



SEPTEMBER NEWSLETTER



Last month of winter! And hasn't Mother Nature treated us to a wonderful burst of colour – and our beautiful national floral emblem, the wattle, is on full display wherever you look. First Australians believe that when its yellow flowers first bloom it means the whales are on the move and the mullet ready to be caught. Obviously coastal people! There are more than a thousand species of acacia plants, known as wattle, found throughout Australia.

Our Monthly Profile is a wonderful read and will interest many members. Again, what an extraordinary life!

We welcome a new contributor to our Newsletter. Robert Toleman is a U3A member and a regular Thursday Scrabble player. He comes with a background in editing and publishing, having worked at the Border Mail as sub-editor for almost 30 years and as a book editor working on training manuals for the Army in more recent times. For the next three months, Robert's contributions are puzzles based on playing with words and are designed to be informative, fun and appealing, but not too serious, while looking at the use and misuse of words, both written and spoken. And while exploring the use of words, the puzzles will also get our minds ticking over! I do hope you enjoy the challenge. Hopefully Robert's contributions won't end there!

The popular **Know Your Gizmo** is returning in October. Early notification has been emailed to members as a heads up – commencement date 4th October, room 3 at 1pm. Mark the date in your diary and contact Annie if interested.

Once again, I must make mention of John Whale's Thursday morning Walkie Talkies. Our last leisurely walk took us on a short section of the famed Hume and Hovell Track from the Union Bridge



via the Hovell Tree, Hume's monument at the Botanic Gardens and finished under the BBQ shelter of the recently completed foreshore development. As usual, John was equipped with historical photos and a wealth of information as we set off. He was granted permission to take our group onto the property and walk around the derelict Brasseurville cottage near the Union Bridge on Wodonga Place – a first for most of us. The building has an interesting history. In brief, the Billson family, known for its long history in brewing in this area, settled in Wooragee



in 1856 where they built a hotel. They then bought the Ovens Brewery in Beechworth in 1865 and in 1879 George Billson moved to Albury and bought the Colonial Porter Brewery

near the Union Bridge and after renovating the property, in July 1888 the Albury Brewing and Malting Co. was formed. In 1922 the house with 9 rooms, a cellar and 32 acres was sold to EE Waite who renamed the property Courabyra. The brewery and outbuildings were sold for demolition and some bricks were used in the buttresses of the Albury War Memorial. Again, in brief, the house was sold and renamed Brasseurville – the French derivative of the 'Brewer's House' some years later. Albury Car Club bought the property in the 1960s and Bob Jane, of T Mart and car racing fame, bought the property in the 1980s and the property is currently leased to fatten cattle. The family of Bob Jane has been approached on numerous occasions to sell the property with the purpose of restoring the derelict property due to its historical significance to the area. All attempts have been unsuccessful.

I guess I should have made this a 'did you know' story for another time!

Back to our walk...Prior to any of John's walks he does his homework. He does a practice walk, or 'recky', so things run smoothly on the day. While doing so this last time he came across an artist who was set up on the riverside adjacent to the walking track at Noreuil Park. Many of her paintings were on display and for sale and she was happily painting a new work on her easel. He got talking with her (in his inimitable way) and as he left her made a parting comment - See you next Thursday! Have the scones and cream ready! He didn't think a thing of the comment. John made mention of her during the walk and wondered if she'd be at her easel again. He pointed her out as we approached, and it soon became obvious she was going to have the last laugh! There she was, dutifully set up with her paintings, easel and table – the table set out with mugs, coffee, tea, milk, *warm* scones, whipped cream and a choice of jams. What a pleasant surprise for everyone and how could we resist! Poor John felt embarrassed, and she insisted we partake in her offerings. John's motto for these walks is Expect the unexpected! He's true to his word.



Happy reading
Judy White – Editor
E: jjelbart@gmail.com



from the **President**

You may not know it, but hardworking members of your Committee have been taking adventurous jaunts overseas! Secretary Annie went off to South Africa in the last term break, I went off to Japan for a month, Program Manager Ludger is on a journey home to Germany, Treasurer Tony is exploring the “stans” and Rod is away for a world trip. But this third term is racing to an end, the days are springing into longer and warmer ones, and we can still look forward to an exciting set of activities as we race towards the end of the year.

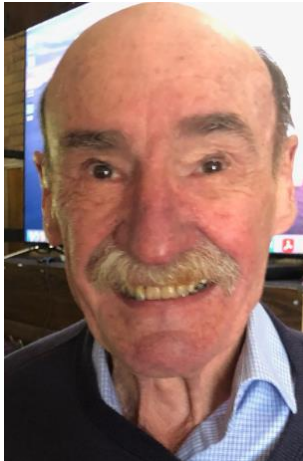
We plan to start our final term with an event to celebrate Seniors Week. Our October Coffee Morning will be brought back to the beginning of the month and will be advertised in the Wodonga City Program of events as an open to the public occasion. On

Friday October 6th we will enjoy our usual coffee morning treats, start with a presentation by your President about U3A both here and worldwide. A time to add to your understandings of how valuable the U3A movement is, and we will end with a demonstration from, and an opportunity to join in with the Scottish Dance group. We will know prior to the event how many visitors we might attract but as always, a contribution of morning tea treats will be appreciated.

If you want to get instant news of U3A happenings, then be brave and sign up to a Facebook account! This is a platform that is now used more by older people than the younger set, so you do not need to feel out of your territory!

A big thank you to those willing volunteers who have committed to maintaining the cleanliness of our spaces... It has made a difference!



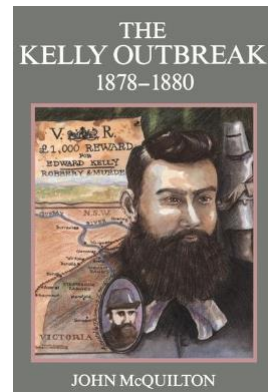


JOHN McQUILTON

Profile

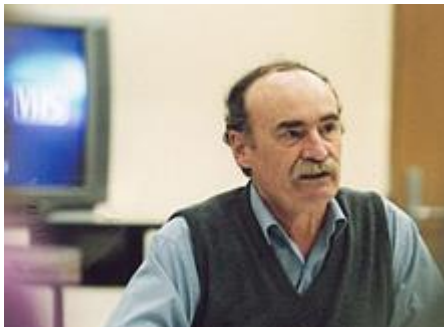
I was born in Yackandandah's Bush Nursing Hospital and grew up, living in Kergunyah. I attended the Kiewa Valley Consolidated School in Tangam, then Wodonga High School before moving to Melbourne to complete degrees at the University Melbourne. There were no regional universities in the 1960s and I guess I was part of that diaspora of Wodonga High students who had no choice if they wished to pursue a higher education. I graduated with a BA (Hons) and then a PhD. The topic of the

postgraduate degree was the Kelly Outbreak, and that has formed the basis of the recent short course I offered at U3A.



Employment for postgrads in the 1970s was somewhat scarce, so I ended up teaching in different institutions until became the Assistant General Editor for the Reference section of the Bicentennial History Project. It was a major undertaking, producing both a history of Australia as well as reference volumes. The latter were the

less glamorous arm of the project, but it did produce Australia's first historical atlas. Some of you may well have a copy of the publications produced by the project.



I finally ended up at the University of Wollongong and stayed for 24 years before retiring and returning to Wodonga in 2016. Wollongong was, in many ways, a formative time for me. The university was undergoing substantial change and it was great to be part of that. I served in various positions, from Head of Department to Associate Dean

(Undergraduate), Dean of Students and as chair of various university subcommittees. The last of these were, without doubt, dull, but did produce the changes the university needed to grow and finally reach the top 100 world university listings.

Teaching, and the supervision of honours and postgraduate students, remained central to my working life at the university. Teaching was always important for me and the subjects I taught covered a bit of territory: nineteenth century Australian history, modern Europe, world history, the American West, war and society, film and history and Australia during the Great War. It was the last mentioned that led to the development of the battlefield study tours where I took groups of students to Gallipoli and the Western Front. They were, without doubt, the highlight of my teaching career at the university, watching the students engage not only with different cultures but also realising what had really happened in places they had only read about.



However, a time comes when, to put it bluntly, you realise that you are now far closer to the tomb than the cradle. So, I decided to retire and move back to Wodonga. There, I thought, I'd potter a bit, do a bit of gardening, travel and, after watching folk playing croquet in the Tennis Centre's lawn courts, try my hand at croquet. I soon found out that croquet is, indeed, a genteel game played by vicious people. But it's worth a try if you are looking for something to do.

What I had not anticipated was Albury-Wodonga's U3A.

It was a lunch where I met up with Di (who many of you remember) who was secretary of U3A at the time. We had known each other as undergraduates, and she suggested that I might consider offering courses for U3A. And so, I did. It's a decision I've never regretted. The U3A folk are a remarkable group of people: interested, ready to argue, always engaged.

To date, most of the courses I have offered have been related to film. The reason for that is simple enough. I've often been intrigued by the way historians use documents in archives, newspapers, magazines to obtain insights into the past. Yet, they have often overlooked one of the major media elements developed during the last century – the movies. And that may well be a mistake, because under the guise of entertainment, they can reflect the dominant cultural values of the time when they were made.



So, that's it. The pottering is gone, the gardening is so-so, the travel is good, croquet depends on the day and my son has returned home after a decade in London for over a year. It's certainly cheaper to visit him these days than it was when he was living in London.

John McQuilton



TERM 4 – NEW COURSES

Drawing Creative Connections

Visual Art Making is a natural, creative “high” with known side effects including increased health and wellbeing, extreme enjoyment and fun, unique challenges, and life/work balance. It’s better than any drug, but be careful, it is addictive. *Ken Raff*

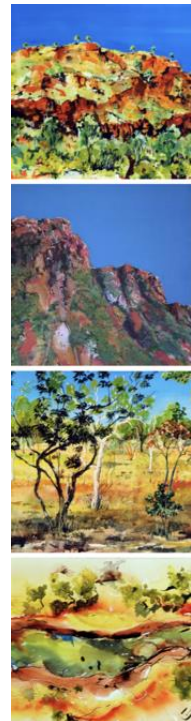
This course will provide the opportunity for you to feel safe in experimenting with your art making in a non-judgemental, non-competitive environment. Participants must possess:

- an open mind,
- a preparedness to have a go and
- the courage to explore.

Each session will consist of a short starter art activity and discussion about art techniques, materials, tools, process, and practice. There will always be plenty of art making. Participants will be introduced to a variety of sculpture materials including soft stone, wood, plaster, clay, and 2 dimensional materials used in drawing, painting, and mixed media works.

Many people come to art class with an expectation of a finished product. Participants will leave with completed works, but the course will encourage participants to experiment, play, and thereby, find enjoyment in the process. It is awareness and understanding of process that is essential to the satisfactory completion of an artwork.

Participants will also learn about the importance of maintaining a visual diary and be encouraged to use one.



Tutor Ken Raff

Location Ken's Shed, Unit 2/9 Sanyo Drive, Wodonga



Timetable TUE: Every Tuesday (Term 4)

Day: Tuesday, 1.00pm – 4.00pm

Dates: Tuesday 3rd October to Tuesday 28th November

Availability A limit of 10 participants

Full Fee \$40 to cover the cost of much of the materials used.



If you'd like extra information on this course, please give Ken a ring on 0408 536 723. There are only 10 spaces in this course so please book early. Please pay the fee for materials directly to Ken on Tuesday 3 October.



TERM 4 – NEW COURSES, cont'd

Who Do You Think I Am?

Almost a third of Australia's residents were born overseas and nearly half of the population have parents born overseas. In this course the diversity of our nation will be highlighted through the lens of individual families. Members of U3A Albury Wodonga and our local community will present their family history; you will hear stories as diverse as those from descendant of the first fleet in 1787 to those who came as refugees after the second world war.



Tutor Gail Gillis

Location: 5 McFarland Road, Wodonga, VIC, 3690

Timetable: Every Thursday (Term 4), 1.00pm – 3.00pm, Room 1

Max number of participants: 60

This course will replace Our World in Term 4. If you're already enrolled in Thursday Our World, you will need to enrol in this course if you are interested in attending.

COFFEE MORNING

FRIDAY 6 October 2023

9.30am for a coffee and chat, 10am Guest Speaker and demonstration.

Our October Coffee Morning will be a little different to our normal gathering as we will be hosting some folks as part of Seniors Week celebrations. We'll be entertained by a demonstration from our Scottish Dancing Group, so please come along and say hello and let our guests know just how much U3A Albury Wodonga has to offer.





DID YOU KNOW ...

HARMONY IN THE HOME

In 1940, Albury's 2AY radio station produced a recipe book of "very excellent recipes" sent in by members of the Harmony in the Home Club. The years of World War II had been challenging, but Jean Cleary, Helen Burnett and others from the club hoped that proceeds from the sale of the book would "bring Christmas cheer to many folk, young and old, in hospitals and orphanages" and that the year ahead would bring unexpected joys, fulfilled wishes and peace to all.



Contributing cooks were acknowledged by playful monikers like "Caravan Lady", "Bonnie Lass", "Laughing Eyes" and "Daisy Bell", and the recipe book contained poetry to lift the wartime spirits, including Call to Service and Help us to Victory.

Alongside recipe titles we may now find unappetizing, like Savoury Bloater Biscuits, Onions Stuffed or Vinegar Sponge Sandwich, are many gems to interest the aspiring chef. Click on the link below to explore the cookbook.

<https://online.fliphtml5.com/zfst/bnmp/>

Vintage Cooking Terms

Bakers Gem flour	Once produced by Albury's Hume Flour Mill. Substitute with plain flour.
Bloater paste	A fish spread made from salted, smoked herrings called 'bloaters'.
Bran	The hard outer layers of cereal grain.
Carb soda	Bicarbonate soda or baking soda.
Dripping	The fat that has come out of meat during cooking.
Ground rice	Coarsely ground rice, as opposed to rice flour.
Lard	Semi-solid white fat from pig meat.
Moist sugar	Unrefined or partially refined sugar. Substitute with brown sugar.
Shortening	Any fat that is solid at room temperature.
Sour milk	Mix 1 cup of milk with 1 tablespoon of white vinegar or lemon juice.
Suet	Hard white saturated fat from around cow or sheep kidneys.
Tomato pulp	Made from blanched and deseeded tomatoes. Substitute with passata.
Treacle	Lighter type of molasses. Substitute with golden syrup or molasses.

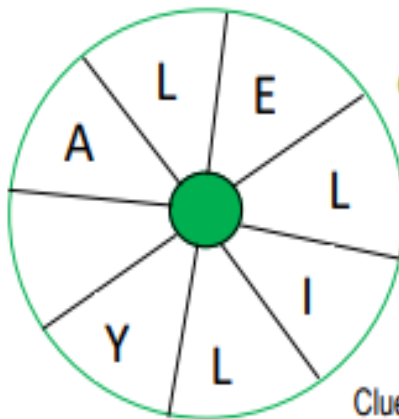
WALNUT ROCKS ("Honeysuckle")

$\frac{1}{2}$ lb. butter
 1 cup brown sugar
 1 cup chopped dates
 1 cup chopped walnuts
 $\frac{1}{2}$ cup raisins or sultanas
 Cinnamon
 2 cups plain Bakers Gem Flour
 Spice, pinch salt, nutmeg, 1 egg, $\frac{1}{2}$
 teaspoon carb. soda

Method.—Beat butter and sugar to a cream; add egg, carb. soda mixed with 1 tablespoon of boiling water. Then add flour, fruit and spices. Drop teaspoonfuls of mixture on a greased tin or oven slide and bake in a moderate oven until light brown. (This recipe received a consolation prize of 2/6 from "Australian Women's Weekly.")



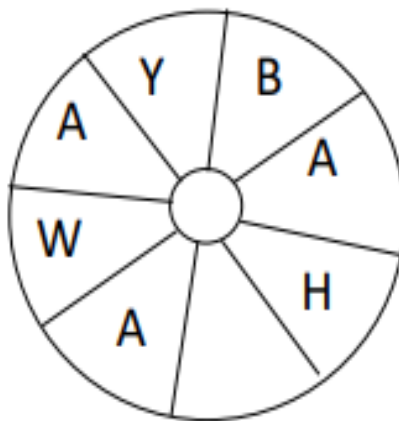
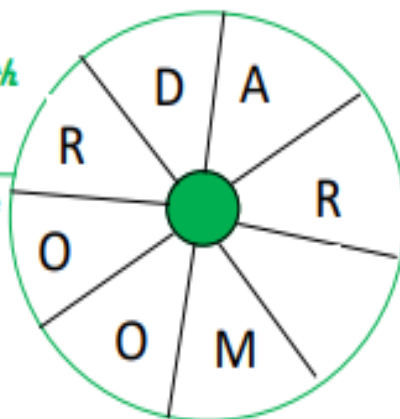
puzzled



Playing with Words

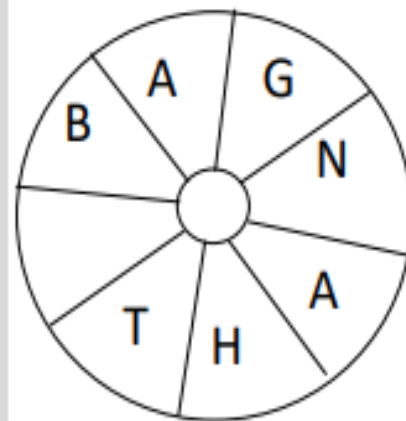
1. Can you solve these **Word Wheels** by inserting the missing letter.

Clue: Victorian towns



2. And can you also name these Victorian towns?

Winston-like.
Precious stone.
Sheepish.
A bird.
Do not stop.
Take a break.
Beach-like.



3. WHAT AM I?

CHAIR

cut
the rest

B B
A A
R R
S S

MAN
—
BOARD



Tribute to Les Sobey

U3A lost one of its members on 16 July. He was 94 and few people know that he was an adventurer who loved a challenge.

Les lived in Sydney in his early life and was a keen racing cyclist, winning a prestigious race at age 18. He worked as a toolmaker, but his dream was to get a job in the Snowy Mountains Scheme so that he could ski every day. After some knockbacks Les and a mate were skiing near Guthega one day when the local engineer in charge asked them if they would be prepared to work as ski patrollers. Les thought he had gone to heaven.

Later on, he worked his way to Germany on a freighter and then based himself in London for a period, during which time he travelled and skied extensively in Europe. He then lived on a kibbutz in Israel for three months before hitch hiking down through Africa. On the way he climbed Mt Kilimanjaro, being the only member of his group to reach the top. Les also walked through a number of game parks but managed to avoid becoming a meal for lions. As you can imagine, Les had many adventures during the four years that he was away. He returned to Melbourne but later went back to Sydney where, aside from skiing and bike riding he led a fairly quiet life whilst working in heavy engineering.

In 1976, he heard that the Border Bushwalking Club (BBC) had been formed in Albury. Les thought that the new Club might support a bushwalking shop, so he promptly left his job, moved to Albury and opened The Outdoor Experience, first in Kiewa Street and later in Macauley Street. Les's first customer was a young lady called Christina Kaberry who bought a japara jacket. Les was so keen to provide after-sales service that he married Chris so that he could keep an eye on both the jacket and Chris. Early in the life of the BBC, it was decided to buy equipment that could be hired out to new members before they bought their own. Les stored that gear, maintained it, collected the hire charges and worried about it as if it was his own. He even bought an industrial treadle machine so that Chris could repair packs and other items. In recognition of his good work, Les became a life member of BBC in 1997.

In the late 1990s, Les retired from the shop, but he did not sit around watching television. Instead, he started bike riding with a group of friends. Les planned numerous multi-day trips and they were not for the faint-hearted, as they were much more likely to be in mountainous terrain than in flat areas. In addition, he got back into cross-country skiing. He even joined the Melbourne Walking Club so that he could get access to a hut in the high plains called Wilkies Lodge. This allowed Les to take his skiing friends there for week-long visits after skiing out from Falls Creek. In later years, as his body could no longer stand up to arduous physical activities, Les joined U3A. He attended the Sustainability group for some years and where he was an active contributor and had strong opinions on many matters.

Les made good use of his 94 years. He is survived by his wife Chris, and three children Tom, David and Ellie.



DID YOU KNOW ...



HUME'S TREE

In recognition of the 'discovery' of the Hume (Murray) River on November 16, 1824, Hume and Hovell carved their names and date on adjacent Red Gum trees on the riverbank, at a place now known as Albury. Hume's tree was later lost when a camper's fire destroyed it in the early 1840s.

In 1857, Albury's first European settler, Robert Brown, called a meeting to support erecting a suitable testimonial near the stump of the destroyed Hume Tree. The proposed memorial would commemorate and mark the site where the exploration party first encountered the Hume River. Money was raised by public subscription and many locals also made donations.

A white marble structure with an orb mounted on an eight-sided tapered pillar resting on a block of granite, was unveiled by Robert Brown on July 18, 1858.

Over the next decade the Hovell Tree and Hume's Monument were left to fall into disrepair, and it was resolved by Council in 1884 to move the Monument to the Albury's Botanic Gardens in order to protect it. It is still positioned there today.



Answers:

- 1. Word Wheels:** Lilydale, Dartmoor, Byawatha, Bethanga. **2. Victorian towns:** Churchill, Emerald, Merino, Magpie, Speed, Smoko, Shelley. **3. What Am I:** high chair, cut above the rest, parallel bars, man overboard.



HOLIDAY STORIES

Judy's Adventures in Sydney

I have asked members to share 'holiday' stories on numerous occasions, and I guess that includes me! I will now share an amazing coincidence.

I had an enjoyable week in Sydney recently – the weather was perfect every day. I won't bore readers with my daily activities – and all were wonderful – no shopping, just beautiful natural experiences.

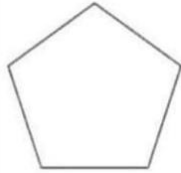
On a day when my host was committed to playing golf I rang my long-lost cousin to see if we could meet somewhere for lunch. I was staying near Berowra Waters and my cousin lives in a northern beachside suburb – a long way – some 50+ kms. We arranged to meet at the Surf Club at Mona Vale at midday. I was pouring over bus and train timetables for hours until midnight the night before my excursion and I went to bed with a clear understanding of connecting services. The first bus ran an hourly circular route around the area where I was staying to enable locals to catch the train. There was no taxi service as a backup. I set off early at 8:30 to catch this 9am bus service as it was imperative I caught it as the day's activities and connections depended on it. Yes, I turned the wrong way! I retraced my tracks and walked quickly to correct the mistake knowing I had time up my sleeve. However, I didn't consider how hilly the area was. I was soon totally out of breath and was resigned to the fact I couldn't make the bus. I was huffing and puffing on the footpath and was in the middle of dialing my cousin to cancel our lunch when a fellow came out of his home and called out to me - Are you alright? I said no, and he asked if he could help? I said I needed to get to the train



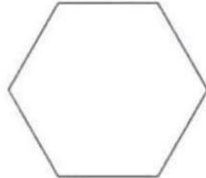
station, and I would be most appreciative if he could take me. Hop in! I was about to hop out at the station when he said Have a lovely day – where are you going? I said Mona Vale. He said, stay where you are because that's exactly where I'm heading – I'm a bus driver and the depot is in Mona Vale. Can you believe it? Divine intervention?? (We even called in to see his mother-in law in a nursing home en route, I stayed in the car!) We exchanged names and his name was Ivan – fortunately not Milat!

I had a delightful lunch overlooking the surf with my rels and they dropped me off at St Ives Ku-ring-gai Wildflower Gardens where I later met my friend/host.

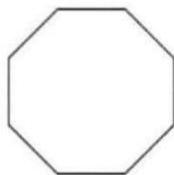
I found Ivan's house the following day and left a note and a flowering shrub as a gift of appreciation, in the hope he will nurture it so it will flourish for many years to come as a reminder of our chance meeting.



Pentagon



Hexagon



Octagon



What do you call birds that stick together ...

Vel-crows!



Scientifically, a raven has 17 primary wing feathers, the big ones at the end of the wing. They are called pinion feathers. A crow has 16. So, the difference between a crow and a raven is only a matter of a pinion.





Let's face it – technology has made our lives easier!

Well, that's if we can actually use all this technology, and if we know how to get the best from it.

So instead of trying to search online for exactly what you want (even though you're not always sure you know what questions to ask to find what you want),

Or reading manuals that seem to be written in a foreign language for all the sense they make,

Why not just come along to this year's **Know Your Gizmo** and spend some face-to-face time with a bunch of friendly tech-smart teens who will show you what's what with your tech, at your pace. You can attend part of a session, a whole session, or keep coming back and learning much, much more. It's up to you.

Each Wednesday afternoon
Starting 4th October
From 1 – 4pm Room 3

To book in, just send an email to office@u3aalburywodonga.net.au, or call into the office Monday or Wednesday 12-1pm. Let us know your contact details, as well as what tech you have and what you'd like to know about it ('everything' is a perfectly acceptable answer!).





COURSE INFORMATION

Monday

Code	Name
23007	Arts Appreciation
23005	Buddhist Philosophy
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
23ARTKF	Drawing Creative Connections
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
23HIST4	Who Do You Think I Am?

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