of postage means we cannot afford to send newsletters and Course Booklets by mail. They are emailed to members, posted to our website and made available in hard copy from ASCA House reception.

Important U3AA information and updates are communicated via email. Some members without email have solved the problem by providing the email address of a family member who then passes on the information.

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

NERAM volunteers Margaret Bain and Sylvia Ransom are also members of U3AA



On 16 October 2024, Sylvia and Margaret hosted a group from Tamworth U3A who have been participating in a course coordinated by Wendy Smith – ‘Themes in Art: Some Australian Women Artists’. The group meet for two hours each week on a Wednesday. The focus this term has been on women artists born in the second half of the 20th

A trip to Armidale was planned by Tamworth course tutor Wendy Smith and Sylvia Ransom, librarian at the New England Regional Art Museum (NERAM) to look at the work of the women artists displayed in the ‘Wonders of Hinton’, a selection from the Howard Hinton Collection.

The group lunched at NERAM’s Six Counties Café and had the opportunity to visit the other exhibitions on current display at the gallery.

Margaret Bain

U3AA Crochet and Knitting 2024 Group Project



The Crochet and Knitting group have been quietly working on this project all year. Bernadette Gratten worked out the multi-layered mathematical puzzle, Terry Boys (U3A Writing for Fun) offered his artistic engineering abilities for the frame, and the crochet and knitting group, created it as a team, for everyone to enjoy.

U3AA Aquastretch Christmas lunch



U3AA NOTICES

Course and activity update for Semester 1, 2025

New

- ◆ AAA Art for Beginners with YouTube—Make the Most of the Free Stuff
- ◆ Agreeing to Peace and Building Connection
- ◆ Australian Classics
- ◆ Book Club—Silent Boom Club
- ◆ Drawing Fundamentals
- ◆ French Continuing
- ◆ Lovers of Words

Returning

- ◆ Great Ideas and Scientists that Changed the World
- ◆ Indigenous Art and Culture

Classic Movies

The class this year was the most interactive in the past 5 years that we have been operating out of the East Room at ASCA House. We have screened 88 films within the past five years. This has evolved as our members have become closer and closer friends. We would like to thank the U3A Armidale office staff and volunteers for their terrific support – particularly Penny and Doug.

John Wearne & Mike Gibson

COMMUNITY NOTICES

Monckton Aquatic Centre

People over the age of seventy - five years can now swim for free at the Armidale's public swimming pool located at 162 Dumaresq Street. The facilities contain multiple pools - competition, learners, and toddlers. All pools are heated to 26C.

Opening hours during the swimming season:

- ◆ Weekdays - 6am to 7pm
- ◆ Weekends & Public Holidays - 10am to 7pm

'Friends of U3A' NSW

In November 2024, a group of Parliamentarians, across the political spectrum, joined together to form the "Friends of U3A" in NSW. A similar group formed in Victoria and succeeded in securing annual funding of \$510,000.00. NSW's Mr Brendan Moylan MP, (appointed Joint chair) visited U3A Armidale Tuesday Talks program and received a supportive welcome. The first "Friends of U3A" meeting will be held in early 2025 and it is hoped that a positive contact with Brendan will continue for our Armidale, NSW Branch.

Doug Barber - Regional Representative New England & North West

Annual Calendar 2025

University of the Third Age Armidale Inc.

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Armidale Arboretum – Photography Group

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

What if

Sue Mussett (U3AA Writing Group)

What if the world was a perfect place
And we weren't concerned with colour or race
If we gained respect without having to ask
And if manners were not a thing of the past

What if the jails were empty and bare
And people took much more time to care
If locks on our doors were never in use
No innocent child ever suffered abuse

What if we went back to old fashioned rules
And children were safe walking to and from school
If our youth could become the best they could be
Because a great future was all they could see

What if there were no weapons of war
And no gap between the rich and the poor
If toil bought pride at the end of the day
And we listened to what others had to say

What if work was a four letter word
For all to aspire with profit assured
To reap the rewards of a job well done
To teach by example our daughters and sons

What if everyone protected our trees
And learned new ways to tend to our needs
No sprays or poisons dumped in our creeks
No lead in our paint, no fumes in our streets

What if this was and we all agreed
Instead of the way that it seems to be
Would it be perfect, would God be sated
And He could then be proud of what He created.

The Australian Poetry Slam finals for 2024 were held in Sydney in October, and among the NSW state finalists was U3AA member Terry Boys. Terry had attended a poetry slam workshop earlier in the year and was inspired to have a go by a couple of poems he saw/heard on YouTube. The poems highlighted the idea that courage and determination come from within. My sincerest admiration and congratulations go to Terry for making it into the NSW final in his first foray into poetry slam.

The NSW final was held in 'the Glasshouse' space at the NSW State Library on Saturday night 12 Oct. Terry's first poem, *Dinner Time*, was very well received by the audience and rated highly with the scorers, earning him a spot in the top five for the state. His second poem, *Man Flu*, was also well-received and scored well. However, only two performers from NSW could be selected for the Australian final, and Terry's score did not quite make it.

The national final was held in the Sydney Opera House on Sunday night 13 Oct. The ultimate winner was Jo Giles from WA, I was astounded all over again at the power of poetry distilled, concentrated, and expressively delivered in a two-minute performance.

Terry told me after the 2024 competition ended that he felt that he never wanted to do it again. However, his 'fans' in the U3AA Writing for Fun group hope he will reconsider.

Jennifer Purse, (U3AA Writing Group)