

We are located at the German Austrian Australian Club

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## August Newsletter 2021

Editor : Tony Keys | Publication Date : July 29th, 2021

### U3A Albury-Wodonga Inc. 2020-1 Committee Members

Rod Farr (President, VicNet & Regional Liaison ) • Kerrie Horner (Secretary) •

Doug Reid (Treasurer) • Peter Massey (Systems Director & UMAS) • Diana Pape (Social Coordinator) • Tony Keys (Newsletter) • Anthony White (Vice-President ) • Ludger Pille (Program Coordinator) • Karen Matthews • Colin Frost

**Christmas  
in July in  
August**

**August 21st at the GAAC**

### Term 3

**Begins 26th July**

**Ends Friday 17th September**

**Next Committee Meeting**

**Friday 13th August**

**August Coffee Morning**

**Friday 27th August**



## Covid message

Please remember that face masks must be worn **indoors** and **outdoors**, and physical distancing of 1.5 metres maintained.

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## June Coffee Morning

### St Johns Ambulance

#### Friday June 25th

The final coffee morning for this semester, which was held on Friday the 25<sup>th</sup> was a very memorable and informative session for those enthusiastic participants who attended. The guest speaker was Sergeant Stafford

Simpson, a senior and long serving volunteer with the NSW Branch of the St John Ambulance Service.

St John Ambulance is an organisation that can trace its origins back to the Knights of St John who, in the spirit of the Good Samaritan, during medieval times offered care and shelter for pilgrims and crusaders in Jerusalem. This ancient movement was reborn again during the early 19<sup>th</sup> century in England and like most British institutions eventually migrated to Australia and commenced operations in The Land Down Under in 1883.

These days The Order of St John is a major international charity, accredited by the United Nations, whose affiliated organisations provide first aid, health care and support services in over 40 countries around the world.

Stafford started his presentation with a brief overview of what St John Ambulance does for our local community, which is to provide on-site first aid facilities at sporting venues such as ALF and Rugby League matches, Netball and Equestrian events. They also train and support literally thousands of first aid volunteers across a wide range of activities, including local sporting, school, and community events such as outdoor festivals and fun runs.

However, Stafford's main purpose of his visit to the GAAC was to provide the U3A members with a broad understanding of how to provide first aid care, should anyone need immediate attention, particularly in cases of a heart attack or if someone was suffering from

a choking throat incident.

He discussed in great detail Cardiopulmonary Resuscitation (CPR) which is a physical method of restarting the heart, and then the subsequent use of a fairly recent invention, an Automated External Defibrillator (AED). One of these is located on the wall of the staircase that leads down to the basement of the GAAC (See April newsletter for pictures), something we should all be aware of.

Stafford explained the CPR methodology, which requires you to softly pump the heart attack victim's chest with your hands, while at the same time closely observing the victim's response.

He demonstrated this methodology by using *Annie*, a traditional name given to CPR mannequins, which are used to train people in this life-saving technique.



Stafford giving Annie CPR.

And he further explained that if this process does not produce the desired result, then it is time to apply an AED device, making sure that if you discovered a Pacemaker attached to the person's chest, then you position the AED pads on the opposite side to the

Pacemaker's nodes, thus preventing damage to their existing Pacemaker.



Attaching the AED Device

Stafford's overarching message was that First Aid is about approaching each incident cautiously, using common sense, trying not to panic, and acting as rationally as possible, although sometimes this is more easily said than done.

Throughout the presentation Stafford was taking questions from the audience and drawing on his 9 years of personal experience. He was able to provide a much greater understanding of how the average citizen could handle serious medical emergencies, which also includes calling 000 at the earliest possible opportunity.

I think one of the key messages which most of the attendees took away was that we should organise a training session for a select group of U3A members with St John Ambulance Service in the not-too-distant future, so that emergency medical attention is available on-site should a

critical incident occur.

*John Whale*

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## **Member Profile**

### **Karen Matthews**

#### **Committee Member**



I guess I've never been a 'go it alone' person. Throughout my life I've always been in 'my happy place' when working as part of a team. Sometimes it's been in leadership roles and other times it's been through achievements realised on the strengths of individual team members.

I arrived in Albury six years ago having spent most of my life in New Zealand. I was born in Christchurch where my mother was a local piano teacher. My brother and I learned the piano from a

very early age, however both of us tended to rebel against the 24/7 music lessons that resulted in living with our music teacher. In pretty short order we both chose to learn orchestral instruments about which my mother knew very little. I learned the viola and my brother the cello. We were both privileged to be selected for the New Zealand National Youth Orchestra. It was in this environment and in several local orchestras that I learned to appreciate the power and beauty of group/teamwork. Bringing individual strengths to the performance of music produces beauty and variety that tends to exceed that of a solo voice or instrument (in my opinion). "The whole is greater than the sum of its parts."

Whilst my brother continued to become a professional musician I chose to train as a primary school teacher. My teaching career spanned 44 years and during this time I taught in Dunedin, Auckland and Whangarei. As in many occupations, particularly teaching, job descriptions tend to reflect the abilities of an individual outside their primary responsibility. In addition to classroom teaching and administrative responsibilities as an Associate Principal, I was delighted to be able to teach music classes, conduct school choirs, produce school musicals and convene local music festivals. Few if any of these rewarding activities would have been successful without collaborative teamwork.

During the last 10 years of my career I was appointed Special Education Needs Coordinator at my local school. This role enabled me to provide a nurturing environment for those students who for a variety of reasons required learning



support. I found this role particularly rewarding as I was privileged to work with a team of education specialists and teacher aides who were absolutely focussed on recognising and appreciating the individual needs and talents of these students. It was such a delight to reconnect with some of these students and teacher aides on my recent trip back to New Zealand.

As a parent I have raised three lovely boys and have been closely involved in the upbringing of three of my grandchildren. On retirement, my lovely son and daughter-in-law who live and work locally, suggested that I might like to come and live in Albury. Having visited on a number of occasions I was more than delighted to commence another of life's adventures in this unique city. The Albury Wodonga community have been exceptionally welcoming and I feel this place has become my home. I love being out and about in the community and have met so many good people through joining a variety of volunteer organisations. I particularly enjoy singing in our local *Sing Australia* group, even conducting and accompanying when the need arises. My orchestral experience as a young person has encouraged me to join the committee which convenes the annual Border Music Camp. It is absolutely wonderful to witness these students participating in the same memorable experiences that I had in the NZ National Youth Orchestra. I also volunteer weekly at Wodonga Hospital. U3A, which I joined very soon after arrival from NZ has afforded me many opportunities to plug the gaps in my education. Gerry's *Our World* -

*Background Briefings* and Shirley's *Gardening Group* have featured hugely in my endeavours.

I am very much looking forward to contributing to the exciting developments that this innovative U3A committee has already initiated.

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## **Christmas in July is now Christmas in AUGUST**

For obvious reasons this event has been postponed until **Saturday 21st August**. Everything else remains the same.

**PLEASE LET US KNOW  
WHETHER YOU ARE STILL  
ABLE TO TAKE UP YOUR  
BOOKING**

## **LAUGHTER IS THE BEST MEDICINE**



**We're all in this together!**

**In other news...  
the Seven Dwarfs  
have been advised  
that as of today,  
they can only meet in  
groups of six.  
One of them isn't  
Happy.**



The Spread of COVID-19  
Is Based On Two Factors:

1. How Dense The Population is
2. How Dense The Population is

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[www.bizwaremagic.com](http://www.bizwaremagic.com)

## The Joys of Growing Old

### SEX AT 85

I just took a leaflet out of my mailbox, informing me that I can have sex at 85.

I'm so happy, because I live at number 83. So it's not too far to walk home afterwards.

And it's the same side of the street. I don't even have to cross the road!

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### Answering machine message,

"I am not available right now, but thank you for caring enough to call. I am making some changes in my life. Please leave a message after the beep.

If I do not return your call, you are one of the changes."

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Frustration is trying to find your glasses

People are scared of getting fined for congregating in crowds. As if catching a deadly disease and dying a horrible death wasn't enough of a deterrent.

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[www.bizwaremagic.com](http://www.bizwaremagic.com)

without your glasses.

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Blessed are those who can give without remembering and take without forgetting.

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The irony of life is that, by the time you're old enough to know your way around, you're not going anywhere.

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God made man before woman so as to give him time to think of an answer for her first question.

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I was always taught to respect my elders, but it keeps getting harder to find one.

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Every morning is the dawn of a new error.

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Aspire to inspire before you expire.

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## An Apology to Blondes

An old, blind cowboy wanders into an all-girl biker bar by mistake...

He finds his way to a bar stool and orders a shot of Jack Daniels. After sitting there for a while, he yells to the bartender,

'Hey, you wanna hear a blonde joke?'

The bar immediately falls absolutely silent.

In a very deep, husky voice, the woman next to him says, "Before you tell that joke, Cowboy, I think it is only fair, given that you are blind, that you should know five things:

1. The bartender is a blonde girl with a baseball bat.
2. The bouncer is a blonde girl with a gun.
3. I'm a 6-foot tall, 175-pound blonde woman with a black belt in karate.
4. The woman sitting next to me is blonde and a professional weight lifter.
5. The lady to your right is blonde and a professional wrestler.

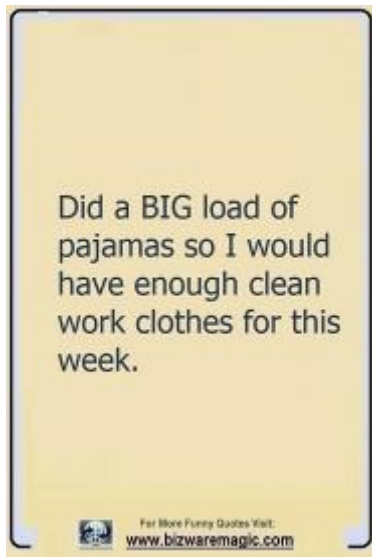
Now, think about it seriously, Cowboy, do you still wanna tell that blonde joke?"

The blind cowboy thinks for a second, shakes his head and mutters, "No... not if I'm gonna have to explain it five times"...





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**When the doctor says you need to watch your drinking**



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Don't let them take the temperature on your forehead as you enter the supermarket, its a government plot to erase your memory. I went for a bottle of milk and a loaf of bread and came home with a case of beer and 12 bottles of wine!



## **Delicious Lunches Available at the GAAC**

Lunches are still available at the GAAC.

**Lee Botting is providing food which is very tasty and offers excellent value.**

Lunch at the GAAC presents us with another fantastic opportunity to get together socially for a chat before, after, or in between classes.

However, due to **lack of support**, Lee (the caterer) can no longer offer lunches Monday-Thursday. Lunches will be still be available **Wednesday and Thursday.**

### **To order:**

You place your order on the order form provided outside the U3A office and place it in the tray provided before 10am on the morning you require lunch, or order online from **leebotting1806@gmail.com** before 10am.





You may order lunches for days in advance. Lunches will be available from noon to 12.40pm and paid for on pick up at the servery upstairs.

Please remember to write your name, circle the day(s) you want lunch and indicate your choice for each day on the order form.

**Please note that lunches will not be available for the first week of Term 3**

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## **Enrolments 2021: a Progress Report**

Staying in touch has been a challenge and we may have lost contact with some of our previous members. If you know of any of your friends who have not rejoined please let them know they can enrol online or by ringing our number.

As at the time of printing our membership stands at **322** financial members.

## **Classes 2021**

There are still vacancies in most courses: They are **listed below**.

Some of these courses are almost full.

You can enrol in courses not listed here but you will be on a wait list. The tutor will let you know if or when there is a vacancy.

You can enrol by:

- **Online enrolment** through the Member Login link on the U3A Albury Wodonga website.

- **Face to face enrolment** at the German Austrian Australian Club in Wodonga when the office is open (12:00-1:00pm Monday to Thursday).

- **Phoning us** 0499 895 117

### **Courses with Vacancies**

Air Rifle Shooting (1 space)  
CAE Book Study  
Chess  
Cryptic Crosswords  
Economics & Politics  
Everyday Philosophy  
Family History for Beginners (2 sp.)  
It's Never Too late to Begin Again  
Mahjong  
Mahjong for Beginners 2  
Philosophical Discussions  
Play Reading Group  
Random Thoughts and Ideas  
Scrabble (1 space)  
Sustainability  
Talks on Arts and Architecture  
The Bible  
USA: Themes People and Events  
500 (2 spaces)

### **Half Year Membership**

Anyone joining for the second half of the year only can apply for a reduced price membership of **\$40**.

## Class Timetable 2021 Semester 2

| <b>MONDAY</b>                      |                                     |  |                 |   |
|------------------------------------|-------------------------------------|--|-----------------|---|
| EVERYDAY PHILOSOPHY                | Monday                              | First 6 weeks of each Term                         | 10am – 12 noon  | GAAC HYBRID Room 1                                |
| FAMILY HISTORY ON THE INTERNET     | Monday                              | Weekly   | 10am – 12 noon  | Via ZOOM  |
| IT'S NEVER TOO LATE TO BEGIN AGAIN | 1 <sup>st</sup> and 3 <sup>rd</sup> | Monday   | 1pm- 3pm        | GAAC Room 3                                       |
| ECONOMICS & POLITICS               | Monday                              | Weekly   | 1pm – 3pm       | GAAC Room 1                                       |
| CAE BOOK STUDY                     | 2 <sup>nd</sup>                     | Monday of Month                                    | 1.30pm – 3.30pm | GAAC Room 2                                       |
| ARTS APPRECIATION                  | 1 <sup>st</sup>                     | Monday of the Month                                | 3.15pm – 4.30pm | GAAC Room 1                                       |
| <b>TUESDAY</b>                     |                                     |  |                 |   |
| SUSTAINABILITY                     | Tuesday                             | Weekly   | 10am – 12 noon  | GAAC HYBRID Room 1                                |
| MEDITATION (Not running Term 3)    | Tuesday                             | Weekly   | 10am – 12 noon  | GAAC Room 2                                       |
| FAMILY HISTORY for BEGINNERS       | Term 3 for 6 weeks.                 | Tuesday 3 <sup>rd</sup> Aug – 7 <sup>th</sup> Sept | 1pm- 3pm        | GAAC Room 2                                       |
| RANDOM THOUGHTS & IDEAS            | Tuesday                             | Weekly   | 1.30pm – 3.30pm | GAAC Room 1                                       |
| GARDEN GROUP 1                     | Tuesday                             | Weekly   | 1pm – 3pm       | GAAC Room 3                                       |
| MUSIC APPRECIATION                 | 2 <sup>nd</sup> & 4 <sup>th</sup>   | Tuesdays   | 2pm – 4pm       | Various Locations                                 |
| AIR RIFLE SHOOTING                 | Tuesdays                            | Weekly   | 3.30pm- 5. pm   | GAAC Room 3                                       |
| <b>WEDNESDAY</b>                   |                                     |  |                 |   |
| GARDEN GROUP 2                     | Wednesday                           | Weekly   | 10am – 12 noon  | GAAC Room 3                                       |
| SOCIAL GARDENER                    | 1 <sup>st</sup> and 3 <sup>rd</sup> | Wednesdays   | 10am – 12 noon  | Various Locations                                 |
| MAHJONG FOR BEGINNERS              | Wednesdays                          | Weekly   | 10am – 12 noon  | GAAC Room 2                                       |
| THE BIBLE                          | Wednesdays                          | Weekly   | 10am – 12 noon  | GAAC Room 1                                       |
| CRYPTIC CROSSWORDS                 | Wednesdays                          | Weekly   | 1.30pm – 3.30pm | Trinity Uniting Church North Albury               |
| MAHJONG                            | Wednesdays                          | Weekly   | 1pm – 4pm       | Wodonga Tennis Centre                             |
| OUR WORLD                          | Wednesdays                          | Weekly   | 1pm – 3pm       | GAAC HYBRID Room 1                                |
| The CREATIVE BRAIN                 | Wednesdays                          | Weekly   | 1pm – 3pm       | St Matthews Retirement Village, Cahill Pl. Albury |

| <b>THURSDAY</b>   |  |        |                |   |        |
|---|--|--------|----------------|---|--------|
| PHILOSOPHICAL DISCUSSIONS   | Thursday   | Weekly | 10am – 12 noon | GAAC                                      | Room 3 |
| USA: THEMES PEOPLE & EVENTS   | Thursdays  | Weekly | 10am – 12 noon | GAAC + HYBRID                             | Room 1 |
| INTRODUCTION to DRAWING   | Thursday   | Weekly | 10am – 12 noon | Private House Albury                      |        |
| SCRABBLE  | Thursdays  | Weekly | 1pm—3.30       | GAAC                                      | Room 2 |
| OUR WORLD 2   | Thursdays  | Weekly | 1pm – 3pm      | GAAC HYBRID                               | Room 1 |
| CHESS   | Thursdays  | Weekly | 1pm – 3pm      | GAAC                                      | Room 3 |
| BIRD WATCHING in ALBURY WODONGA   | Thursday, 2 <sup>nd</sup> and 4 <sup>th</sup> of the Month |        | 10am—12 noon   | Various Locations<br>Wet days GAAC Room 2 |        |
| EASY PEASY WALKS  | Thursday, 1 <sup>st</sup> and 3 <sup>rd</sup> of the Month |        | 10am – 12 noon | Various Locations TBA                     |        |
| <b>FRIDAY</b>   |  |        |                |   |        |
| PLAY READING GROUP  | 1st & 3rd Friday of Month                                  |        | 10am – 12 noon | GAAC                                      | Room 3 |
| TALKS ON ARTS AND ARCHITECTURE  | One per Term beginning <b>TBA</b>                          |        | 1pm – 3pm      | GAAC                                      | Room 1 |
| COFFEE MORNING WITH GUEST SPEAKER   | 4 <sup>th</sup> Friday of Month                            |        | Morning        | GAAC                                      | Room 1 |
| U3AAW Management Committee  | 2 <sup>nd</sup> Friday of the Month                        |        | Morning        | GAAC                                      | Room 3 |
| SCOTTISH COUNTRY DANCING (Not running until restrictions on dancing lifted) | ALL Fridays EXCEPT the 4 <sup>th</sup> .                   |        | 10am- 12 noon  | GAAC                                      | Room 1 |
| MAHJONG for BEGINNERS 2   | Friday   | Weekly | 10am- 12 noon  | GAAC                                      | Room 2 |
| 500 (Card Game)   | Friday   | Weekly | 1pm – 3pm      | GAAC                                      | Room 3 |

### **KEY TO TABLE**

**GAAC**, German Austrian Australian Club, 5 McFarland Rd. Wodonga.

**Rooms 1 and 2** Upstairs, accessed from **front** entrance.

**Room 3.** Downstairs, conveniently accessed from the **bottom** of the carpark.

**Hybrid** The class will be conducted Face to Face and concurrently via ZOOM online.

### **CONTACT**

**U3A Albury Wodonga Office** at 5 McFarland Rd Wodonga. Phone **0499 895 117**

P.O.Box 702, Wodonga 3689 VIC

Email: [office@u3aalburywodonga.org.au](mailto:office@u3aalburywodonga.org.au) Web address: <https://u3aalburywodonga.org.au>

### **TERM DATES 2021**

Semester 1, Term 1 Monday 1<sup>st</sup> February to Thursday 1<sup>st</sup> April 2021

Term 2 Monday 19<sup>th</sup> April to Friday 25<sup>th</sup> June 2021

Semester 2, Term 3 Monday 26<sup>th</sup> July to Friday 17<sup>th</sup> September 2021

Term 4 Monday 4<sup>th</sup> October to Friday 3<sup>rd</sup> December 2021

## German Austrian Australian Club

### 61st Anniversary Luncheon

As last year the Anniversary luncheon had to be cancelled due to Covid Lockdown. It has been rescheduled for the 5th September, subject to lock-down not being re-introduced.

Those people that have already paid for their tickets can either have a refund or use their tickets for the new date.

We had approximately 100 Members and Guests booked for the cancelled luncheon. We hope that more members can come to the rescheduled 61st Anniversary Luncheon

For those members that cannot come to the rescheduled Anniversary on the 5th September, please let the club know so that the tickets can be re-sold.

For the latest information go to the Facebook page.

## Covid Sense

Smallpox killed more than 300 million people in 20th century alone.  
We never reached natural 'herd immunity' in over 5,000 years.  
**DEFEATED via VACCINE**

**I DON'T TURN ON MY HEADLIGHTS BECAUSE:**

1. I AM NOT A SHEEP
2. I REFUSE TO LIVE IN FEAR
3. I CAN SEE JUST FINE
4. I RESPECT YOUR CHOICE TO USE YOUR LIGHTS, SO RESPECT MY CHOICE NOT TO
5. IF OTHER DRIVERS CAN NOT SEE ME, THAT IS THEIR PROBLEM.
6. IT MAY BE A LAW, BUT IT IS UNJUST AND INFRINGES ON MY CONSTITUTIONAL RIGHTS
7. I HAVE A MEDICAL EXEMPTION AND YOU ARE NOT ALLOWED TO ASK ME ABOUT THAT
8. I AM A MEMBER OF THE FREEDOM TO DRIVE IN THE DARK COMMITTEE





Did you notice the brand **new carpet** that the club has both upstairs and downstairs? It looks wonderful! Thanks to the GAAC for installing it.

It would be great to keep it looking this way well into the future. If you have a spill (drink or food, not you 😊) please clean it up as soon as it happens using a rag from the office and tap water.

Non-recyclable disposable cups with lids are provided for tea and coffee but, even better for the environment, you can bring your own keep cup. Please make sure that those fiddly lids on the provided cups are on properly—it's not easy!



I would like to thank the following people who make valuable contributions to our newsletters:

- **Lyn Reed** for her interviews and punctilious proof reading which ensures that we maintain our literary standards.
- **John Whale**, our roving reporter, for continuing the intrepid Jimmy Olsen tradition.
- **Rod Farr** for ensuring political correctness so that we don't go off the rails.

If **you** would like to contribute articles, stories, photos, or write a report of a U3A event this would be most welcome. If interested please contact me at

**[members@u3aalburywodonga.org.au](mailto:members@u3aalburywodonga.org.au)**

*Tony Keys (Editor)*