



NEWSLETTER

No: 236

1st October 2025

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Armidale Incorporated

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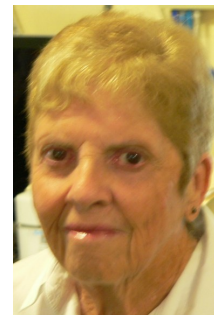
NEXT NEWSLETTER DEADLINE

1st December 2025

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

From the Desk of the President — Sue Cameron

As we move into the last quarter of the year, course leaders, Penny and Bron will be busy finalising the program for semester 1, 2026. The *Courses & Activities* booklet will be emailed to all current and last year's members on Thursday 30th October, and available in hard copy at ASCA House reception from Monday 3rd November. Current members have from Sunday 1st November until Sunday 15th November in which to enrol in their chosen courses/activities. After this date, enrolments will be open to all, old and new members, on a "first come first served" basis. Remember, you must be financial before you can be accepted into a course/activity.



Membership subscriptions remain the same as this year, at \$75 for twelve months. You can pay memberships and enrol on-line, or in person at the office. We also accept credit/debit card payments over the phone.

As I write, our 2025 membership totals 510 with 113 new members this year. I am therefore disappointed that, to date, only one person has offered to assist with the convening of our ever popular "*Tuesday Talks*". As many of you have retired from positions of management and responsibility, there should be enough members out there to form a small committee to keep this activity functioning. How about it? Laurie Pulley (0421 453 525) would be only too happy to discuss this with you.

While on the subject of popular Courses, although people still ask about it, no one has come forward to reinstate the *Bushwalking Group*. Record keeping is easy, and ideas for, and maps of walks are readily available. I'm more than happy to assist anyone, or group of members, who would like to lead this activity.

Many thanks to all our members who have nominated U3AA to the Regional Australia Bank Community Partnership Program - a very welcome \$984.81 landed in our account this week!

In closing, a gently reminder. We are all volunteers, there are no servants, so if you use any utensil supplied in the kitchen, please, **WASH IT, WIPE IT & PUT IT AWAY.**

Sue Cameron
U3AA President

Please support our sponsors:

AMAI The Dojo, 2ARM-FM, Armidale City Bowling Club, Armidale Golf Club, Bunnings, CGA Country Glass and Aluminium, Chris Ferris Armidale Horticultural Services, Regional Australia Bank, SportUNE.

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

U3AA Line Dancing for Seniors

I am often asked...what is the difference between line dancing for seniors and mainstream line dancing?

Dancing for seniors is a program created by me to get seniors onto the dance floor, but more importantly, to keep them dancing. Quite often they try but find mainstream challenging and don't continue. Most of the dances I teach are created by me for my class's ability – some I take from mainstream and modify them to suit my program.

I started the U3AA class in semester 2, 2023 with 13 ladies joining me – the class ran for 4 months. We started again in February 2024 – there were so many new enrollments I introduced a beginner's class for the newcomers.

I am so happy to say that of the 13 original ladies who started my class, 9 are still dancing with me today. We also have 3 gents who join us and some weeks we have 30 on the floor. We dance every Tuesday from 10.30 to 12.30 with loads of laughs and fun. The music is fabulous and the dancing is beautiful. I am so proud of the progress by my class.

The one thing to remember about line dancing is that every step doesn't have to be perfect, just have fun and enjoy. Remember, don't worry about anyone else on the floor – they aren't watching you, they are too busy concentrating on what they are doing.

Cheers

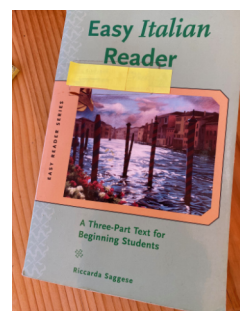
Denise Finlay, Leading the Line Dancers



U3AA Italian in October

Having travelled far and wide with Asterix last semester, this semester we have been doing a chapter each week of Easy Italian Reader (for beginning students). None of us are beginners and all of us need lots of practice, so this works well. The 42 chapters become incrementally more complex as they go on, which is also good. Each chapter has a passage to read and exercises to do. We get through these before our hour is finished – up to the 7th lesson – and then do related exercises in speaking and writing. Last week we all wrote a short composition explaining why we were late. There were some very amusing explanations. Da la squadra italiana.

Gaynor McGrath



U3AA Writing for Fun

There is a passage in Raynor Winn's book *The Salt Path*, telling of an incident when she and Moth discover a nudist beach. For me, this simple statement speaks of hidden stories and experiences. I am sharing it here with you.

"We hide ourselves so well, exposing our skin in youth when it has nothing to say, but the other skin, with the record of time and events, the truth of life, we rarely show." P136.

The art of writing is becoming more popular and having the power to use one's own words is important in our rapidly changing world. Finding the courage to look beneath the skin, young or old, is challenging for many people, however the discoveries found may bring forth wonderment, resolutions and probably more questions about life, to be written about and explored.

There are many people talking about the benefits of creative writing. Learning something new helps everyone. However, there is a special place reserved for the act of creative writing and brain function. It reaches beyond remembering facts and knowledge, to applying facts and knowledge. It helps further develop our ability to think critically by having to think outside the box. Writing also engages many parts of our bodies thereby enhancing our synapsis. If you are interested, I will leave this for you to research, learn about and ponder more.

Creative writing is an umbrella incorporating many genres. It is not limited to just writing a fantasy story, but can also incorporate personal stories, life events, poetry, fiction, non-fiction, etc. The choice is yours; you just need to start.

Writing for Fun explores and shares knowledge while laughing and supporting each other's writing goals. Because of this, we cherish and respect curiosity, have tolerance towards differences, and enjoy learning new and old things. This is our 3rd year at U3A Armidale with plans to continue into its 4th year in 2026.

Just start. That is my advice. It doesn't cost a lot and is empowering. Don't worry about who told you what about your writing. Pick up a pencil/pen, grab some paper (notebook) and start writing. Worry about the spelling and grammar later. It is the thoughts and ideas that are important. The rest can be fixed later.

I will borrow from Natalie Goldberg's 'First Thought' exercise in her book *Writing Down the Bones* on page 8. Set a timer for 10 minutes and start writing. Write about the trees, the weather, your garden, whatever you would like to write. Don't think, just write. Don't be afraid of what you write. Who knows, you may find your own love of words, your own voice, the courage to share it with others, the local community and possibly even the world.

We do have a few openings now, due to life events that have affected a few members, many of whom we are still in contact with but who can no longer attend face-to-face. Join and receive encouragement to start a fantastic writing experience with a group of like-minded, interesting and caring people.

Catherine Michael, Writing for Fun Facilitator

Photo theme: Looking up
Lynne Hosking



Photo theme: Interior. Glass bird and eggs
Lynne Hosking



U3AA Spinning (and all Things Fibre Related)

Tatting - what is it?

Tatting is a handmade knotted based lace. It developed in Europe and the UK around 1850 from knotting and fishing nets. It is characterised by lines of knots forming rings and chains. Rings start and finish in the same place. Chains start in one place and finish in another place. Each stitch is two true knots. The tools used are shuttles or tatting needle.

These necklaces

Made from DMC Special Dentelles Size 80 Cotton, using Faux Tortoise Shell Clover Shuttles, with glass seed beads and glass and crystal beads. On outer edges the beads are threaded on the thread before stitching. The inner beads are applied as I stitch between the rings using picots and 0.4mm crochet hook.

Red necklace: red glass seed beads and Czec Fire Polished Drop beads.

Amber necklace: amber AB glass seed beads, and amber glass dagger beads.

My tatting

I learnt in 2001 when my youngest child went off to school. I went to a Craft Show sans children and found the Tatters Guild demonstrating. I joined!!! They taught me for free!!! I practiced everyday as I was worried I'd forget. I got addicted.

The stitches in tatting are formed on the thread itself like pearls on a string. The work is fine and I use magnifying spectacles but mostly when I make a mistake I have to unknot individual stitches. It does not undo easily like knitting and crochet.

I have honed my skills being a member of Tatters Guild of Australia who held regular meetings and workshops, lots of tatting books, online groups, and YouTube instruction videos.

I demonstrated Tatting at Lace Study Centre, Powerhouse Museum. 2005-2010. I was on the ABC Collectors Programme. I also make Knitted Lace, Crochet Lace, and some types of Needle and Embroidered Lace. I have won Awards at Castle Hill Show, St Ives Show, Guyra Show, Armidale Show and Royal Easter Show 2009-2025.

Jenna Howatson

