



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"

JUNE 2016

JABBERFEST – 10.00AM - 9 MAY 2016 – GRAFTON COMMUNITY CENTRE

"AN INSIGHT INTO THE WORLD OF ARCHAEOLOGY"

A PRESENTATION BY CLARENCE RIVER U3A PRESIDENT ROBYN ADAMS



Our guest presenter this month on the topic of Archaeology is Clarence River U3A President Robyn Adams. Introduced to the ancient world at the age of 10, from a teacher who thought he was punishing her by detention in the school library. However, there she uncovered a stack of National Geographic magazines and learned far more than he could teach her. She continued to misbehave so she would be sent to the library.

Fast forward 10 years when she fulfilled her dream to travel overseas and see for herself the evidence of amazing man-made structures spanning time and space. Robyn's life changed when she and two girlfriends travelled to Israel to escape the English winter. Here they were accepted as volunteers to work on the dig at Masada in 1964. From then on, she spent much time sitting in ruins, but life moved on and her

dream to become an archaeologist faded into the background but was never entirely forgotten. In 1998 she rediscovered her dream and enrolled at UNE in Armidale as a distance learning (very) mature age student. It took 10 years but she finally graduated in 2008 with a major in archaeology. Robyn will recount her journey through ancient civilisations, sites, digs and travels.

Lesley Apps from the Daily Examiner will also be making her long awaited presentation – see separate article "FOURTH TIME LUCKY (OR SO WE TRUST)"



Christmas in July

Set aside Sunday 31 July for a delectable luncheon –Christmas in July– to warm your winter's day. We will share the day with Clarence River U3A members affording an opportunity to meet new people or catch up with old friends and enjoy lunch together. The community bus will be available for transport.

Date: Sunday 31 July

Venue: Harwood Hotel

Cost: Bus \$10.00 Lunch \$25.00

Please note that costs are payable at June Jabberfest. *Fiona Duggan*



MAY JABBERFEST WRAP

Committee member Nick Reeve welcomed an audience of 82 including new member Lyndal Pauling and several visitors. He then introduced Heather Lamberton, Clarence Valley Council Community development Officer, with a short presentation titled "When was the last time you did something for the first time?" Her presentation provided ideas to stimulate members to embrace some form of new activity with suggested areas being Health & Active Living, Creative, Cultural, Recreational/Sporting, Intergenerational Activities and Technology for seniors. Detailed brochures setting out a range of ideas were available to members. Nick referred to the article in the current Jabber Journal concerning the availability of personal information of members in the case of an accident when attending Jabberfest or the various Interest Groups. He reminded members that their opinions are being sought and should be communicated to a committee member. Fiona Duggan then spoke briefly of the Christmas in July luncheon set down for 31 July for which names are being taken and payment due by next Jabberfest. Bruce Carle also reminded members that membership renewals are now due. Dorothy Hillis, convenor of the Creative Writing in conjunction with their current project recited an amusing poem titled "I'm very well thank you". Morning tea followed after which Nick introduced current member and guest presenter Florence Collinson on the topic "Brain Cancer is a family affair."



Florence undertook to address this topic due to her awareness of the impact that her husband's injury had on her family. Unlike developmental brain injury where one has never known anything other than what he or she is as well as family and friends, with **Acquired Brain Injury (ABI)** the person goes to sleep for the period that consciousness is lost and awakens seldom with recollection of the event or memory time beforehand dependent on the "lost time" of consciousness, so the extent of the aftermath. The world and life will have changed to a major or lesser degree for a large percentage of those who recover determined by the presented evidence of brain injury as to the area of the brain that has been damaged. A little known fact is that up to 1 in 5 people who suffer concussion will have changes in personal or physical ability. Statistics indicate that causes of ABI range across sport, road accidents, infections, alcohol, drugs, diving and stroke – in fact any event that deprives the brain of oxygen for an extended period of time. Men are more vulnerable than women and 40% of ABI cases occur in males 17-25 years.

In May 1992 Florence's husband John fell whilst painting the eaves of their home in Gunnedah and was airlifted to Tamworth before being transferred in an induced coma to John Hunter Hospital Newcastle where he remained for three weeks before transferring back to Tamworth Base Hospital for six weeks, going home for extended periods until discharged remaining as an out-patient for six months being re-trained on computer, playing cards and driving the car before regaining his licence but driving only for up to an hour due to loss of concentration.

Physically, he had completely recovered but mentally and emotionally was a different man. Florence's major role during the rehab period was to report emotional and behavioural changes. His reactions and manner were strained, always on the go, lost his sense of smell, feeling of temperature on his skin but sensitive to cold. Emotionally, he was very detached from Florence and the children. The knowledge that he thought Florence was his girlfriend at age 16yrs enabled her to understand the TIME FRAME in which he was living. There were many challenges - John exaggerated a lot, lost a sense of time, developed diabetes and angina and failed to get into practice regulating of medications, diet, blood sugar readings and regular meals. Florence's doctor told her she needed to get away for a break each three months but she was unable to do so as the children were away, however, due to a stress related problem she had a time out that demonstrated to rehab the need for more care for the carers and support was forthcoming from BIA groups both locally and in Sydney. John's relationship with their son John Jnr was cool, respectful but distant. With the girls after we had been staying with one or other of them, he would become very critical and on occasions the visit would conclude with a disruption in the family and tears. In the end, Florence undertook these visits alone.

A second fall in 2001 resulted in extensive time again spent in hospital and rehabilitation before his arrival at Grafton Aged Care Home (GACH) in South Grafton where it was evident that he was time locked into his younger years relating to his children as his siblings. John passed away on 7 July 2008 in hospital having been transferred from the Nursing Home the night before in a coma.

Having been raised as Christian, one constant through these years for Florence was her Bible, her one constant comfort and encouragement as she had no immediate family around to lean on for support, however, many wonderful friends did offer support. There is a verse in the book of Jeremiah 29 v 11 which says "For I know the plans that I have for you says the Lord, they are plans for good, not for evil, to give you a future and a hope". Following John's transfer to GACH, Florence bought a house in Coutts Crossing where she lived for three years before another stress related health problem reared its head and she relocated to a unit in Grafton where she is happy and leads a full and interesting life. She is now involved in several activities since joining U3A as well as CV Choir, weekly walking and card groups, Toastmasters and supporting Friends of GACH who were so good to John for over seven years. Florence concluded her presentation by offering advice that if you can by any means deter your husband, son, daughter, grandchild or friend from taking risks that may incur BRAIN INJURY by whatever means you may select be it straight forward or devious – take that chance it could make all the difference to the future of your family. Florence then took a number of questions from the audience before being thanked for a wonderful address and was presented with a gift crafted by the Mens shed. The lucky door prize went to Ann Van Ash. Nick Reeve reminded members that the next Jabberfest will be 20 June 2016 due to the Queen's Birthday weekend. He then closed the meeting.

VICE-PRESIDENT'S LETTER... Dear Members



From
David Abrahams

Elsewhere in the Jabber Journal is my report from the NSW U3A State Convention and I draw some conclusions from the issues raised there so far as our U3A is concerned.

I believe we are on the cusp of advancing to a more comprehensive approach to our activities with a wider range and variety of interest groups and courses. Several of our established activities are at maximum capacity and there is a need to investigate whether there is scope to use the skills of some participants to expand.

I also believe we should utilise the opportunities offered by the resource library available at the State website. There is a very wide range of courses being used by other U3As and it should be that members with particular interests can have a look through the library with the object of maybe instigating a class to discuss and learn.

Our Annual General Meeting is fast approaching and I urge any member interested in furthering their knowledge of U3A to give serious consideration to nominating for committee. Some fresh approaches would be welcome.



MEMBERSHIP – Important!

Enclosed with your journal, for those members yet to pay their annual subs, is a renewal notice (attached to email) for your attention. Your response will be welcomed. If you wish to discontinue membership, a call to Carole Cairns 6642 4615 or a note to that effect would be appreciated - thanks.

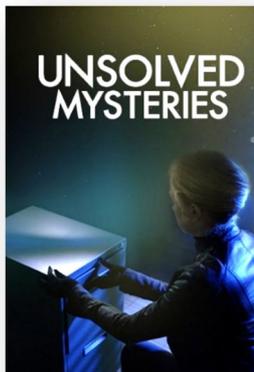
COURSES/GROUPS UPDATE

ARMCHAIR TRAVEL

Ever dreamed of visiting wild places with volcanoes, huge waterfalls and glaciers all in one? Somewhere distant & inaccessible? Come along to the U3A Rooms at 2.00pm on Tuesday 28 June to enjoy the photos and address about the geology, wildlife and life of Iceland. See puffins and glaciers, ice, waterfalls, craters, hot springs and magnificent panoramas shaped by fire and ice when Morrie and Fiona Duggan talk about their experiences in 2014. Enquiries to Magda Mussared 6644 9309.



UNSOLVED MYSTERIES



Our next meeting set down for 30 June however, as I will be going away on 25th the date has changed to 23 June. As the U3A Rooms are occupied on that date/time the group will meet at my home. Please contact me if any questions re location etc. New members are also welcome.

Maree Burrows 6642 1640

LATERAL THINKING PUZZLER

The Two Golfers

Archie and Ben were professional golfers and keen rivals. One day during a game, they had each scored 30 when Ben hit a bad shot. Archie immediately added 10 to his own score. Archie then hit a good shot and had won the game. Why?

LAST MONTH'S SOLUTION – This puzzle depends on the reader making the false assumption that the man was coming home at night. He was returning home in bright sunlight, so anyone could have seen him.

WANTED

Can you solve my dilemma? I have a single car garage which accommodates my everyday car but nowhere for my second car, a 19 year old Ford Fairlane. In order to provide it tender loving care, I am asking whether any member may have a secure shed or garage available that I could use to accommodate the car and have access to when needed to start it or take it for a run. Perhaps a modest fee could be arranged, if required. If anyone is able to assist, I would be delighted to hear from you. **Bruce Carle 0409225536**



WRAPS WITH LOVE

As reported in the May Jabber Journal, I was presented with a cheque from the Mens Shed for this organisation. The Grafton U3A Mens Shed has now donated three \$500 cheques which is a wonderful boost for Wraps with Love. The most recent gift coincided with a half-price sale at Lincraft resulting in a \$120 saving on the purchase of wool that is now being distributed among our band of workers who produce rugs for those in need. We recently sent 130 rugs to Headquarters in Sydney and they phoned to say that they were wonderful as always and were being loaded for transport to Eastern Europe where a severe winter continues to make the need greater than usual. Although the majority of the rugs are required in poorer countries you should be aware that they are also given as required within Australia. I have personally donated many locally and am happy to provide rugs to anyone in need – so just ask if you know someone who would appreciate one or more rugs. Any questions please contact me. *Maree Burrows 6642 1640*



We welcome new members – Ena Lee, John Hobbs, Darcy Knight, Sheila Foley and Jan Bruce. We trust that you enjoy your association with Grafton U3A and take the opportunity to avail of the various courses/interestgroups on offer.

2016 NSW U3A NETWORK CONFERENCE – REPORTS

David Abrahams

The Conference this year held at Belmont was hosted by Eastlakes U3A, which encompasses the highly populated area East of Lake Macquarie, has 750 members and is very well organised with a very wide range of activities. Their President is Nielsine Oxenford, daughter of our long standing member, Hazel who has good reason to be very proud of her; she and her Committee and indeed all the members were very proficient and welcoming. Our Delegates were Fiona Duggan and I with our Secretary Carole Cairns attending. The main venue was the 16 foot Sailing Club, spacious and just right for the various activities of the Conference – a great location with excellent catering. There were 3 keynote speakers with Gianni de Gravio, Archivist and Historian from Newcastle University outstanding with a fascinating look at the history of Newcastle which has been largely ignored by Australians. Professor Julie Byles spoke about our ageing population; quite interesting with a bit too many statistics for most. Gerry Collins, well known ABC sports broadcaster talked of his life and related many of the highlights at major sporting events around the world – this was a fascinating look at his working life with a voyage from teaching at a one teacher school in the far west to achieving his long held ambition to sports journalism at the top.

The Conference Workshops covered 8 subjects and attendees were allowed to take in 2. I attended the iPad session, which covered the latest methods of lessons that we will be hoping to implement – it was well presented and well worthwhile. The other session I covered was to do with Grants which also was interesting, particularly in respect of the impending strong move by the NSW Network working towards achieving 'Deductible Gift Recipient' (DGR) status.

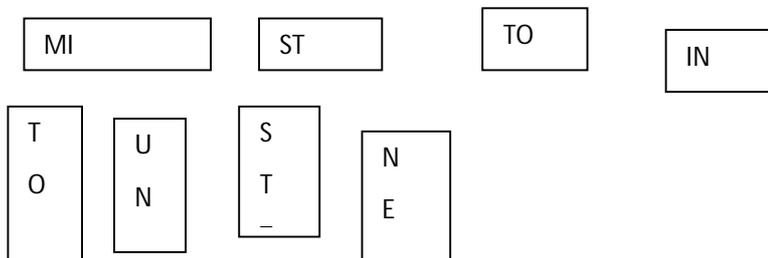
The Gala Dinner was excellent with the company outstanding and a Newcastle Men's Choir (an expanded Barbershop Quartet) very entertaining. Again the venue was outstanding with excellent catering for the large crowd. The AGM was held with reports reflecting the strong leadership and progress of our movement. As mentioned there was discussion about 'DGR' status and the meeting resolved that the issue should be pursued. Grafton U3A is well regarded and it was gratifying to discuss our situation with the executive and senior members of the Network. I believe there is a growing recognition of the great benefit to the community provided by our organisation.

Fiona Duggan

"Staying Alert: Keeping the Marbles rolling" was one of the workshops I attended at the annual U3A Network conference. Certainly the conference provided opportunities for that to happen. The workshop was a sampler of a challenging free course available to U3A groups compiled by Peter Beale and includes word and number puzzles to get our brains working. Peter and his colleagues were at pains to say it was NOT competitive and was meant to be fun, getting the pathways cleared. Try these for example:

Word Tiles

Make these letters into a 4x4 square which has four four-letter words. The word of first row both horizontally and vertically are the same. The same applies to rows 2, 3 and 4



Numbers

What are the positive divisors for the following numbers?

6, 10, 12, 28.....

Cryptic Flowers:

The opposite of sour and a vegetable

Sneaky symbols:

LU CKY

Lucky break

“Staying Connected” was the second workshop I attended that involved information about different social media, the variety and particular purposes of each including *Facebook*, *Skype*, *Email* and *Mobile* use.

G-mail or *Google+ Viber* uses your phone number and your phone contacts, *Skype* chat window is for IM (instant messaging), or *Viber* or *Kik* for mobile IM.

“The Cloud” is the use of remote servers networked e.g. *Google Drive*, *One Drive*, *iCloud*, *Dropbox*. Photos for storing use *Flickr*, *Picas*; Music uses *Spotify*, *Pandora*, *iTunes*, *Beats*.

Twitter is for following people you don’t know; *Instagram* is for sharing day to day images; *LinkedIn* used for business and recruitment; *Tumblr* is a blogging platform that allows you to text, share photos and videos; *Pinterest* is sharing like a virtual pin board.

Snapchat is to record photos, videos add text and send to selected friends.

Kik Messenger is an instant messaging app allowing you to avoid the text messaging system. There are apps for almost anything – e.g. *Telehealth* using video calling and a smart phone app, make Medicare claims via tablet or smart phone with a *My.Gov* login.

Passwords and how to remember them. Is your screen locked? If you often leave your device unattended and “on” then lock it.

Online dating is just like dating. Treat it like meeting people in any social environment – do not divulge personal information or get financially involved. Only meet offline when you are ready.

Carole Cairns

One of the highlights of the conference for me was witnessing David and Ern Hollebhone finally meeting at the Wednesday night reception after many years of helping each other on the Grafton U3A web page. It was great to meet up with a number of people I have met at the numerous conferences I have attended.

The first workshop I attended was titled “Staying abreast of rules = governance” conducted by Keith Whelham. His description was:- Governance is a leadership process and to function effectively, individual Committee members and Committees as a whole should have a clear understanding, not only of their roles and responsibilities, but also the practicality of correctly applying them with a leadership framework of context.

Workshop No.2 - “Staying in tune with your membership” where Mel Llewellyn reviewed techniques for analysing membership and members views, in order to remain on top of likes and issues and management of change. He stressed the importance of having a plan, perhaps 5 years. Quote - “If you don’t have a plan any road will do.” He outlined methods for obtaining feedback from members as to what is working and what isn’t. We were shown a tutorial on creating questionnaires, which can be filled in and returned online.



FOURTH TIME LUCKY (OR SO WE TRUST)



After a couple of failed attempts to have Lesley Apps from the Daily Examiner along to our Jabberfest, I thought all would be well for the May Jabberfest. Her informative presentation is of interest to the increasing numbers using the internet to access news and commentary and as such requires our laptop to be connected to the Internet.

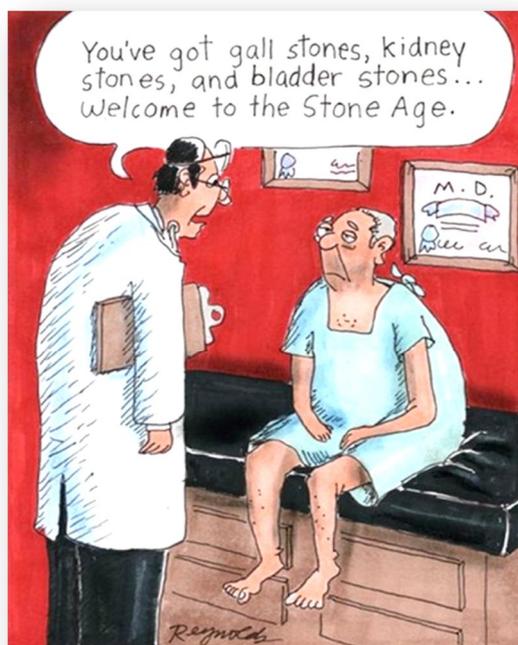
For some time I had been resisting efforts by Microsoft to install its latest operating system, Windows 10, on our computer but on the day of our Jabberfest, Bill Gates got the better of me and started downloading the files. The process takes up to an hour and the only way to prevent it is to turn off the Internet which would have disabled Lesley's presentation. Regretfully there was no alternative

but to cancel. Lesley is now coming to present her demonstration at the start of our June 20th Jabberfest – I am confident that it will be of interest to all. *David Abrahams*

REPORT ON MYSTERY BUS TRIP

On Sunday 1 May, an intrepid group of members ventured into the unknown on the mystery bus trip. Heading south along the Armidale road the participants were asked to write down where we were going to end up for lunch and how far we would travel. No-one came close with the final destination of the Brushgrove Pub. The distances, although closer were a little "off" as well with a best guess of 95kms, however, everyone seemed to enjoy the challenge and the constantly changing possibilities as the trip progressed. I travelled over some previously unexplored territory that was most enjoyable. Thank you to David and Warren for devising the route and to John for driving so cheerfully.

Fiona Duggan



REPLACEMENT NAME BADGES

Please note that as from 1 July 2016, there will be a \$2.00 charge for issue of replacement name badges. *Carole Cairns*

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 July edition is **Monday 27 June 2016**. Editor Dennis Kelly thehifields@bigpond.com

COURSES AND GROUPS

COORDINATORS

ALYSAN PENDER 6644 5397

PAT CONNOLLY 66426695

MEMBERS PLEASE NOTE - YOU MUST CONTACT THE CONVENOR PRIOR TO JOINING COURSES/GROUPS

COURSE/GROUP	CONVENOR	PHONE	LOCATION	DAY/DATE	TIME
ARMCHAIR TRAVEL	Magda Mussared	6644 9309	U3A Rooms Dougherty House	4 th Tuesday	2.00 – 4.00pm
BOOK DISCUSSION	Miriam Sinfield	6644 5322	Library	3 rd Monday	2.00 – 4.00pm
BUSH WALKING	Peter Mears	6643 5748	The Great Outdoors	Watch Journal for details	
CHESS	Stan Mussared	6644 9309	U3A Rooms Dougherty House	1 st & 3 rd Thursdays	2.00 – 4.00pm
COMPUTER USERS GROUP	Tom Dennis	6642 2502	U3A Rooms Dougherty House	Alternate Fridays	2.00 – 4.00pm
CREATIVE WRITING	Dorothy Hillis	6642 7427	U3A Rooms Dougherty House	2 nd Tuesday	1.30 – 4.00pm
DISCUSSION GROUP – ALTERNATE IDEAS	Noelene Bryant	6649 4407	Room 4 South Services Club	Tuesdays	1.00 – 3.30pm
EARTH'S CHANGING CLIMATE	Nick Reeve	6642 5367	U3A Rooms Dougherty House	In recess	
FIVE HUNDRED CARD GAME	Gwen Rudder	6642 1377	South Services Club	Thursdays	9.30 – 11.30pm
GOOD VIBES VOCAL GROUP	Helen Hearnshaw	6642 5073	Conservatorium	Mondays	1.00 – 2.30pm
GUITAR	Leonie Hayes	6643 2211	Leonie's home	Alternate Wednesdays	1.30 - 3.30pm
HISTORY CLUB	Nancye Eggins Nola Mackey	6642 4147 6644 9465	U3A Rooms Dougherty House	1 st & 3 rd Tuesdays	2.00 – 4.00pm
LANGUAGE – FRENCH	Andre Cunin	0422448434	U3A Rooms Dougherty House	2 nd & 4 th Wednesdays	2.00 – 4.00pm
LANGUAGE – GERMAN	Ralf Junger	6642 3484	U3A Rooms Dougherty House	Thursdays	10.00 – 12noon
MAHJONG	Joan Ingram	6642 1560	CWA Rooms	Wednesdays	9.30 – 12 noon
MAHJONG FOR BEGINNERS	Mary-Lou Brown	6644 5167	U3A Rooms Dougherty House	Tuesdays	9.30 – 12 noon
MEDITATION	Noelene Bryant	6649 4407	Room 4 South Services Club	Tuesdays	9.45 – 11.30am
MENS SHED	Frank Heppell David Abrahams	0407259949 0407413813	Brewery Complex	Wednesdays	8.00 – 3.00pm
SCRABBLE	Alysan Pender Vanda Geremia	6644 5397 6642 7880	U3A Rooms Dougherty House	Mondays	1.30 – 3.30pm
TABLE TENNIS	Ron Quilty Eric Wheeler	6644 4161 6642 1857	Grafton Golf Club	Tuesdays	2.00 – 4.00pm
TAI CHI	Nancye Eggins Raelee Baird	6642 4147 6644 8406	Room 4 South Services Club	Tuesdays	11.30 – 12.30pm
THE WORLD'S GREATEST GEOLOGICAL WONDERS	Morrie Duggan	6649 3202	U3A Rooms Dougherty House	Fridays	10 – 12 noon
UKELELE 1	Leonie Hayes	6643 2211	U3A Rooms Dougherty House	1 st & 3 rd Wednesdays	1.00 – 2.30pm
UKELELE 2	Leonie Hayes	6643 2211	U3A Rooms Dougherty House	1 st & 3 rd Wednesdays	2.30 – 3.30pm
UNSOLVED MYSTERIES	Maree Burrows	6642 1640	U3A Rooms Dougherty House	23 June Watch Journal for details	
WOODWORK FOR WOMEN	Kevin Watkins		Mens Shed	Watch Journal for details	