

AUGUST NEWSLETTER



Term holidays are behind us and many of us have made the most of the longer break and travelled the highways, byways and flyways to visit family and friends or just to get away. Mid-year semester holiday dates don't necessarily coincide with all our member's holiday plans – some will remain absent into August and beyond. Most of our executive are away still or about to go away - and good luck to them! At the time of writing, our president, Alwyn, should be returning from Japan, our Vice President /Course Coordinator, Ludger, is in Germany, our Treasurer and Arts Appreciation tutors, Tony and Lynne, will be heading off shortly to the 'Stans', Rod and Shirley are about to take off and their itinerary takes in many countries. I am thankful that my trusty help, Annie, has returned from her trip to South Africa in time to present this edition of your Newsletter! That's just the executive! Other members are also away OS making the most of the northern summer, including 'our' Hugh. Let's hope they aren't affected by the dreadful fires and heatwave.

And many of us travelled locally/internally. Can I please put a callout to members to share your adventures and write a small article on your expeditions over the break and send it to me for inclusion in our next N/L.? – a trip that was perhaps out of the ordinary – camping in unusual places, sites discovered, hiking – anything interesting. My email is: jjelbart@gmail.com

Speaking of Hugh earlier – in his absence John McQuilton will be lecturing for four weeks on the 'Kelly Outbreak'. John's classes are always enlightening, enriching and sometimes challenging. Following on from John, and for the remainder of the term, Ian Grant will be presenting 'The Fabric of Civilization' – the evolution of textiles. Do remember to enrol if interested in attending.

I attended my first class of the term yesterday. It made me realize how much I miss the interaction with people. I'm in conflict with myself at times! On one hand I find myself cursing the regimented life of attending classes yet miss them during the break! Does anyone feel the same?

This month's Member Profile is John Salisbury. John has led a very interesting life – one that has taken him on many different unrelated paths. John's positive attitude to life and his open, friendly demeanour can only have benefited him along his diverse journey. I am sure you will enjoy reading his story.

Our Course overview this month is Meditation - presented by Kaye Ellis. Kaye has a very loyal following in our U3A. She just needs to be bottled!

Our Coffee Morning speaker, Hazel Cook, was outstanding by all accounts. Attendance numbers were not great but those who did attend deemed themselves very lucky. Wildlife Rescue was the topic and proved to be extremely interesting. It is more than wrapping a blanket around an orphan kangaroo. There is a science behind it and the rescue team need to know how and what to feed each and every species retrieved. Even feathers off deceased raptors are collected and reused! An overview of the session is included in this Newsletter.





Those who attended the Christmas in July function at the weekend had a wonderful afternoon. Our sincere thank you goes to the Social Committee for the time and effort put into making the event the success it was. Scroll down for photos and an overview of the colourful function.

Happy Reading

Judy White – Editor

Please send your Newsletter contributions to my email - jjelbert@gmail.com



TIME TO TAKE A BREAK!

Come along to our August Coffee morning

Friday 25 August

9.30am for a cuppa and chat

With our Guest Speaker beginning at approx. 10am

Speaker, Russel Jacob, will be discussing the Uiver Project, the restoration of the Dutch plane that made an emergency landing in Albury in the 1930's.





OVERVIEW OF MEDITATION COURSE FOR U3A

Kaye Ellis

My pathway into regular meditation began in 2009. At the time I was very unwell and was open to adopting any practice that may lead to better health. So, I set about seeking positive stories of ways people had recovered from what were seemingly hopeless situations. There was no shortage of information on the internet, and I had access to many books describing how diet and meditation had helped so many along their respective journeys.

In light of this, I attended the Gawler Foundation's 12 week 'Living Well' program. The program proved to be a life changing experience for me. It was during this time I was introduced to meditation as a healing modality. I was very fortunate as I recovered and went on to train as a meditation teacher.



For 10 years I have taught groups in my meditation room at home, and I am privileged to have the opportunity to spend time with an enthusiastic and committed group of people who come to my home each Thursday morning to meditate. Some of these people have been part of the group since the beginning and others have joined along the way. Each session consists of a number of short, guided meditations, some lively discussion and shared learning about how the mind and the body are an integrated whole and that meditation helps us to return, time and time again to our natural state of balance.

Initially the course focussed on Mindfulness of breath, body and thoughts. We learned some strategies to help calm the busy mind and to bring peace. We also talked about and experimented with ways in which we can use visualisation/imagery to achieve goals and to help us to change unwanted habits or beliefs. In the coming term we will look at the practice of Contemplation, another useful meditative tool. We will also be introducing the group to Breathwork under the guidance of Ian Stephens an experienced meditator who has recently joined the meditation group.

Meditation is a practice that has the potential to benefit us all and I am grateful to have made it a regular part of my life and to be able to share this with the U3A community.





John Sainsbury

Profile

I was born in the era of the 'uncrowned' King Edward VIII, in Sydney in 1936. I had two brothers. Sadly, my mother died when I was young. My father sent me to Newington College, and I boarded from the age of 10 for seven years. I loved it! After finishing my Leaving I attended the University of NSW to study Business Administration. For personal reasons I left Uni in my first year and soon after I joined Qantas as a Senior Traffic Officer. I felt very lucky as I did two years in training in Sydney before being posted to Darwin for three and a half years. Whilst in Darwin I did relief duties in Manilla, Tokyo and Cocos Island. Darwin was a large outstation and employed approximately 160

staff on strength. Darwin was the hub for Johannesburg, Kangaroo, Tokyo and Iwakuni routes – the headquarters of the Australian Contingent for the British occupation force during WWII. My final posting with Qantas was Brisbane for two and a half years. I left Qantas in 1964 after ten years.

In 1964 I joined Artransa Park Film and Television (ATN) in sales and production. I was lucky to find this job as Australia was experiencing a recession. One took what one could get but this opened so many new doors and experiences for me. I was with them for two years. It was during this time I met my first wife, Ruth.

At the end of 1965 I became the National Sales and Promotion Manager for The Coca-Cola Export Corp. Australia. Ruth and I married in 1967 and our two sons were born in 1970 and 1972.

In 1968 I joined the Australian Government Advertising Service – Bill McMahon was Prime Minister at the time, then Whitlam, Fraser and Hawke. One of the many interesting tasks our team was handed during my time was the need for the Government to change people's understanding for the need for the Census. At the time there was a negative standing in the community – a perception it was an intrusion of one's privacy. We had to sell the Government's objective by educating the community - explaining why there was a need for the Census and ensure there was a general understanding what the Census was really about – how planning and outcomes are only achieved from the statistics gathered – a benefit, not an intrusion. This was a successful campaign. I left after 20 years.

This was a very stable time in my life employment wise, yet a difficult time. Similar to my father, my wife died fifteen years after we were married. In 1986 I met Robyn, and we married in 1988. Robyn has two sons, also.

In 1988 I joined Volvo Australia as the Renault Coordinator – the firms were about to merge in Europe. Over five years we converted the Volvo dealerships into dual dealerships, including importing all the support materials and vehicles. In my role I travelled extensively and even worked in France. However, after five years, the Volvo shareholders voted against the merger, and everything came to a blinding halt, and I became redundant!

Through contacts, I landed a job at the Western Plains Zoo, (Taronga) in Dubbo. This was a two-year contract. I am proud that during my time the zoo achieved its first ever NSW Major Tourist Attraction Award and was then Runner up in the National Awards.





Robyn, my wife, has always had a strong interest in renovating older homes and because of this passion we have moved many times. After leaving Dubbo we moved to Orange for seven years. We bought and renovated an 1870s house called 'Cotehele' (which had an interesting history being the Governor's town residence – who, through his wife and family, had ties to the well-known same name property in Cornwell!). We converted the building into a seven-bedroom guesthouse / BnB. Soon after, we bought the house next door and converted it into a restaurant which became 'Selkirks' run by renowned chef, Michael Manners. We sold both establishments after seven years and after a brief sojourn in Wagga in 1999 (for family reasons) we returned to the Southern Highlands in 2001 in 'retirement' – where I volunteered with Rotary, Red Cross and NSW Cancer Council.

Robyn's interest in older houses hadn't lessened and she was attracted to an older house in Nowra. We moved and renovated two houses and lived in Nowra for a couple of years and then in 2007 we bought a house in Alexandra, Victoria, this time, on a whim! In 2009 the Black Saturday bushfires hit. Fortunately, the fire stopped at Buxton and didn't affect us personally, but we became very involved with the Vic Bushfire Recovery Unit. After completing the contract with the VBRSU we returned to the Southern Highlands and built a house in Moss Vale in 2010. We lived in Moss Vale for seven years before moving to Wodonga – but no, not to renovate this time – the property was located in a great position! It had an extensive garden, and I will make mention here of Shirley's U3A Garden Group visiting the garden a couple of times. We sold the Wodonga home and moved to Wingham, NSW, in 2021 to be near family - my brother resided there – he was unwell at the time. Sadly, he died not long after. There wasn't a need to stay in the region, so we moved to a 114-year-old house in Walla Walla in 2022 with the intension of renovating. However, due to Robyn's ill health (and the convenience of being closer to medicos) we moved to North Albury in March 2023, where we are today.

Looking back, I have had a very fortunate life, filled to the brim with so many experiences. I have travelled overseas often and have also explored all corners of Australia. Robyn and I were mad keen skiers for forty years and have skied the slopes in USA, Canada and NZ plus all the major resorts in Australia.

In-between times I have studied at various education facilities - post grad study Uni NSW School of Business Administration, French at Sydney Uni. and Journalism in Advertising at Mitchell College, Bathurst - which became Charles Sturt. I am also a NSW JP and work shifts at Albury and Lavington libraries as required.

In my younger days I was very active. I owned a Bluebird yacht and enjoyed sailing and crewing on yachts at Middle Harbour Yacht Club and CYC of Australia in Sydney; I rowed in the Sydney Lightweight Eight and then in the Masters at both Sydney and Mosman Rowing Clubs; and for a short time, motor raced with my brother Barry in the Austin 7 Car Club - ARDC and GEAR Motor Club. These tracks are now history and currently housing estates – to the lament of many! Other sports I have participated in over the years are surfing, cricket, rugby union, athletics, squash and tennis. I have always had a keen interest in sport and keep myself relatively fit by going to the gym to this day.

When we moved to Wodonga I checked to see if there was a branch of U3A and ADFAS in the area as I was a member of both organisations when we lived in the Southern Highlands. I subsequently joined U3A AlburyWodonga when Eddie Voogt was President. Attending courses continues to have a positive impact on my overall wellbeing. I thoroughly enjoy the stimulation of the courses, the camaraderie, civic participation and the social inclusion with people of my own ilk – retirees!





JULY COFFEE MORNING



WILDLIFE RESCUE

Hazel Cook

On Friday, 28th July, Hazel Cook was invited to do a presentation of her life as a volunteer wildlife carer. Hazel lives in Albury and has rescued many birds and animals over the years.

She always thought she was privileged being able to look after all of these "critters" and has always remained in awe how strong nature's instinct is when 'survival' is on the line. A lot of joeys and nestlings come into care and yet, even without mum's guidance, they know how to survive and what to do without a lot of teaching from a human.

Hazel started her session off with - what bird are you seeing on the screen? After all, as a carer, if you do not know what this nestling bird is, how do you know what to feed it and how to look after it. Also, does it need heat? and how much food? etc. Hazel presented a few photos of nestlings on screen and gave the audience a test. Members were asked if they could identify the nestlings.



Also, what is that fluffy animal that is tucked up like a cat? No, a platypus!



Members were introduced to wedge-tailed eagles and what problems they face - getting hit by trucks, of course, but also getting lead poisoning from eating carrion that has been shot.

Another problem encountered too often is gliders getting caught up in barbed wire fences. Hazel suggested we do not spray for insects around the home. Lots of birds feed on insects. Also, the native wasps will use your spiders for food for their babies waiting to hatch.

We have a wonderful and varied number of animals and birds in Australia and Hazel asked we just enjoy them and be kind to them if we are lucky enough to come into contact with them.



When I Grow Up
I WANT TO BE



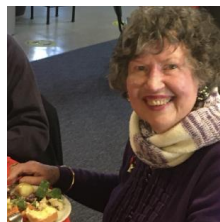


Our Xmas in July luncheon held on the 30th July was very well attended by members and their guests and brought together the joys of Christmas and our Australian winter in perfect harmony on a beautiful sunny Sunday.

The 'Venue on MacFarland' had been thoughtfully decorated with Xmas themed table ornaments, twinkling lights and a rather large Santa who watched over everyone while Xmas music played softly in the background. The luncheon was delicious, and the buffet-style main course was a pleasant and convenient way to cater for a large and diverse group of guests.

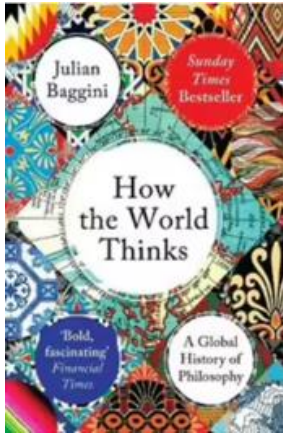
Several lucky door prizes were well received, and Xmas trivia, crosswords and puzzles were provided for entertainment during the afternoon. One table excelled at trivia, however, the crosswords proved to be quite difficult, and some were taken home for further consideration.

It was wonderful to hear that the afternoon was enjoyed by everybody!!





BOOK REVIEWS



How the World Thinks

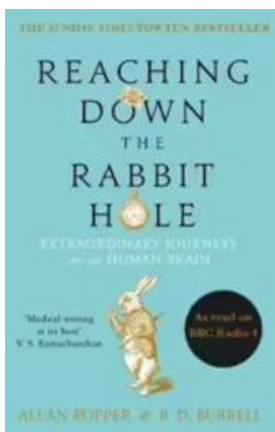
Julian Baggini

In this groundbreaking global overview of philosophy, Julian Baggini travels the world to provide a wide-ranging map of human thought.

One of the great unexplained wonders of human history is that written philosophy flowered entirely separately in China, India and Ancient Greece at more or less the same time. These early philosophies have had a profound impact on the development of distinctive cultures in different parts of the world. What we call 'philosophy' in the West is not even half the story.

Julian Baggini sets out to expand our horizons in *How the World Thinks*, exploring the philosophies of Japan, India, China and the Muslim world, as well as the lesser-known oral traditions of Africa and Australia's first peoples. Interviewing thinkers from around the globe, Baggini asks questions such as why the West is more individualistic than the East? What makes secularism a less powerful force in the Islamic world than in Europe? And how has China resisted pressures for greater political freedom?

Offering deep insights into how different regions operate and, paying as much attention to commonalities as to differences, Baggini shows that by gaining greater knowledge of how others think we take the first step to a greater understanding of ourselves.



Reaching Down the Rabbit Hole

Extraordinary Journeys into the Human Brain

Allan Ropper, Brian David Burrell

What is it like to try to heal the body when the mind is under attack? In this gripping and illuminating book, Dr Allan Ropper reveals the extraordinary stories behind some of the life-altering afflictions that he and his staff are confronted with at the Neurology Unit of Harvard's Brigham and Women's Hospital.

Neurologists diagnose and treat serious illnesses of the brain by combining the hard science of medical knowledge with the art of intuitive reasoning.

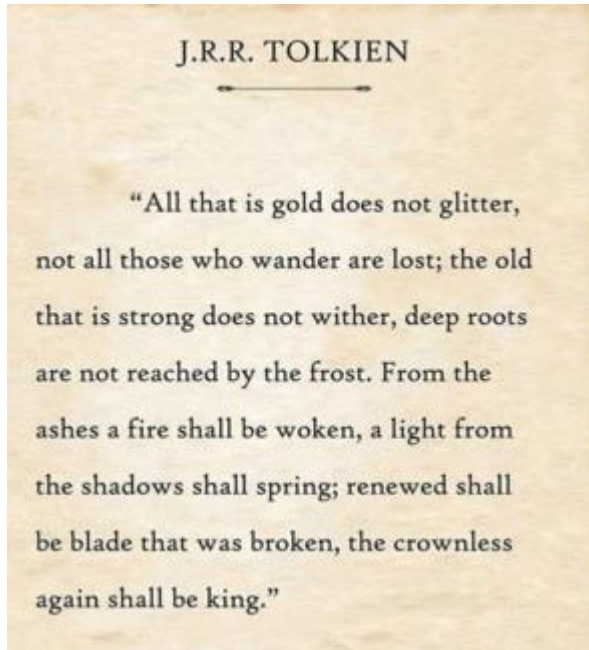
The unique challenge they face is that their primary sources of information – the patients' brains – are quite often altered, sometimes bizarrely, as a result of disease. Like Alice in Wonderland, Dr Ropper inhabits a place where absurdities abound: a sportsman who starts spouting gibberish; an undergraduate who suddenly becomes psychotic; a salesman who drives around and around a roundabout, unable to get off; a child molester who, after falling on the ice, is left with a brain that is very much dead inside a body that is very much alive; a figure skater whose body has become a ticking time-bomb; a mother who has to decide whether a life locked inside her own head is worth living.

How does one begin to treat such cases, to counsel people whose lives may be changed forever? How does one train the next generation of clinicians to deal with the moral and medical aspects of brain disease? Dr Ropper answers these questions by taking the reader into a world where lives and minds hang in the balance.



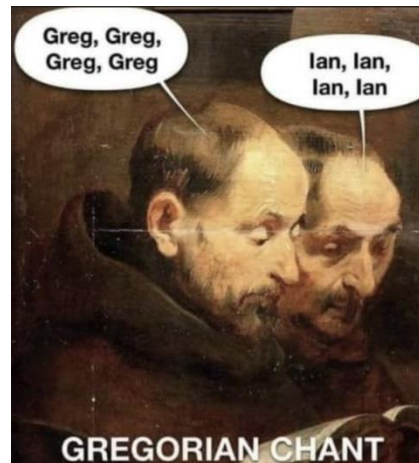


Some food for the soul ...



Some silliness for the muso's ...

When the moon hits
your knees and you
mispronounce trees;
sycamore



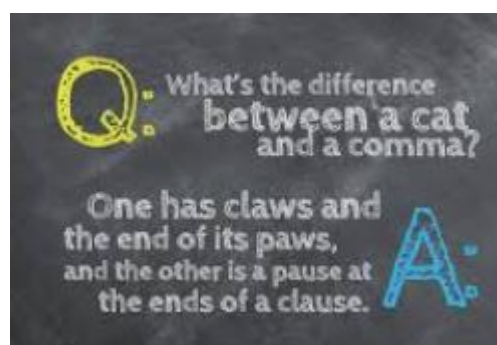
And some more just because ...

BENEFITS OF A GOOD VOCABULARY!

I recently called an old Engineering buddy of mine and asked what he was working on these days.

He replied that he was working on "Aqua-thermal treatment of ceramics, aluminum and steel under a constrained environment."

I was impressed until, upon further inquiry, I learned that he was washing dishes with hot water under his wife's supervision.





COURSE INFORMATION

Monday

Code	Name
23007	Arts Appreciation
23006	CAE Book Study
23003	Economics & Politics
23001	Everyday Philosophy
23002	Family History and the Internet

Wednesday

Code	Name
23022	Cryptic Crosswords
23015	Europeans: Ancient Greece to the EU
23017	Garden Group 2
23021	Mahjong
23016	Mahjong for Beginners
23020	Our World Background Briefings 1
23018	Social Gardener
23041	The Fabric of Civilization
23040	The Kelly Outbreak

Friday

Code	Name
23033	Card Games and Mahjong
23034	Genealogy - Decipher DNA results
23038	Living Longer Younger 2
23031	Mahjong - Intermediate Beginners
23032	Play Reading Group
23030	Scottish Country Dance

Tuesday

Code	Name
23012	A Toolbox for the Craft of Writing
23014	Air Rifle Shooting
23009	Discovering Chemistry
23011	Garden Group 1
23037	Living Longer Younger 1
23010	Music Appreciation
23013	Random Thoughts and Ideas
23008	Sustainability

Thursday

Code	Name
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

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

