

JABBERFEST - 10:00AM 13 FEBRUARY 2023
NEW LIFE CHURCH CENTRE – ARTHUR STREET

SESSION 1



Members I am sure would have lots of memories of their days in primary school – some happy, some not so happy perhaps and February Jabberfest affords you an opportunity to share them. So put those thinking caps on and take a trip into the dim dark past school days for a special story you might like to relate.

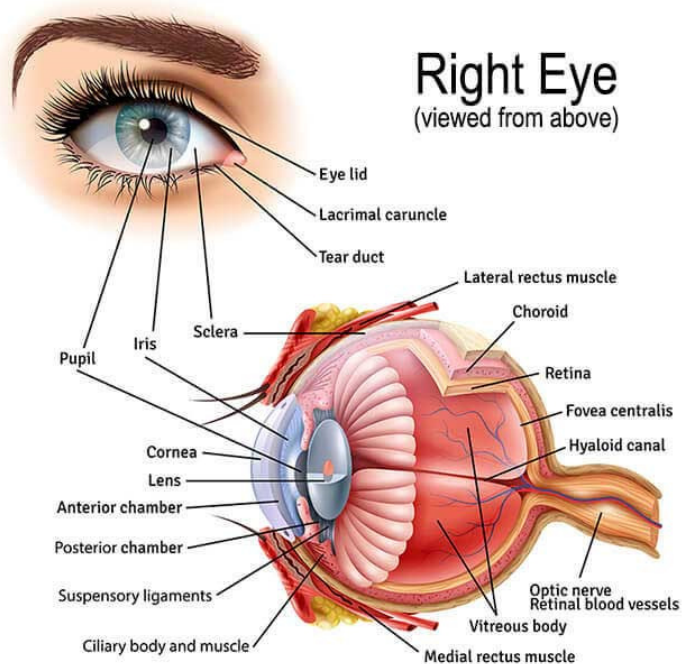
One of the most enduring memories of those early years at school to which everyone can relate was the obligatory bottle of milk which was normally drunk at recess time. There was obviously little consideration in those years as to how the milk might be kept without refrigeration.



SESSION 2
DAVID FORD OPTOMETRIST
"THE EYE"

Our guest speaker is local Optometrist David Ford, who will be talking to us about THE EYE. Via an audio-visual presentation, he will illustrate how the eye works, parts of the eye, problems that can occur and how a pair of glasses corrects vision. David will also have a model of the eye so members can OBSERVE the components that make up what is a very complex organ.

When surveyed about the five senses – sight, hearing, taste, smell and touch – people consistently report that their eyesight is the mode of perception they value (and fear losing) the most.



PRESIDENT'S LETTER

Good afternoon, everyone



Happy New Year! I do hope you all enjoyed a happy, relaxing Christmas season and that you were able to spend time with family and friends during the break. January seems to have passed very quickly, and now it is suddenly time to start making plans for the coming year.

I hope you enjoyed our Christmas Luncheon at the Grafton Golf Club in December. It was a lovely way to finish the year, with great company, good food and lots of lucky door prizes. I really enjoyed the Christmas Hat parade – so many creative ideas! Congratulations to the winner, Anne van Ash, and the runner-up, Mike Gillespie – well done!

You will be relieved to know that your committee have not spent the entire month sleeping and eating. We held our usual Committee Meeting in the middle of January as well as a special planning meeting attended by just yours truly, Nancye, Kevin and Fiona. Many and various ideas for future groups and Jabberfests were tossed

around consideration was given to a range of possibilities for the future. It was a worthwhile discussion and we have now identified five new courses to put up for your consideration at our February Jabberfest. Most of these groups will require a course convenor, so we will be looking for a volunteer from each group to take on the role. The pandemic has adversely affected many of our groups hard, for various reasons, requiring the development of additional activities to fill in a number of gaps in our program list.

It is also clear that we need more participants in almost every group that will be running. The program included with this Jabber Journal includes all the long-established groups still running, and you will note that the format has changed a little. Groups are now listed under the day of the week on which they are conducted. I am convinced that our groups are the bedrock of the organisation – providing a regular meeting place, assisting us in acquiring more skills and knowledge and leading to the formation of many firm friendships over the years. Please seriously consider joining another group this year and making more friends.

I look forward to seeing you at our first Jabberfest for 2023 on the 13th February.

Alysan Pender

NSW SENIORS FESTIVAL - GRAFTON EVENTS CALENDAR

MEET THE AUTHOR – CHRISTINE SYKES

WHEN: Tuesday 7 Feb 10:30am -11:30am

WHERE: Grafton Library

Join Australian novelist Christine Sykes to hear about her newest novel “The Tap Cats of the Sunshine Coast.”

TECH HELP

WHEN: Tuesday 7 Feb 10:00am -12 midday

WHERE: Grafton Library

Learn the basics of using a computer, connecting to the internet, setting up an email address and using online resources. Drop in anytime between 10am – midday for free Seniors tech help.

MORNING TEA WITH THE MAYOR

WHEN: Wednesday 7 Feb 10:00am -12 midday

WHERE: Grafton Library

Enjoy a special Clarence Valley Seniors Festival morning tea at Grafton Library with CVC's Mayor Ian Tiley.

CELEBRATE TOGETHER! – STILL LIFE FOR SENIORS

WHEN: Wednesday 8 Feb 10:30am -12:30pm

WHERE: Grafton Regional Gallery

Join Wiradjuri & Clarence Valley based artist Julie Hutchings for a free still life drawing class to celebrate the 2023 NSW Seniors Festival.

TECH HELP

WHEN: Thursday 9 Feb 10:00am -12 midday

WHERE: Grafton Library

Learn the basics of using a computer, connecting to the internet, setting up an email address and using online resources. Drop in anytime between 10am – midday for free Seniors tech help.



COURSES AND INTEREST GROUPS UPDATE – ALYSAN PENDER

COURSES TO BE OFFERED AT FEBRUARY JABBERFEST

FOR ALL OF OUR REGULAR COURSES, PLEASE SEE THE COURSES/ INTEREST GROUPS LIST. The majority will have re-commenced by mid-February. Please contact the nominated group leader before you commence a course.

Good news! - Guitar is Back! GUITAR – Leader: Leonie Hayes 66432211 Held every 2nd & 4th Wednesday of the month from 1.00 to 2.30pm at her home in South Grafton, commencing 15th February. Expressions of Interest will be available at Jabberfest. **PLEASE CONTACT LEONIE PRIOR TO YOUR FIRST MEETING.**

ARMCHAIR TRAVEL - Held at the U3A rooms, Dougherty House on the 4th Monday of the month from 2:00 to 4:00pm. First meeting for this year will be held on Monday, 22nd February at 2:00pm. Magda Mussared will be speaking about her travels in America with Stan about 20 years ago (from Philadelphia to San Joaquin Valley, California). This will be the final segment of her travels around the USA over a six-month period. Enquiries to Magda Mussared 66449309

NEW COURSES ON OFFER

GEOLOGY – OCEANOGRAPHY – EXPLORING EARTH'S FINAL WILDERNESS – every Friday morning, 10:00am to 12:00 noon at the U3A rooms, Dougherty House. Leader: Morrie Duggan 6649 3202. Another of the Great Courses, the presenter is Professor Harold Tobin, from University of Wisconsin.

BIRD WATCHING – about once per month. A few of us, completed a course on Birds of the Clarence Valley last year and now I would like to gauge whether there is interest in running a regular Bird Watching group.

ART - No leader/ tutor organised for this group yet. Is there still interest in an Art group?

ART GALLERY VISITS – about once every 6 weeks.

WRITING YOUR STORIES – FROM CHILDHOOD TO ADULTHOOD – about 2 sessions per month.

SINGING AROUND THE PIANOLA – about once every 2 months, to be conducted at 2 different venues.

CANASTA/ 500 – once weekly.

WORKSHOP FOR OLDER ROAD USERS. This workshop is conducted by Transport for NSW in various local government areas. Topics covered include changes to health as we age, which can affect driving abilities; the licensing system and transition from a full licence to a modified licence; using a Mobility Scooter; the ten most misunderstood road rules. This is a one-off session, to be held at the U3A rooms at Dougherty House. To be held on 2nd March. **YET TO BE CONFIRMED.**

Expressions of interest will be available for the majority of the Courses listed above at February Jabberfest.

PLEASE NOTE: IF YOU WISH TO START ATTENDING A GROUP, PLEASE CONTACT THE GROUP LEADER AS A COURTESY BEFORE TURNING UP. ENQUIRIES for established groups: the nominated course leader. ENQUIRIES for new groups – Alysan Pender, 0447 270 997.

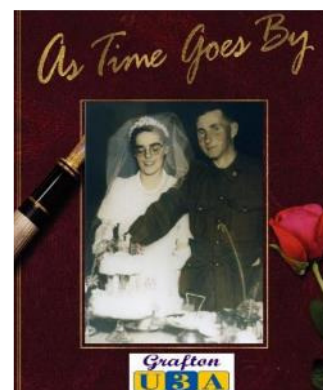
HEADS UP – 17 APRIL 2023 ANZAC JABBERFEST

SESSION 1 – ANZAC BISCUIT BAKE-OFF

Members are being asked to bake and present 3 x home-made ANZAC biscuits for judging at Jabberfest. There will be prizes for the biscuits judged to be the best with First, Second and Third place winners.

SESSION 2 – AS TIME GOES BY

I am hoping to have a member-orientated session where members present a short (2-3 mins) talk about an enlisted relative and some interesting story about them. If a member wishes to give a talk and has a photo that I can scan, then please email to kgdixon@bigpond.com. The talk is not intended to be about their military Service but an interesting tale about their time in the Service. Any enlisted personnel from the Boer War through to Afghanistan or peace keeping duty. *Kevin Dixon*



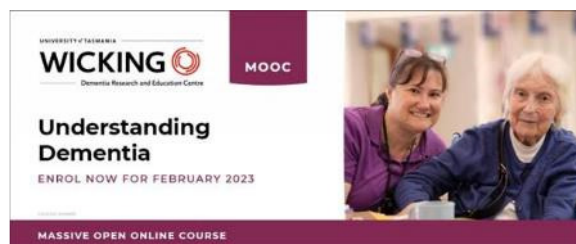
EDITOR CONTACT

Contributions to the Jabber Journal are welcome, however, we reserve the right to edit or refuse material submitted for publication. Closing date for the March 2023 edition is **Friday 24 February 2023** Contributions to thehifields@bigpond.com

Hello to all at Grafton U3A

The **Understanding Dementia MOOC** FREE open online course from the Wicking Dementia Research and Education Centre will be opening on **7th February 2023**.

Dementia has a profound impact on individuals, families and communities, posing significant challenges to quality of life. The number of people with dementia across the world increases every year as our global population ages, and dementia is fast becoming known as *the* public health concern of the 21st Century. Enrolments are now open at mooc.utas.edu.au



Course details

- It's FREE and you can enrol today
- Course opens on Tuesday 7th February 2023
- Duration is 7 weeks, with an estimated effort of 3 hours per week
- You can study day or night, on your smartphone, tablet or computer
- Receive a personalised certificate on completion
- Course content includes how the brain is affected by the diseases that cause dementia, symptoms, diagnosis, stages and management, and personal and carers' perspectives of living with dementia

Thank you for taking the time to read about the understanding dementia MOOC. We hope to see members of your network in the course soon.

Kind regards



James Vickers
Professor James Vickers
Director
Wicking Dementia Research
and Education Centre



2023 JABBERFEST GUEST SPEAKER PROGRAM

MONTH	GUEST SPEAKER	TOPIC
13 FEB	DAVID FORD	"THE EYE" How it works, problems, advances in technology
13 MAR	Life and times of... WARREN GRANT	ONE + ONE Interview With Mike Gillespie
17 APR	U3A MEMBERS	AS TIME GOES BY ... Tales of military life and/or anecdotes of enlisted personnel of members
8 MAY	GREG CROMPTON	HISTORY OF WOOD TECHNOLOGY
19 JUN	ANNETTE COOK	CANE TOADS
10 JUL	STEVE YOUNG	MICRO-FOSSIL PHOTOGRAPHY
14 AUG	TONY GALLAGHER	WILLS, POWER OF ATTORNEY, PUBLIC TRUSTEE
11 SEP	FIONA & MORRIE DUGGAN	SCENIC JAPAN
9 OCT	DR BILL WYNN	HOSPITAL PHYSIOTHERAPY
13 NOV	JEFF CRISPIN	POTTERY

Please note that the planned program, detailed above, may be subject to change due to unforeseen circumstances as has occurred on occasions in recent years.