

Open Door

to healthy minds and healthy bodies

Newsletter 224

13th June, 2023



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**Newsletter
Editor** Dorothy Barnes 0427 753 781

From the Desk of the President — Sue Cameron

Until we hit a bureaucratic road block, our renovations were proceeding smoothly and on time. Your Executive has tried on several occasions to rectify the situation, unfortunately to no avail, so we will just have to wait and let the process take its course.

Meanwhile, our builder, Paul Marquardt, has continued working on whatever he could do, consequently the South Room now has a solid eastern wall, access through a door, a row of storage cupboards and is freshly painted. As a result, we hope we will be able to resume its use in the very near future, although, this will depend on the installation of our new automatic entrance door.

Unfortunately the toilet situation will have to remain as it is, with the Men's being converted to "Uni-sex", with an emergency toilet available through the office, when it is open. Our previous advice to "find a toilet before you come to class" will have to remain.

Penny and Bron are on track to complete the Semester 2 Course Booklet which will be available on-line and in hard copy within the next couple of weeks. You will see three New Courses, details of which appear elsewhere in this Newsletter. Our sincere thanks go to Colin Sholl, Janet Norton, Rose Lovelock, Dora Koops and Graham Patterson, all of whom have conducted Courses for your education and enjoyment in Semester 1, but will not be continuing their leadership in Semester 2. Please note our new system allows many of our Courses to roll their participants over into Semester 2 without the need to re-enrol. Your Course Leaders will advise you of their registration requirements.

Our membership has passed the 400 mark (402 at time of writing), a great response considering so many older community members are still reluctant to return to pre COVID activities.

The cheaper rate for Semester 2 membership (\$45) will apply again this year, so if you know of anyone interested in joining us, please encourage them to do so.

Sue Cameron



"Put it all on my usual numbers:
0, 1, 1, 2, 3, 5, 8."

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

U3AA Publicity & Promotion Campaign

Hello everybody! My name is Sene Hicks (pronounced Tina with an S) and I am your publicity officer for 2023!

My role is to help promote our wonderful U3A in Armidale and to attract new members and course leaders. I'm new here so would love your help!

If you have any ideas (no matter how big or small) about where or how we could promote U3A, I would love to hear from you! Also, if you have ever thought of leading a group or course, I would also love to hear from you!

Leading a course is a wonderful way to help build the U3A that you would like to see here in Armidale.

Together we can bring our community together to have fun, stay fit and informed, learn new things and share our ideas, our lives and some laughs.

I am very proud to represent you all this year as your publicity officer and am always open to your thoughts and ideas as to how to reach more people and grow our community.

Please email me via u3aa@iinet.net.au or telephone 0438 448 341.



PROGRESS AT ASDA HOUSE IN PICTURES



New sound-proofed wall in the South Room



New storage cupboards in the South Room



Crack discovered above the old storeroom door

What is Walking Football?

Walking Football is a small-sided, low-impact, modified version of the game, suitable for all levels of ability and fitness, from people who are returning to sport after a break or those who've never played before.

Shona Bass (Walking Football Ambassador - Matildas Cap #2)

It's so important for us as we get older that we keep active. Being active can slow the ageing process from a physical perspective, but also it provides such a wonderful stimulus for social and emotional wellbeing, improved mental health, and the opportunity to feel really good about being involved in exercise. Walking Football gives it all."

Paul Wade (Walking Football Ambassador - Socceroos Cap #337)

As you may well know, I had epilepsy and I lived with that fear of people knowing and people judging. But it's amazing how relieved you'll feel if you get involved and feel part of a group. Happiness comes from the intention of activity, and you can do that by going out and playing Walking Football."

<https://www.playfootball.com.au/player/walking-football>

If interested, contact Penny Nicholson,
u3aacourses@iinet.net.au 0408 272 011

NEXT NEWSLETTER DEADLINE

1st August 2023

Please email contributions to
Dorothy Barnes dkbarnes134@gmail.com

BOOK REVIEWS



This is the third book by award-winning author, Robbie Arnott. Set in an apple growing orchard in the Tamar Valley in Tasmania, it chronicles the life of 15-year-old, Ned during a Summer holiday break from school. Ned's two brothers are away at the War and he sets about killing and trapping rabbits for their pelts, hoping to get money for soldiers' caps. He accidentally traps a spotted quoll and in confusion and guilt keeps it and tries to look after it. However, his secret desire is to be able to buy a small boat. Eventually, he does acquire a boat and it proves to be special. Crafted of Huon pine it evokes a particular feel and smell.

Ned craves his father's notice and approval but the family doesn't really converse much. Dialogue between Ned, his sister, Maggie, and his father is spare, with disappointments, grief and pride nevertheless conveyed. The narrative moves backwards and forwards over the Summer with glimpses of Ned's future life as a husband, father and grandfather. Choices he makes as a 15 year-old-boy have long lasting consequences in the following decades and memories of the quoll and the boat predominate at various times.

Descriptions of the natural world are beautifully captured by the author, and form a centrepiece of the novel. Ned comes of age and the boat is a metaphor for the way his life is shaped with stoicism, sacrifice, loss and family. The story seems

deceptively simple and easy to read but its revelation of the human condition is profound.

If there is a jarring note in this beautifully written book it is the interpolation of the use of pesticides in agriculture and native land theft. Both these issues are raised but not pursued, and don't progress the story in any meaningful way. Having said that, members of the reading group really loved this outstanding book.

Marnie French

South of the Border West of the Sun Haruki Murakami

This book by Haruki Murakami was published in Japan in 1992 and translated into English in 1998. The scene is post-war Japan where a young man, Hajime, is growing up. He has a firm friendship with Shimamoto as both are only children and have gravitated towards each other.

However, different secondary schools sees them separated. Hajime finds another girlfriend, Izumi, goes to College in Tokyo and takes a job with an Educational Publishing Company. He finds this work boring.

Eventually, Hajime marries Yukiko at the age of 30 years and has two young daughters. He sets up two Jazz bars with the help of his father-in-law and the businesses are very successful. Into this situation, Shimamoto suddenly returns, revealing nothing of herself or her intervening life. Together they search for the perfection of their previous youthful relationship but discover that it cannot be recaptured.

In a deceptively simple style, Murakami explores nostalgia, loneliness, young love and betrayal. The novel depicts the hurt that results from the pursuit of personal needs and illusions about the past. Hajime recognises the hurt and betrayal he has caused but not until the end does he consider how he might change or make restitution.

This interesting book resulted in a lively discussion at the Reading Group. We were all wondering if the return of Shimamoto, and the following happenings were Hajime's fantasies about the previous relationship. One of our members thought this might have been part of a mental illness. We were unable to come to a firm conclusion, and the ending of the book is typically ambiguous in Murakami style.



Author, Haruki Murakami

Marnie French.

New Courses for Semester 2

Agreeing to Peace

In 2002 not long after 9/11 and on the eve of the USA invasion of Iraq, I was attending a meeting to plan a protest march against the impending invasion. Somebody came up to me and offered me a pamphlet about a workshop to learn Non-Violent Communication (NVC). I was struck by the idea that this might be a more effective form of action in response to the state of the world at the time. I attended the workshop and since then I have never stopped learning about how to maintain peaceful connections with others. I have also used my teaching skills to facilitate workshops with people from many professions such as classroom teachers and other groups including police officers.

NVC has changed my life and taught me the true language of affection and how to give empathy to others. It has helped me to understand the way that blaming restricts progress and distracts us from being able to come to creative solutions to move us forward peacefully. To quote Thomas D'Ansembourg in his book *Being Genuine*, "Nonviolent Communication..."

- Has a versatile nature as it suits the relationship with ourselves, interpersonal relationships in couples and families, as well as professional and social relationships.
- It respects all religious, spiritual, philosophical, political sensibilities.
- It advocates values that seem to be the common heritage of our human race."

In short what appears at first to be a simple set of strategies to clarify communication, turns out to be immensely profound and paradigm shifting.

I am offering two sessions for U3AA called *Agreeing to Peace* in which I will facilitate participants to understand the dynamics of peaceful interactions and thinking. These sessions are stand alone but if you want to really understand and absorb the strategies you might wish to attend both (refer to the Course & Activity Booklet for details). I myself have participated in countless workshops as a facilitator and a participant and I find my understanding becomes clearer every time.

roslynmoran@yahoo.com

Line dancing for seniors 76

Guaranteed to be a fun and enjoyable class with great benefits to both mind and body and if that's not a good enough incentive you will love the music. Most of the dances taught are choreographed by the Leader with seniors and their safety and ability in mind.

It is a documented fact that seniors derive great benefits from dancing. The classes will progress at members' pace. The only requirements are a pair of fitted shoes with a flat sole (sandals can sometimes be dangerous) and a water bottle.

Leader: Denise Finlay
Phone: 0476 376 318
Frequency: Every Tuesday
Time: 11:00am
Duration: 1½ hours
Venue: Masonic Retirement Village
Start Date: 1st August 2023
Incidental Costs: Nil

Descant Recorder—Intermediate 75

(Enrolment by Office Only)

This course continues the introduction to the Descant Recorder, following on from Beginners' Course. Accordingly, it is expected that all notes and rhythms covered in the Beginners' Course should be known.

More notes in the upper octave and more accidentals will be introduced as needed, and further experience in melody and ensemble playing will be given.

If the telephone is not answered please email Laurie at l.pulley@antmail.com.au

Leader: Laurie Pulley
Phone: 6772 1124
Frequency: Every Thursday (except school holidays)
Time: 1:30pm
Duration: ½ hour
Venue: ASCA House (East Room)
Start Date: 20 July 2023

Incidental Costs: Purchase of a descant recorder if you do not have one; an A4 folder with plastic inserts; "Sweet Pipes" Recorder Book 1 approximately \$15 by Barakoff and Hettrick, available from Orpheus Music (www.orpheusmusic.com.au)