

Open Door

13th August, 2024

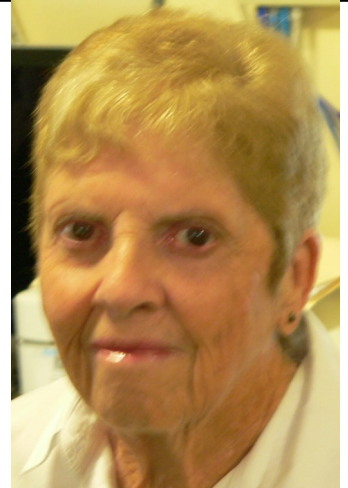
to healthy minds and healthy bodies



From the Desk of the President — Sue Cameron



With our membership numbers approaching 500, (a great outcome from the effort put into our recruitment drive), we are now well into Semester 2 in which we have added several new Courses. The Booklet has been circulated by email and hard copies are available from the office.



We are always looking for new suggestions and ideas, so if you have any special skill areas of interest, and would be prepared to become a Course Leader/Facilitator, Penny and Bron, our Course Co-ordinators, would love to hear from you. This could be for a semester or any period of time that suits you. Contact the office to arrange a chat with them.

We continue to accommodate most course enrolment requests, although some courses are now full and have short waiting lists. For this reason we would appreciate you advising your course leader if you decide to withdraw from a course. By so doing someone on the waiting list can be offered your place.

A reminder to all members using ASCA House. Please ensure all the lights and air conditioners are turned off when you leave, regardless of whether another course is due later in the day. Also Leaders, please set the alarm when exiting the building (clear instructions are posted beside the door). Unfortunately, we continue to find the alarm being left off overnight.

Finally, a reminder of the **Scam Alert** recently raised by Penny. If you get an email from a fellow U3AA member saying they would like to speak with you but can't because they have a throat problem, **Delete** it. If you reply, you will be asked to purchase gift cards on their behalf! I've had two such messages recently, and the office one.

Sue Cameron

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9:30am to midday and at
other times by appointment
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NEXT NEWSLETTER DEADLINE

1st October 2024

Please email contributions to
 Dorothy Barnes
 dkbarnes134@gmail.com

ComputerBank New England Inc.

Tip Rd Uralla NSW 2358 - PH: 026778 4819

The Committee of ComputerBank New England wish to welcome Roland Bennett as our new IT/Manager, Michael Walker and Wayne Walters, who will assist with the refurbishment of computers. **ComputerBank is now taking applications for refurbished computers.**

We are still receiving E-waste and dismantling items. If you wish to volunteer or become a member, we are open Monday, Tuesday and Thursday 9:30 - 3:30pm. We can be contacted on 6778 4918. Visit us in person, email us on cbne.uralla1@gmail.com or visit our Facebook page. Thank You **Anna Schofield - Secretary**

Member Profile: MURRAY GILES



Murray was born in Melbourne in 1947 and grew up there. He studied electrical engineering and worked for four years in the Snowy Mountains Project commissioning power stations. He swapped careers by transferring into the risk management sector and was employed in a number of different organisations including the State Electricity Commission, gas and fuel corporations, Australia Post (national) and RMIT.

Murray and Barbara moved to Armidale in 1990 for Murray to take up a risk management position at UNE, a role from which he retired in 2000. He also ran a risk management consulting business where he functioned as an expert witness in personal injury cases heard in the supreme and district courts.

Murray and Barbara are avid supporters of a range of performing arts – music and drama in particular. They attend four to five U3AA sessions a week and enjoy the social interaction these opportunities provide. Their role in U3AA might best be known by members through their escorted Japan tours. They have run 49 tours so far and are planning to continue to offer these tours with three on the books for this year (interested parties can contact Murray directly for more information). They have fallen in love with the people, culture, architecture and geography.

Perhaps not so well known by members has been Murray's role in the renovations of ASCA House. Murray had worked behind the scene helping Doug with planning, networking and the necessary approvals. We all have benefitted from this work.

Margaret Sims

Treasurer's Report for June

Profit & Loss 6 Months to 30 June 2024

Income

Total Subscriptions Received	\$34,321.04
Total Course Costs Recovered	\$94.50
Total Interest Received	\$555.23
Total Other Income	\$1,064.46
Total Income	\$36,035.23

Expenses

Total Course & Activity Costs	\$2,525.83
Total Furn, Equip & Software Costs	\$216.25
Total Office Costs	\$1,935.37
Total Premises Costs	\$8,423.33
Total Other Costs	\$6,607.62
Total Expenses	\$19,708.40

Net Profit / (Loss)	\$16,326.83
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Doug Barber

Treasure/Public Officer

GRETEL

Gretel opens her house
To Verdi, Beethoven and Strauss -
She and Jan have good reasons
For Vivaldi's Four Seasons,
The audience quiet as a mouse.

Though they shuffle with multiple ills
And the rattle of dentures and pills
The assembly of oldies,
Of silver and goldies
Come to learn and enjoy of free wills.

A repertoire written by hand
Lists the soloist, singer and band,
The composer - of course -
Be they German or Norse,
Heard on speakers the best in the land.

I used to be fussy
But warmed to Debussy
And came round to Bruch -
He's OK in my book -
And Tchaikovsky's worth more than a look.

So if you are over the hill
You'll find Gretel living there still
In Catherine Street
Where the old codgers meet
She gives them their Classical fill.

Jack Bedson

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

FROM THE WRITE, WRITE, WRITE GROUP

A SMILE

The world is a sadder place because you did not smile

The world is a colder place because you did not smile

The world is a poorer place because you did not smile

Who knew that something so simple and cost free

Had the power to change an hour, a day, a life

Thereby making it priceless

So - practice your smile where ever you are

You never know it could change a life.

Sue Mussett

In the Write, Write, Write group, we were introduced to the limerick as a poetry form.

A limerick is a popular form of short, humorous verse that is often nonsensical and frequently ribald. It consists of five lines, rhyming aabba.

Here are two I composed:

There was a young man from Berlin
Who beguiled the whores with his grin.
They exclaimed 'Oh Lors'
When they sighted his drawers,
And asked for their payment in gin.

There was a young lass from Pomona
Whose favourite beer was Corona.
She became very drunk,
Now her morals have shrunk,
And she's developed a diff'rent persona.

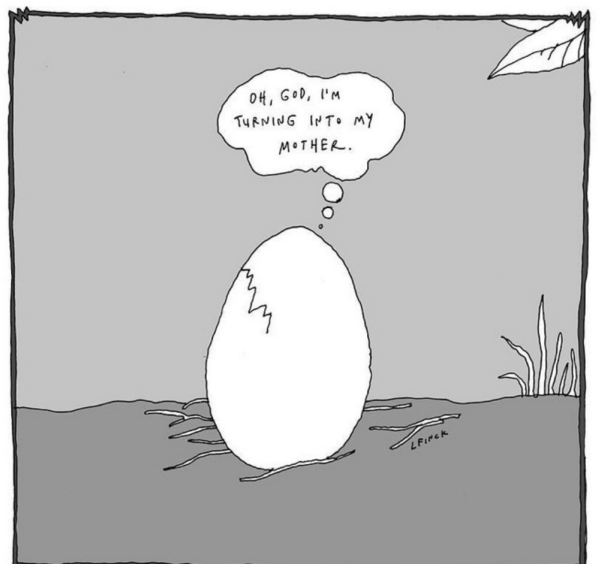
Jennifer (Purse)



Members of the Write, Write, Write Group who gather on Monday morning to share stories and encourage and inspire creativity. Clockwise from right, Jennifer Purse, Peter McLeish, Gene Swindell, Sue Mussett, Bev Saunders, Cathy Michael (Group Leader) Jennifer Hatte and Terry Boys.



"I got into medicine because I have a passion for confirming people's birthdays."



New York Mag

New opportunity in collaboration with U3A Canberra - 'Superannuation: Understanding the Systems'.

The course will explain how the superannuation works and how you, as a customer, interact with it. The knowledge you gain will help you to find reliable information, better understand your financial advisors, and make decisions in your own best interests.

Commences 10 September 2024 for 10 weeks, Tuesdays 10am - midday, in members' homes on Zoom. Enrolments accepted from 26 August 2024.

Please refer to the U3AA Course & Activity Booklet for information about the course and how to join. The U3A Canberra Course Leader, Carol Flynn OAM, has provided the following further detail about how the course will run:

- The week before Session One, I will email all participants with details of:
 - o how to attend the course (face to face and on Zoom). I am available on my phone to talk to people who are unfamiliar with Zoom. Most participants find it easy to use, in my experience.
 - o how to pay the \$20 course fee into my account for U3A room rent, my Zoom membership, and a charitable donation for our lawyer; and
 - o I attach the first session powerpoint presentation, handout and other interesting background reading.

- On 10 September I will run the first session with the group in the room and also the people on Zoom. That means there is plenty of interaction between all the participants and with me. (I usually have to help some people with Zoom that day on my phone!)
- After the session, the people who attend receive the link to the recording of the session and may email me questions during the week for clarification next time.
- Then each week continues that way:
 - o the pre-session email with presentation and readings,
 - o the Tuesday session for people in the room and on Zoom, and
 - o the post session email with the recording link and asking for clarifying questions.
- The final week we have an expert estate lawyer (familiar with NSW as well as ACT legislation) to talk us through 'What happens to my super when I die?'

An updated U3AA step-by-step instruction on how to use Zoom is available, either by email or hard copy from ASCA House reception.

Penny Nicholson

Member Profile: Kaye Mill

Kaye grew up in a small place called Pilliga and went to boarding school in Tamworth. The girls had to be tough at that time – they slept in dormitories out on the veranda all year round. She moved to Armidale to attend teachers' college and engaged in a number of rather interesting activities including fencing (the kind with swords, not fenceposts!).

This was her first introduction to creative writing, an area she really enjoyed, and it was at this time she first began to write poetry. She has subsequently had three books of poetry published, and one of her poems was performed in the 2023 *Favourite Shorts* programme by High Country Theatre.

When Kaye graduated and completed her compulsory service, she headed overseas for a number of adventures. She spent time in Europe and taught in London where she was inspired by the story in a children's book to head to Canada. Her initial posting in Prince George did not meet expectations created by the story so she moved north along the Alaska Highway, to Fort Nelson. She was expecting snow but a move in the middle of summer exposed her instead to dust, mosquitos and noseums (very tiny and very bitey!). Winter soon changed that and snow arrived along with many, many pipeline workers who could only lay gas pipes in the winter. She lived the

classic Canadian lifestyle: moving about using snowshoes, riding in the mountains taking cattle to summer pastures, and avoiding moose (particularly in rutting season). She recalls once seeing an angry moose attach a red VW!

One of the benefits of working in Canada was that teachers, in the summer holidays, were supported to head off to university and study to improve their qualifications. Kaye joined a group from Fort Nelson and enjoyed herself so much she continued to study and completed her degree. When she finally came back to Australia she got involved in postgraduate study in children's literature.

Kaye is heavily involved in a range of community activities in addition to her courses with U3AA. She was an early participant in Bones and Balance, Armchair Theatre, has done tai chi for 24 years, and has done several art courses. She loved bush walking, and is in a book club and attends classic movies. Externally to U3AA she is in a choir, belongs to the art gallery in the mall, ANTA, Friends of NERAM and of the Old Teachers' College. She has had involvement with the Committees for Friends of the Library, the Museum of Education and was an inaugural member of Sanctuary.

Margaret Sims