

## February Newsletter

WOW! What a start to our new year! It was just wonderful to see so many new faces. We do hope you have settled into your chosen courses and enjoying same. If, by chance, your chosen subject is not what you imagined or anticipated, don't drop out! There's sure to be other subjects that may interest you and I believe not all classes are at capacity. 'Try before you buy' is an option you may like to explore. If there's a subject that sparks an interest (but you're unsure of) you may like to attend up to two sessions without committing yourself. Please direct any enquiries through the office to check vacancy levels prior to attending as we require the agreement of the subject Tutor. A few courses are at capacity such as Bird Watching and Gardening Group. Other courses may be at capacity, also, so please check.

And, of course, it is wonderful to see 'old' faces again – no offence meant! The excitement of seeing one another again after the long break was palpable, don't you think?

### Contributors


What would our Newsletter be without contributors? A sincere thank you to the members who have so willingly contributed articles for inclusion in this month's Newsletter.

On the subject of contributors, I would like to introduce a new segment to our Newsletter – one that will hopefully generate great interest! 'The sharing of stories'. Members are invited to contribute snippets of life experiences. Ian has shared a story to start the ball rolling. (refer below) Now for more stories to follow – please! Suggestions to trigger your thoughts - Have you been a traveler? Share some of your experiences and adventures of yesteryear be it physical, emotional, frightening or funny or all the above. The article doesn't have to be a long – just interesting. Have you met someone famous? Expand- who, when, where? - attach a photo. Work experiences, postings etc. Life changing experiences - have you climbed Mt Everest? Walked any well-known trails? Swum with whales? Sky dived? Emigrated? anything ... the list is endless, of course. I'm trying to cajole here! Over time, the continuing flow of enjoyable articles should (hopefully) make YOUR Monthly Newsletter one for which you wait with eager anticipation. Am I being too ambitious? If you're a little hesitant in sending me anything, and worry it won't be of interest, don't be. You're among friends! And we get to know one another a little more, which can only be beneficial for us all. I want to thank Ian Grant for our first such article. I found it remarkably interesting reading.

My contact details are depicted below. I hope to find my inbox overflowing!

**Labour Day Weekend, Victoria:** Just a reminder – **NO** classes will be held on Monday 13 March of the Long Weekend.

Make the most of the public holiday by enjoying something a little out of the ordinary. Perhaps check Wodonga Council's website for suggestions re. holiday activities and events held locally. Spend time exploring - go for a drive to nearby towns. Head to Melbourne for the Moomba Festival or Ballarat's stunning Begonia Festival, or head to the





Wagga Wagga Art Gallery to enjoy and marvel at the entries in the 2022 Archibald Prize Regional Tour – there's so much to see and do. Let's keep celebrating the hard-fought origin of the holiday.

In case you are unaware, **QEII Twilight Markets** are on 2<sup>nd</sup> and 30<sup>th</sup> March, 5pm – 8pm. By popular demand, this community event has returned to our beautiful QEII Square. What better place to be? Soak up the remainder of our warm balmy nights outdoors with family and friends before the winter chill is upon us. The space comes alive and there is so much on offer for everyone – live music, stalls offering an array of fresh and local produce, handmade wares and unique pieces. Throw a rug down on the lawn, grab some street food for dinner, relax and take in the atmosphere. A lovely social event for everyone. I love it! Maybe I'll see you there??

I know we keep mentioning **Coffee Mornings**, but I really encourage you to attend regardless of the topic. Subjects are wide and varied and many speakers find it an honour to be asked to share information on their field of expertise. You're assured of coming away more enlightened. I know I did with this month's presentation – the topic being Heart Health. Refer John Whale's article, below.

Next month we'll include some finger-lick'n recipes again. After all, it is nearly Easter!

Until next month, take care.

Judy White – Editor

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## AGM Friday 31 March, commencing 10am

This year our AGM will be combined with our regular monthly Coffee Morning.

Please arrive at 9.30am for a cuppa and chat prior to our Guest Speaker who will commence at approx 10.30am. We'll sneak a very quick AGM between your cuppa and the Guest Speaker.



### *March Coffee Morning*

Friday 31 March

Our Guest Speaker will be Dave West, Curator of the Army Museum at Bandiana, who will talk to us about the history and collection of the Museum.

Please don't leave our fabulous Guest Speaker without our usual equally fabulous audience!

See you all there, and as always, a plate to share would be most welcome.





## From the President's Desk



Greetings everybody especially the new and returning members. Don't forget our objective is "socialisation through the vehicle of education" aka "have fun together while doing and learning stuff".

Term 1. 2023 has commenced smoothly with terrific attendance numbers and active engaged audiences, thanks to all who have been responsible for assisting with the member registration and enrolments, the venue and last but not least the wonderful Tutors and Program Coordinator.

We will be increasing our engagement with other Victorian U3A's this year as more online courses and U3A Victoria facilitated f2f courses become available depending on demand.

At least one of our tutors is presenting to other U3A's including Melbourne based groups and we have members of other U3A's attending our classes on Zoom.

Various Tutors will be resting and recharging their batteries for a Term during the year and we are keen to fill their time table slots especially in the areas of history, science and contemporary issues.

If you have a passion which you would like to share on one or multiple occasions we can help. Please contact Ludger Pille or another of the Management Committee.

Lee Botting has commenced serving lunches of a Wednesday only at this stage, we look forward to increased demand and hot soup in the winter. Those of you who bring their lunch on other days may store same in the small refrigerator at the coffee stand in Room 2 or downstairs. Please continue with your gold coin donation for coffee and tea and we again encourage you to bring your own drinking vessel for the sake of the environment.

Our first social event for the year will be drinks in Room 3 and the outdoor area from 5pm to 7pm on Thursday 9<sup>th</sup> March. See Annie's lovely poster for details. I look forward to seeing you all there.

Finally, it's that time again, the U3AAW Annual General Meeting is to be held in conjunction with the regular Coffee Morning on Friday 31<sup>st</sup> March 9.30 for 10 am start.

All committee positions are open for election and fortunately the important members of the wonderful current Committee have indicated their willingness to be re-elected. Position descriptions are available from the U3A office and I would strongly encourage you all to consider contributing to the organisation by standing for the Committee and or the Presidency for 2023-2024.

Keep smiling,

Rod Farr, February 2023





# FAMILY HISTORY

*Gael Gillies*

Monday and Friday mornings are a hive of activity as Zoomers in the “Family History group” and the “DNA group” sign in. There is always an air of excitement, pleasure and sometimes frustration as we get together to learn and discuss our finds.

On Monday morning the Family History group uses computers to research and record their family history. Often that is all a lot of people want to do. Both groups complement each other as without a well-researched family tree DNA becomes so much more difficult.

The first half of both mornings are taken up with a lecture type activity on Mondays and Fridays. Here we learn all the techniques used to work out the intricacies of families and DNA. After the mandatory cuppa we have a segment, we call “going around the room”, where each participant has a chance to speak, ask questions or share their latest find.

There has been a mutual agreement from all the class to continue to use Zoom mainly so we can screen share and show or be shown how to use the various computer programs for this hobby. This also enables more experienced researchers to assist those on what is a steep learning curve for most people. We have people participating in the meetings when they may be in a car, visiting family or waiting in a hospital. This is the beauty of the forum.

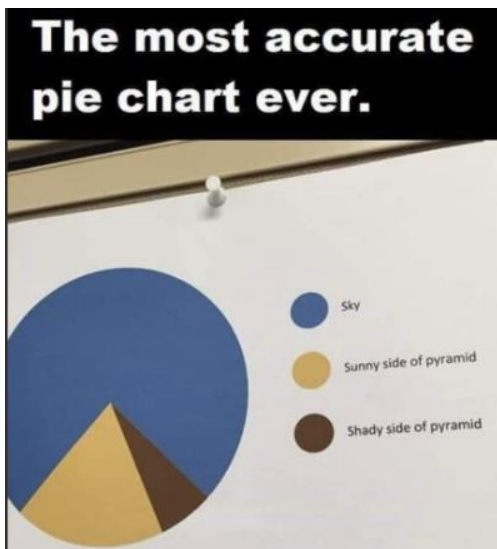
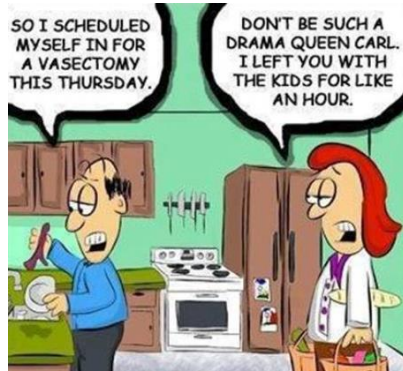
So far, we have found many unknown relatives and verified the people in our family which is exciting.

We usually have an end of term get together to get to meet each other and discuss our hobby.

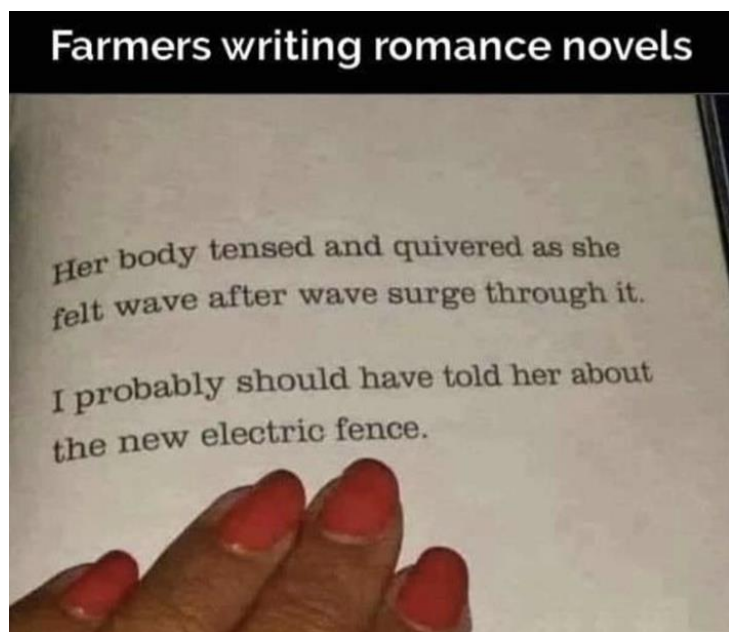
Our classes are at 10am to 12pm on Monday and Friday mornings. Basic computer skills are necessary Booking into the classes is undertaken in the same manner as any other classes.







“THE PESSIMIST COMPLAINS ABOUT THE WIND;  
THE OPTIMIST EXPECTS IT TO CHANGE;  
THE REALIST ADJUSTS THE SAILS.”  
WILLIAM A. WARD





## Val Symons

In the early 1990's I was elected President of U3A in place of Barry Bennett who became ill shortly after he was elected. At that time, I was leading the Philosophy Group. We were operating in the buildings in High Street. At that time there was a Child Care program and a program for teenagers who were not happy at school also functioning in the High Street buildings.

I had 15 months in the President's role and had to hand over as I was finding it beyond my level of wellbeing. While I was involved as President, we reorganised the Committee and elected members took over their portfolios and work co-operatively and independently. District and State meetings of U3A in Victoria were attended. The basis was set for the vital and meaningful organisation we know today.



### DID YOU KNOW?

Albury & District Historical Society



The Smollett Street Bridge over the Bungambrawatha Creek is a heritage – listed wrought iron arch bridge in Albury, designed by John A McDonald, Assistant Engineer for Roads and Bridges, and was opened in September 1888.



Albury 1900s - Smollett St. Bridge



The Bridge is the oldest of only two metal arch bridges in New South Wales, the other being Sydney Harbour Bridge.







# The Art of Leaving

*Ian Grant*



“Leaving” is such a simple word, we use it all the time, every day, it’s almost a throwaway line. But have you ever stopped to think how important this word is and how life changing it can be? I can’t think of another word that conjures up so many conflicting emotions, Pain, happiness, sadness, anxiety, apprehension, fear.


At the time of writing this, the word “Leaving” is in the forefront of my mind. It causes me to think of all the times in my life I have left somewhere or someone. But now, another “leaving” is on my horizon and I know it will again trigger all the emotions I previously mentioned. Apart from triggering all these emotions it also pushes the memory button, as soon as you leave something it becomes a memory, no matter how simple or brief it was, it becomes a memory.

Of course, there are two major “leavings” that are not in my memory, leaving my mother’s womb at birth and, the yet to be experienced, leaving of life. Leaving my mother’s womb caused her much pain and suffering and of course triggered memories which she did happen to mention occasionally over the years. My sister didn’t

arrive until 12 years after me so the memory of my birth must have hung around for a while. The leaving of life has not been documented, but usually triggers all the emotions and memories previously mentioned in those left behind.

Probably the first “leaving” experience that has remained in the forefront of my memory for my entire life and triggered all the emotions I previously mentioned, was leaving my birthplace, the farm, at Mt Hooghly. From 0 to 9 years of age this environment was my world, in my memory I had not ventured more than 20 km from the farm at Mt Hooghly, I did remember vaguely, a trip to Melbourne one Christmas to visit my Nanna and Uncle, and a few trips to Bendigo, but outside that my world was Mt Hooghly. As it turned out my last school year in Mt Hooghly was grade 4, on correspondence, because the Mt Hooghly school had closed. In that last year it was rare for me to see other children, my playmates were dogs, cats, chooks, and the orphaned pet lambs during lambing season, how I loved those little beasts, bleatingly following me around. But eventually the day came when we loaded up the 1936 Buick and headed for Bendigo, as we drove out on the Dunolly Road and headed towards Bendigo, at the end of 1949, the memories of Mt Hooghly began.

The start of the school year in 1950 saw me at Quarry Hill State School, Grade 5, 45 kids in the classroom, 600 kids in the school, apprehension and fear were my dominant emotions, most of the 45 kids in grade 5 had been together since grade one, so all knew each other. They regarded this shy little boy with fear dripping from every pore very suspiciously, and I remember not helping by hiding away in the quiet corners of the playground, the first month



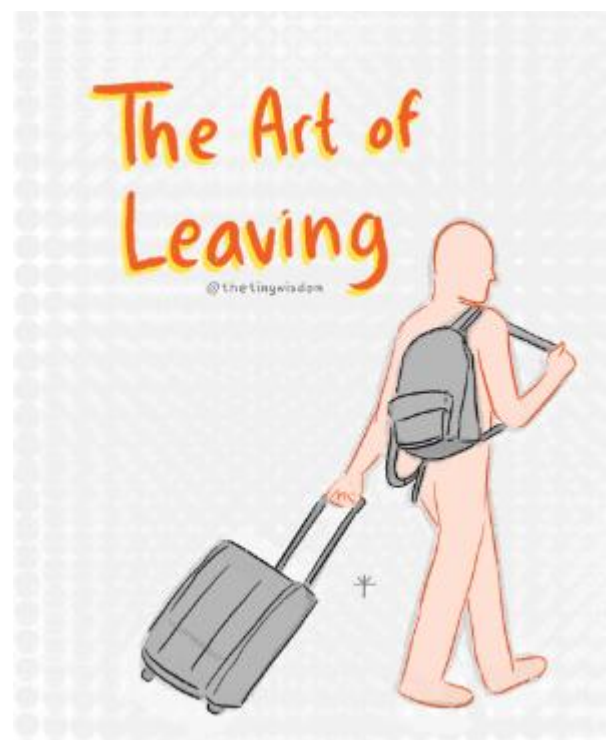


was very unpleasant. I was saved when the school sports trials came and I blitzed my age group in the running and everyone was my friend, I was chosen to represent the school in my age group at the district sports but guess what, we were “leaving” again. After less than 6 months at Quarry Hill my parents had bought a house in Epsom, on the other side of town, so I picked up my apprehension and fear and, supported by a small amount of newfound confidence, we moved on.

This “Leaving” thing seemed to become a pattern in our family, and I must admit I have not changed the pattern, I must have inherited the wandering genes. After Three years in Epsom My parents moved to Kyneton and I started boarding in Castlemaine, seven years in Castlemaine, mostly in boarding houses, finishing technical school and my five-year apprenticeship as a Turner and Fitter. Then back to Bendigo, for twelve years, married, started my family, then on to Wangaratta, where my family grew up and are still there raising my Grand Children. Two of my six children remained in Bendigo, so my tribal network is far reaching. In 1985 my wandering genes, and work, found me moving to Melbourne where I stayed until 2004, various jobs, various locations, various partnerships. All the “leavings” supposedly were for a better life, but as I realise now there is only one life, you pick up that life and move it to various places, nothing much really changes, we are just maintaining the life we have been given.

2004 and 63 years of age, Tatura beckons, another partnership, more jobs, then retirement into the world of volunteerism. Tatura feels comfortable, the partnership works, the community works, I work. My head is crowded with the memories from all the “leavings”, If I leave again, I think my head will explode from all the memories. But, lo and behold, we are in the “leaving” mode again. We have decided to pick up our aging life and move it to a retirement village in “Baranduda”, where we can, wait for it, “have a better life”, a place where our large family network can keep an eye on our diminishing abilities.

So, come January 12th, 2017, we will load up the car, just as my parents did in Mt Hooghly in 1949, head out of Fairway close, left into Gowrie Street, left into Hogan Street, left into Dhurringile Road then right at the Midland Highway. Then off down the “oh” so familiar highway of “leaving”. As we travel on down this highway the conflicting emotions kick in and the memories begin.







## FRIDAY 24 FEBRUARY



The first coffee morning gathering for this year was held on 24<sup>th</sup> of February, which incidentally was also the first anniversary of Russia's Invasion of the Ukraine and ironically the topic was "The Heart Matters", something I imagine Putin would not have the slightest understanding or comprehension of even though the presenter, Liz Cerini, did an absolutely excellent job of explaining every aspect of the Heart Foundation's project and its grassroots education process which in this case is focused on the local community of Wodonga and district.

The main aim of the "Heart Matters" lifesaving project is to create a greater awareness and community confidence in recognising and responding to the warning signs of a heart attack and reducing the overall risk of coronary heart disease. A subject that Liz is highly qualified to talk about since she is a tutor at the Charles Sturt University and the Cardiac rehab co-ordinator at Albury Wodonga Health.

Liz explained that one in four people don't know the warning signs of a heart attack, and one in two people delay calling Triple Zero (000) by over two hours?

With someone having a heart attack in Australia even nine minutes, knowing the warning signs of a heart attack, and what to do could save your life or the life of someone close to you.

Common heart attack warning signs include:

- ✓ pain,
- ✓ pressure or tightness in the chest, arm, shoulder, back, or jaw,
- ✓ some people experience sweatiness, shortness of breath, or feel sick or dizzy.

During a heart attack, every minute counts. If you have any of the warning signs, stop and rest. Don't keep it to yourself, tell someone how you're feeling.'

If you're not feeling better or if you're feeling worse in 10 minutes, pick up the phone and call triple zero (000). The operator will let you know if you need an ambulance.





Knowing the warning signs and what to do can save lives. All Heart Matters videos, information, and action plans are available FREE on the [Heart Foundation website](#).

Heart Matters is a heart health education partnership project between Heart Foundation, Ambulance Victoria, and Monash University, with the support of the Victorian Government.

Liz was repeatedly answering detailed questions from the audience during her presentation, and I think everyone present learned a great deal and hopefully took away a far greater understanding of how to cope with the possibility of cardiac arrest a subject that the U3A community in particular should be fully prepared to handle.

**Warning signs of a heart attack**

Pain, pressure or lightness in one or more of these areas:

- Chest
- Arm's
- Shoulder's or Back
- Neck or Jaw

You may also feel:

- Short of breath
- Dizzy
- Sweaty
- Sick

Tell someone how you feel.  
If feeling worse or not better after 10 minutes,  
**Call triple zero (000)**

Chew 300mg of aspirin if you have it, unless you are allergic or your doctor has told you not to.  
© 2012 National Heart Foundation of Australia. 1800 98 98 98. 1800 989 1 000

**HEART MATTERS**

**YOUR HEART MATTERS**

A joint project, saving lives through community education

Heart Foundation  
Ambulance Victoria  
MONASH University  
VICTORIA





## WESTSIDE COMMUNITY CENTRE FREE PODIATRY

Have you ever thought about the health of your feet?

You are eligible to attend if you meet 2 of the criteria below ...

- ✓ Live in Albury
- ✓ Receive any form of Centrelink payment
- ✓ Have a chronic illness

Podiatry helps with

- ✓ Foot & heel pain
- ✓ Toenail problems
- ✓ Swollen, red or tender feet
- ✓ Corns & general feet concerns

Clinic is run every Monday from 9am to 3pm

**So make a booking on 6041 2236**





## 2023 courses

Monday		Tuesday		Wednesday	
Code	Name	Code	Name	Code	Name
23007	Arts Appreciation	23012	A Toolbox for the Craft of Writing	23022	Cryptic Crosswords
23005	Buddhist Philosophy	23014	Air Rifle Shooting	23015	Europeans: Ancient Greece to the EU
23006	CAE Book Study	23009	Discovering Chemistry	23017	Garden Group 2
23003	Economics & Politics	23011	Garden Group 1	23021	Mahjong
23001	Everyday Philosophy	23010	Music Appreciation	23016	Mahjong for Beginners
23002	Family History and the Internet	23013	Random Thoughts and Ideas	23020	Our World Background Briefings 1
23004	Its Never Too Late to Begin Again	23008	Sustainability	23018	Social Gardener

### Thursday

Code	Name
23029	American Cinema and the American South
23024	Art in the afternoon
23026	Bird Watching in Albury Wodonga
23027	Chess
23023	Mindfulness Meditation
23035	Our World Background Briefings 2
23025	Philosophical Discussions
23028	Scrabble
23036	Walkie Talkies

### Friday

Code	Name
23033	Card Games and Mahjong
23034	Genealogy - Decipher DNA results
23031	Mahjong - Intermediate Beginners
23032	Play Reading Group
23030	Scottish Country Dance

## Term Dates

Term	Start	End
1	30 Jan 2023	06 Apr 2023
2	24 Apr 2023	23 Jun 2023
3	24 Jul 2023	15 Sep 2023
4	02 Oct 2023	01 Dec 2023