



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"

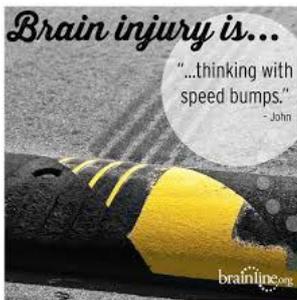
MAY 2016

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

"BRAIN INJURY IS A FAMILY AFFAIR"

A PRESENTATION BY U3A MEMBER FLORENCE COLLISON

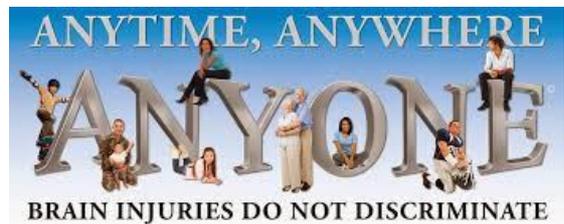
Florence comes from Somerset, England growing up during World War II. She attended boarding school in North Devon before leaving at age 16 to keep house for her widowed father until he remarried and she then enrolled for nursing training at King Edward VII hospital. After graduating she and two friends achieved their goal to travel to Australia in 1957 for a two year working holiday.



Initially based in Melbourne she moved to Sydney taking up a position as Cardiac/Thoracic Surgical Ward Charge Sister. As she wanted to experience country life she took up positions at Condobolin and Bourke. As four years had flown by she then returned to England for a year to visit her father but was eager for the 12 months to pass to claim her return passage to Australia.

She returned to Sydney but before long she relocated to Gunnedah District Hospital where she met and married John Collison. The next twenty eight years were taken up rearing

three children and working part time in X-Ray and Pathology when she had finished full time work. Then on 31 May 1992, her world and that of her children changed in the blink of an eye when her husband fell backwards off a ladder. He survived but sustained severe brain injury and for the next nine years was cared for at home until 2001 when he had a second fall and resided in Grafton Aged Care Home for the next seven years passing away in 2008. Florence will provide a personal account of the effect these events had on her family.



Lesley Apps will also be making a short presentation talking again about Community News in the Daily Examiner, which will be of interest to members.

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

I will take expressions of interest at May Jabberfest. Costs will be payable in June/July. *Fiona Duggan*



APRIL JABBERFEST WRAP

Just under 100 members attended our April Jabberfest at the Community Centre for a busy and informative session. Committee member David Thompson opened the meeting, followed by Brian Carter who recounted a true story of the establishment of Stanford University. Course convenors Morrie Duggan and Stan Mussared then made short presentations providing details of new courses – The World's Greatest Geological Wonders and Chess respectively to be held in the U3A rooms with the former meeting on Fridays from 10-12 noon and the latter on the 1st and 3rd Thursdays from 2.00-4.00pm.

David Thompson then called Wraps with Love representative and U3A member Maree Burrows to the rostrum and presented her with a \$500 cheque from the Grafton U3A Mens Shed. Maree took the opportunity to outline the work undertaken by volunteers. To date 400,000 wraps have been distributed worldwide – a wonderful effort. Maree was supported by her sister Alma Bailey, a great stalwart of the cause. They had a very lovely and interesting display of sample squares and finished product, which attracted plenty of attention from all attending.

After a short quiz from quiz master David Abrahams the meeting adjourned for the traditional cuppa and natter.

David Thompson then introduced guest speaker Senior Constable Dave Fish – Crime Prevention Officer from the Coffs Clarence Area Command on the subject - **TACKLING ICE IN OUR COMMUNITIES**. The presentation was very comprehensive providing significant detail under each of the following bullet points:

- What is ICE (Crystal Methamphetamine)?
- How is it used?
- Why do people use Methamphetamine?
- Signs of Meth use?
- What trends are we seeing?
- Harm for users and communities?
- Dependence and psychosis"
- Finding information online?
- What can you do to reduce crime?
- Why and how to call Crime Stoppers?

At the conclusion of his presentation Senior Constable Fish took questions from the floor before being presented with a creation crafted by the artisans at the Mens Shed. The lucky door prize, a timber crafting from the Mens Shed, was drawn and the winner was Per Ronnquist. David Thompson then closed the meeting and thanked everyone for their attendance.

VICE-PRESIDENT'S LETTER... Dear Members



From
David Abrahams

As I draft this report, I am readying for a trip to Belmont to attend the Annual U3A Network NSW Conference. Fiona Duggan is my fellow delegate and Carole Cairns is also attending – Carole is a self-confessed convention groupie!

The Conference comprises a three day meeting including a welcome reception, a forum discussing ideas and problems from all U3A delegates in attendance, a wide range of workshop sessions, AGM, Conference Dinner and post conference tours. Reports will be forthcoming in next month's Jabber Journal and at June Jabberfest.

Your Committee is keen to encourage further activities and invites any member desiring to expand their knowledge through a new special interest group to contact Alysyan Pender 6644 5397 or Pat Connelly 6642 6695 to discuss possibilities.

Members will be interested to hear our Mens Shed has won a tender to supply special breeding boxes for the Woolgoolga to Ballina Pacific Highway upgrade.

COURSES/GROUPS UPDATE

ARMCHAIR TRAVEL

Our next meeting will be at 2.00pm on 24 May at the U3A Rooms Dougherty House. There will be a presentation by Peter Smyth on his family trip to Dubai, France, Germany, Switzerland and Austria in December last year. The aim was to have a White Christmas in Switzerland but sadly the snows did not come. For enquiries contact Magda Mussared 6644 9309

HISTORY CLUB

We are happy to report that after a slow start to the year we are continuing with several projects, including strands of 'Mapping Our Neighbourhood'.

Robyn Higham and team are pulling together the details concerning the many Maternity Hospitals and Midwives in the Grafton and South Grafton area. U3A members and other residents of Grafton are still providing valuable assistance as Robyn begins to wrap up many of the remarkable careers of these women. She can be contacted at Jabberfest or by phone 6643 3196.

Peter Smyth is doing a sterling job of documenting businesses in Grafton in the 1950's and 1960's. He too



has had a wonderful response to his enquiries and is still collecting photographs to illustrate this project. One of the iconic businesses in Grafton for nearly a century was the Grafton Gas Company in Pound Street. Peter would like to speak to anyone who worked for this company or knows any of its history. He can be contacted at Jabberfest or phone 6642 1692.

The History Club meets at Dougherty House, Prince Street, Grafton on the 1st and 3rd Tuesday (3rd and 17th May) afternoons 2-4 pm. All U3A members welcome. *Nola Mackey*

WOODWORK FOR LADIES

It is expected that the next course is likely to commence in July. Further details will be available at a later date. In the meantime, if interested, please mark your diaries.

SAYINGS

AS I GET OLDER I REALIZE

- I talk to myself because sometimes I need expert advice
- Sometimes I roll my eyes out loud
- My people skills are just fine, it's my tolerance of idiots that needs work
- The biggest lie I tell myself is "I don't need to write that down, I'll remember it"
- When I was a child I thought nap time was punishment. Now it's like a mini-vacation
- The day the world runs out of wine is just too terrible to think about
- Even duct tape can't fix stupid but it can muffle the sound
- Wouldn't it be great if we could put ourselves in the dryer for ten minutes, come out wrinkle free and three sizes smaller
- Getting lucky means walking into a room and remembering why I'm there

Contributed by Jan Mecham

LATERAL THINKING PUZZLERS

Coming Home

A man walked home after having been out drinking. He walked down the middle of a deserted country road. There were no street lights to illuminate the road and there was no moonlight. He was dressed all in black. Suddenly a car that did not have its headlights on came racing down the road. At the last moment, the driver of the car saw the man and swerved to avoid him. How did he manage to see him?

SOLUTION – Next month



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**



Sadly these persons have passed away recently:

Peter Michael BALK

Husband of Helen Hearnshaw

Aub McNAUGHT - member

Husband of Shirley McNaught – member

PERSONAL DETAILS

The Committee has discussed the desirability of having ready access to members' details. The Mens Shed has such a system in place with members completing a form detailing next of kin, contact numbers, name of Doctor and brief notes re any existing condition.



A graphic example of the usefulness of such information occurred recently when a member collapsed at the Shed. An ambulance was called and a copy of the above data handed to the carer, which was enthusiastically received.

The Committee is of the view that a similar form should be completed by each member, put in a sealed envelope and handed to the Group Leader on each visit to an activity. The envelope would be returned to members at the close of the session for future use. Members are invited to put forward their views and suggestions on the issue to Committee members. *David Abrahams*

VALE AUB MCNAUGHT

All will be saddened at the passing of long time member Aub McNaught. A very special man with a very wide circle of friends garnered from his many and varied activities.

Aub served as a U3A Committee member for quite a few years and can be remembered for his sage advice always delivered with his great good humour. He also participated in a number of our interest groups and was notable for his contribution to our Computer users group.

Our sympathy is extended to his wife Shirley (also a long time valued member) and his family.

David Abrahams

Congratulations

Congratulations to Joan Muir OAM, our elder stateswoman, being honoured on Anzac Day with life membership of Grafton RSL sub-branch. *David Abrahams*

We welcome new member – Lyndal Pauling. We



trust that you enjoy your association with Grafton U3A and take the opportunity to avail of the various groups on offer.

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*

GEMS FOR ENQUIRING MINDS

Rick Swindell

[If you fall, try to stay calm. Take a few deep breaths to help you relax and then...](#)

[If you use a computer they've got you! Supercookies and Evercookies: Resistance is Futile](#)

[Exercise curbs your hunger, study shows](#)

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 June edition is **Monday 30 May 2016**. Editor Dennis Kelly thehifields@bigpond.com