



JABBER JOURNAL

Grafton U3A Inc. (University of the Third Age)

PO Box 688 Grafton NSW 2460

www.grafton.u3anet.org.au

"Sharing our knowledge, skills and experience in a friendly convivial way"

OCTOBER 2015

JABBERFEST – 10AM 12 OCTOBER

GRAFTON COMMUNITY CENTRE DUKE STREET

GUEST SPEAKER – MADGE LITTLE – CLINICAL SUPERVISOR



Let's talk
about
dementia

The presentation at October Jabberfest by our guest speaker Madge Little covers the subject of dementia – a collection of various symptoms including memory loss, personality change and impaired intellectual functions resulting from disease or trauma to the brain. Madge will provide us with a better understanding of all aspects of this insidious disease. Since becoming a registered nurse in the mid-70s Madge has gained extensive experience and qualifications with Grafton Base Hospital, Clarence Valley Respite Services, Community Nursing Grafton, Grafton Community Health, Dental & Mental Health Services and North Coast Area Health Service in the area of palliative care. Although semi-retired Madge teaches Certificate 3 in Aged Care at TAFE and continues to sit on a number of tribunals/committees associated with the Nursing and Midwifery Council of NSW.

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Our guest speaker will be preceded by a quiz organised by quizmaster extraordinaire – David Abrahams.



Mark your calendar now! **Monday 7 December** for our mouth-watering U3A Christmas Lunch that will cost you \$25.00 to be collected at **November** Jabberfest. The early notice gives you the opportunity to start planning your own startling, sparkling Christmas outfit. Plan with a friend, come as a matching pair. © Fiona Duggan

PRESIDENT'S LETTER... Dear Members



From
Maree Burrows – President

As you read this, I will be somewhere in Indonesia. My son is teaching at an International School in Jakarta – he has only been there this year after ten years in China and Malaysia. He has not had the opportunity to have a good look around the country yet and is taking advantage of a mid-term break for me to visit and also to have a tour of the country. I am not sure what to expect as he has declared I haven't seen traffic/people like this anywhere in the world. I thought China was bad but he declared this is much worse so it is probably a good idea to spend time out of the cities seeing other highlights of the country. After visiting Indonesia, I will be embarking on a ten night cruise to Singapore/Thailand/Vietnam/Cambodia. While I have been to Thailand before the remainder will be new territory and it is always great to see and experience different sights and cultures. As I will not be at Jabberfest to introduce the Guest Speaker, I have provided Alysan a message to read when Madge is introduced. I sincerely consider that Madge is the most important speaker we have had. Her message on dealing with Dementia has the potential to help so many people in the community. Have a good Jabberfest and I will see you all at November meeting.

MEMORIES FROM A FRIEND

How many of you remember:

- ✓ Headlight dip switches on the floor of the car
- ✓ Ignition switches on the dashboard
- ✓ Trouser leg clips for bicycles without chain guards
- ✓ Using hand signals for cars without indicators

Older than dirt quiz: Count all the ones that you remember not the ones you were told about. Ratings at the end.

1. Sweet cigarettes
2. Coffee shops with Jukeboxes
3. Home milk delivery in glass bottles
4. Party lines on the phone
5. Newsreels before the movies
6. TV test patterns that came on after the last program and were there until shows came on in the morning.
7. Peashooters
8. 33 rpm records
9. 45 rpm records – don't forget 78rpm
10. Hi-fi's
11. Metal ice trays with levers
12. Blue flashbulbs
13. Cork popguns
14. Wash tub wringers

If you remembered

0–3=you're still young

4–6=you're getting older

7–10=don't tell your age

11-14=you're ancient

Contributed by Peter Smyth

COURSE/INTEREST GROUPS UPDATE

ARMCHAIR TRAVEL

Next meeting will be Tuesday 28 October at 2.00pm at the U3A Rooms Dougherty House. Debbie Handley will be recounting her experiences travelling in Ecuador. Enquiries to Magda Mussared 6644 9309.

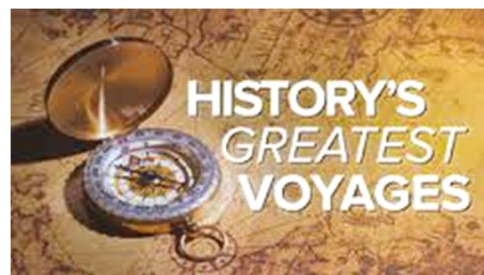


23 GREATEST SOLO PIANO WORKS

This has been a most enjoyable course in which we considered the greatest works composed for piano by the world's greatest composers. We were also treated to some beautiful short biographical documentaries, complete with musical accompaniment, on many of these men, or the cities in which they lived and worked. The course concludes on Friday 16 October. We will certainly consider running another music group next year. *Alysan Pender*

HISTORY'S GREATEST VOYAGES OF EXPLORATION – NEW NEW NEW !

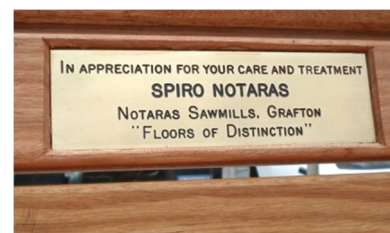
This group will hopefully commence on Friday 23 October. Supplied by the Great Courses, we undertake a journey of discovery studying the history of world exploration from the earliest explorers, through the early Greek and Chinese sailors to Leif Erikson, Henry Hudson, James Cook to the Mariana Trench and outer space. Consisting of 24 lectures and conducted over 12 weeks the course will run initially for six weeks from 23 October until 28 November, from 10.00am to 12.00 at the U3A rooms, Dougherty House. Expressions of Interest will be taken at the October Jabberfest. Enquiries to Alysan Pender, ph66445397.



SNIPPETS FROM THE MENS SHED



Spiro Notaras has been a wonderful supporter of the Shed right from the early concept and we have enjoyed the many projects involving him. In particular, those to do with the Saraton Theatre as well as the Silky Oak tree adventure. Spiro is recovering from his recent stroke and asked the Shed to build a garden bench in appreciation for the very excellent initial care he received at Baringa Hospital. Pictured is the end product crafted by the Shed by Frank Heppell with lovely white mahogany from the mill – engraving by Warren Moss. *David Abrahams*



UNSOLVED MYSTERIES

The next meeting of this group will be Thursday 29 October. Due to U3A Rooms being used on this day by the Computer Group, I will hold the meeting in my home - 28 Bangalow Crescent. Gateway Village, phone 6642 1640. I will contact everyone prior to the meeting to advise you directions to my place. New members WELCOME. I will be absent from Monday 28/9/15 until Sunday 25/10/15 so best to ring after then – just prior to meeting. *Maree Burrows*



SEPTEMBER JABBERFEST WRAP

Our guest speaker was our very own Grafton U3A member Paul Jones who was introduced to the audience by Treasurer Bruce Carle. Paul, who has had a life-long interest in reptiles, provided an overview of WIRES of which he is a long standing member. The organisation is licensed by the National Parks and Wildlife Service and is a not-for-profit charity funded by donations and manned by a team of dedicated volunteers. He indicated that WIRES would not be able to operate without the assistance of a number of veterinary clinics who provide their services.

WIRES main activities are:

- the care of wildlife
- provision of information
- rescue of animals, birds and reptiles
- education in the form of courses on maintaining animals and birds etc.

Paul detailed the process for caring for injured animals and the various reasons that wildlife come to WIRES including car accident, cat/dog attack, weather conditions, entanglement, disease, bird attack, electrocution and poison. He also indicated that land clearing was the single greatest threat to wildlife. At the conclusion of his talk Paul was thanked and presented with a gift crafted by members of the Mens Shed.

President Maree provided updates and news for the various interest groups and happenings. She also welcomed new members Malvena Dick, Sharon & George Montey and Edna Anderson. On behalf of members Maree also congratulated Joan Muir celebrating her 95th birthday on Thursday. Well done Joan!!

OPERATION CHRISTMAS CHILD

Members are asked to bring the filled shoeboxes to October Jabberfest as Michelle Child will be in attendance to collect them.

ROYAL HOTEL LUNCHEON

Sunday 20 September, a grey day, saw seventeen hungry members gathered expectantly at *The Royal Hotel* in South Grafton for a very sociable and delicious lunch. The menu was enticing, the weather drab, the food delicious and welcomed with enthusiasm. From the amount of chatter during the meal everyone appeared to enjoy both their meals and the company. My meal was very tasty and the company of all those who attended was very enjoyable. To everyone who attended thank you for making such a grey day so pleasant. *Fiona Duggan*

UK UNIVERSITIES TOUR AUG 2016

U3A Melbourne City is again supporting the abovenamed tour that has proved successful in previous years and appreciated by many U3A members. The 22 day tour organised with much thought for the mature aged traveller staying several nights in each of the main centres in England, Wales & Scotland. Further information contact Sage Travel on 1800 668 808 or email tours@sagetravel.com.au to obtain a brochure.

U3A INT'L CONFERENCE PART 2

Day 2 was opened by Marilyn Wagland, President U3A Brisbane informing delegates that they have 3,600 members, 240 courses, 200 Tutors and own their own premises – SOUNDS VERY PROGRESSIVE. We went on to hear another 13 speakers during the day but I think it unnecessary to detail them. I must however mention the youngest and to me the most influential speaker of the Conference who spoke mid-morning on Friday. Her name was Sophie Ryan, an undergraduate at the University of Queensland, undertaking a dual Bachelor of Arts/Bachelor of Law programme and a Concurrent Diploma in Languages majoring in Peace and conflict Studies in Religion and Japanese. A long list of past achievements includes Dux of her High School and I cannot imagine how she has time to breathe but in her SPARE time she conducts classes for young people – and is only 19. She is considering a career in teaching or law. This young lady is gifted with all the wisdom of everyone's mother plus a solid insight into the future and it was a pleasure to listen to her. I have a well detailed book on the Conference content and profiles of all the speakers. I would be happy to loan this to anyone wanting more information. *Maree Burrows*

EDITOR CONTACT / CLOSING DATE

Contributions to the Jabber Journal are always welcome. We reserve the right to edit or refuse material submitted for publication. Closing date for November edition is **Monday 26 October 2015.**

Editor Dennis Kelly thehifields@bigpond.com