

**JABBERFEST – 10:00AM MONDAY 12 FEBRUARY 2024**  
**NEW LIFE CHURCH CENTRE – ARTHUR STREET GRAFTON**

**SESSION 1**

In order to allow additional time for today's guest speaker, in a shortened time-frame Alysan will welcome members to a new year of activities and include updates of current groups and details of potential new courses/groups to commence this calendar year after which an early morning tea will be taken.

**SESSION 2**



KEVIN ON ZODIAC

This month marks twenty-five years since I undertook my most exciting trip to Antarctica. At Jabberfest, I will be presenting a PowerPoint display of my journey, including many award-winning images and an address covering the trip.

It had always been a dream of mine to visit Antarctica and in 1999, the dream became reality. On board a Russian Ice Breaker, with only a small group, I had the best time and saw amazing images, both of scenery and the immense and bountiful wildlife. A not-to-be-missed re-visit to Antarctica.

*Kevin Dixon*



FUR SEAL



KING PENGUINS



CLOSE ICE

## PRESIDENT'S LETTER



Good morning, everyone. Welcome to another glorious year! I will look forward to seeing you on 12<sup>th</sup> February. I hope you all enjoyed a relaxing, joyous festive season. It seems that it was only yesterday when I sat down to write my last letter to you in early December. We had concluded our U3A year with a great Christmas luncheon and were all happily looking forward to a Christmas break – maybe catching up with distant friends and relatives, visiting favourite or interesting places and generally enjoying a relaxing break. Now, suddenly, it is fast approaching the end of January, the Christmas period is becoming a distant memory and it is time to start looking ahead to the coming year.

Some of our Interest Groups are already settled back into their usual routine and the majority will be back to normal by the end of February. A new, updated, Courses/Interest groups list is included on page 4 of this Jabber Journal – no major changes, but there are a few minor changes to starting times for some groups. Please check your starting time on this latest list, and contact the group leader if you have any enquiries.

We are hoping to start a Poetry Writing group this year. Several members have expressed an interest in a Poetry writing group over the past year, so we will test the market with an Expression of Interest form at Jabberfest. No group leader, or meeting day or time established yet but if there is sufficient interest, we will then hold an initial group meeting where prospective members can discuss and decide the details.

There will also be an Expression of Interest form for our Friday morning History course Essential Italy. It is an interesting travelogue, one of The Great Courses, covering Italy in depth, and has featured excellent photography and maps throughout the course we have followed so far. We only have about 4 days left in this course, but the final 8 sessions will be concentrating on Florence and Venice, two cities well worth further study.

Many of our groups would welcome a few more members. Please seriously consider becoming involved in one of these groups – it is a great way to expand your interests and skills and to meet fellow members of your U3A. If any of you have a suggestion for a possible new group, please talk to a member of the committee.

Finally, a reminder that we are looking for more volunteers:

- We have two vacancies on the committee (this would require you to attend one committee meeting per month and hopefully most Jabberfests).
- We are looking for volunteers to help with morning tea at Jabberfest. We are seeking two members to undertake the regular supervision of the Jabberfest morning tea.

None of these roles are onerous. There will also be an Expression of Interest form at Jabberfest available for these positions.

*Alysian Pender*

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## GRAFTON U3A COMMITTEE VACANCIES

Due to a relocation and an illness, there have been, for several months, two vacancies on the committee of your Grafton U3A. In order for the committee to function efficiently in undertaking the tasks associated with managing the activities of Grafton U3A, it is essential that we have a full complement of members of that committee. The tasks associated with membership of the committee are certainly not onerous. All members are therefore asked to give serious consideration to putting themselves forward to serve on the committee. Should you require any information or have questions please feel free to approach any member of the current committee or approach our President Alysian Pender who can be contacted on 0447 270 997.

## COURSES AND INTEREST GROUPS update – ALYSAN PENDER

Here we are on the brink of another year of activities. Several of our regular groups have already commenced for the year and most of the remainder will return during February. The February Jabberfest (12<sup>th</sup> February) usually marks the beginning of the year for most of our courses. Please see the Courses & Groups list enclosed in this Journal for details. Several groups have had a slight change in starting times and do please contact your Group Leader if you have any questions.

**ARMCHAIR TRAVEL** will resume on Monday 26th February at 2:00 pm. Debbie Handley will be talking about her travels in Africa. Enquiries to Magda Mussarad 6644 9309. (This presentation was advertised for our November meeting, but alas we suffered a technical glitch).

**BIRD WATCHING** – We are hoping to hold our first get together of the year on 28<sup>th</sup> February. We will be visiting the property of Fiona and Morrie Duggan at Braunstone and are planning to leave early in the morning in an effort to beat the heat. Meet at McDonald's carpark at 7:00 am and hope to be back in Grafton by 11:30 am.

**ESSENTIAL ITALY** - one of the Great Courses, will resume on Friday mornings on 16th February and will be running every Friday morning for the next 4 weeks. The series is a really interesting travelogue, which up to now has concentrated on Rome. For the next 4 weeks, the focus will be on Florence and Venice. Photography is excellent. Enquiries: Alysan Pender 0447270997.

**INTRODUCING ONE NEW COURSE!!! - POETRY WRITING will be offered at Jabberfest.** We will accept Expressions of Interest at Jabberfest and then decide on meeting frequency and day/time if there is sufficient interest. No group leader at this stage. Enquiries: Alysan Pender 0447270997

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

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

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## THOUGHTS ON GETTING OLD

- ⊕ Don't be worried about your smartphone or television spying on you. Your vacuum cleaner has been collecting dirt on you for years.
- ⊕ If you can't think of a word, just say "I forget the English word for it." That way people will think you are bilingual instead of an idiot.
- ⊕ I am at a point in my life where errands are starting to count as going out.
- ⊕ I am getting tired of being part of a major historical event.
- ⊕ I do not always go the extra mile, but when I do it's because I missed the exit.
- ⊕ My goal this year was to lose 10 pounds. I only have 14 to go.
- ⊕ I just did a week's worth of cardio after walking into a spider's web.
- ⊕ Senility has been a smooth transition for me.
- ⊕ I may not be that funny or athletic or good-looking or smart or talented. I forget where I was going with this. *Contributed by Chris Wolfe.*

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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 March 2024 edition is **Friday 23 February 2024**. Contributions to the editor: Dennis Kelly email: [thehifields@bigpond.com](mailto:thehifields@bigpond.com)

## COURSES AND INTEREST GROUPS

COORDINATOR: ALYSAN PENDER 0447 270 997

**MEMBERS PLEASE NOTE: YOU MUST CONTACT THE CONVENOR PRIOR TO JOINING ANY COURSE/GROUP**

29 JANUARY 2024

DAY	COURSE/GROUP	CONVENOR	LOCATION	DAY/DATE	TIME
<b>MONDAY</b>	ARMCHAIR TRAVEL	Magda Mussared 6644 9309	U3A Rooms Dougherty House	4 <sup>th</sup> Monday Comm 26 Feb	2:00 – 4:00
	BUSHWALKING	Peter Mears 6643 5748	The Great Outdoors	See Journal/ Jabberfest for details	All day
	GARDENING GROUP	Shirley Grimston 0420 859 760	The Great Outdoors	1st Monday Comm 5 Feb	10:00 – 11:30
	POETRY READING	Alysan Pender 0447 270 997	U3A Rooms Dougherty House	4 <sup>th</sup> Monday Comm 26 Feb	10:00 – 12:00
<b>TUESDAY</b>	500	Carmel Easterbrook 6642 4466	Home Carmel Easterbrook	Tuesdays Comm 23 Jan	12:00 – 4:00
	DISCUSSION – ALTERNATE IDEAS	Pauline Cole 6644 5446	Room 4 South Club	Tuesdays Comm 6 Feb	1:00 – 3:00
	MAHJONG – TUESDAY	Jan Goodwin 6642 1796	U3A Rooms Dougherty House	Tuesdays Comm Jan	<b>9:00 - 12:00 NEW TIME</b>
	MEDITATION	Pauline Cole 6644 5446	Room 4 South Club`	Tuesdays Comm 6 Feb	<b>10:30 – 11:30 NEW TIME</b>
	TABLE TENNIS	Jeanette Pulford 6643 5842	White House Prince Street	Tuesdays Comm Jan	2:00 – 4:00
	TAI CHI	Nancye Eggins 6642 4147 Raylee Baird 6644 8406	Room 4 South Club`	Tuesdays Comm early Feb	<b>11:30 – 12:15 NEW TIME</b>
	WOMEN AT THE MENS' SHED	Bruce Carle 0409 225 536	Brewery Ind Complex	Tuesdays Comm Jan	8:30 – 12:00
<b>WEDNESDAY</b>	BIRD WATCHING	Alysan Pender 0447 270 997	The Great Outdoors	Wednesday 20 March 7am Carpark McDonalds	7:30 – 11:30 Every 6 wks
	CRAFT	Cheryle Hobbs 6644 7774	U3A Rooms Dougherty House	1 <sup>st</sup> & 3 <sup>rd</sup> Wednesdays Comm 7 Feb	9:00 – 12:15
	GUITAR	Leonie Hayes 6643 2211	Home of Leonie Hayes	2 <sup>nd</sup> & 4 <sup>th</sup> Wednesdays <b>No start date</b>	1:00 – 2:30
	MAHJONG – WEDNESDAY	Leila Thompson 6644 7782	U3A Rooms Dougherty House	Wednesdays Comm Jan	<b>9:00 – 12:00 NEW TIME</b>
	MENS' SHED	Bruce Carle 0409 225 536	Brewery Ind Complex	Most days by arrangement	8:00 – 3:00
<b>THURSDAY</b>	EARTH'S CHANGING CLIMATE	Nick Reeve 6642 5367	U3A Rooms Dougherty House	3 <sup>rd</sup> Thursdays No start date	10:00 – 12:00
	OUR STORIES	Fiona Duggan 6649 3202	U3A Rooms Dougherty House	2 <sup>nd</sup> & 4 <sup>th</sup> Thursdays Comm 22 Feb	<b>9:30 – 11:30 NEW TIME</b>
	ART GALLERY VISITS	Alysan Pender 0447 270 997	Grafton Regional Art Gallery	See Journal/ Jabberfest for details	10:00 – 12:00 Every 2 mths
<b>FRIDAY</b>	ESSENTIAL ITALY	Alysan Pender 0447 270 997	U3A Rooms Dougherty House	Fridays Comm 16 Feb	10:00 -12:00
	SINGING AROUND THE PIANOLA	Harry Jones 0416 007 035	Home of Harry Jones	See Journal/ Jabberfest for details	2:00 – 4:00 Every 2 mths