

Open Door

to healthy minds and healthy bodies

Newsletter 225

11th August, 2023



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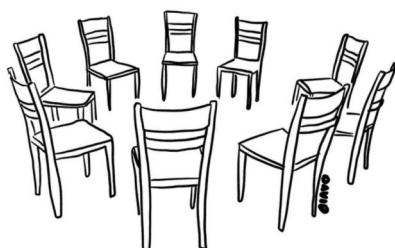
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and at other times by
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The Executive

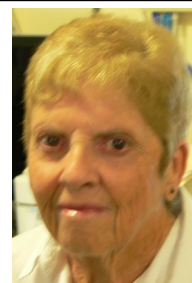
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*Another meeting of Procrastinators Anonymous
passes by without incident.*

From the Desk of the President — Sue Cameron

Our renovations have come a long way since the last Newsletter. Although the toilet situation remains less than desired, everything else is looking very good. The South Room has been transformed into a cosy area, with ample cupboard space for the various activities conducted there, to store their "stuff". New blinds, aimed at reducing heat loss, are also due for installation in the next couple of weeks, further adding to the comfort of this room.



A large screen, Smart TV (some might say "too smart") has been installed in the East Room, much to the delight of the Photography Group and others requiring visual aids for their Courses.

Thanks to the great work done by Penny and Sene, we have attracted 96 new members for this year, 22 of them enrolling this Semester. Our membership now exceeds that of 2022.

Many of our Courses do not break in July so it's full steam ahead into Semester 2. We also have several new Courses added to our programme, details of which are in the current Courses and Activities Booklet. Remember, there is a reduced Membership Rate (\$45) for the second half of the year, so if you know of anyone who is interested in joining our organisation, please encourage them to do so.

Sue Cameron

ASCA House Gardens Update



Look what is coming to ASCA House gardens! Bunnings Armidale, through the Bunnings Support program (which operates by contributing to local, regional and national causes, charities and organisations throughout Australia and New Zealand) donated 10 bags of garden soil, 10 of compost, five of soil improver and six of sugarcane (and not to forget the packet of Tim Tams). A big thank you to Bunnings Armidale and our garden crew for making this happen.

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.

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

The Writing for Fun Group Meet on a Monday at 10am

I had such a ball last week as the newbie in this group. We had been set some homework, that I was unaware of but I was able to click in so quickly as the group reached out to assist me.

Catherine Michael is such a joy in the way she conducts this gathering. She's a wealth of knowledge but it's not a teaching group, it's more like a playing, sharing and support group.

The sharing of time and our creativity is the most glorious pursuit during this time of change. There is a great deal of knowledge that can be accessed within the members too. I felt completely safe asking my silly questions. I have very little education in the ways of writing. And I can be a bit shy but the generosity of the group was perfect.

We were given a great exercise by Catherine: write on a piece of paper who you are as a writer.— five or 10 minutes. When time was up, Catherine said, *"Now pass your writing to the person beside you, clean side up. Now I want you to write about that (as a writer) person who has given you their paper. Five minutes, now go."*

When we read them out, it was astonishing and delightful and so revealing.

Then we followed with a poetry session and one of our members has written a short spiel on that. Poetry has been a mystery to me and with the word 'cinquain', I have to say, I froze. No idea. Inside myself I was thinking, this group might be too highbrow for me. I soon learned it was not to be afraid of but was just fun.

Jennifer Purse sent me the following to explain Cinquain:

"This week in Writing for Fun, we explored the Cinquain, or five-line, form of poetry, modelling our attempts on American Cinquain, which has a particular and precise format. The American Cinquain format was devised by poet Adelaide Crapsey, and requires a set number of syllables per line in a 2-4-6-8-2 pattern. However, unlike the limerick form of five-line poem, the Cinquain lines need not rhyme."

Examples:

*Moonrise
Shines silver light,
Painting stippled shadows
On the forest's grassy carpet
At night.*

*A book
Contains delights
Of imagination;
Its rich narrative entices
Readers.*

So, readers, try a little poem.
It's fun and you might decide to come along, just like I did.

Barbara Beatson

EPHEMERAL



The Photography Group have still been meeting, though we haven't been able to show everybody our photos.

We have now been donated a 75" TV to show them and other things on in the East Room.

We hope that the regular board display will be up shortly.

In the meantime, enjoy this example from our latest theme 'Ephemeral' (not lasting long).

Doug Barber

**THE REFERENDUM
A VOICE TO PARLIAMENT
YES? NO? UNSURE?
FIND OUT MORE
AN EVENING WITH
THOMAS MAYO**



Thomas Mayo is a signatory to the Uluru Statement from the Heart, a member of the First Nations Referendum Working Group and co-author (with Kerry O'Brien) of *The Voice to Parliament Handbook All the Details You Need*

**5:15PM-7:30PM MONDAY 28TH
AUGUST ARMIDALETOWNHALL
Sponsored by ANTaR Armidale
and Northern Tablelands for Yes**

BOOK REVIEWS

One Illumined Thread *Sally Colin-James*

This story involves three different women, stretching over 2000 years from Biblical times until the present day.

During King Herod's tyrannical rule in Ancient Judea, Elisheva marries her sweetheart Zakhariya but fails to conceive a baby for many years. She takes solace in learning the art of glass blowing. Eventually, she has a son and manages to save him from Herod's soldiers.

In C16 Florence, Antonia is married to the painter Mariotto Albertinelli and reveres his painting of the Virgin Maria and Santa Elisabetta, "The Visitation". She tries to find a "white" pigment suitable for the great painters of the era. Eventually, she too has a son.

In contemporary Australia, Dr. Reed, a textile conservator works on the same virgin

Maria and Santa Elisabetta picture in an embroidery. She is mourning the loss of her son in an overseas accident.

All three women are limited by societal constraints, all have mothers who criticise rather than support them, and all desire a son. All display hope and determination.

The extensive research done for this novel is beautifully integrated, and the book is very well written. The concept of the three women being loosely connected despite the differences in time is explored but I am not sure that the idea comes off very well. I readily confused the woman from Biblical times and the woman from C16 Italy. The contemporary woman rated only a few chapters and book ends the account. Members of the reading group enjoyed this book and we had an excellent discussion about it.

Marnie French.

The Sun Walks Down *Fiona McFarlane*

The scene of this novel is outback South Australia in 1883. A six-year-old boy, Denny Wallace, is missing during a sudden dust storm, while looking for bark and twigs for his mother.

Citizens of the town of Fairly are intent on looking for him. The author uses this search to acquaint us with the town's residents, the desert, the surrounding mountains and unusual sunsets in the area.

Farmers and family members are accompanied by black trackers, and policemen. A Swedish artist and his wife play a part too, as well as some camel owners, various mothers and children.

The action takes place over seven days and nights, and the desires, beliefs, and prejudices of the searchers are explored. The impact of colonisation on the natives of the area and the role of Australian women of the time colour the story.

The book is beautifully written and the large cast of characters is held together with care, allowing rich portraits of the townspeople.

The landscape almost becomes the main protagonist of the story and the struggles of the people in harsh conditions is well conveyed. The fate of the missing boy propels the narrative and the ending is entirely fitting.

Marnie French

Confused about the Voice to Parliament?

Much information and misinformation is being circulated regarding the upcoming Voice to Parliament Referendum and many of us are seeking to be properly informed before we vote.

In the *Uluru Statement from the Heart*, First Nations People, asked us to walk with them and learn from them, the Culture that has sustained our Country for 65,000 years. They have asked to be recognised in our Constitution that they may make representation to the Parliament on their own behalf in matters pertaining to their People and their Culture.

In that spirit, I have asked Rose Lovelock, Director of the Armidale Aboriginal Cultural Centre and Keeping Place to join with me to conduct a Yarning Circle for our U3A members and discuss the Uluru Statement and the

Referendum.

It's the perfect way for us to learn a different way and come to some understanding of why we are being gifted this opportunity. We will be able to respectfully discuss what it means for all of us.

If you would like to attend, please register your interest with U3A. I will be happy to conduct as many of these Circles within U3A for everyone to have the opportunity to participate.

Rose has generously offered the Keeping Place as a venue and we also have our own building should we require it to conduct these Yarning Circles. I'm also observant that the Aboriginal Elders NAIDOC month is in September, so will respectfully honour that Rose won't be available then.

U3A will be including the Yarning Circles as a Course.

Barbara Beatson

REGIONAL TOURING IN JAPAN

9TH MARCH – 3RD APRIL 2024

Starts on your arrival at Narita airport Saturday 9th March-pm
Finishes at Narita airport on Wednesday 3rd April 2024-pm



Mount Fuji – Fuji san - about 20 km away!



Sacred Bridge at Nikko

Murray and Barbara who are active long term members of U3A Armidale have been to Japan 47 times and have been a travel companion to many people wishing to experience the culture of Japan.

Included:

all accommodation – all meals – land transport –
visiting heritage sites – cultural enrichment

*THIS EXCLUSIVE TRAVEL IS LIMITED TO ONLY 4 PEOPLE. TWIN SHARE.
DATES/PRICE TO BE DETERMINED AFTER A CONSULTATION MEETING.*

Upcoming 2023 Tuesday Talks

- **15 August**—David Moen *Life and Working as a Vet in Armidale*
- **5 September**— Ron Vickress *Some Aspects of My Life*
- **12 September**—Internet talk
- **19 September**— Al Wynter *The Development of Airmail Between the World Wars*
- **3 October**—Marnie French *History of Surgery*
- **10 October**— Internet talk

NEXT NEWSLETTER DEADLINE

1st October 2023

Please email contributions to
Dorothy Barnes
dkbarnes134@gmail.com

A Grammar Book Walks Into a Bar

- * An Oxford comma walks into a bar, where it spends the evening watching the television, getting drunk, and smoking cigars.
- * A dangling participle walks into a bar. Enjoying a cocktail and chatting with the bartender, the evening passes pleasantly.
- * A bar was walked into by the passive voice.
- * An oxymoron walked into a bar, and the silence was deafening.
- * Two quotation marks walk into a "bar."
- * A malapropism walks into a bar, looking for all intensive purposes like a wolf in cheap clothing, muttering epitaphs and casting dispersions on his magnificent other, who takes him for granite.
- * Hyperbole totally rips into this insane bar and absolutely destroys everything.
- * A question mark walks into a bar?
- * A non sequitur walks into a bar. In a strong wind, even turkeys can fly.
- * Papyrus and Comic Sans walk into a bar. The bartender says, "Get out -- we don't serve your type."
- * A mixed metaphor walks into a bar, seeing the handwriting on the wall but hoping to nip it in the bud.
- * A comma splice walks into a bar, it has a drink and then leaves.
- * Three intransitive verbs walk into a bar. They sit. They converse. They depart.
- * A synonym strolls into a tavern.
- * At the end of the day, a cliché walks into a bar -- fresh as a daisy, cute as a button, and sharp as a tack.
- * A run-on sentence walks into a bar it starts flirting. With a cute little sentence fragment.
- * Falling slowly, softly falling, the chiasmus collapses to the bar floor.
- * A figure of speech literally walks into a bar and ends up getting figuratively hammered.
- * An allusion walks into a bar, despite the fact that alcohol is its Achilles heel.
- * The subjunctive would have walked into a bar, had it only known.
- * A misplaced modifier walks into a bar owned by a man with a glass eye named Ralph.
- * The past, present, and future walked into a bar. It was tense.
- * A dyslexic walks into a bra.
- * A verb walks into a bar, sees a beautiful noun, and suggests they conjugate. The noun declines.
- * A simile walks into a bar, as parched as a desert.
- * A gerund and an infinitive walk into a bar, drinking to forget.
- * A hyphenated word and a non-hyphenated word walk into a bar and the bartender nearly chokes on the irony.

– Jill Thomas Doyle