

August Newsletter

Welcome back, friends.

I hope you enjoyed your mid-year break, be it active or laidback. There's a mixed array of articles in the following Newsletter, including a lovely 'profile' piece, a 'local' story, coffee morning report, Christmas in July, Term Timetables and many others.

Please remember to contact me if you have anything of interest to share – e.g. course outing – course guest speaker - photos of interest – suggestions of topics to include in Newsletter, etc. Remember, no news is NOT good news!

Settle back with a cuppa and appreciate the dynamic chapter of U3A to which we belong.

Happy reading
Judy - Editor

From the President's Desk ...



Hi all U3AAW members, and welcome back to Term 3 on Monday 25th July.

I hope you all had a peaceful 4-week break. The Christmas in July party was the highlight of our social calendar for over one hundred participants. Our thanks go to Col Frost, Alan Brink, Joy Key, Irene Kauter, Lutz Peters, Lee Botting his staff and volunteers for their efforts.

Term 3 will see new courses which Ludger has already announced. Nearly 40 members have enrolled for "Know your Gizmo".

Distribution of the new U3AAW Information brochures in the community is proceeding and getting a good response.

Annie's request for volunteers to organise the Coffee morning and talk on the fourth Friday of the month has had a good response. We are keen to assemble a sub-committee so the resources are available to cover absences, and also to ensure that just one person isn't responsible for all the aspects of this event. If you'd still like to contribute, please get in touch.

The social function for September will be a Rutherglen Winery tour with morning tea and lunch. Venues, cost and date yet to be confirmed.

Stay safe, stay well
Rod Farr

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June Coffee Morning

Karen Ferguson, Judy White

An Informative talk on Ovarian Cancer by Heather Watts and Dr Peiter Mourik



Heather greeted attendees of the coffee morning with an “Awareness Ribbon” – **teal** being the colour of Ovarian cancer – the theme of the talk. (Wearing a ribbon shows you’re willing to support and draw attention to a certain issue/condition).

Heather spoke passionately about the Border Cancer Awareness Group, which was founded in 2012. She and a small number of supporters were motivated to do more after the premature tragic loss of a family member due to the disease. Their aim was to raise awareness of Ovarian Cancer in the community and fund-raise for research into the development of an early detection test.

Numerous fund-raising and awareness activities were held in the border region which resulted in this small group raising over \$500k over time. This money was used to help fund local Ovarian Cancer trials at the Regional Cancer Centre, Peter McCallum Cancer Centre and Garvan Institute of Medical Research. Although the group is no longer in operation, fund raising efforts for Ovarian Cancer Trials at the Regional Cancer Centre are ongoing through the efforts of Wodonga Plant Farm's Book stall and a special thank you was made mention to Kay & Geoff Pollard and Marg Pallot for overseeing the organisational process of procuring the books, with all money raised going to the Kelsey Watts Memorial Trust Fund.

Dr Mourik was introduced and continued with the theme. His talk was more on the medical aspect of Ovarian Cancer. He explained Ovarian cancer is insidious as it does not usually cause noticeable symptoms in its early stages and there is no early detection test. He outlined a few symptoms to be aware of and recommended anyone with persistent and troublesome symptoms to consult their doctor. Commonly reported symptoms include abdominal bloating, lower pelvic pain, unexplained weight loss or increase, loss of appetite and fatigue.



Dr Mourik took questions from the floor and finished his talk on a more positive note. He said there is a promising future treatment for Ovarian cancer. A vaccine is at clinical trial phase and may someday be used to prevent the progression of Ovarian cancer.

Let's hope so!



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Anne Young profile

A Very Personal Silver Jubilee with U3A



I joined The University of the Third Age in 1997 with my late husband Peter, when I retired from full time teaching. Sustainable Development was the subject which attracted us, having been alerted to the dangerous path the world was taking by Paul (and Anne) Erlich in the 70's and Tim Flannery's book *The Future Eaters* in the 90's.

Alan Cracknell, retired Principal of Wodonga High School, who had been instrumental in setting up U3A here in Albury/Wodonga had approached Harold Craig and strongly suggested he explore the above topic. Harold had been the engineer of Tallangatta for 35 years and had written a book entitled '*Mitta Mitta Improvement Trust: Master Plan*'. In those days most of us retirees were not especially computer literate. Harold got most of his topics from '*The Age*' cutting them out, editing them and photocopying them on to A4 sheets ably assisted by his wife Shirley.

We then read the articles around the group and were encouraged to add our own understanding of the subject. (I recall an old farmer who stated we had it all wrong in Wodonga – we built houses on the agricultural flats and didn't allow houses on hilltops.) Harold also illustrated engineering points and diagrams on a white board. So, it was from the late 90's the group became very concerned about where we were heading climate-wise though I ruefully recall we thought it would be the year 2030 when serious events would happen and most of us would be no longer around when the evidence would become clear to everyone.

Often times we investigated our concerns. Among our visits were to 'Maisies Plot' at Pretty Valley, Falls Creek at the height of the debate on cattle grazing on the High Plains; in about 2002 we travelled to Jindabyne to inspect the return of environmental flows to the Snowy River; to Lake Mokoan during the controversy of decommissioning the lake; to the Swan Hill region looking at irrigation area on the way; to some rice farms round Coleambally and many more. These visits often necessitated a night or two away followed by a convivial dinner together.

Harold continued leading us till he was about 90 - for the last couple of years offering to retire but offers were rejected by his appreciative group.



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Stan Best, a skilful photographer and engineer who had retired from Mars/Uncle Bens Wodonga took over from Harold. Stan's computer skills allowed him to present relevant topics from the internet on screen. At that stage the class was becoming interested in the possibility of nuclear power to assist our reliance on fossil fuel. We saw on screen many nuclear plants and many of us came to the conclusion that a modular power plant could be installed in Albury to serve this area. A guest speaker who gave a few talks reinforced this idea. Under Stan's guidance we made several trips, among them to the recycling plant at Wodonga, to Lake Mokoan again, to Wonga Wetlands and to the Wodonga Sewerage Farm.

Sadly, Stan contracted cancer, soldiering on till he left us at the early age of 78.

Bruce Key who had been a guest speaker at times and who had supported Stan, offered to take the reins. Bruce's expertise as a retired Surveyor sharing his knowledge of scientific principles has led us down the renewable energy path. Under Bruce's tutelage we have explored many different ways we can eliminate our over reliance on fossil fuels. Solar panels, wind power, hydrogen, tidal power, hydropower have all been looked into. Bruce has engaged interesting guest speakers covering topics which he and members of the group thought would widen our understanding. When Peter became ill, I discovered just what a great organisation U3A is, with Bruce and many others encouraging Peter and then visiting when he was in hospital. Who will forget Peter's insistence that hydrogen and fusion were the way to go in the days when others were not so sure.



My silver jubilee of U3A has included 25 years of enthusiastic attendance of a wide range of subjects among them; Bible - Reading Ancient Documents in English Translation with Kath White; Economics and Politics with Eddie Voigt; The Great War, then Japan with Vince Black; International Relations with Gerry Engwerda; The History of the USA, then Bonaparte and Wellington with Hugh McKenzie-McHarg; a short course in Family History with Gail Gillis; Walking through History with John Whale and 24 years with Sustainability. It was Kath White's 'Highways and Byways of English' which lured me away from Sustainability in its 25th year.

My children, "Haven't you passed yet Mum?"

My appreciation goes to Albury-Wodonga U3A, to the hard-working presidents and committees, to the wonderful volunteer presenters/tutors, and to the friendships of members from all walks of life, all of which have sustained me over the past 25 years. And I have learned so much!



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While interviewing Anne for her 'Profile' piece, she handed me an article written by Barry Pinkerton in 2015. She said 'Do you think members would be interested in this?' I have included it for obvious reasons!

Barry was a member of our Albury Wodonga U3A and he wrote this recollection on the formation of our club. I found this slice of our club's history so interesting. The article includes names of current members and names of people many members will remember. *Judy*

U3A Conversation ...

An article written by Barry Pinkerton

A little while ago I bumped into Reg Morley and he asked, "how was U3A going?" That conversation sent my mind back a few years. Alan Cracknell started the Albury Wodonga U3A after retiring as principal of Wondonga High School, Alan believed in lifelong learning. His righthand man was Reg Morley, a well-known and active community member. Alan discussed his vision with Jim Saleeba, CEO of the CEC (Continuing Education Centre, now Albury Wodonga Community College, AWCC). Jim also believed in lifelong learning and facilitated U3A's connection to the college. In 1991 the U3A Management Committee became a subcommittee of the Continuing Education Centre. When Jim retired Rodney Wangman, another believer in lifelong learning, took over the reins and continued the U3A College relationship that is still in place today. It is no accident that the names Cracknell, Morley & Saleeba adorn the AWCC buildings, their vision set the stage for the U3A we have today.

In late 1990 the first coffee morning was held and around the same time Reg Morley started the first course, Thoughts & Ideas. Other courses soon started and most of the original U3A courses are still running, along with many new offerings. Some people who have experienced another U3A (after all it is a worldwide organisation) comment on the Albury Wodonga U3A being friendly and inclusive. In no small measure this is due to Alan Cracknell introducing "Learning Circles" where a co-ordinator oversees the class, but everyone is recognised as having worthwhile input. Over the years technology has changed, AWCC leadership has changed, and U3A committees have changed but U3A continues to grow and develop.

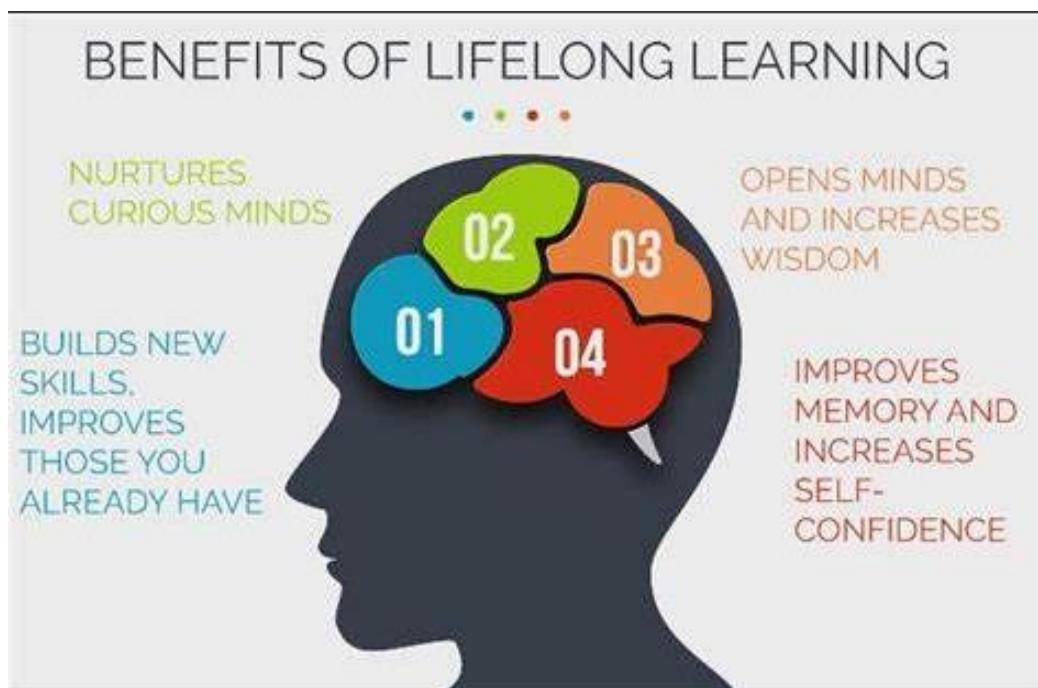
Who has been at the forefront of Albury Wodonga U3A? At the start, Alan Cracknell and Reg Morley, Alan's office manager and course co-ordinator Rae Vaughan gave good support. U3A presidents who have given their time include Reg Morley, Lyle Wright, Ern Robinson, Dorothy Wylie, Nola Merrett, Barry Bennet, Val Simons, Frank McClelland. (If I've missed someone, I'm sure I'll be told and the presidents after Frank McClelland are someone else's story.)

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Presidents always seem to get their names up in lights but committee members (who do the work) often miss out. Here is an incomplete U3A committee member list of those workers (1990-2015).

Alan Cracknell, Reg Morley, Rae Vaughan, Lyle Wright, Margaret Robinson, Ern Robinson, Betty McDonald, Dorothy Wylie, Bernard Brewer, Michel Le Maistre, Barbara Mundy, Eleanora Conelly, Helen Black, John Bruce, Norma Hines, John Mason, John Ribstein, Sheila Mason, David Milan, Don Cocks, Lois Pinkerton, Jo Martin, Heather Maddison, Nola Merrett, Barry Bennett, Alison Higgins, Loretta Ashford, Val Symons, Frank McClelland, Alison Fothergill, Rae Gibbons, Pat Madin, Sue May, Dirhleen Clark, Susan Carter and Gundrun Reid.

Keep up the good work and enjoy U3A, it took vision to get it going!



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Christmas in



On Sunday 17 July we celebrated Xmas in July in the warm winter wonderland created in the GAAC. Below are a few photos from a very merry afternoon ...



Table 9 celebrating their quiz win



Mrs Claus presenting lucky door prize



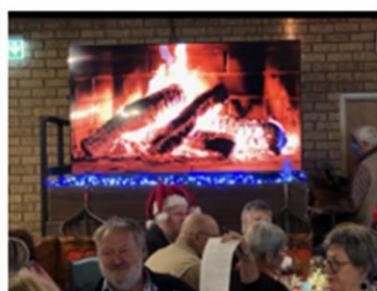
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Our very jolly Trivia Quiz
Master Alan



U3A friends!



Warm log fire ambience



Choristers leading carol singing



Lunch attendees



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Arts Appreciation – A Morning at MAMA with the Zombie Eaters

The Arts Appreciation Group met at MAMA in July to attend a lunchtime lecture on one of its current exhibitions - *Zombie Eaters*.



Our guide, Aiden, chose two very different paintings to discuss. The first piece (top left) is a portrait of sculptor Michael Smith which Aiden saw as playful, a frame within a frame depicting strength and a man who was perhaps a good listener. Some comments from viewers saw a coldness in his eyes (it was even suggested he would make a pretty good serial killer!). American author Rainbow Rowell once said “Art wasn’t supposed to look nice, it was supposed to make you feel something” and this work certainly did that!

The second work Aiden chose from the exhibition shows 2 boxers in the heat of the fight. This was universally popular and drew a great deal of discussion.

Our group then capped off this very interesting outing by enjoying a delightful lunch at Canvas Restaurant.



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Walkers step into Indigenous culture on new Gateway Island trail



The official opening of the new 5.1km **Crossing Place** Trail on Albury-Wodonga's Gateway Island was timed to perfection. Opened recently during NAIDOC Week, the looped track features several sculptural works from local Aboriginal artists including Michael Bogie, Patricia Cerminara, Treahna Hamm and Tamara Murray.



Michael Bogie

The track was built near the junctions of the Murray River and Bungambrawatha Creek and Oddies Creek and follows the southern bank of the Murray River and tells the story of Yarre the Mailman. The track also bears evidence of a 'scar' tree.

The Crossing Place trail links with the Wagirra Trail on the northern bank of the Murray River. This trail extends from the Union Bridge in South Albury through to the picturesque Horseshoe Lagoon in West Albury and incorporates the Yindamarra Sculpture Walk.

Projects like these can only enhance our cities and make us proud to call Albury Wodonga home.



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Term Dates

Term Dates			Coffee Mornings 3 rd Term		
Term 1	31 Jan 22	08 Apr 22	26 August 22		
Term 2	26 Apr 22	24 Jun 22	<i>No September coffee catch up during break</i>		
Term 3	25 Jul 22	16 Sep 22	28 October 22		
Term 4	03 Oct 22	02 Dec 22	25 November 22		

Timetable for Term 3

Monday

22002	Everyday Philosophy	First five Monday's of term	10:00	12:00	GAAC Room 1 (HYBRID)
22003	Family History and the Internet	Every Monday	10:00	12:00	ZOOM (ZOOM)
22004	Economics & Politics	Every Monday	13:00	15:00	GAAC Room 1 (Face to Face)
22005	Its Never Too Late to Begin Again	First & third Monday of month	13:00	15:00	GAAC Room 2 (Face to Face)
22006	CAE Book Study	2nd Monday of month	13:00	15:00	GAAC Room 2 (Face to Face)
22007	Arts Appreciation	3rd Monday of month	15:15	16:30	GAAC Room 1 (Face to Face)
22037	Buddhist Philosophy	Every Monday	13:00	15:00	GAAC Room 3 (Face to Face)

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Tuesday

22008	Sustainability	Every Tuesday	10:00	12:00	GAAC Room 1 (HYBRID)
22009	Highways and Byways of English	Every Tuesday	10:00	12:00	GAAC Room 3 (Face to Face)
22010	Music Appreciation	2nd & 4th Tuesday of month	14:00	16:00	VARIOUS (Face to Face)
22011	Garden Group 1	Every Tuesday	13:00	15:00	GAAC Room 3 (Face to Face)
22012	Random Thoughts and Ideas	Every Tuesday	13:30	15:30	GAAC Room 2 (Face to Face)
22013	Air Rifle Shooting	Every Tuesday	15:30	17:00	GAAC Room 3 (Face to Face)

Wednesday

22014	Mystery History	Every Wednesday	10:00	12:00	GAAC Room 1 (HYBRID)
22015	Mahjong for Beginners	Every Wednesday	10:00	12:00	GAAC Room 2 (Face to Face)
22016	Garden Group 2	Every Wednesday	10:00	12:00	GAAC Room 3 (Face to Face)
22017	Social Gardener	1st & 3rd Wednesday of month	10:00	12:00	VARIOUS (Face to Face)
22018	Our World Background Briefings 1	Every Wednesday	13:00	15:00	GAAC Room 1 (HYBRID)
22021	Cryptic Crosswords	Every Wednesday	13:30	15:00	TUC (Face to Face)
22038	Public Speaking:	Every Wednesday	13:00	15:00	GAAC Room 2 (Face to Face)
22039	Know Your Gizmo	First six Wednesdays of term	13:45	15:20	GAAC Room 3 (Face to Face)

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Thursday

22001	Mindfulness Meditation	Every Thursday	9:30	11:00	GAAC Room 2 (Face to Face)
22022	Colour	Every Thursday	10:00	12:00	OTHER (Face to Face)
22023	Philosophical Discussions	Every Thursday	10:00	12:00	GAAC Room 3 (Face to Face)
22024	Walks through history	1st & 3rd Thursday of month	10:00	12:00	VARIOUS (Face to Face)
22025	Bird Watching in Albury Wodonga	Every Thursday	8:00	10:00	VARIOUS (Face to Face)
22026	Our World Background Briefings 2	Every Thursday	13:00	15:00	GAAC Room 1 (HYBRID)
22027	Chess	Every Thursday	13:00	16:00	GAAC Room 3 (Face to Face)
22028	Scrabble	Fortnightly every other Thurs	13:00	15:00	GAAC Room 2 (Face to Face)

Friday

22030	Scottish Country Dance	First 3 Fridays of month	10:00	12:00	GAAC Room 1 (Course)
22032	Mahjong - Intermediate Beginners	Every Friday	10:00	12:00	GAAC Room 2 (Face to Face)
22033	Play Reading Group	1st and 3rd Friday of month	10:00	12:00	GAAC Room 3 (Face to Face)
22034	Card Games and Mahjong	Every Friday	13:00	15:00	GAAC Room 3 (Face to Face)
22036	Genealogy - Decipher DNA results	Every Friday	10:00	12:00	ZOOM (ZOOM)