

PRESIDENT'S LETTER

Good morning, everyone



Good morning, everyone. Here we are fast approaching the end of February already. It's time we got out of holiday mode, alas.

I hope you enjoyed our February Jabberfest. I thought it went quite well – the guest speaker, David Ford, gave an excellent, informative presentation about the eye. He supported his talk with really good graphics and simple explanations, and even answered all the questions put to him, stressing the importance of acting quickly if you detect a change in your vision. Your vision and the health of your eye is something we cannot afford to take for granted.

I was pleased with the response to the various new courses we offered, too. Two groups – The Workshop for Older Drivers and the Oceanography course gained a good level of interest and are both up and running. Several other groups -Writing our Stories, Birdwatching and Art Gallery visits - gained enough interest to commence in March; Canasta/ 500 group, with an extra push at our next Jabberfest, should reach a sufficient number to get the games started. Several other groups failed to attract sufficient support to warrant commencement now, but we will revisit them later in the year. However, I was disappointed with the modest number of members attending Jabberfest – only about 45 people. For a group with over 190 members, that figure is very disappointing. Even my feeble mathematical brain can work out that is an attendance rate of less than 25% of our members. I am well aware that on any given day a number of our members are committed to medical appointments or are sick or are away on holidays or business or have family issues requiring attention. However, I am not convinced that 75% of members fall into that category all the time. Both Jabberfest and our Groups take some time and effort to organise every month. The members of the committee, many of our group leaders and many of the blokes in the Mens' Shed are working hard for this organisation. Sometimes, I think we could do with a greater level of support from the general membership.

Sorry about the whinge. I'm sure I will be feeling cheerier when I see you at our March Jabberfest. Kevin has a great program planned, which should be lots of fun and should prove to be most interesting. I am looking forward to Mike Gillespie's interview of Warren Grant and I look forward to seeing you then.

Alysan Pender



We welcome new members Sue Goldhagen, Peter Rouse, Douglas McPhee, Ken & Sue Woodward and Gloria Hunter. We trust that you enjoy your association with Grafton U3A and take the opportunity to avail of the courses and interest groups available.

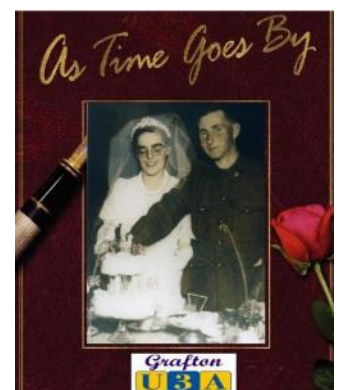
HEADS UP – 17 APRIL 2023 ANZAC JABBERFEST

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*



COURSES AND INTEREST GROUPS UPDATE – ALYSAN PENDER

At our February Jabberfest, 9 courses/groups were offered. Of these, the following courses are now running:

GEOLOGY – OCEANOGRAPHY – EXPLORINGS EARTH'S FINAL WILDERNESS – Every Friday morning, 10.00am to 12.00 at the U3A rooms, Dougherty House. Leader: Morrie Duggan 66493202

WORKSHOP FOR OLDER ROAD USERS – We had a great response for this group and it will definitely be running on Thursday 2nd March at the Grafton Library. It is a one-off session arranged for the community by Transport NSW.

COURSES TO COMMENCE NEXT MONTH:

WRITING YOUR OWN STORIES – will be held every month on the 2nd & 4th Thursday afternoons, 1:30 to 3:30pm at the U3A rooms, Dougherty House, starting Thursday, 9th March. No group leader yet, but general enquiries to Alysyan Pender, 0447 270 997

BIRD WATCHING – about once per month. Still looking for a group leader (i.e., someone who knows something about birds!) but we have sufficient members to get started.

ART GALLERY VISITS – we have enough members interested to form a group and an Art Gallery program. We intend to visit the Gallery about once every 2 months, depending on the exhibition dates. Commencing towards the end of March.

CANASTA/ 500 – We have some participants ready to start, but need a few more for the group to be viable. We will accept additional expressions of interest at the March Jabberfest. This group will be held every Tuesday afternoon at the U3A rooms, Dougherty House.

SINGING AROUND THE PIANOLA – about once every 2 months. Not sufficient initial interest, but we will accept further Expressions of Interest at March Jabberfest.

ART – Insufficient interest.

GUITAR - Insufficient interest at this stage. However, it may resume if more members apply.

Enquiries: Alysyan Pender, Course Coordinator, ph 0447 270 997

PLEASE NOTE: (1) ALL GROUPS (INCLUDING THOSE LISTED ABOVE) WOULD WELCOME MORE MEMBERS.

PLEASE NOTE: (2) IF YOU WISH TO START ATTENDING A GROUP, PLEASE CONTACT THE GROUP LEADER AS A COURTESY BEFORE TURNING UP.

PLEASE NOTE; (3) THERE WILL BE NO MEETING OF ARMCHAIR TRAVEL IN MARCH – WILL RESUME 24 APRIL.

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 April 2023 edition is **Friday 31 March 2023**. Contributions to thehifields@bigpond.com

Outback Pub Counter Lunch Menu prices, 1960s

COUNTER LUNCH	
ORDERS TAKEN	10.00 to 1.45 pm
10 MIN WAIT	5 pm to 7 pm
CENTS	
SOUP	0.10
PIE & VEG ^s	0.30
PIES AVAILABLE AT BAR	0.12
SPAGHETTI ON TOAST	0.50
SARDINES	0.30
BAKED BEANS	0.35
MINCE	0.30
SAUSAGES & ONIONS	0.50
LAMB CHOPS & GREEN PEAS	0.50
ROSSMOYNE REMEMBERED	FREE
WITH SALAD or VEG ^s	0.50
FRIED CHICKEN & RICE	0.75
MIXED GRILL	0.75
PORTERHOUSE STEAK	0.80
EGGS EXTRA	0.10
COLD COLLATION	0.30
CHICKEN & HAM	0.65
SANDWICHES TO ORDER	0.15
CHEESE & BISCUITS	0.25
FRUIT SALAD & ICE CREAM	0.25
PEACHES &	0.25
ICE CREAM · TEA · COFFEE	
FISH & CHIPS TO TAKE AWAY	1.85
BARBECUE CHICKEN	

FEBRUARY JABBERFEST WRAP

The February Jabberfest was the perfect way to commence our New Year's schedule with proceedings commencing with President Alysan bringing us all up to date with the programmes slated for the next few months and some reminiscences of members Primary School experiences, related by several members. Some great memories there were.



Following a rather longish morning tea break, lots of talk and catching up with each other after the holiday break, Alysan introduced the Guest Speaker for the morning, local optometrist, David Ford (pictured), who presented a most interesting and informative talk accompanied by a slide show, all about our Eyes.

What a most interesting talk this was and very comforting for us to learn that medical and optical science has progressed such that the major causes of blindness and failing vision can be overcome with the technology now available.

David stressed that early intervention is vital, such as an experience of blurred vision that should be treated within 48 hours and the strict need to consult the optometrist urgently so that an emergency visit can be arranged.

Many members raised questions on various aspects with David and were well and truly satisfied with his answers, giving us all great comfort as those questions were most probably pertinent to us all. Simple hints were given for us to treat symptoms, the use of eye drops for dry eyes etc. All in all, one of the best presentations we have had for a long time, with many members expressing this in conversations afterwards. The lucky door prize winner for February was Ann Reeve. Looking forward to March Jabberfest with a One Plus One interview. *Brian Carter*

UPCOMING EVENTS OF INTEREST

FRIENDS OF GRAFTON GALLERY ANNUAL WINTER SOLSTICE SOUP DAY

This event is set down for Sunday 18 June 2023. For further information, contact FoGG on 6643 4044 or email friendsofgraftongallery@gmail.com

A TOUCH OF HUMOUR

HIGH SCHOOL REUNION

Have you ever been guilty of looking at someone your own age and thinking 'surely I can't look that old?' you'll love this one.

My name is Alice Smith and I was sitting in the waiting room for my first appointment with a new dentist. I noticed his DDS diploma which showed his full name. Suddenly, I remembered a tall, handsome, dark-haired boy with the same name who had been in my high school class some 40-odd years ago. Could this be the same man that I had a secret crush on way back then?

Upon seeing him, however, I quickly discarded any such thought. This balding, grey-haired man with the deeply-lined face was way too old to have been my classmate.

After he examined my teeth, I asked him if he had attended Morgan Park High School. "Yes, yes, I did" he beamed with pride.

"When did you graduate?" I asked. "In 1959. Why do you ask?" "You were in my class!" I exclaimed. He looked at me closely. Then, that ugly, old, bald, wrinkled, fat, grey, decrepit son-of-a-gun asked, "What did you teach?"