



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"

APRIL 2016

JABBERFEST – 10.00AM - 11 APRIL 2016 – GRAFTON COMMUNITY CENTRE

"TACKLING ICE IN OUR COMMUNITIES"

A PRESENTATION BY SENIOR CONSTABLE DAVE FISH

CRIME PREVENTION OFFICER OF THE COFFS CLARENCE LOCAL AREA COMMAND



The presentation will cover what the drug is, what it does, trend in use and the harm on the individual and the community and why it is a growing issue in Australia. Senior Constable Fish spoke to us early last year briefly on this subject when he addressed us on the topic of Home Safety for seniors, however, this presentation will be focussed entirely on crystalline methamphetamine (I.C.E.) and its effects on communities, families and individuals.



Lesley Apps will also be talking again about Community News in the Examiner which will be of interest to members.



The theme for Seniors Week across the Clarence Valley focuses on being active and outrageous. Many new events are on offer for the first time. With over 40 events on offer there is something to choose for everyone including an Open Day at our own Mens Shed (see picture for details).

The ten day event begins on the 1 April, with a Seniors Breakfast and Entertainment followed by the **Active & Outrageous Seniors Expo** at South Grafton Ex-Services Club. The Expo will provide the opportunity for seniors and their family to be entertained and informed by a line-up of speakers, demonstrations and entertainers. Over 30 stalls have booked to provide information about a wide range of services and activities in the Clarence Valley.

Visit the website https://www.clarence.nsw.gov.au/cp_themes/metro/page.asp?p=DOC-OTG-24-18-80 for a full program of Expo speakers, exhibitors, and entertainers and for more details of the **Active & Outrageous Seniors Walk and Fun Day**.



**U3A MENS SHED
OPEN DAY**

WEDNESDAY 6TH APRIL, 9AM
Participation is FREE
Grafton Mens Shed Old Brewery North Site
Enquiries Ph. 6644 7347

"Age is like the expiry date on your food packaging...it's there as a guide, but shouldn't be taken too seriously"
Mavis Hardbottom.

LETTER FROM EX- PRESIDENT MAREE



THANK YOU

As you all know by now, I recently resigned from the position of President of Grafton U3A. To the huge number of people who have contacted me by phone, email and direct speaking – thank you so much. The beauty of words and kindness of thoughts has quite overwhelmed me. Many of you have naturally assumed this is due to a new illness or deterioration of my present condition. I wish to say that I do not have a new diagnosis. Of course, I still have Multiple Sclerosis but I am stable on a drug I have been using for over ten years that keeps me well except if I overdo things, get too hot, get too stressed or overtired. When I was first diagnosed with MS in 1997, I was told that my principal enemies were heat and stress – both sometimes difficult to avoid. I am sad to have given up the role of President – but as many wise people say – that's life.

Maree Burrows

MARCH 2016 JABBERFEST WRAP

Treasurer Bruce Carle welcomed 118 member to March Jabberfest before acknowledging that Maree Burrows had resigned as President. He then introduced Phil Belletty the CEO of Clarence Village Limited who gave a short talk briefing members on its current project – Clarence Village Gardens Retirement Village. Located in Queen Street and comprising 21 two bedroom duplex units with 5 having a study for extra space. The project is due for completion later this year and a display unit will be open for inspection during Seniors Week on 8 April at 299 Queen Street Grafton.

Secretary Carole Cairns and committee members Fiona Duggan and Alysyan Pender then briefed members on new members, upcoming social activities and courses/group activities respectively. Group leaders David Thompson (table tennis), Dorothy Hillis (creative writing) and Barbara Fahey (bushwalking) provided an insight into their group activities.

Following the traditional cuppa break Mens Shed member Greg Ryan introduced renowned bush poet and entertainer extraordinaire dubbed the Master of Bull - Bill Kearns who charmed and amused his appreciative audience with many of his comic verse compositions including a recent addition - "The Senior Cits Elvis Festival Caper" and his serious and moving Anzac tribute to those who returned from war titled "The Ghost of Private Brown". He was thanked for his entertaining performance by Greg Ryan and presented with a gift from the Mens Shed.

Patty Hewitt was the winner of the lucky door prize – a crafted timber box from the artisans of the Mens Shed. Bruce Carle then thanked members and reminded them that the next Jabberfest will be held on 11 April. He then closed the meeting.



COURSES/GROUPS UPDATE

ARMCHAIR TRAVEL

Next meeting will be 2.00pm Tuesday 26 April at the U3A rooms Dougherty House. Guest presenter will be Fiona Duggan on the topic – Japan. One person's brief look at the hot springs, modern cities, mountains, architecture, food and traditions of Tokyo, Takao, Hakone and more.

Do come along and dip into a unique culture.

Enquiries to Magda Mussared 6644 9309.



SOCIAL EVENTS

MYSTERY BUS TRIP

This long awaited trip is on again, so set aside Sunday 1 May for a tour of/to.....followed by a delicious lunch at ????????????????

Cost for the bus will be \$10.00 plus lunch at your own expense.

Departures – Showground

10.30am and Bunnings Carpark 10.45qam.

I will collect the bus money at 11 April Jabberfest. *Fiona Duggan*



CHESS (NEW)

The World's Best Mind Game

Do you want to utilise your chess playing skills? Or

Do you want to learn how to play this thought provoking game?

A chess group is being formed, meeting on 1st and 3rd Thursdays at 2.00pm in the U3A Rooms Dougherty House. Contact the convenor - Stan Mussared 6644 9309.



WRAP – CROWN HOTEL LUNCHEON

On Sunday 28 February 16 members gathered for an enjoyable lunch at the Crown Hotel. Overlooking the river from the verandah we enjoyed a gentle breeze, which eased the heat of the previous few days for a little while. It was pleasant to watch scullers and rowers competing on the smooth river surface while we relaxed with pleasant company. *Fiona Duggan*



Joan Ingram & Janet Forde

UNSOLVED MYSTERIES



This group meets on the last Thursday of the month at U3A Rooms, Dougherty House and our next meeting will be 26th April at 2pm. After a difficult start last year due to problems obtaining suitable material, I am happy to report we have now been able to source

good supplies of DVDs and written material. The group enjoys a pleasant two hours together, which includes an afternoon tea break and plenty of discussion. New members are welcome. Contact me on 66421640 or email magar1@inet.net.au *Maree Burrows*



Shirley Tees & Joan Muir

HERITAGE TREE TALK

If the only tree you recognise is a blooming jacaranda or if you would just like to know more about our beautiful streetscape here is your chance. Grafton Library is hosting a Heritage Tree Talk at the Library on Monday April 18, 5.30 to 6.30 pm with light refreshments provided.

As well there will be two walks through the streets observing significant trees and learning of their history.

Walk 1. Saturday April 16, 9.30 to 11.30 travelling east from the library.

Walk 2. Tuesday April 19, 9.30 to 11.30 travelling west from the Library.

Jeff Thomas from NPWS will lead the walks and talk and bookings must be made at the Library. Phone 66410100. There is no charge for this great opportunity. *Barbara Fahey*



WRAPS WITH LOVE

Some members know of my involvement with 'Wraps with Love', an organisation that has a vast number of volunteers all over



Australia. These volunteers knit squares, which are then joined together to form a 2m. X 1m rug. Some prefer to crochet squares or to make a rug in one piece. The choice is up to the volunteer and does not matter – any design will keep someone warm which is the aim. I have supported this organisation for many years by choice as it uses only volunteer labour for all activities – not a cent changes hands.

David Abrahams has invited me to have a display of rugs and information at April Jabberfest. So come along and see some of the work by local workers on display and pick up an information brochure. *Maree Burrows*



We welcome new members – Neal Frawley, Sue Heath, Robert Montgomery, Kay McLennan, Sharon & George Montey, Bob Northam, Lisa Crispin and Robert Tyler. We trust that you enjoy

your association with Grafton U3A and take the opportunity to avail of the various courses/groups on offer.

THE U3A MOVEMENT

An article appeared in Monday's Herald penned by Neil Jeyasingam an old age psychiatrist. The main thrust of the article titled "Nursing homes are better option than talking to the walls" was the fact that a majority of ageing folk wish to remain in their own homes with a level of comfort while retaining their independence. The writer visits, on a daily basis, utterly isolated individuals who spend the bulk of their time speaking to not a single soul with his annual visit providing a rare opportunity to speak to someone other than a wall. The article prompted the following response as a Letter to the Editor, which encapsulates the aims and ideals of the U3A movement.

Beyond nursing homes

Old age psychiatrist Neil Jeyasingam seems to lead a very narrow life. Why hasn't he told the retirees he sees about U3A? About volunteering or joining a book club or political party? On the Central Coast, our U3A has 700-odd members. For a small yearly fee, you can run a course, attend many courses, help run the organisation or all of the above. But the best part is the friends you make. That cup of tea at half time is pure gold. Most of us live in our own homes have downsized or live independently in a retirement village. My plants are unruly because I am so busy. *Sue Young Bensville*

INTERNATIONAL WOMENS DAY

Members of the Tuesday Mahjong group took time out to celebrate International Womens Day. Photo courtesy of Susan Hereford-Ashley.



EDITOR CONTACT

Contributions to the Jabber Journal are always welcome. We reserve the right to edit or refuse material submitted for publication.

Closing date for the May edition is **Monday 25 April 2016.** Editor Dennis Kelly thehifields@bigpond.com