



U3A ALBURY WODONGA

FEBRUARY 2024 NEWSLETTER



I do hope you are well settled into your chosen courses. Once again, we have such a wide variety of topics on offer to enrich and inspire us. As this is my final edition as Newsletter Editor, it has made me reflect on our chapter of the U3A family and made me realise how lucky we are to tap into such talented tutors to enable us to unite, grow and develop. It is a recognised fact that the quality of a community is often dictated by the degree of engagement and happiness individuals draw from community interactions. Need I say more..... So, sit back with a hot cuppa and enjoy the various informative, amusing and challenging articles.

This month's Profile by Pat Poole is an entertaining read. I know you'll enjoy it as much as I. We promoted John Beaney's course – Healing Ourselves and Our Planet in last month's edition of your Newsletter. I contacted John and asked him to write an article on his course and how his subject was introduced to U3A. John has since expanded on the article and his overview is included in this month's edition.

I have been advised that Know your Gizmo is on offer again next Term. A detailed 'survey' email will be sent from our Course Coordinator, Ludger, in the first half of March. Please try and support this initiative. The program will not be run at the GAAC this year but at a school in Wodonga. More information to come.

The bracing wind of change sweeps across all organisations and ours is no exception. As this will be my final Newsletter, I would like to take this opportunity to sincerely thank the people who have given me their untiring and reliable support. One cannot be everywhere at any one time, and this is where my many 'deputies' so willingly stepped up to the plate to write articles and take photos in my absence. Their input was indeed invaluable.

I have really enjoyed the role as Editor over the past years, but, as in all things in life, good things come to an end. To give you a little insight, I nervously volunteered for the position of Editor at the AGM - there were no takers at the time. All positions are voluntary within U3A and I thought this could be my way of giving back. So, up with the hand! I had no experience whatsoever with the task at hand, but I settled into the role of making it my own and I am very aware I personally grew with the challenge. So, experience or no experience, please consider putting your hand up and nominate yourself for the position. You will find the role very rewarding in many ways.

Annie is also stepping down as Secretary. Life has taken a new turn for her and she has a new role to fulfil – and she's thrilled! Think babies...!! You will still be seeing her friendly face around the place as she will continue to attend courses. Annie has been our reliable front-of-house go-to person and was always a wealth of information. She will be sorely missed.

I look forward to continuing to see you all into the future as we navigate our respective courses. Do take care. Best wishes to one and all.

Judy





from the **President**



This is my last President's Message before our 2024 AGM, so I take a few lines to thank our Committee who are often treated as staff because they act so professionally, but always remember that they are all volunteers who do an amazing job!

We are looking for a new Secretary, a crucial role that keeps us all in order, and a Newsletter Editor to keep us all informed. Please think long and hard how you might fit into one of these tasks!

We talked about our Coffee Mornings at our last Committee meeting. Numbers had been dwindling and we sometimes felt embarrassed for our extremely competent guest speakers. We have decided to stage some more varied and social gatherings rather than hold regular events so an element of surprise awaits us! However, the first of these was our Meet & Greet Cocktail hour down in the beer garden area, a pleasant occasion with a few tasty nibbles afforded by your committee and planned to welcome new members by us older ones.

Our talented secretary has updated a professional look marketing brochure that is now generic and able to be used for a greater period of time. These will be used at various local venues to let others know of our community value. There are still people out there who have not heard of us.

Already this term is at its halfway mark, and I know that members are enjoying their chosen classes and will not want to stop. I visited the Air Rifle Shooting group and they just love what they do! One of them was seriously training for her visit to the Finland this year. These are opportunities that many of our U3A classes may open up for us!

Keep cool and carry on!
Alwyn Friedersdorff

Term dates

Term	Start	End
1	29 Jan 2024	28 Mar 2024
2	15 Apr 2024	21 Jun 2024
3	22 Jul 2024	20 Sep 2024
4	07 Oct 2024	29 Nov 2024





AGM 2024

**Our Annual General Meeting
will be held on
WEDNESDAY 13 MARCH 2024
12.15pm, Room 1**

If you'd like to contribute to the running of our U3A
please consider nominating for one of the Committee positions.

If you're interested in finding out more about any of the positions,
please have a chat with one of the current Committee members.

Join us on
Thursday 29 February
5-7pm

At the "Venue" Beer Garden
5 McFarland Road, Wodonga

and catch up with members and
friends

No bookings required, just enter via the
carpark and don't forget your name tag!

See you all there!





Profile

Pat Poole

There were two mysteries in Gladstone St, Orbost in 1947. How many babies was Mrs Dreverman having in this third pregnancy, and what was her husband doing in the garage each night.

The first was solved at Bairnsdale hospital where my brother Peter and I were born. We were named by my older sister Fairlie, who wanted names more sensible than her own, and that of the other sister- Wilma. I was variously called Pat, Patricia, Trish or twinnie(s).

The other mystery was a boat, named after the Marie Celeste. Dad was third generation hardware shop, but was always building something or other. Peter and I were about 10 or 11 when Dad helped Peter build a row boat. It was launched at the bridge over the Snowy from where Peter and I rowed to Marlo, ten miles by road, a bit more by water. Our parents had forgotten about the incoming tide and were anxious.

Life for kids in the '50s was idyllic. Long days on bikes, summers at Marlo (no power, just tank water, wood stove), Monopoly which went for weeks, Blue Hills on the radio, ski trips to Mt Hotham, books, tennis, always music and drives. I wonder what the poor people are doing, my dad would muse. Having a picnic at Buchan, Metung, Mallacoota, Eden..

Mum's parents had retired to Lakes Entrance. We practiced saying grace on the way. On one trip I had been carsick, so mother washed out my dress at the Nowa Nowa general store and we proceeded, my dress held out of the sunroof of Dad's car (a dove grey Mark V Jag for the buffs). Business must have been good in 1954 as along with the Jag, Mum got a green Morris Minor convertible. I was hugely embarrassed when she took the roof down, and crouched on the floor. Weirdly, lots of decades later, I bought my own little cotton top car.

For quite a while in my teens I wanted to be a hermit (I still like quiet time) so it was quite a leap when I went to Melbourne Teachers College to become a TIT. MTC was, in the '60s a melting pot. Quite an eye opener for a country bunny, even though I had had a stint at boarding school. It was teeming with PACs, SACs, Primes, and of course the all female TITs- Trained Infant Teachers Certificate. My closest and dearest friends are from that time, almost 60 years ago.

After my first year of teaching, at Orbost, I travelled overseas. Dad was a traveller pre-war, learning to ski in Austria, visiting relatives in Germany etc on the global trip, so no one was surprised when off I went. I guess it's genetic.

After that, I moved to Albury, teaching at Wodonga West, and met and subsequently married Bruce, an engineer with the Shire of Wodonga. When our children Christopher and Damian were both at school, I was back teaching and planning/saving for, trips, a back yard pool- not quite the open ocean I crave, but enough to get wet - It's a bug!! Much later Bruce, through Rotary, began to play cricket again, with many trips to NZ, the UK, Sri Lanka and India. And then with what I (un)kindly called the





Frail and Elderly Cricket, where he was thrilled to get his baggy green cap. I can't stand cricket. Fortunately, neither football or cricket were featured in my childhood. My many OS trips have been for 'old stones', music, art, gardens, though NZ just because it's stunning. It's dreadful to admit that I haven't been to Phillip Island but have been eight times to Sicily. Sigh. A special place in the heart.

Both of our kids travel, particularly Damian who would live on pasta to save for his next very adventurous and often dangerous back packing trip. It was on one trip that he met his beloved, in her home city of Bishkek, Kyrgestan. Zarina gave up everything - family, culture, food, friends, job, to marry and come here. Brave girl, devastated family. They have two young children - Timurlan Alexander and Octavia Alexis Celeste. Damian is an ancient history buff but I tell Octavia she is named after a car. Celeste was Timur's choice for his sister. A computer game character I think, not his great grandfather's boat. Damian does something or other in IT, Zarina works at Deakin Geelong. Christopher is at the Melbourne head office of Fonterra. His travel is more mainstream, though Mt Kilimanjaro was a bit different. He isn't married, but is a very doting uncle.

International travel is trickier now that I've become so intolerant (food) but I have a little car fridge for my home prepared food and will more focus on road trips. It's tricky, often plain difficult, but the thought of not going anywhere is, frankly, inconceivable.

In the words of Keith Richards ...
I'm not old, I'm evolving.
As in, learning to adjust.

And in the words of Winston Churchill ...
I'll KBO (Keep Bugging On).
A bit rude, but apt.

After my celebratory retirement trip, which included lunch with Freddie Mercury, I did, like countless thousands, volunteer work until we were locked up/ locked out. 2022 was a wipeout after which I felt that life needed to proceed with more joy and happiness. Which it did, thanks to U3A. Arriving for Hugh's first history class for the year, I was delighted to see (I have to avoid the O word) familiar faces. Some - hello Gudrun, John - I hadn't seen for decades. I instantly felt comfortable and welcomed to both classes. Comfortable enough to stir a few of the blokes even. What I find interesting is that nobody seems too fussed about what we did in our second age - but more the 'now'. Travel is a common element I suppose.

I find it most peculiar that when someone discovers, for instance, a new product to clean the kitchen sink, it's referred to as a game changer. But U3A really is a game changer, and for some, possibly a life changer or life raft. All praise to the presenters and behind the scenes organisers.





When I was young, I was poor. But after years of hard, honest and painstaking work, I'm no longer young.



Time change. I had to go around and fix all my clocks.



Beware of a new Amazon scam. My husband ordered me some expensive jewelry, but motorcycle parts came instead. Thankfully they fit his bike...

WHY WERE THE EARLY DAYS OF HISTORY CALLED THE DARK AGES?

BECAUSE THERE WERE SO MANY KNIGHTS.

I woke up this morning, with a terrible hangover.....to the sound of my neighbour, mowing his lawn. I was going to get up. Then I thought "Nah, he can mow around me !!"

I discovered that answering the door naked helps deter trick-or-treaters. Oh, here we go again, here's two dressed as policemen...



"I never thought I'd say this, but I'm concerned about not having enough politicians."





Reflections of a Course Leader

U3A is an extraordinary organisation!

I've been a regular Course Leader/Tutor at my home U3A based in Mornington, south of Melbourne, for about eleven years. I ran a film appreciation group for six years and, in 2015, commenced a six-week course entitled "Living to a Ripe Young Age", focusing on good nutrition, built on my 45-year experience as a medical practitioner plus a lot of ongoing research. I have run the course each year.

The topic remained popular, and when Covid came along, I switched to Zoom. It enabled me to offer the same course to another U3A. And this is how I discovered first-hand how extraordinary U3A is. Despite being part of a vast international organisation, each U3A prides itself on being autonomous and independent.

In 2023, in a moment of madness, I offered the same course via Zoom to ten U3As simultaneously. At a large Melbourne U3A, 27 joined; at Albury Wodonga, 12 joined, which pleased me greatly, and in another, just one. Some U3As embrace Zoom, while others shun it. Some enjoyed my offering, others ignored it.

The classes have grown from six weeks to 34 in the last four years. Members tell me that I deliver them with enthusiasm and passion! I run the class twice weekly, and 93 members are registered from eleven U3As.

Combining Zoom and U3A's powerful and sophisticated framework offers a unique opportunity for Course Leaders/Tutors to share what they offer far and wide.

U3As vary enormously, from young, small rural groups to large, well-established city versions. However, it can be a lot of fun when we all get together, albeit in a virtual Zoom meeting, sharing with fellow U3A members all over Victoria and now interstate.

U3A State Networks and U3A Australia are umbrella organisations with the unenviable opportunity to herd cats. Taking my pilot project to the next level could be very rewarding. Time will tell.

It's not too late to join. There will be plenty to interest you until late November in classes #24019 and #24004

John Beaney





DID YOU KNOW

Remembering a city icon – Caroline Pearce

Mrs. Caroline Pearce, known as Granny Pearce, Wodonga's grand old lady, and after whom Pearce Street was named.

Caroline Sweet was born in Cornwall in 1829 in the village of Ladock, Cornwall. There she married her husband William Pearce in 1858. They sailed to Australia, arriving in Melbourne in 1860. She and her husband left Melbourne, travelling in a buggy followed by a six-horse wagon carrying household furniture belonging to them and fellow travellers. They were to work for Mr Edward Fallon of Barnawartha at the handsome salary of £75 per annum, and it was a satisfactory "living wage".



BACK THEN: The farm house in what is now Pearce Street, Wodonga. The street was named after one of the city's most well-known and well-loved identities, Caroline Pearce. Picture: Supplied

Ten years later they took up land in Wodonga facing Beechworth Road, where they carried out dairying and mixed farming, living in a little cottage where they would spend the rest of their lives.

William was accidentally drowned in 1876 leaving Caroline with a family of three boys and five daughters, ranging in age from 2 years to 12 years of age. One report says she

resumed her profession as a nurse. A report published in *The Border Mail* at the time of her death says "with wonderful spirit, displaying true British determination and grit, she decided to work the holding, and with wonderful fortitude and the help of the eldest of her children, she won through to success and saw each of her devoted children safely to the various avenues they were destined to travel."

On Caroline's 93rd birthday in 1922 she was reported to be Wodonga's oldest lady and probably its oldest resident.

On Caroline's 99th, and last birthday, the majority of her 115 descendants were present. The event was reported in many newspapers throughout NSW and Victoria. One paper writing "During the festivities, the popular old lady gave a lecture on the old days on either side of the Murray, near which she has resided for over 70 years. In spite of her great age, "Granny" "possesses all her faculties, and is probably the oldest female in the Commonwealth who has never suffered from headache."

Caroline passed away on 19th February 1928, she would have turned 100 the following month. She left 120 descendants, which included her eight children, 42 grandchildren and 70 great-grandchildren.

Prepared from information provided by Mrs Barbara Cadman, a great-great-granddaughter.





GROANERS

It's my first week working at the bicycle factory and they already made me a spokesperson

It's my first week working at the bicycle factory and they already made me a spokesperson.

My laptop caught pneumonia, apparently, because I left Windows open.

I thought swimming with Dolphins was expensive until I went swimming with sharks It cost me an arm and a leg

Horses have lower divorce rates.
It's because they are in stable relationships

When I was a kid, we played spin the bottle with the girls. If they didn't want to kiss you, they would have to give you a dollar. By the time I was 12, I owned my own home

It's pretty obvious that if I run in front of a car, I will get tyred but if I run behind a car I will get exhausted.



My teachers told me I'd never amount to much because I procrastinate so much. I told them you just wait.

90% of bald people still own a comb; they just can't part with it.

Every morning I get hit by the same bicycle -
It's a vicious cycle

The word "incorrectly" is spelled incorrectly in every dictionary.

I've been experimenting with breeding racing deer. People have accused me of just trying to make a fast buck

The other day I yelled into a colander and I strained my voice

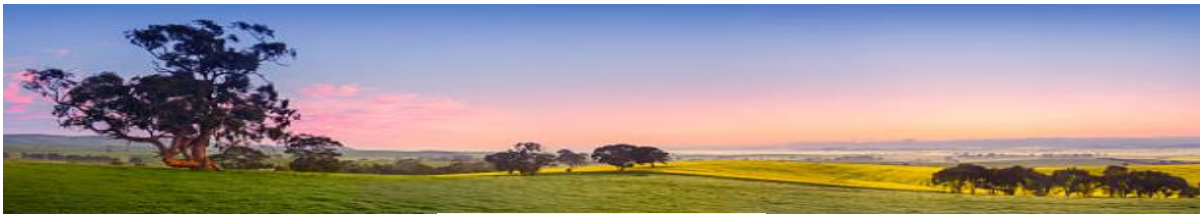
You don't have to pay if your speeding ticket is properly defined.

What do you call a row of rabbits hopping backwards? A receding hare line.

The main function of your big toe is to make sure all the furniture in the house is in the right place

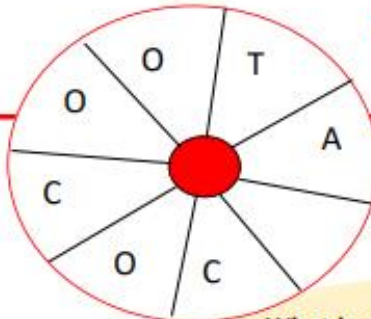
Always trust a nudist, they have nothing to hide



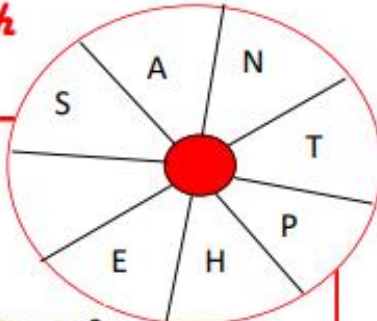


puzzled

Playing with Words



1. Can you solve these **Word Wheels** by inserting the missing letter?
Clue: think birds



What have we done to our language?
The roving apostrophe!

2. More Words.
How many four, five and six-letter words can you create from the following letters?

D S O N U L

The apostrophe has two main uses: to indicate the omission of letters (she'll, he's, can't) and to indicate **possession** in nouns (man's hat, women's books, child's toy). But sadly the roving apostrophe has emerged on billboards and handwritten signs in shopping centres, promoting items in plural form (not possessive form), for example:

- new season potatoe's
- video's for sale,
- new plant's
- fish and chip's

Perhaps it is time we helped Apostrophe Man to stamp out the roving apostrophe!



3. WHAT AM I?

- 1.
2. Blame
3. Blame

DAYSALLWORK

mce
mce
mce

Weather Bit

4. Song Words: Name the 1970 song that contains these lyrics: times of trouble; words of wisdom; broken hearted.

Remember: Always borrow money from a pessimist. He will not expect it back.

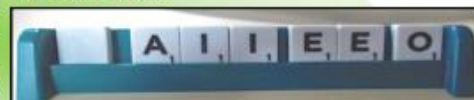
U3A **S₁ C₃ R₁ A₁ B₃ B₃ L₁ E₁**

YOU just know you are going to have a bad afternoon of U3A Scrabble when your early boards look like these ones pictured! One of our Scrabble members played one hand and picked out his tiles, shown in the top board. His next move was modest and his new board is shown in the middle. But it got worse after his next (and again modest) move, ending up with a board of all five vowels. Our player persevered and plodded on.

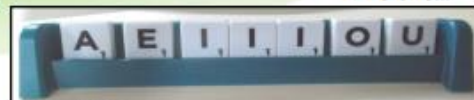
Scrabble is played on
Thursdays from 12.30pm.



▲ From this...



▲ To this...



▲ To this!





MASTERPIECE



 Hilda Rix Nicholas, 'The Summer House', c. 1931, oil on canvas, Gift of the Newcastle Businessmen's Club 1976 Newcastle Art Gallery, Australia collection

Hilda Rix Nicholas was an internationally celebrated Australian painter. Driven by a desire to 'paint things typical of my country', she became known in Europe and England for her lyrical pastoral scenes and nationalistic first world war images.

'The Summer House' stands out as distinct in Rix Nicholas's art of this time, with its delicate pastel palette and intimate subject matter. Painted in the courtyard of her home in Knockalong in New South Wales, 'The Summer House' sensitively depicts two of her closest friends. Despite never exhibiting the work during her artist's lifetime, "The Summer House' has become one of Rix Nicholas's most well known and loved works.



Answers:

1. **Word Wheels:** cockatoo, pheasant.
2. **More Words:** dons, duos, loud, nods, onus, sold, soul, undo; sound; unsold.
3. **What am I:** no one to blame, all in a day's work, three blind mice, a bit under the weather.
4. **Song Words:** The Beatles' Let it Be.





TERM 1 COURSES 2024

MONDAY			
Women's Films	9.30-12pm	Room 3	John McQuilton
Everyday Philosophy 5 sessions 1 st & 3 rd Monday of month	10-12pm	Room 1	Michael Evans
You've Done Your DNA Now What?	10-12pm	Zoom	Judy Charlton
Economics & Politics	1-3pm	Room 1	Eddie Voogt
CAE Book Club	1-3pm	Room 2	Helen Collins
Buddhist Philosophy	1-3pm	Room 3	Helen Casey
Art Appreciation 2 nd Monday each month	3.15-4.30pm	Room 1	Lynne Keys

TUESDAY			
Healing Ourselves & Our Planet	9.30-11.30am	Zoom	John Beaney
A Toolbox for the Craft of Writing	10-12pm	Room 2	Jane Carroll
English Literature	10-12pm	Room 3	Kath White
Garden Group 1	1-3pm	Room 3	Shirley Farr
Random Thoughts and Ideas	1.30-3.30pm	Room 1	Peter Massey
Air Rifle Shooting	3.30-5pm	Room 3	Bob Cranage

WEDNESDAY			
People & Events from British History	10-12pm	Room 1	Hugh McHarg
Garden Group 2	10-12pm	Room 3	Shirley Farr
Mahjong for Beginners	10-12pm	Room 2	Karen Ferguson
Social Gardener	10-12pm	Various	Pauline Harris
Background Briefings 1	1-3pm	Room 1	Gerry Engwerda
Music Appreciation	1-3pm	Room 3	Jennifer Schubert
Mahjong	1-4pm	Wodonga Hockey	Karen Ferguson
Cryptic Crosswords	1.30-3pm	Trinity Uniting	Jean Evans

THURSDAY			
Bird Watching in Albury Wodonga	8-10am	Various	Bernie Datson
Introduction to Mediation	9-10am	Private Home	Kaye Ellis
Mindfulness Meditation	10-11am	Private Home	Kaye Ellis
Philosophical Discussions	10-12pm	Room 3	Anthony White
Walkie Talkies 1 st & 3 rd Thursday each month	10-12pm	Various	Helen Collins
Scrabble	12.30-3pm	Room 3	Kath Clarke
Art in the Afternoon	1-4pm	Various	Kath White
Background Briefing 2	1-3pm	Room 1	Gerry Engwerda
Chess	1-4pm	Room 3	Steve Currell
Women's Writing Circle/Reminiscences	1-3.30pm	Martin Centre	Aprile Alexander

FRIDAY			
Healing Ourselves & Our Planet	9.30-11.30am	Zoom	John Beaney
Family History & DNA skills (adv)	10-12pm	Zoom	Julie Hind
Mahjong Intermediate Beginners	10-12pm	Room 2	Karen Ferguson
Plays, Poetry and Prose Reading 1 st & 3 rd Friday of month	10-12pm	Room 3	Margaret Richardson
Scottish Country Dancing First 3 Fridays each month	10-12pm	Room 1	Anne Murray
Card Games and Mahjong	1-3pm	Room 3	Karen Ferguson

