

JABBER JOURNAL

GRAFTON U3A INC. (UNIVERSITY OF THE THIRD AGE)
PO BOX 688 GRAFTON NSW 2460

www.grafton.u3anet.org.au



OCTOBER 2018 * Sharing our knowledge, skills and experience in a friendly convivial way *

OCTOBER IABBERFEST

NEW LIFE CHURCH CENTRE 152 ARTHUR ST GRAFTON AT 10AM MONDAY 8 OCTOBER 2018

GUEST PRESENTER * CHRIS BLANCHARD



The youngest member of a regional family business established in the late 1950's and a mechanic by trade like many in this industry, Chris has been replacing bearings, brakes and belts long before he entered into his indentured trade. After completing his apprenticeship, Chris has been 'formally' involved with Herb Blanchard Haulage (HBH) for twenty-two years as a long-distance driver, fleet manager and now has gone full circle back to his trade managing a small workshop, which involves daily hands-on experience with modern technology vehicles and operating under industry accreditation schemes including Trucksafe.

Aside from signing the cheques (though he's spent a few of them) Chris's experience has come from all facets of involvement in a small regional focussed family business that has grown from two prime movers and three trailers from his initial involvement to over 60 assets that HBH endeavour to maintain to a high industry standard. They are at the forefront of safety technology including pushing the company to move to all new trailer purchases being TEBS equipped 10 years ago, long before it became legislated.

Chris has also been named as a finalist for the 2018 Craig Roseneder Award, which recognises technical and maintenance excellence in the trucking industry's workshops. Chris recently spoke at the ATA TECHNOLOGY & MAINTENANCE CONFERENCE 2018.

"THE SENTIMENTAL BLOKE"



Kevin Dixon will be reciting excerpts from the "The Sentimental Bloke" by C. J. Dennis during the first session of our October meeting. The excerpts from two of his poems, namely 'The Intro' and 'Doreen' will be accompanied by a PowerPoint Presentation of images from the 1919 black & white film.

So, do come along and enjoy Kevin's reading of The Sentimental Bloke. He has plans to read two further poems titled "Hitched" and "Our Son" from The Sentimental Bloke next year.

Historical note:

In 1915, the Australian poet and journalist C. J. Dennis published a book of verse called The Songs of a Sentimental Bloke. When read in sequence, the verse told a love story about an uncultivated young man, Bill, and his sweetheart, Doreen, who worked in a Melbourne pickle factory. Though written in verse, the narrative was what we might now call a romantic comedy. Its humour sprang from the fact that Bill was the antithesis of a romantic type, yet he proved himself a hopeless romantic just the same. In the parlance of the day, Bill was an Australian "larrikin." He was a young rowdy from the city who spent most of his time fighting, gambling, drinking and street-hawking – yet by the end of the narrative he had transformed into a loving husband and family man. Kevin Dixon

PRESIDENT'S LETTER

Dear Members



It was disappointing to hear that only a small number of members attended to hear our guest speaker discuss the issue of depression and the purpose of Headspace. The Clarence Valley is amongst the worst areas for suicides and surely, we need to be aware of it and perhaps understand how we can help. Ignoring the problem will not help to solve it.

Unfortunately, the proposed luncheon at the Li Garden Restaurant meal next weekend organized by Vanda had to be cancelled. The date fell in school holidays, the long weekend and a lack of time resulting in the event being poorly supported. The event may be re-scheduled in the New Year.

Kevin Dixon has received significant support for his suggested short programs and several will be scheduled in the New Year.

A number of our programs have attracted low attendances recently due to illness and other issues.

We were advised recently that one of our elderly members had been seriously injured in a hit and run on a pedestrian crossing under Shoppingworld. Please members do look carefully before stepping out on a pedestrian crossing and make sure that any oncoming traffic is stopping. I recently had to jump back when crossing near the Grafton Hotel as an oncoming utility actually sped up,

I look forward to seeing everyone at our next Jabberfest.

David Thompson 6644 7782

TWO STORIES FROM ONE SENTENCE

Following on from September Jabberfest, below are the resulting stories from the opening sentence "I knocked on the door and it opened ever so slightly.....". Our thanks to Kevin Dixon.

Story 1

I knocked on the door and it opened, ever so slightly. To my delight, it was someone I had gone to school with years ago. He brought with him a stranger, one that I was proud to know. One I played soccer with. So much had happened since I had seen him last. He had grown out of his pimples and red hair.

I had a message to give him. This is what it was: The key you are being given fits a locker in the railway station. Use it! The thing is that I am terrified of trains so I will have to give/pay someone to go and get it. Will it be worth it?

He seemed very doubtful and suspicious, however I assured him I would go with him and wait for him outside the station. While waiting at the station, an old lady approached me. Do you know where this train is going to? I looked at her she seemed distressed. She was looking over my shoulder at something. Scared to look and my blood was cold. It was an escaped prisoner. I was so shocked. Do I get up and walk inside?

Suddenly a dog called "Crikey" approached and chased the prisoner, who ran away. I was very frightened at what I should do next.

Story 2

I knocked on the door and it opened, ever so slightly. I was beginning to feel concerned, mother had been in that toilet for at least twenty minutes and I feared the worst, especially as the door only opened inwards. Her fainting spells were becoming more frequent now and I was worried.

I stood still and tried to decide just what to do. What to do if mother collapses in here, how do I get her out of this little space? Inch by inch, I squeezed the door open and there were the largest pair of shoes pointing at me, much larger than mother's!

My mind ran ahead of me but my body froze – what is going on? It was then that I noticed the ceiling manhole above the toilet seat was wide open and the large black space now showed itself as quite foreboding.

I found the ladder to climb to see what was there. Dark! Do I go back and get a torch? Yes, I'll get a torch – up the ladder again to look into 2 beady eyes shining in the dark. I could hear heavy breathing, then a scuffle and the beady eyes disappeared.

Could this be a rat or perhaps a possum or any animal, how did it get up here? Where was it from? I hope home, maybe it was a large, very fluffy, very angry cat.....

Meanwhile, where was my mother? I closed the door and looked around further rooms. I could hear a person singing quietly in the distance, could it be mother?

SEPTEMBER JABBERFEST WRAP

A slightly abbreviated roundup as your scribe was an absentee due to illness. However, from all reports the guest speaker provided an interesting if somewhat shorter presentation than usual but this was made up for by a very interesting Question and Answer session. Overall good content and of interest to all. By all standards the members in attendance agreed that they enjoyed this insight into the working of the HEADSPACE organisation and the availability of the services for mental health matters. The lucky door prizewinner was Enid Bennett. *Brian Carter*

LUNCH – LI GARDEN RESTAURANT – IMPORTANT NOTICE

Please note that this event has been cancelled due to lack of patronage. Payments made will be refunded at October Jabberfest. *Vanda Geremia*

E-MAIL ADDRESSES

Please note that the Secretary – Carole Cairns and Treasurer – Bruce Carle now have new emails addresses. When contacting them regarding U3A matters, please use the e-mail addresses shown below and not their personal e-mail addresses.

Secretary – Carole Cairns secretary@graftonu3anet.org.au
Treasurer – Bruce Carle treasurer@graftonu3anet.org.au

COST OF LIVING SERVICE

In June 2018, the NSW Government announced this new service focused on increasing access, awareness and uptake of NSW Government rebates and savings to reduce cost of living pressures for the people of NSW. There are in excess of 40 rebates and savings available and this service is being delivered via Service NSW that is offering a free appointment service tailored to each customer to help find and apply for savings. To make an appointment or find out more information, contact Grafton Service NSW at 3 King Street Grafton or online at <https://www.service.nsw.gov.au/transaction/cost-living>

CARING FOR CARERS – a new program to reach carers for people with dementia

The *Caring for Carers of People with Dementia Project* is being offered by Central Queensland University's Caring for Carers of People with Dementia Project and links carers of older people with dementia to other carers living in regional and rural Australia. The chat-based group program allows carers to chat with others in similar circumstances by joining a weekly group video conference meeting from their home and connecting in a relaxed and informal atmosphere having the opportunity to share information, experience and skills. The program is available to primary carers of persons with dementia. The information and chat meetings run for six weeks and are led by an experienced facilitator, Dr Annie Banbury. Group programs have now commenced and will be offered through to May 2019. Participants need to be connected to the Internet. The program is free apart from charges from the Internet service provider for data usage in the videoconference sessions. Carers are encouraged to use their own computer, laptop, tablet or smartphone and will be offered a \$50 voucher at the completion of their involvement of the project to cover Internet charges. A summary of the information gathered from the project will be available for participants once the project is concluded.

The project team is keen to hear from carers who would like to participate. To register or obtain further information please contact the project by email carers@cqu.edu.au or phone **Karen Nixon** on 0427 812 156 or **Kristen Forster** on 0437 579 695. You can also register your interest online at www.cqu.edu.au/caringforthecarers

CHRISTMAS LUNCHEON

The luncheon is set down for 12 noon on Monday 26 November 2018 at the Grafton District Services Club. The cost will be \$26.00 per head with bar at own cost. Names will be taken at October Jabberfest together with payment for tickets. For members with special dietary needs, please advise when purchasing tickets. Further details can be obtained from me at October Jabberfest or by phone 6642 7880. *Vanda Geremia*



COURSES/INTEREST GROUPS NEWS

ARMCHAIR TRAVEL

This group will meet on Monday 22 October at 2.00pm at the U3A rooms when Carole Cairns and Maree Burrows will be recounting details of their recent sojourn to Europe that featured a genuine Irish Wedding and the Edinburgh Tattoo. It should be a good one. Enquiries to Magda Mussared 6644 9309. *Vanda Geremia*

NEW MEMBERS

We welcome new member Virginia Thomas. We trust that you enjoy your association with Grafton U3A and take the opportunity to avail of the courses/interest groups on offer.

COMMITTEE 2018-2019

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*For emails appertaining to U3A matters, please send to:

Carole: secretary@grafton.u3anet.org.au

Bruce: treasurer@grafton.u3anet.org.au



There is no cost attached, but for catering purposes please RSVP by early October to (02) 6642 1520.

OPERATION CHRISTMAS CHILD

Please note the following drop off details for completed shoe boxes:

Riverside Church, 54 Bent Street, South Grafton
Mondays 10am - 2pm, Mondays 7pm - 8pm,
Sundays 10.30am - 11.30am 7/10/18 - 21/10/18
Note: Final Collection Day - Monday 22 October.

EDITOR CONTACT

Contributions to the Jabber Journal are welcome, however, we reserve the right to edit or refuse material submitted for publication. Closing date for the November 2018 edition is **Friday 26 October 2018.**

Editor - Dennis Kelly thehifields@bigpond.com