

Open Door

to healthy minds and healthy bodies

Newsletter 223

6th April, 2023



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NEXT NEWSLETTER DEADLINE

1st June 2023

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From the Desk of the President — Sue Cameron

Exciting news, the refurbishment of ASCA House to allow disability access has now commenced!

You will have received notice of this, along with advice on the temporary changes, which have had to be made, in relation to accessing the building. Please read and co-operate with these instructions, as they are for your safety and that of our contractors. None of this would have been achieved without the tireless work of Doug Barber and Penny Nicholson. We all owe them a huge vote of thanks.

Some course venues have had to be changed, so as well as to those Leaders who have generously opened their homes, the Committee and I would also extend our gratitude and thanks to, Care for Seniors, for the use of their Activities Room for Spanish and Play 500, Newling Gardens for hosting the Table Tennis groups, the Baptist Church for Patchwork and the Uniting Church for Cross Stich.

Our AGM welcomed Sene Hicks and Carole Peacock to the Committee. After 19 years of service on the Committee and in various Executive positions, Ray Weston retired. Such a remarkable and generous effort was acknowledged by acclamation by all those present. Cherry Franklin also retired, and we extend our thanks to her for her valuable contribution.

Unfortunately, the position of Vice-President remains vacant. The job is not onerous, and as this organisation has no automatic succession protocol, you would not be expected to move up to the President's position. We just need your input into the operation of the organisation, so please give this request serious consideration.

The Committee has arranged Defibrillator Training for ASCA House Course Leaders and Office Volunteers. With a maximum of 15 participants, this number was quickly reached, however, a waiting list has been established, so if you are interested, please advise the office, as last minute cancellations often happen.

With all our Semester 1 activities now up and running, your Committee and I are looking forward to a successful 2023.

Sue Cameron



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

OCTOBER'S BUSHWALKING EXCURSION – TENTERFIELD



Some of the walkers at McDirty's, and "thank you" to Shirley Cooke who supplied the photo.

This year we have started bushwalking on a much more positive note than in 2022; two walks in two months with a good roll-up and ideal conditions. The vast majority of our familiar faces have re-enrolled, although we were sorry to see a couple of our most loyal supporters having to retire from the group. However, we had the pleasure of welcoming several new members who indicated they will be active participants.

January saw us exploring the open woodlands of Long Point National Park south of Hillgrove, with McDirty's Lookout, at Dangar Falls, our destination in February. As always, the views along the gorge rim were stunning, but lack of rain had reduced the falls to a trickle, which was a bit disappointing.

Sue Cameron

BOOK REVIEW

Paper Cage

Tom Baragwanath

Paper Cage is a mystery involving police, three missing children and a low socio-economic community in Masterton, a small town on the North Island of New Zealand.

Auntie Lorraine Henry, who works with the police, is generally confined to the downstairs filing office with the police records in the room, she calls the *paper cage*. She knows a lot but is usually ignored. When Detective Justin Hayes arrives from Wellington, he recognizes her fast and deep knowledge of the community. She is brave, resilient, and determined to experience some real and dangerous work.

The characters, who include many of Aunty Lo's family and friends, along with her colleagues, are richly portrayed. The fact that her beloved nephew is one of the missing children gives her mission even greater urgency and intensity.

Tom Baragwanath writes descriptively about the town in which he grew up. Race, class, poverty, alcohol and drug use and abuse are all part of the family life of the missing children. They have few resources.

One member of the reading group commented that at first the story could not be authentic but after recent events in Queensland involving unlikely professional people and police, she quickly changed her mind.

This is a crime thriller which was enjoyed by the group for the story, the surprising twists and the fine writing.

Robyn Driscoll

FAREWELL AND THANK YOU TO LONG-STANDING TAI CHI GROUP LEADER, JIM SCANLAN



Jim Scanlan and family are leaving Armidale and his last Tai Chi class was Friday 31st March 2023. Jim has provided an outstanding service to U3AA members having led his Friday Tai Chi group for 26 years since he started it in 1996! What an achievement!

U3AA wishes Jim all the very best for his new adventure.

And many thanks to Greg Clarke for stepping up to lead the class.

COURSE IS A FIRST BUT WILL NOT BE THE LAST

Rosemary Mort recently spoke to Rose Lovelock about the new course she is facilitating for U3AA at the Aboriginal Cultural Centre & Keeping Place in Kentucky Street.



Rose Lovelock, Director of the Aboriginal Cultural Centre and Keeping Place.

Not all experiments work out well but Aboriginal Cultural Centre and Keeping Place Director, Rose Lovelock took a punt on sharing knowledge with some of the oldies in the community for the first time, namely U3AA.

"I wanted more aware of culture and incredibly Aboriginal with our the local community. Also as an community I wanted to communicate knowledge with people in my own age group."

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people to be the depth of our the level of experienced people involved Centre and in area," she says. elder in my own

"What I had not expected was to be teaching such a vibrant group of people whose interest really astonished me. The camaraderie we have formed with such an enthusiastic group of people who want to learn has impressed everyone involved in the course."

Subjects included understanding Aboriginal art, its symbolism and significance, the nuances of the didgeridoo from Bob Blair who has performed worldwide and danced with the Bangarra Company, Aboriginal history both recent and ancient, cultural practices and the impacts of colonization.

Well known local musician Cyril Green performed for the group and answered questions about his experiences. "It was the first time in all my years as a performer that any group of people have ever asked me about my life," he said.

During the 10 week course, Rose shared her own story of how her father, mother and eight siblings spent their early years on the move to avoid the authorities who were taking children away or relocating families. "Our parents wanted to protect us and from an early age we learned to respond to the slightest signal and run away and hide," she says.

When they did finally feel it was safe enough to settle, Bill and Vera Lovelock set about ensuring their children had an education. The results speak for

themselves, all eight girls went to university, five with Masters degrees and Rose herself has just completed her PhD thesis. Their brother is a sculptor.

Rose herself has worked in many areas of Aboriginal art and education including at the UNE Oorala Centre.

She is now in her third year as head of the Armidale Cultural Centre and Keeping Place and as well as promoting Aboriginal art, music and culture she has an open door policy to share knowledge with the whole community.

"The U3AA class has been a wonderful start," she says. "Participants have been so vibrant and participation is so enthusiastic. Everyone here thinks it has been great and we must expand the programs like this into the future."



Bob Blair explaining the nuances of the didgeridoo with participants.

Exiles *Jane Harper*

This is the third of Jane Harper's books involving Australian Federal Police Officer, Aaron Falk. On this occasion Falk is visiting the South Australian country town of Marralee where he has arrived to be godfather to his friend Greg Raco's son, Henry. It is exactly one year since the christening was postponed due to the disappearance of Kim Gillespie at the annual Marralee Food and Wine Festival. This unsolved mystery is still in everyone's minds and an appeal has been organised for further information about the woman who left her baby unattended in a pram at the Festival's entrance the previous year.

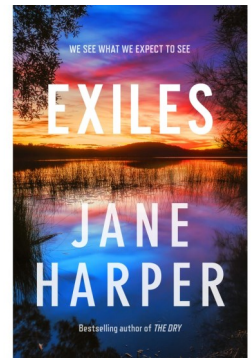
A second mystery from six years previously concerned the death of the town's accountant who was victim of a hit-and-run accident. Falk ends up pondering both these happenings in a slow deliberating way, eventually working out what really happened.

The story is quite a long slow burn as the author reveals the various characters involved and their backstories. In addition, there is a romance between Aaron Falk and Gemma Tozer, widow of the accountant and a change of lifestyle for Aaron.

Aaron Falk is the main character in the book and he eventually solves the mysteries. However, two other characters take precedence late in the story to explain exactly what happened and to provide insights.

The book is multilayered and well written. It flows seamlessly between scenes of the past and the present. The town of Marralee in the wine growing area of South Australia is beautifully realised. Falk is a reliable investigator and a sympathetic character. However, not all members of the reading group enjoyed this book and most thought it was too long.

Marnie French



Too Much Lip *Melissa Lucashenko*

Kerry Salter travels across the border to visit her dying Pop. It's quite a while since she was with her family in Bundjalung country. After planning a short visit, she becomes embroiled in the family's problems and ends up with a good looking white man, who is setting up a new gym in Durrongo.

Prominent in Durrongo is Jim Buckley, the town's mayor, who runs a real estate agency. He is determined to 're-develop' the Salters' sacred land and build a gaol there. Central to the Salter family is their beloved river and the country where their ancestors are buried. What follows Pop's death, is a portrait of an indigenous fight to retain their land. White supremacy in Durrongo makes this a difficult task.

Kerry is the family member with "too much lip" and most of the story is told through her. Her older brother Ken, is a tower of anger; her mother Pretty Mary, relies on alcohol; her older sister Donna left the family at age 16. Brother Black Superman has escaped to the city and nephew Donny has shrunk into his computer following abuse at the hands of his father, Ken. It is Uncle Richard who provides some calm at the point of maximum stress, suggesting a men's meeting on Country.

The book is masterfully written. The picture of Aboriginal life is beautifully portrayed in all its aspects - intergenerational trauma, brutal treatment at the hands of white colonists, the stolen generation and ongoing disadvantage. It also deals with the ability of country to heal, Aboriginal fables, talking crows, tarot cards and dreaming.

The writing is brilliant, rude, and funny. The various strands of the story are drawn to a deeply moving conclusion with invocation of the spirit guide shark at the river.

Highly recommended!

Marnie French.

MONDAYS ARE FOR TABLE TENNIS



The indefatigable Gretel Kempster challenging the indomitable Maryanne Abood during a Monday table tennis session.

New courses/activities for Semester 2?

We would be thrilled to hear from anyone with a special area of interest or skill willing to be a leader/facilitator in Semester 2.

This could be for the whole semester or any period that suits you. Contact us for a chat!

Bron & Penny

Joint Course Coordinators