



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"

MARCH 2016



BILL KEARNS BUSH POET/ENTERTAINER EXTRAORDINAIRE RETURNS FOR ANOTHER ENCORE PERFORMANCE NOT TO BE MISSED!!!

JABBERFEST 10.00AM – 14 MARCH 2016 - GRAFTON

Bill Kearns was brought up on a dairy farm in the Clarence Valley and has lived all his life in the Grafton area. Bill is now retired from his last job as the manager of non-clinical support services at a local Public Hospital.

A lifetime lover of traditional poetry, Bill set out about twenty years ago to be a serious writer of verse but alas he fell into the clutches of a band of

Australian Bush Poets and was totally corrupted. He discovered a talent for writing comic verse and an ability to see the weird and warped in seemingly normal everyday situations. Dubbed "The Master of Bull", Bill's performances have been described as incorrigibull, disreputabull, irascibull but always enjoyabull. Bill's greatest pleasure is to give a laugh or five whenever he performs, he reckons he saw very few people admitted to hospital suffering from laughing. He has however, retained a serious side and is sometimes

known to slip a serious poem into a performance when you least expect it. Bill has released a number of books and C.D's and has performed at all kinds of venues from small country halls to the Tamworth Country Music Festival and the Gympie Muster. Many members will have encountered Bill at a previous appearance and would know that his is a show not to be missed.



NSW SENIORS FESTIVAL EVENT – GENTEEL POETRY SLAM

Poetry is a universal language that cuts across cultures and ages, and encourages people to share their love of words. Poems once learnt by heart by our seniors form memories and stories that are enjoyed for ever and create opportunities to reminisce about life. The 'genteel poetry slam' offers a platform for seniors and the young at heart to share a poem with the group or to sit back and absorb the joy of poetry through rhythm and prose. The morning will include poetry and music performed by preschool children from the South Grafton Multipurpose Childcare Centre, a display of their works of art, plus a gift of a booklet that includes poems and artwork shared during the morning. Morning tea will be available free of charge and will allow the audience to relax and soak up the environment.

DATE/TIME: 6 April 2016 – 10.00 – 11.45am

VENUE: New school of Arts Neighbourhood House Inc., Cnr Spring & Skinner Sts. Sth Grafton.

BOOKINGS: Essential

DETAILS: Contact Simone McPherson - Community Visitors Centre – (02) 6640 3811

FEBRUARY JABBERFEST WRAP

About 130 members attended our first Jabberfest at the Community Centre and received details of the diverse and interesting activities planned for the year.

Our guest speaker was Ann Armstrong from the Grafton Lifestyle Centre, who has been involved in the Fitness industry for 25 years. A lifetime interest in gymnastics saw her commence coaching in 1990 becoming a Fitness Instructor in 1992. For the past ten years, she has specialised in the area of exercise working with seniors and people with chronic illness.

In her presentation, Ann highlighted the benefits of people embracing the healthy lifestyle in regard to diet activity etc. Using a series of slides she detailed the steps needed to make the positive changes to our lifestyle under the following topics:

Behaviour change –developing a road map to success

- ✓ Building new habits
- ✓ Stages of change
- ✓ Goal setting – healthy eating and physical activity

Exercise and your health

- ✓ Bone health
- ✓ Heart health
- ✓ General health benefits
- ✓ Physical activity guidelines
- ✓ Incidental activity
- ✓ Exercises to try at home

Maintaining the gains

- ✓ The overload principle
- ✓ FITT principle – frequency, intensity, time, type
- ✓ Things to consider – age, health concerns, injury, illness
- ✓ Keeping motivated

Healthy eating

- ✓ Guidelines
- ✓ Carbohydrates
- ✓ Sugar
- ✓ Glycemic index
- ✓ Fat and protein
- ✓ Hydration
- ✓ Alcohol

At the conclusion, President Maree thanked Ann for her informative address and presented her with a gift crafted by members of the Mens Shed. The President also provided members with details of new courses commencing this year and welcomed a number of new members. Bruce Carle also provided members with an update on additional space made available to the Men's Shed.

JUSTICE OF THE PEACE



It has been suggested that a register of members who hold the above qualification would be useful. To this end, any member wishing to be included in the register is asked to contact

Kevin Dixon 6642 5802 or email kgdixon1@bigpond.com



We welcome new members – Barry Baldwin, Annette Johnson, Trish & John Shanley, Wendy Knight, Shirley Regan, Lynne Higham, Helen & Michael Smith and Warren Anderson. We trust that you enjoy your association with Grafton U3A and take the opportunity to avail of the various courses/groups on offer.

COURSES/GROUPS UPDATE

Many thanks to all those of you who applied to join various courses & groups at our February Jabberfest - it was a great response.

First the good news - all the Music Groups - GUITAR & 2 UKELELE GROUPS - are full and will not be taking more enrolments for a while.

Now the bad news - ITALIAN LANGUAGE alas had insufficient enrolments and will not be running.

Somewhere in the middle - some groups have commenced but would welcome more participants. These are French and German languages and also Scrabble. If you wish to join any of these (or any other group) during the year please contact the group leader directly or see Alysan Pender or Pat Connelly at the March Jabberfest. *Alysan Pender*

ARMCHAIR TRAVEL

Will make its next appearance on Tuesday 22nd March, from 2.00 to 4.00pm. Eric Wheeler will be speaking about Uganda and Kenya - the people and wildlife. It promises to be most interesting. *Alysan Pender*

DISCUSSION GROUP – ALTERNATE IDEAS

A diverse group of men and women - lively discussions....Our current topic **“How colours affect you: what science reveals”** presented by Professor William Lidwell. New topic commencing during March **“Redefining Reality”** presented by Dr Steven Gimbel. Each of these topics sourced from the Great Courses. Group meets Tuesdays 1.00 - 3.30pm at South Services Club – convenors Noelene Bryant 6649 4407 or Vicki de Vaurno 0405386785. *Noelene Bryant*

MEDITATION

This group continues to meet from 9.45 – 11.30am at South Services Club with participants joining the club as social members. While membership of the group is currently closed any enquiries should be directed to the convenor Noelene Bryant 6649 4407. *Noelene Bryant*

MENS SHED SNIPPETS

Men's Shed Horseketeers working on two dilapidated rocking horses from Hospital Auxiliary to bring them back to glory. We understand the Auxiliary will be raffle the horses to raise funds. The Renovation material cost is over \$300 and will be donated by the shed. Also never throw away old bedheads or bases, this seat is nearing completion. *David Abrahams*



Horseketeers at work



Old bedhead/new seat

NAME BADGES

Members are encouraged to wear their name badges when attending Jabberfest and other U3A events.

A TOUCH OF HUMOUR

I love this one!

Hospital regulations require a wheel chair for patients being discharged.

However, while working as a student nurse, I found one elderly gentleman already dressed and sitting on the bed with a suitcase at his feet, who insisted he didn't need my help to leave the hospital.

After a chat about rules being rules, he reluctantly let me wheel him to the elevator.

On the way down I asked him if his wife was meeting him. 'I don't know,' he said. 'She's still upstairs in the bathroom changing out of her hospital gown.' *Contributed by Peter Smyth*

Car keys – priceless!

Car keys - They weren't in my pockets. Suddenly I realised that I must have left them in the car.

Frantically, I headed for the parking - lot. My husband has scolded me many times for leaving my keys in the car's ignition. He's afraid that the car could be stolen. As I looked around the parking lot, I realised he was right. The parking-lot was empty.

I immediately called the police. I gave them my location, confessed that I had left my keys in the car and that it had been stolen.

Then I made the most difficult call of all - to my husband: "I left my keys in the car and it's been stolen." There was a moment of silence. I thought the call had been disconnected, but then I heard his voice. "Are you kidding me?" he barked, "I dropped you off!" Now it was my turn to be silent. Embarrassed, I said, "Well, can you come and get me." He retorted, "I will, as soon as I convince this cop that I didn't steal your damn car!"

Welcome to the Golden Years!

*Count your life by smiles not tears
Count your age by friends not years*

GEMS FOR ENQUIRING MINDS

Rick Swindell

Research gems

Mentally challenging activities key to a healthy aging mind

<http://www.sciencedaily.com/releases/2016/01/160105134102.htm>

MIND diet repeatedly ranked among best

<http://www.sciencedaily.com/releases/2016/01/160105134102.htm>

Technical Gems

Don't want Windows 10 yet? Here's how to stop the nagging!

<http://www.techsupportalert.com/content/dont-want-windows-10-yet-heres-how-stop-nagging.htm>

How I got hacked....and why you must have a backup

http://askbobrankin.com/how_i_get_hacked_and_why_you_must_have_a_backup.html

Needlework/knitting Groups:

Lots of free knitting patterns available as pdf downloads at

<http://www.loveknitting.com/free-knitting-patterns>



Also recommended

<http://tipnut.com/category/crafts/> a wonderful collection of Craft Projects, Patterns & Tutorials, all of them free.

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 the April edition is **Monday 28 March 2016.**

Editor Dennis Kelly thehifields@bigpond.com