



# JABBER JOURNAL

Grafton U3A Inc. (University of the Third Age)

PO Box 688 Grafton NSW 2460

[www.grafton.u3anet.org.au](http://www.grafton.u3anet.org.au)

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

## NOVEMBER 2015

JABBERFEST – 10AM 9 NOVEMBER - GRAFTON COMMUNITY CENTRE DUKE STREET

**GUEST SPEAKER – NICK REEVE - VOYAGE OF THE YACHT 'GOLDEN OPPORTUNITY'**

**ENGLAND TO AUSTRALIA – 13 NOVEMBER 1976 TO 7 NOVEMBER 1977**

Our guest speaker is Nick Reeve, Grafton U3A committee member who will provide an insight into a yearlong family sailing adventure best described in Nick's own words.....

Ann and I first came to Australia in 1966 as 'Ten Pound Poms' sailing aboard the SS Australis, a luxury migrant cruise ship. Ten years later when we wanted to make the journey again with our boys Roo (9) and Tom (8) there were no more 'Ten Pound' passages and indeed no more ships taking passengers all the way from England to Australia. As a result, we had to find our own ship, a small one, and sail ourselves. Departing Plymouth on Saturday 13 November 1976, we sailed across the English Channel to Le Havre then motored all through the French canals and along the Mediterranean Coast to Gibraltar. From there we followed the trade wind route of the old sailing ships across the Atlantic, then through the Panama Canal and across the Pacific to Sydney, arriving one year on in November 1977.

This exploit was no 'Voyage that made history, however, it was a family adventure that changed all our lives. The journey was recorded by each of us in our journals, log books and photographs. The poem below by Tom aged 9 expressed his feelings after a year at sea. Nick will be joined later in the presentation by his wife Ann to show photos of their voyage

*Someday I shall fly away*

*I shall escape from every civilization*

*From every nation*

*I shall soar*

*above the roar*

*of the waves*

*I shall look down on the bottomless sea graves*

*I shall watch the dolphins leap*

*In the azure sea,*

*I shall be free*



(Tom Reeve 1977)

---

## **GUEST SPEAKER – LESLEY APPS**

### **DAILY EXAMINER JOURNALIST/COMMUNITY EDITOR**

Lesley will be making a short presentation concerning improving contact and content for community groups and events via the Examiner's digital and print platforms including the new self-serve section.

---

## **FRANK HEPPELL – MENS SHED**

Frank will also provide a brief summary of the Grafton Mens Shed since its inception ten years ago this month. A rather remarkable and interesting concept, which has enhanced Grafton U3A and our community.

## OCTOBER JABBERFEST WRAP

Over 100 members and guests attended Grafton U3A's monthly 'Jabberfest', at the Community Centre, last Monday, October 12. In President Maree Burrow's absence overseas, the meeting was chaired by Vice President, David Abrahams, who entertained the audience with a well-constructed (and not so easy!) Trivia Quiz which was well received.

Committee member Alysian Pender then introduced the guest speaker, Madge Little whose interesting and provocative subject was 'Let's talk about Dementia'. Madge is a registered Nurse, Clinical Supervisor and Teacher at TAFE. She has always been interested in Dementia and has vast experience and qualifications with the Grafton Base Hospital, Respite Services, Community Nursing and Mental Health Services. Dementia is defined as 'A chronic or persistent disorder of the mental process caused by brain injury or disease, marked by memory disorders, personality changes and impaired reasoning'. Dementia occurs in several forms, one of which is the non-reversible Alzheimer's disease, but also exists as Vascular Dementia, Alcohol Related Dementia and some others which are mostly treatable with medication. The most important thing is proper and accurate diagnosis, as soon as early stages of forgetfulness and memory loss are noticed. These symptoms can sometimes occur due to vitamin or hormonal deficiencies, depression, medication side effects, brain tumour or infection. In its early and middle stages, Dementia can be well cared for in the home but in its later stages, when anxiety, wandering, mood changes and incontinence may take place, proper, qualified residential care is usually necessary. Madge pointed out that in her large experience with many aged care facilities, the Clarence Valley's standards are second to none. Carers of potential Dementia patients should monitor and review changes in memory and thinking, ensure that they have regular and thorough physical check-ups, 'mini mental' exams and geriatric assessment. And they must take time out for respite for themselves.

On a positive note, Madge left us with the thought that 'Persons living with Dementia are usually capable of more than we can imagine'. David Abrahams thanked Madge for her interesting and well received discourse and presented her with a small memento from the Mens Shed. *R. A. Cumming*

## PRESIDENT'S LETTER.... Dear Members



**Maree Burrows – President**

I have just returned home from overseas yesterday and am still feeling a little washed out, so please forgive me if my report is not up to standard. What a wonderful adventure I have just completed with ten days travelling in Indonesia with my son Michael who works in Jakarta, teaching in an International School. He has only been there this year so took advantage of From Jakarta we travelled by train to Jogjakarta through rice fields and rural areas – a few days there then we flew to Bali for three days. After returning to Jakarta, I then flew to Singapore to embark on a ten night cruise to Thailand/Cambodia/Vietnam. It was all wonderful except that we experienced the terrible smoke from the fires in Indonesia - unfortunate but did not really spoil the great experiences. After disembarking from the cruise I spent three days in Singapore prior to returning home. Full details at Armchair Travel in the New Year. Looking forward to catching up at Jabberfest.



The Grafton U3A **Christmas Luncheon** will be held at the **South Grafton Services Club** at **Noon on 7 December 2015**. Tickets will be available at November Jabberfest for **\$25.00 per head**. Please note that tickets must be purchased in advance as **NO TICKETS WILL BE AVAILABLE FOR PURCHASE ON THE DAY OF THE LUNCHEON**. *Fiona Duggan*

## COURSE/INTEREST GROUPS UPDATE:

### ARMCHAIR TRAVEL

Tuesday 24 November will be our final meeting for 2015. Shirley Tees will provide insights of her travels to Kangaroo Island and the Murray River. Enquiries to Magda Mussared 6644 9309.

### BUSHWALKING

Walk softly for you walk in the Dreamtime. This track to Anvil Rock shows no evidence of humans except for the rough track itself. The landscape has a spiritual quality. The rugged and harsh nature of the terrain meant that the indigenous people of neighbouring zones, the Bundjalung, Jukumbul, Gumbaingirr and Ngarrabul, used the area primarily for ceremonial purposes, including initiation, and as a route between the table lands and the coast. Rainforest fruits and other resources were gathered en route. After European occupation of the more fertile lands this rugged country became an important refuge for the displaced tribes. The vegetation is fascinating as it varies with aspect, soils and moisture. Beautiful wildflowers abound with all the colours of the rainbow on show. Today we are particularly in search of waratahs in flower and are not disappointed though it is too early in the season for an abundance. Some grow near the track, others further away. No wonder their botanical name is *Telopea aspera*, *Telopea* being a Greek word meaning 'seen from afar'. Seeds from each spectacular flower help keep this isolated population alive. As well the many grass trees delight us, their magnificent flowering spikes providing food for honey eating creatures. New growth of pioneer species is starting to fill the gaps left from last year's bushfire. Climbing Anvil Rock was a challenge we enjoyed, though it's a spooky place, an amazing granite Tor, typical of the area. Our dozen happy, hungry walkers adjourned for lunch to Boundary Falls where the reduced water in the falls indicated the strong need for life-giving rain. Another walk to Lyrebird Falls, again water-depleted, took us through different vegetation with soils eroded from much older rocks. A final stop at Raspberry Lookout completed this splendid day. The awesome outlook here reveals the entire Bindery-Mann wilderness area, used for centuries as a survey point and a beginning for the descent to the Mann River. This is indeed Wilderness Country. Walk softly. Respect the dreams. *Barbara Fahey Photos Nick Reeve*



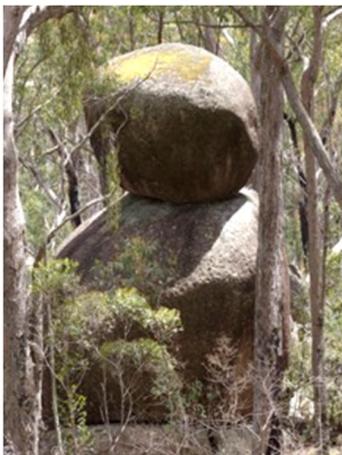
New growth post bushfire



Grass tree



Guardian of the rock



Buddha Rock



Peter conducting the usual suspects on top of the Rock - Ann, Alys, Steve, Ann's friend, Mike, Evonne, Barbara, Debbie, Anne & Peter



Waratah

## CREATIVE WRITING

This group has finished for the year and will reconvene in February to discuss 2016 plans.

## CANASTA GROUP – CORRECTION

Oops - 2 mistakes in my September Journal reference to the Canasta Group. This group, held in combination with the 500 group on Thursday mornings at South Services Club actually runs from about 8.45 am to 11.30 am. For enquiries contact Gwen Rudder on 66421377. Sorry Gwen - I hope my errors didn't create too much inconvenience for you. *Alysan Pender*

## MENS SHED

### Australian Mens Shed Association Conference



Delegates at Conference

conflict in Sheds! One speaker spoke about Gardens. Association CEO David Helmers brought us up to date with AMSA development.

I attended a special Shed Leaders Session which was complex covering legal, fair trading aspects, constitution and rules within Sheds. I explained our rather unique structure to the wonderment of others who were interested to hear of such a very successful and happy Men's Shed. *Frank Heppell*

I attended the Annual Convention at Newcastle, where over 400 shedders gathered for 3 days packed with information sessions about all aspects of Shed activities including the obvious health issues and great contributions to our communities. We visited Swansea and Windale Mens Sheds, which are both well laid out with good machinery and timber reserves, not very spacious but excellent kitchen and amenities facilities. The main day of presentations included talks from experts in the fields of Mens health, Alzheimer's, AMSA policy for complaints, insurance and



Visit to Swansea Mens Shed

## CHRISTMAS LUNCHEON DRESS-UP COMPETITION

Members may recall last year's Christmas Luncheon when I was very happy to have won the dress-up competition. Actually, it was not difficult to see why I won as I was the only person who dressed head to toe in Christmas themed gear. Of course there were many people who wore fancy hats, brooches, earrings, lights etc adding to the fun of the day. So this year I am issuing a challenge to all U3A members to go all out to make sure I don't win again. Have a think about a costume or decoration and join in the fun. There are masses of things available at the bargain shops or have a look at your own wardrobe – you may have something RED which can be added to and made 'Christmassy'. So come on – get with it and beat Maree. *Maree Burrows*

## NEW MEMBERS

This month we welcome new members Margaret & Gary Eggins. We trust that you enjoy your association with Grafton U3A and take the opportunity to avail of the various courses/interest groups on offer.

## EDITOR CONTACT / CLOSING DATE

Contributions to the Jabber Journal are always welcome. We reserve the right to edit or refuse material submitted for publication. The closing date for the December edition will be **Monday 23 November 2015.**

Editor: Dennis Kelly [thehifields@bigpond.com](mailto:thehifields@bigpond.com)