



We acknowledge with great sadness and affection, the passing of an amazing woman - a consummate diplomat; a constant figure in all our lives; always reassuringly predictable; a woman who embodied the timeless virtues of stoicism and duty.

A Life Well Lived



OCTOBER 2022  
NEWSLETTER



We were deeply saddened and all in somewhat disbelief to read of the death of Queen Elizabeth II Friday week ago. Only two days prior to this there were photos in the media of her dressed in a light blue tartan skirt and beaming as she met the UK's new PM Liz Truss at Balmoral. Many of us fondly remember Her Majesty and Prince Phillip's brief visit to Albury in 1988. And how many of us travelled to Wagga in 1954 when we were children to get a glimpse of the young Royals? RIP Your Majesty.

Once again, our Newsletter comes to you filled with interesting articles including a message from our President, a Member profile, a course overview, updated news from our course coordinator, course outings, coffee morning, jokes and much, much more.

You will be receiving this message during our Term break. Make the most of this time by catching up with family, travelling or just staying home to do some Spring cleaning!! The fortnight will fly by and we'll be together again before you can say knife!

Do sit back with a coffee and enjoy this edition of your Newsletter.

Happy Reading  
Judy White - Editor  
Email: [jjelbart@gmail.com](mailto:jjelbart@gmail.com)



### Coffee Morning

Friday 28 October, 10am start

Across the World in a Pandemic ...

Member, Alwyn Friedersdorff attended the Zonta Convention in Hamburg as Australia's District 23 UN Chair and President of Albury Wodonga.

Alwyn will give some background to how she fills this prestigious role, and then present a travelogue on her experience and special summertime adventures in Norway and Germany over a 5 week visit in June/July this year.

Don't miss this extraordinary adventure! As always, a plate to share would be appreciated.





## From the President's Desk



Greetings and salutations U3AAW members and welcome to another excellent edition of your monthly newsletter thanks to the editor Judy and subeditor Annie.

Term 3 has been completed and we face a reinvigorated Term 4 on Monday 3<sup>rd</sup> October with John McQuilton's "For King Country and Empire", Australia on the Home Front during WW 1" and Hugh McKenzie McHarg's return of "The French Revolution and the Age of Napoleon, the Consequences."

We will also be experimenting with a new format of a current affairs presentation to fill in for Gerry Engwerda's Wednesday afternoon session. Your participation is strongly encouraged.

Helen Casey has completed her Buddhism course and will recommence in 2023 if there is sufficient interest.

I have attended both the Vic Net U3A North East Regional meeting and the Victorian Network U3A Delegates meeting and AGM recently. A number of good ideas have evolved from these meeting which your Committee is acting on, the prospect of sharing Tutors and presentations across the state network in 2023 having the most relevance to us.

Shirley and I will attend the U3A State Conference in Bendigo in early October as your representatives.

I have had input with the Wodonga City Council officers regarding their Ageing Well in Wodonga Program and it is possible that one of our more photogenic members will be featuring in their new pamphlet. (Don't all volunteer at once please !!)

Speaking of which it was pleasing to see the Border Mail do a photograph and article, accompanied by positive Editorial comment, promoting the benefits of U3A membership. This followed an intense campaign by your Marketing subcommittee to distribute our new promotional brochures around Albury Wodonga.

Socially the Winery Tour scheduled for Wednesday 28<sup>th</sup> September has had a good response and we are looking forward to an informative and fun trip.

Finally on behalf of the Committee of Management once again our sincere thanks to the Tutors, coordinators and other volunteers who make it possible for U3AAW to exist.

Cheers

*Rod Farr*





# MYSTERY HISTORY

## 31 Aug\_Female Convicts in Van Diemen's Land Rod Farr



Rod Farr's second presentation for our Mystery History class was on a subject that years ago, most people would have kept private and secret, but these days are more than proud to make public, namely that the Farr family has a direct connection to Australia's convict past.

His great, great Grandmother Ann Page was one of the many female convicts transported to Van Diemen's Land, a fate that many ladies suffered from, often for the most minor of petty crimes, such as stealing a handkerchief.

Apparently, the prison system in dear old Pommey land was suffering from overcrowding, poor sanitation, and lack of basic facilities therefore the Government had no other option but to ship them en masse down under.

Rod covered a period of English history starting in the post Napoleonic War era, with the Industrial revolution and the arrival of railways and steam engines, which transformed England society, leading to them becoming an economic global power and consequently brought about the end of transportation of convicts to Australia.



## 07 Sep\_Referendums Howard Jones

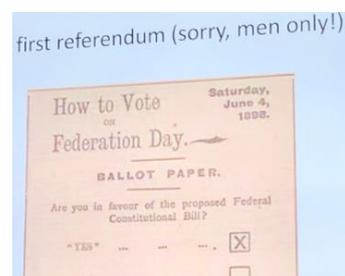
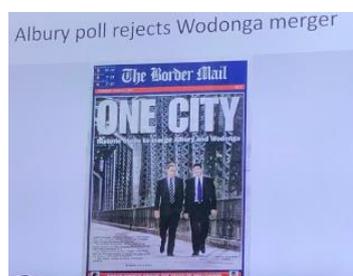


The penultimate Mystery Histories presentation for this term was delivered by a well-known local historian and ex long term Border Mail journalist, Howard Jones. His subject matter was a summary of all the different Referendums that have been held in Australia since Federation and in particular those that have had an impact on the Albury Wodonga district.

Howard started with the first ever referendum held in the Australian colonies during 1898/1899 to see if the majority of citizens supported a Federation to form a single unified nation, a concept that the Border community strongly supported. Other referendums discussed were about Fluoridisation, the Republic and the introduction of day light saving.

However, one of the most interesting polls that he covered was on Prohibition of alcohol and on closing times, plus whether or not there were just too many pubs. As a result, two pubs in Albury closed and the 6 o'clock swill started, however it ended in Albury 10 years before it did in Victoria, resulting in a mass exodus across the border to Albury just after closing time in Wodonga.

This subject resonates with today's vexed question of whether or not a Dan Murphy's should be allowed to open in Wodonga.





# MYSTERY HISTORY

**14 Sep\_Fashion History**, the social and political influences on fashion through the ages.  
*Shirley Farr*



Shirley Farr gave our final Mystery Histories presentation, which interestingly resembled an haute couture fashion show, performed on the cat walk of history. Shirley displayed images from a diverse range of male and female attire, starting from the most ancient of civilisations through to the modern era, from the Roman Toga to the Bikini swimming costume.

Shirley's showed how over time, political influence and cultural standards defined what style of clothing was deemed acceptable and thus became the norm. Each generation adopted vastly different styles ranging from the bizarre to the brazen and from the exotic to the erotic and all points in between.

Pivotal events also have had a lasting effect on fashion, such as the arrival of silk from China, or purple dye produced from squashed snails during the Byzantium empire period, and brightly coloured fabric developed by a Dutch, far east trading company called Vlisco founded in 1846 that changed people's perception of what was normal. Even to this day if by chance you happen to see a lady of African heritage, out shopping in down town Albury-Wodonga, who is wearing a vividly coloured outfit, then you will know exactly from where and when that design originates. Thank you Shirley for letting us know.

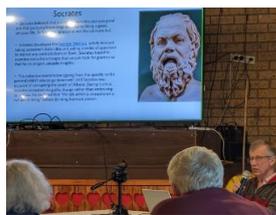


## 07 Sep\_No, Not Mystery History but **All Things Greek**

*Tony Keys*



Tony took us on a journey which, for him, began with a fabulous childhood picture book, *The Odyssey*. Greece has had a deep influence in art, developing the concept of aesthetic beauty. Their architecture has influenced many styles of today and the use of columns (Doric, Ionic and Corinthian) still grace our important buildings, museums and memorials. The ancient Greeks were the first to create complex literature, epic poetry and depicting the story of heroes. In philosophy, the works of Plato, Aristotle and Socrates have influenced modern ethics and Greek scientists made significant discoveries in fields such as geometry, astronomy, mathematics and medicine. Thank you Tony for filling in for Gerry.





## HELEN CASEY ... *Who am I? Why do I enjoy U3A?*

I was born in London in 1946. My father was a civil engineer and during the war was a lieutenant in the army corps of engineers. After the war many men found it hard to settle. We came to Australia as ten-pound poms in 1956. At the time I had three older brothers and one younger sister. We lived in Morwell as my father was an engineer on the Yallourn power station. My youngest sister Josephine was born in Yallourn.



We later moved to the Riverina area. I left high school and firstly worked as a nurse's aide at an old person's home (as nursing homes were called back then). My husband, daughter and I have been fortunate to have travelled due to my husband's work. We lived in the USA for several years.

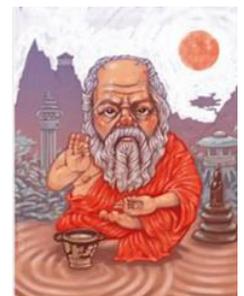
While living in South Carolina I was invited to speak about Australia and had many enjoyable experiences telling various groups and schools about our country. This sparked my interest in public speaking which, in turn, led me to joining a speaking group when I came back to Australia. This in turn led to becoming an adjudicator for school debates and speaking competitions.



At the same time, I ran classes in Confident Communication and Public Speaking for adults at the Continuing Education Centre in Wodonga. As a mature aged student, I attended the Riverina College of Advanced Education (Rivcoll) studying Western Tradition, Psychology and Sociology on a part time basis. Unfortunately, I had to cease studying due to caring for an elderly sick father while also working at a nursing home as a nurse's aide. As a child I recall family discussions around the fire after dinner mostly of a philosophical kind. While caring for my dad, in order to relieve stress, I developed an interest in meditation which led to an interest in Buddhism. I attended meditations run by various Buddhist practitioners from which I was able to relax more. I found that I was much more

interested in Buddhist philosophy than the ritual. I have continued to study the philosophy.

When I heard about U3A, especially the philosophical discussion group, I joined. Since then, I have enjoyed the companionship and the insights from listening to the thoughts and ideas of the members. The chance to put forward ideas on different topics and the chance to listen to the various Philosophies. The chance to take in ideas that I may not have thought of.



I know that the various u3a committee members and the coordinators work very hard to ensure a well-run organization.





Our guest was Snr Sgt Christopher Parr from Wodonga Police Station. A word that immediately sprung to mind on meeting SS Parr was 'personable'. On commencing his talk, he immediately had us in the palm of his hands!

He began by touching on his personal history prior to joining the police force, to being stationed in Wodonga. His modus operandi was, and still is, to serve the community.

He went on to give an overview of the Victoria Police Force and how it is divided into Districts with Wodonga being the main station for the North East of Victoria. His area of command within the NE is very extensive and includes the towns and surrounding districts of Corryong, Tallangatta, Rutherglen, Chiltern, Beechworth, Mt Beauty and all the other smaller towns in between. Services provided within the District include, but not limited to, law and order, complaints, domestic violence, traffic control, licencing, sexual assault, missing persons and emergency services. He described the pressure of working with the limited resources available and how personnel were being stretched to breaking point resulting in resignations and mental health issues (compounding the problem). As depressing and overwhelming the problems were, SS Parr still loved his chosen vocation!

When he invited Questions from the Floor, it was of no surprise that most of the questions revolved around Driving Licences. Being an audience of seniors, he wanted to reassure us that all was not doom and gloom! He informed us that in Victoria there is no need to renew your licence after a certain age or have a medical examination - unlike NSW. Statistics of accidents involving drivers over the age of 65 were under-represented in the scheme of things. Accidents from this age group often involved a collision with fixed objects, not understanding road signs - usually a 'mistake'. A licence review is usually advised in lieu of a fine. A Restricted licence may be imposed - time of day allowed to drive, distance allowed to travel etc. A medical and driving test may be authorised. A fine or further restrictions will be imposed if caught driving outside the restrictions. A statistic that didn't surprise us is the group over represented having vehicle accidents - the 18 to 25 year-olds - through speed, drugs and alcohol.

SS Parr returned to his Station with many plates of delicious cakes to share with staff. A sweetener - a bribe perhaps?!

A fabulously enjoyable and informative morning had by all in attendance.

Judy



Thank you to everyone who came along to our August coffee catch up, and especially to all those who supplied a sensational morning tea.



After partaking in the mouth-watering morning tea at last month's coffee morning, I thought a Recipe page may be worth trying in our Newsletter. Obviously, first cab off the rank *has* to be Pat Madin and her famous Friands! Would really welcome feedback if you'd like to continue with this segment. Hope you enjoy making these little treasures...

Judy

## Almond, Vanilla and Raspberry Friands

*from Little Café Cakes – Julie Le Clerc*

### Ingredients:

- 175 grams butter, melted
- 1 cup ground almonds
- 6 egg whites, lightly beaten
- 2 teaspoons vanilla extract
- 1 ½ cups sifted icing sugar
- ½ cup plain flour
- 1 cup fresh raspberries (frozen are also fine)

### Method:

1. Preheat oven to 190°C, fan forced. Grease 10 individual cake or muffin tins.
  2. Place all ingredients except raspberries into a mixing bowl. Stir until just combined.
  3. Spoon mixture into prepared tins – they should be just over ½ full.
  4. Top each friand with 3-4 raspberries. Bake for about 25 minutes.
  5. Allow to stand in the tins for 5 minutes before turning out onto a cooling rack.
  6. Dust with icing sugar before serving.
- Friands always have ground nuts as a base ingredient but any variety of nuts can be used.





*Paraprosdokians* were apparently a Winston Churchill favourite, but what the heck are they?

According to Macquarie Dictionary, a paraprosdokian is a figure of speech in which the latter part of an idiom, proverb, or well-known expression or formula of words is altered to make an unexpected and humorous ending.

Well, they were humorous enough to get Winston giggling, so they must be funny. So here's just a few ...

Where there's a will, I want to be in it.

The last thing I want to do is hurt you, but it's still on my list.

Since light travels faster than sound, some people appear bright until you hear them speak.

If I agreed with you, we'd both be wrong.

We never really grow up; we just learn how to act in public.

War does not determine who is right – only who is left.

Knowledge is knowing a tomato is a fruit. Wisdom is not putting it in a fruit salad.

They begin the evening news with "Good evening", then proceed to tell you why it isn't.

To steal ideas from one person is plagiarism ... To steal from many is research.

Buses stop in bus stations. Trains stop in train stations. On my desk is a work station.

I thought I wanted a career. Turns out I just wanted payslips.

I used to be indecisive. Now I'm not so sure.

A clear conscience is the sign of a fuzzy memory.

I didn't say it was your fault, I said I was blaming you.





# GIZMO

From the 27 July to 31 August, a group of volunteer students from Wodonga Senior Secondary School came to share their knowledge and expertise with us in our new course – Know Your Gizmo.



These amazing young people – with the patience of saints, and the skills in IT that most of us could only dream of – took around 40 of us through all the different facets of our many and varied “gizmos”.

From our phones to laptops, iPads and tablets, mobile phones, and cameras to fitbits, our student-tutors showed us how to set them up, how they work, how to get the best out of them, how to troubleshoot our crazy problems with them and helped with any other issue or concern we had. They took us into their world with such generosity and care.

Hopefully we will be able to offer this course again – so start listing all the stuff you’d love to know about your Gizmo.

A big *Thank You* to all our wonderful students!





## CARDS AND GAMES

*Karen Ferguson*

### Friday afternoon cards and games

U3A members enjoy a friendly afternoon playing 500, Canasta, Mahjong and Rummy-o. This is an enjoyable way to end the week. New members are encouraged to come along. Regular short workshops are held to teach basics of Canasta & 500 if interest warrants.

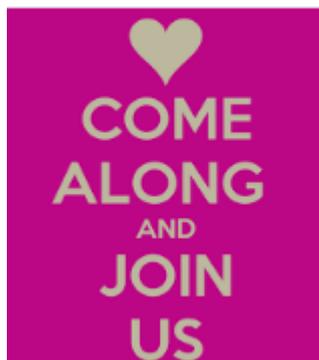


### U3A Mahjong groups

Wednesday morning Beginners. This is a class for U3A members wishing to learn to play Mahjong. This class is conducted in a friendly atmosphere with lots of encouragement. Participants learn at their own pace with lots of visual materials supplied. The class goes for the year, giving plenty of time to master the game.

### Wednesday afternoons from 1-4pm at Wodonga Tennis Centre

Members who are proficient in the game of Mahjong meet weekly for an afternoon of friendship and social interaction. New members are made welcome.



- 22015\_Mahjong for Beginners  
GAAC Wed 10-12pm Room 2
- 22020\_Mahjong (experience req'd)  
Wodonga Tennis Centre Wed 1-4pm
- 22032\_Mahjong/Intermediate Beginners  
GAAC Friday 10-12pm Room 2
- 22034\_Card Games and Mahjong  
GAAC Friday 1-3pm Room 3





Ludger Pille \_ U3A AW Program Coordinator

Term 3 is nearly finished, and the last term of the year is quickly approaching. I would like to point out a few changes for this last term:

1. **John McQuiltan** will return in the 4<sup>th</sup> term with a course entitled:

**For King, Country and Empire?: Australia's Home Front 1914-1918.**

For many Australians, the Dawn Service on Anzac Day distils the history of Australia during the Great War. A nation pulled together in a time of war and now honours and remembers those who served. It's a comfortable narrative. It's also a myth. With the possible exception of the conscription debates, few Australians realise that the war was a time of division, conflict and trauma that would last far beyond the cessation of hostilities in 1918. This course examines the impact of the Great War on Australian politics and society. It begins with the politics surrounding the war effort that saw the rise of William Morris Hughes as the leader of the Australian war effort. It then examines the impact the war had on Australian society with voluntarism, moral reform, 'enemies within' and bereavement as central issues.

John will present on Thursday mornings between 10 am and noon in Room 1 (upstairs).

**Please make sure that you enrol online in this course**

2. **Hugh McKenzie McHarg** has returned from his travels overseas and has prepared a sequel to his Napoleon course that he presented in Term 1 & 2 this year:

**French Revolution and the Age of Napoleon: The Consequences**

In Terms 1 & 2 we analysed the parallel lives of Napoleon and Wellington which incorporated the French revolution and the subsequent upheaval of the absolutist monarchies of Europe. But what happened after the dust had finally settled on the battlefield at Waterloo and Napoleon had been banished to the island of St Helena? In term 4 we will attempt to understand these matters. We will commence with a review of the events of the French revolution and the Napoleonic age thus refreshing our knowledge from earlier in the year. We will then explore the consequences of the events of this turbulent period, their impact on the subsequent history of Europe and other continents, and how they contributed to the shape of our world today.

Hugh will present in his usual time slot on Wednesday mornings between 10:00 am and noon in Room 1 (upstairs).

**Those of you that were already enrolled in Hugh's Napoleon class and in Mystery History don't need to enrol again. Those that had not enrolled in these classes need to enrol online.**

3. **Gerry Engwerda** will take a well-deserved break in Term 4. Gerry will be back in Term 1 next year!

We have decided to re-play recorded lectures that Gerry has previously given on Wednesday afternoons between 1 pm and 3 pm. We will try to continue the "News of the last week" segment by asking volunteers to host these. Please note that there won't be a session on Thursdays in Gerry's time slot.





And finally, just a quick look at a recent outing for the Arts Appreciation Group –

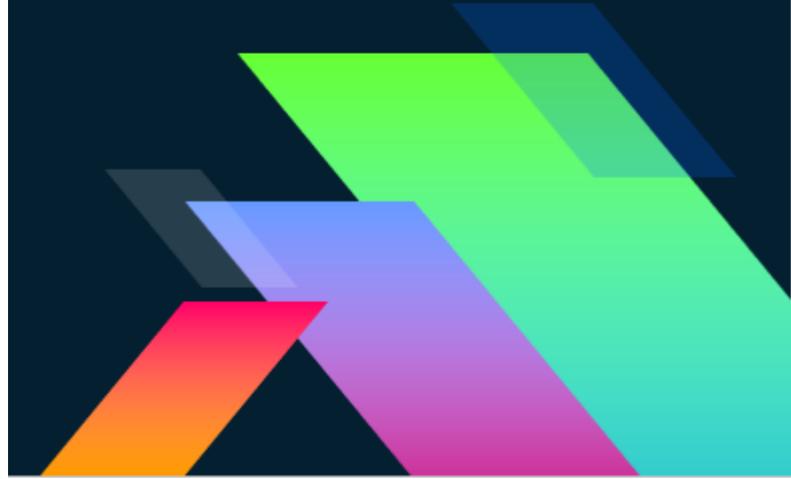


Arts group members spent a fascinating day at the Picasso exhibition in Melbourne. We also explored the new *Seeing the Invisible* art trail around the Botanic Gardens, with some hilarious results.





Albury /Wodonga



## Term dates

Term	Start	End
1	31 Jan 2022	08 Apr 2022
2	26 Apr 2022	24 Jun 2022
3	25 Jul 2022	16 Sep 2022
4	03 Oct 2022	02 Dec 2022



Albury Wodonga

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