

JABBERFEST - 10:00AM 20 JUNE 2022 NEW LIFE CHURCH CENTRE – ARTHUR STREET GRAFTON

SESSION 1

MY AGED CARE SERVICES

RACHELLE FARMER

It can be overwhelming when you start your aged care journey and are considering how to access aged care services, whether it be looking for help at home or thinking about entering an aged care home.

Rachelle Farmer, a representative from this organisation will provide us an overview of their services, how to access information and details of the four key steps to accessing Australian Government-funded aged care services namely:

1. Learn about different types of care.
2. Get assessed for aged care services.
3. Find a provider in your area that suits your needs.
4. Manage your services.



SESSION 2

HISTORY OF WOOD TECHNOLOGY

GREG CROMPTON

It has been suggested that the pivotal technology of the twentieth century was radar. The war time need to make radar smaller, more powerful and analyse images more effectively led to laptop computers, mobile phones etc.

The argument of our guest presenter Greg Crompton is that the processing and manufacture of Wood products over thousands of years has established the human race today. Humans have used it for fuel, building materials, furniture, paper, tools, weapons and more.

Our relationship to this resource has remained relatively unchanged over time, and our methods of developing and managing woodlands continue to rely on tried-and-true techniques established by early civilizations. Prehistoric man needed the ability to heat, cook, hunt and shelter and learning how to make tools to cut and shape wood was essential. The twenty first century is still inventing tools to utilise wood and around the world, wood is being used to build high rise buildings. For several environmental and economic reasons, timber provides an insulated strong aesthetic structure.

The building (pictured) is a proposal (covid willing) for Vancouver Canada - twenty odd stories, timber structure and cladding. Several similar buildings are completed in Norway and a smaller building is in Brisbane.

Without the ability to use timber, would we have explored the world or learned to fly?



PRESIDENT'S LETTER

Good morning, everyone



I hope you have been enjoying the sunshine today. What a relief to see the sun and blue sky after all those weeks of rain. A lot of our rain lately has just been fairly small amounts every day, but just enough to keep the ground sodden and waterlogged. I am now at the stage where I am sinking in mud as soon as I leave the house yard. It's now necessary to wear the gum boots just to get the car out of the shed, then to change shoes once I get to the front gate. All quite a routine, but I'm aware that I'm one of many local residents having to adjust to the boggy conditions. I am just so glad I am not camping as I believe further rain is predicted - fantastic.

Our April Jabberfest turned out to be a challenge, since our much-anticipated chocolatier had marked the wrong date on his calendar. I guess after an intense period of effort to accommodate the demands of both Easter and Mothers' Day chocolates, he was probably exhausted. Never mind, Kevin has now made plans for him to present to us later in the year. We were fortunate that Jessica Stamper, our police liaison Officer talking to us about scams in the first session, was able to continue her presentation following morning tea. Jessica provided a wealth of information for us and was an excellent speaker. Alas, scammers are everywhere, attempting to access us via a range of devices. We need to be mindful of their existence and constantly alert to their devious methods and activities. Additional copies of the 'Little Book of Scams' are now available – contact Kevin to obtain your copy.

I am pleased to inform you that Grafton U3A will be celebrating its 20th Anniversary later this year. We plan to hold a special celebration at our October Jabberfest, including an exhibition of photos and documents from the early days to more recent times. Nancye, Carole, Fiona and I will be forming a planning committee and are particularly keen to hear your ideas about groups or U3A activities which you thought were particularly memorable. We are also hoping to invite a few visitors from the early days to help the celebrations along. Please do not hesitate to approach any member of the Committee with your suggestions concerning events or people who you would like to see included in the celebrations. We have a much-loved organisation here, which has welcomed many participants over the years. Let's give it a good birthday party!

In the meantime, I look forward to catching up with you at our next Jabberfest.

Alysan Pender

* MORGANATIC *



Each month there will be an unusual word that is real and has been or is still being used. Without reference to Google or a dictionary, your challenge is to work out a possible meaning and then use it in a sentence. The meaning will be published in the next available edition of the Jabber Journal. **Last month's word - HOCKET** – It is the interruption of a voice part, (usually of two or more parts alternately), by rests so as to produce a broken or spasmodic effect. *Fiona Duggan*

LEARNED IN LIFE

Can't clean the whole room? Clean a corner of it.
Can't get in the shower? Wash your face.
Can't do all the dishes? Do a dish.

Always look for the thing you **CAN** do, with the energy and focus you **DO** have. Little wins pave the way for bigger wins. 1% beats 0%. *Dr Glen Doyle*

COURSES AND INTEREST GROUPS UPDATE – ALYSAN PENDER

ARMCHAIR TRAVEL – Our next Armchair Travel group gathering will be held on Monday 27th June from 2.00 to 4.00 pm at the U3A rooms, Dougherty House. Alysan Pender will be speaking about her travels to South Africa, Namibia and Botswana in 2002. Enquiries to Magda Mussared, phone 66449309 or Alysan Pender 0447270997.

ARMCHAIR TRAVEL – SPEAKERS REQUIRED

After all the closed borders, few of us have been travelling in recent times. If you have a past travel experience and/or photos you would like to share with the group we would love to hear from you! We are probably the only people who will listen happily to your travel stories! Please contact Magda Mussared 66449309.



All our advertised groups are now up and running. The majority of the groups still have vacancies and would welcome new members. Please contact the respective group leader if you have any enquiries.

MAY JABBERFEST WRAP

Just when we thought that all things were going to plan our guest speaker got the date wrong and would have turned up on the Wednesday, two days late. Kevin Dixon has been assured by the Chocolatier that he will be able to meet with us in the next few months and we will have to suppress our taste buds until then. However, thankfully Jessica Stamper, the Police Liaison Officer, who had presented us with an outstanding session first up, fortunately was able to stay for the second session and respond to the many questions after time in the earlier session having run out, were not able to be addressed. What an outstanding lady she is!!! Scams that many of our members have experienced in the past from multiple sources, were elucidated with detailed explanations as to how such should be handled to avoid being conned.

Scams have proliferated over the last few years with the scammers using the Internet, Telephone system, both landlines and mobiles, E-mails and Facebook, with some problems for the Police being caused by the fact that the scammers are not confined within our State Borders and can originate from anywhere worldwide. In regard to house break-ins, there are some steps that we all should take to ensure that our properties are secure as these intrusions can occur even while the occupants are at home, being distracted just by watching their television programmes. Some handy advice was that we should take steps to lessen the risks of a home invasion by making sure doors are locked and our gardens do not provide a thief with cover, external lighting is in working order and another good deterrent is your pet dog, as their barking can deter an intruder.

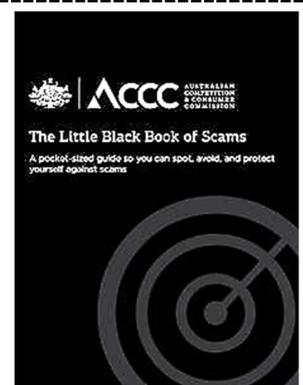
Mention was made that the Police are working with laws that were enacted in the 1990's. Another hint was to ignore any e-mails that have a 0011 address attached as they are highly likely to be a scam. We thankfully should now be much better prepared for the future. and I hope that you all have a copy of the 'Little Black Book of Scams' that were available on the day. We were not able to present Jessica the usual Men's Shed creation on the day and this will be given to her in the near future.

The lucky door prize winner for the day was Geoff Hiatt.

We can now 'touch wood' look forward to Jabberfest which will be a little later in June due to the Long Weekend falling on the second Monday so the 20th June will be the day. *Brian Carter*

IMPORTANT INFORMATION

Please note that copies of 'The little Black Book of Scams' are now available from me. In addition, please be aware that if you receive a call from a phone number that you do not recognise you can check it out by accessing the link <https://www.reverseaustralia.com> and key in the number to ascertain its source. *Kevin Dixon*



U3A SESSION 1 TALKS 2023

As you may be aware, it takes a lot of effort to unearth Guest Speakers for our Jabberfest Meetings and all the best laid plans can sometimes come unstuck. The Committee are asking for any members who may be able to give a 10 min talk on one of their favourite topics at a Jabberfest next year or at the last minute if we have a planned speaker able to attend.

It could be on a Special Interest you may have, an exciting holiday or journey (where things may not have gone as planned), or a collection of items that you may have, such as old soda bottles or Medicinal bottle collection, books by a particular author that you enjoy, football memorabilia from days gone by. Whatever!

Please feel free to contact any committee member and we will be happy to assist you with your talk. *Kevin Dixon*

MEMBERSHIP FEES

Please be aware that 2022-2023 membership fees are now able to be paid from 1 May 2022. Please also note that fees have been increased for the first time in over ten years and are now **\$35 a single \$60 a double**.

Kindly complete the form at the following link https://grafton.u3anet.org.au/?page_id=1182 and then pay online at

Electronic Payments can be made to:

- Account Name: Grafton U3A
 - BSB Number: 637 000
 - Account Number: 780 236 035
 - Reference: Your Name
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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 July 2022 edition is **Friday 24 June 2022** Contributions to thehifields@bigpond.com



A TOUCH OF HUMOUR

A wild night at my house.....

Another year has passed and we're all a little older
Last summer felt much hotter and winter seems much colder
There was a time not long ago when life was quite a blast
Now I fully understand about 'Living in the Past'
We used to go to weddings, football games and lunches
Now we go to funeral homes and after funeral brunches
We used to go out dining and couldn't get our fill
Now we ask for doggie bags, come home and take a pill
We used to often travel to places near and far
Now we get sore asses from riding in the car
We used to go to nightclubs and drink a little booze
Now we stay home at night and watch the evening news
That my friend is how life is and now my tale is told
So, enjoy each day and live it up before you're too damned old!!

