

Open Door

to healthy minds and healthy bodies

Newsletter 226

23rd October, 2023

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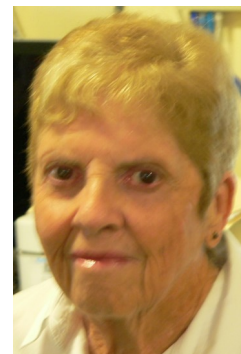
NEXT NEWSLETTER DEADLINE

1st December 2023

Please email contributions to
Dorothy Barnes
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From the Desk of the President — Sue Cameron

Hopefully, by the time you read this, the ladies and disabled toilets will finally be finished and operational. It's a case of "so near and yet so far" as there are only a couple of things to be completed, but once again, we have to wait on the specialist tradesmen to be available. In the meantime however, the automatic door on our entrance off Markham Street, is proving a great improvement for ease of access to ASCA House. I would take this opportunity to remind you that the entrance off Barney Street has reverted to our EMERGENCY EXIT which can only be accessed from the inside, so please don't try to get in this way. We have been advised by the Dept. of Community & Justice that grants of up to \$150,000.00 are available from the Community Building Partnership. Consequently we (or more correctly, Doug Barber) are preparing our application for work which will involve, fixing the leaking roof, finishing the kitchen, replacing the windows in the South Room, and bringing the men's toilet up to the same standard as the ladies and disabled toilets.



We are in the process of preparing the Course Booklet for Semester 1, 2024. It is anticipated that this will be available from the 1st November. Also, from this date, existing members can renew their Memberships and re-enrol in their chosen courses. **This priority enrolment for existing members will apply for one week only.** As from 8th November, membership and course enrolments will be open to all, old and new, on a "first come basis".

It is with some regret, but many happy memories, that Angus and I have decided to retire as Bushwalking Leaders as we are not as agile as we used to be! We are hopeful that this role will be fulfilled by either one, or a group, of our existing walkers, so for now, this activity will continue to be listed in the Course Booklet, with details "to be announced". Should someone, previously outside this group, offer to take up the leadership, we would be equally grateful. I am happy to discuss what is involved at any time. My contact details are on the front of this newsletter."

Finally, to finish on a sad note, I would like to advise all members of the recent passing of Brian Hardaker. Brian, along with Phil Sharpe, led the Bushwalking for many years before handing over to Angus and myself. He had a great depth of walking track knowledge, which took us to many points in Australia, and also a walking tour of New Zealand. Along with this, Brian supported other activities within the U3AA community, and for many years oversaw the general maintenance of ASCA House. He will be missed by us all, and our deepest sympathy goes to Shirley and his family.

Sue Cameron

NEW COURSES/ACTIVITIES

It's not too late if you, or you and a friend, would like to facilitate a course or activity to share with U3AA members in Semester 1, 2024.

We are here to help - please contact either Bron (0438 658 205) or Penny (0408 272 011) for a chat.

p.s.: over the last few months we have had requests for singing, English as a Second Language, How to create Youtube shorts, Calligraphy, Auslan, Pilates and Genealogy.

PICKLE BALL

Pickleball is a paddle and ball sport that combines elements of badminton, tennis and table tennis to create a sport that's fun for all ages and skill levels. It is easy to learn and focuses on reflexes and aiming rather than power serves and running speed. It is played on a hard surface indoors (or outdoors) on the layout of a badminton court with a low net.

Pickleball is a fast-growing sport both in Australia and globally, and especially among the over 50s age group.

Sunshine Coast Pickleball Club has this to say: *'Whether you've been playing tennis your whole life, or you're walking onto a court for the first time; you're young, old, or in between; whether you're strategic or competitive, or just want to get involved in something fun, social, or active...pickleball is for you.'*

Take a peek at this: [Pickleball: A Sport for Seniors - YouTube](#)

SportUNE has the perfect indoor venue that we can use - Campbell Hall, located just past the front desk of SportUNE. There is easy parking and good coffee available! A Pickleball group recently started learning and playing together on Wednesday mornings 10.30 - 11.30am. If you would like to watch a game, chat with the players, you are most welcome to drop by any Wednesday morning. They have enthusiastically volunteered to assist in getting a U3AA Pickleball group going in Semester 1, 2024.

You can also contact either Bron (0438 658 205) or myself Penny Nicholson (Office: 6772 2752) if you have any questions.



Pickleball is a paddle and ball sport that combines elements of badminton, tennis and table tennis.



Campbell Hall at SportUNE is the perfect indoor venue to play Pickle Ball.

CLASSIC MOVIES



Mike Gibson and John Wearne, facilitators of the popular Classic Movies program, pictured with the newly installed 75" Smart TV in the East Room. Films that remain on the schedule for this semester are "High Noon", "The Manchurian Candidate", "The Five Pennies", "Cinema Paradiso", "Dirty Rotten Scoundrels" and "Wait Until Dark"

Yes or No?

How do we reconcile with the results of our referendum on The Voice?

Now the voting is done we may remain with some feelings of disappointment or anger.

In many cases we had opinions that were not shared with friends, or family. We may feel bitter and sad.

At this point it is really important to find ways to reconcile these feelings within ourselves and hopefully eventually with others.

Nonviolent Communication (NVC) teaches a way to sort out our feelings and find a place where empathy can grow, and where feelings of affection can be restored. It is designed for the individual to learn and practice.

Agreeing to Peace teaches NVC. It is a Wednesday morning workshop that is open to anyone who has any situation that they might like to see or understand in a different way.

Currently the workshop is still open for enrolment. It will run from now until the end of the year. We meet from 10am to 12 noon every Wednesday morning.

Sign up online at any time.

Roslyn Moran (facilitator)

PROGRESS BRINGS ITS OWN POLLUTION

The Gold Coast presents a definitive dichotomy of where we were and where we have headed.

I have been staying in a unit in Southport where the very small balcony offers a compelling view of the ocean and a park in front of Main Beach, which includes a bird sanctuary.

However, directly below the balcony is a very busy, should I say arterial six-lane highway, the site of an upcoming grand prix, which emits not only a constant buzz but more than intermittent high throttle consciousness.

I have come to hate them, those hoons in their smart and not so smart cars and motor bikes who find it irresistible to bawl along at high speed to pollute any thought of the natural beauty of the surroundings.

On the way to the shopping complex, we pass more expensive imported car showrooms than I've ever seen in one place. Now that I hate cars so much they do nothing for me, they are the enemy as well as the stupid speed boats that roar along the quiet rivers where people are quietly canoeing or swimming.

Does my head in as well as the unit building which is posh and expensive with a gym, games room, heated swimming pool, two outside pools etc etc. You need a key with a code which takes you exactly to the floor where your unit is. You hardly ever see another human being and if so the possibility of engagement is slight.

We did have an engagement of sorts one night when we were watching Hard Quiz. The unit door flew open and a woman screaming her head off tore in, tripped on the couple of stairs to the living area and landed flat on her back on the tiles yelling "He's going to kill me, he's going to kill me." Won't go into the details but she tried every door on our floor to escape the predator and ours was the only one unlocked that offered an escape. We calmed her down, she slept on the sofa overnight and left for the airport via Uber the next morning. We spoke to the guy to get access to the unit to retrieve her belongings and he said the door was open and he was 20 kms away, obviously running for his life. So much for the silent obscurity of unit existence.

That's one side. The other is the beach and it is wonderful. Nothing exclusive. You can be rich, drive a Porsche, wear several face lifts and a g-string bikini and you'll hardly be noticed in the mix of human kind contentedly relating, in their own ways, to the great natural beauty of the sand, the ocean and the sky.

I am convinced that at heart we behave best in natural surroundings. A primitive self which has its place in nature seems quite content to embrace its fellow beings where fierce competition and the fear it generates just doesn't wash.

Maybe the board riders and kite skiers are competing amongst themselves but for the most part their attention is on the waves and the way of the powerful ocean which commands them.

I've had huge fun on my daily walks along the sand, sometimes for two hours, watching my fellow humans have a nice time. Kids still dig holes and build sand castles and one boy, I spoke to was writing the words of a song on the damp sand with a twig.

People of varying shapes and sizes and different cultures all quietly negotiated their relationship with the surf and sand. A Sikh in full turban and formal dress tucked up his trousers for a paddle. A woman in a burkini romped in the surf with her teenage sons, ducking their heads under the water and kissing them as they emerged. Much unselfconscious fun and laughter.

So many parents with young children guiding them into the water, helping them with their surf boards, kicking balls on the beach. The tenderness of so many fathers is heart melting.

One day I watched a couple of very large people with very white skin standing at the edge of the surf watching their teenage daughters, equally well endowed and waist deep in the surf, as they negotiated their mobile phones.

"They can't live without them," the mother said as I passed.

"But aren't they taking a risk with the waves," I ventured

"Not really," said the dad who said they were on holiday from Canberra. "The phones are water proof and insured and if they are wrecked they can always upgrade and they like that."

Asian tourists were particularly into the selfies and one girl, beautifully dressed, had a phone on a tripod where she was posing unselfconsciously for an audience somewhere that had nothing to do with the passers by who stopped to watch.

Some foreign tourists take risks with the waves, especially young men, and the frustration of the lifeguards with their megaphones guiding them back to safety between the flags is the only discordant human sound to be encountered.

One guy told me he had been fishing on the beach for whiting for the last seven days without success. "But its better than sitting in home in front of a computer," he said.

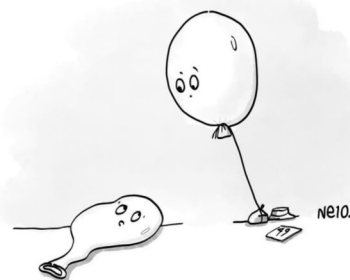
Exactly.

Rosemary Mort

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



"I am OK! Just got the wind knocked out of me, that's all."

BOOK REVIEWS

Lessons in Chemistry Bonnie Garmus

Bonnie Garmus

This book is set in America in the early 1960s. It chronicles the life and times of Elizabeth Zott: scientist; chemist; lover; mother; cook; champion rower and TV show presenter. She is not a conforming mother of the times and believes women in scientific and other jobs deserve recognition. Working in the all male research team at Hastings she is mistaken for a secretary and a technical assistant and her original work is not valued. Her watchword is that every activity in life, and especially cooking, involves chemistry.

Having been sacked from Hastings as a pregnant single mother, she attempts to make a living helping former colleagues with their research. However, she is subsequently persuaded to run a TV cooking show "Supper at Six".

The book is well written and can be viewed as a satire. It is not meant to be taken literally, but enjoyed as an entertainment. Elizabeth Zott is a too-good-to-be-true devoted chemist who refers to vinegar as acetic acid and salt as sodium chloride in her cooking show. Her daughter, Madeline (Mad for short) is a precocious reader at age 4 with amazing understanding; her dog, Six Thirty has a vocabulary of hundreds of words and can call for Mad and bring her home from school.

Elizabeth has a unique approach and a can-do attitude, which she passes onto the studio audience telling women to follow their dreams. She comments about society's norms with respect to religion, and the treatment of women in general. We all enjoyed this book but felt that the ending was a bit disappointing and predictable.

This is a fun read! Enjoy it!

Marnie French

The Regional Meeting of U3A held in Armidale

Monday 9th October was the first Regional Network meeting of the various U3A groups in our area of New England. The NSW Network consists of a group of U3As across NSW. There are benefits we can obtain as a larger group within the Network than we can as a stand-alone organisation. These benefits include fee reductions on essential services such as copyright payments and insurance premiums. The regional president, Denis Simon, spoke at the meeting to advise us of current Network activities, and to hear from us what we need from the Network. If you would like to see the overheads from the day's session please contact the office. Highlights of the session included the following:

1. We need 15 state members of parliament to identify as friends of U3A. Fifteen is the number necessary to have sufficient influence to lobby the Minister for the Aged. All U3As are encouraged to speak with their local member to get that person to agree to be recognised as a Friend of U3A. Advocacy material you can use for your local member is available on the Network website. It would be useful to add a profile for your branch to your materials. This profile could include courses and activities available, number of members, affordability of fees, the roles of your volunteers, the benefits of membership (lifelong learning, socialisation, physical activity etc), your current challenges and what support you need.
2. The Network is looking to post zoom sessions for courses of interest on their website – people can use these individually or member U3As can share them in group sessions with their members. Any U3A with ideas of courses/sessions that might have a wide interest can contact the Network to discuss recording and posting these.
3. The Network is compiling information on the various options for a membership database/management system to help any U3A looking at using IT to manage membership/course enrolments/payments etc. One of the new options is currently being trialled by several NSW U3As and information about these trials will be made available as soon as it is to hand. U3AA recently transferred to MyU3A and so far, we are really happy with how this is operating so we are not looking at changing in the near future however we will watch with interest those testing out other systems.
4. The Network have managed to negotiate a much cheaper price for OneMusic as from next year for member U3As. From 2024 there will be a per member cost for this rather than the current fixed rate. This will result in a considerable saving for the costs for this service for us in Armidale.

Margaret Sims



Attendees at the Regional Meeting: left to right: Marnie French (Armidale Committee), Sue Cameron (Armidale President), Karen Doyle (Tamworth President), John Sharkey (Tamworth Vice-President), Bron Baker (Armidale Joint Course Coordinator), Carole Peacock (Armidale Committee), Margaret Sims (Armidale Secretary/Regional Representative), Murray Giles (Armidale Member), Denis Simond (President NSW Network) Photo by Doug Barber (Armidale Treasurer).