

Welcome back and...

# Keep up those morning habits!

from the *President*



Alwyn Friedersdorff

**INSIDE ►**

President's Report ..... 1  
 Cancer Workshop..... 2  
 From the Editor ..... 3  
 Out and About..... 4  
 Playing with Words .... 5  
 Scrabble..... 5  
 Time for a Laugh..... 6  
 Email your tutor ..... 6

**WHY** is it that we miss our participation in U3A when a break time occurs?

I think it is because we no longer take care to keep up the four morning habits of longevity that we gain from being a member?

What are those four habits?

**1. Find your 'ikigai'!**

The Japanese concept of ikigai is about discovering what sparks your soul and makes you lead a life with purpose.

What is it that makes you want to get out of bed in the morning? Is it the small things that make life pleasant for us, and knowing that we have something to look forward to in our day actually helps to increase our ageing time frame?

**2. Don't skip a healthy breakfast!**

A healthy diet is so important as we age, and a good breakfast is one that keeps our cholesterol and blood pressure down. And we probably do this as we set out for our classes, thinking that lunch might be lesser or later.

**3. Enjoy a cup of morning coffee!**

Yes, coffee is good! It has been proven to provide a lower risk of mortality — but that is, so long as you do not go loading your cup with sugar and cream!

At U3A it's that face-to-face time over a tea or coffee that's so important to health and happiness.

**4. Say something nice to the first person you see!**

This is a behaviour that comes back to us and adds to human connection that makes life happier and also longer.

No wonder we miss U3A! Welcome back to everyone!

— Alwyn

## Workshop to help cancer patients

**A WORKSHOP** will be held in Albury next month to help people dealing with a cancer diagnosis.

It will look at what is termed Ten Healing Factors of Radical Remission, which is based on the lifestyle findings of Dr Kelly Turner, from the U.S., who has re-

searched the long-term recovery stories of more than 1500 people in 10 countries over 15 years to identify common healing factors that have created their cancer recovery stories.

Facilitator for the course is Liz Stilwell, who says the ten healing factors of radical remission are:

Taking control of health; changing diet; using herbs and supplements; exercise; following intuition; releasing suppressed emotions; increasing positive emotions; embracing social support; deepening your spiritual connection; and having strong reasons for living.

“This lifestyle approach to cancer is the integrative medicine approach – supporting conventional medical treatments with researched life-

style changes, complementary therapies and self-care aimed at optimising long-term health outcomes and preventing recurrence,” she says.

The workshop will be held on Saturday, May 18, and Sunday, May 19, from 9am

to 5pm at the Mitta Mitta Canoe Club clubrooms at Noreuil Park, in Wodonga Place. The fee of \$425 includes all handouts and all morning and afternoon teas. Support persons are welcome to attend at a reduced fee of \$390.

(Due to varying dietary needs and food intolerances, lunch is not provided. Those attending are to take their own lunch.)

Ms Stilwell was previously a senior retreat leader for The Gawler Cancer Foundation, Yarra Valley, leading weekly lifestyle change programs and residential cancer retreats. She moved from New Zealand in 2010 for this work.

“Our weekend program combines teaching sessions on the Ten Healing Factors, group discussion, survivor stories, Meditation and Qi gong – loose comfortable clothing is recommended,” she said.

“This is not a cancer support group. You are not required to tell your personal illness and treatment story to the whole group.

“Naturally, as we begin we have a brief introduction on the Saturday morning – simply name, where you’re from, diagnosis, and what you want from the weekend – then we move straight into the teaching sessions.

“So regardless of the stage of cancer, if you are proactive and keen to support your medical treatment, your body, and optimise your health and wellbeing, this workshop is for you.”

### ● Further details:

**Web site:**

[www.stilwellinhealth.com](http://www.stilwellinhealth.com)

**Email:**

[Cancerbalanceandwellbeing@gmail.com](mailto:Cancerbalanceandwellbeing@gmail.com)

**Liz Stilwell**

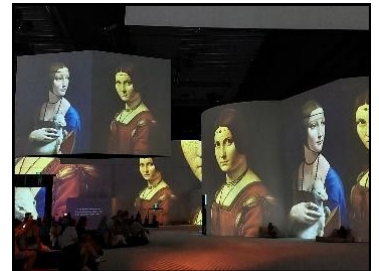


Dip. Occupational Therapy  
Clinical hypnotherapist  
Master practitioner NLP  
Spiritual carer  
Radical remission teacher  
Cancer retreat facilitator

# Learning never exhausts the mind

**HELLO** everyone. Welcome to Term 2 — didn't Term 1 just race by? I hope you are all rested, restored (especially our fabulous presenters) and rarin' to go. And happy autumn, a gentler season. Term 2 begins on April 15.

**MY** mother had magnificent hydrangeas. Huge bushes, large flower heads with vibrant colours — quite the best in the small village of Marlo. Poor grey sandy soils, salt-laden winds off the ocean, with nothing other than water between the beach there and



the icebergs, but they thrived.

My two potted specimens are decidedly wan, so I did some research. Coffee grounds will give hydrangeas the blue colour, while crushed eggshells give blue. Leonardo wrote that Nature never breaks her own laws. So, I will just hope for the best with the coffee tweak. It works for me anyway!

from the *Editor*



Pat Pooley

**THE** Lume in Melbourne has just begun an exhibition on that most amazing genius Leonardo. Of course he wrote in mirror "style". Being ambidextrous, perhaps he was showing off, but some thoughts were translated and displayed for us.

- Iron rusts from disuse: stagnant water loses its purity: even so does inaction sap the vigour of the mind. We must stretch ourselves to the very limits of human possibility.



- Once you have tasted flight, you will forever walk the earth with your eyes turned skyward, for there you have been, and there you will always long to return.

- Learning never exhausts the mind.

- There are three classes of people: Those who see. Those who see when they are shown. Those who never see.

- It has long since come to my attention that people of accomplishment rarely sat back and let things happen to them. They went out and happened to things.

I think that Leonardo would approve of U3A most enthusiastically. And what an awesome presenter he would have been.



— Pat

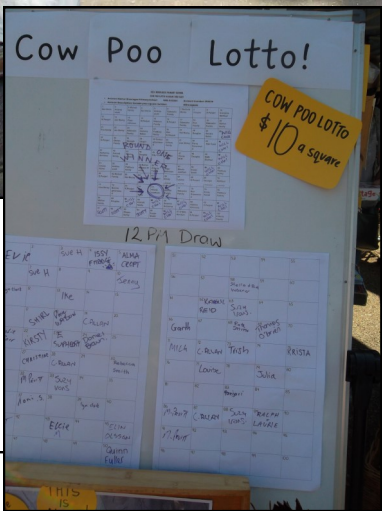
**ANZAC DAY  
TRIBUTE**

Attention all U3A keen photographers! Take a photo of an Anzac Day observation and we will publish the best ones in our May newsletter. Just tell us where it was taken and by whom.

Out and About



# Wooragee's big day

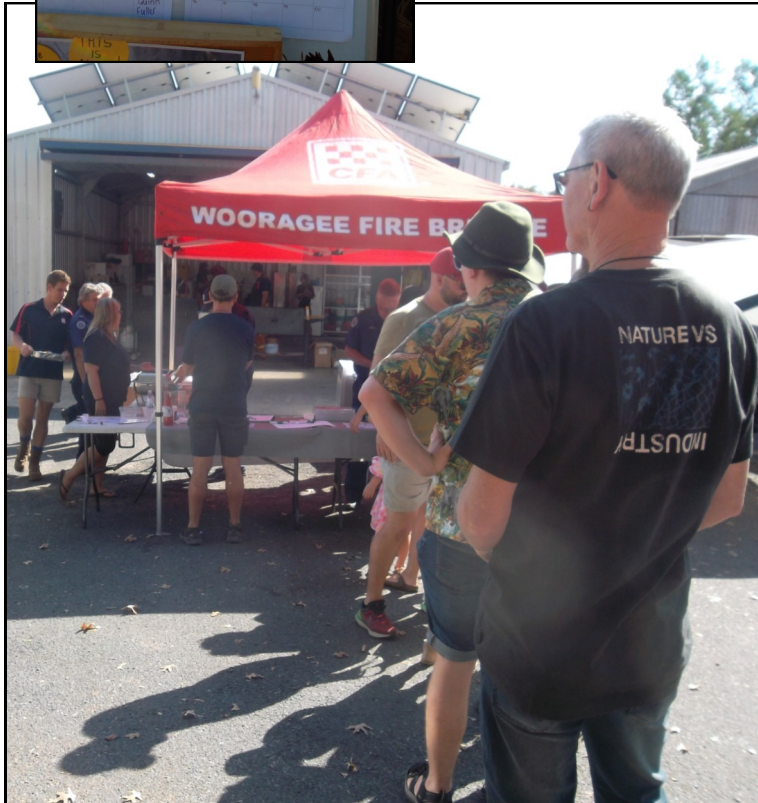


**A BIG** crowd turned out on a warm autumn day for Wooragee's Easter Monday market.

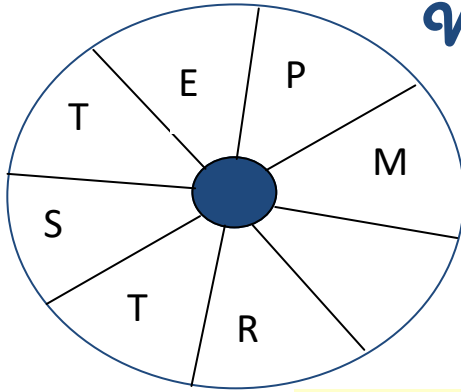
The annual event is a fundraiser for the Wooragee Primary School, local CFA and their community hall.

About 70 stalls sold a wide range of merchandise, alongside plant and produce, food trucks, trash and treasure, clothing and jewellery. The local CFA did a brisk trade at the barbecue stall.

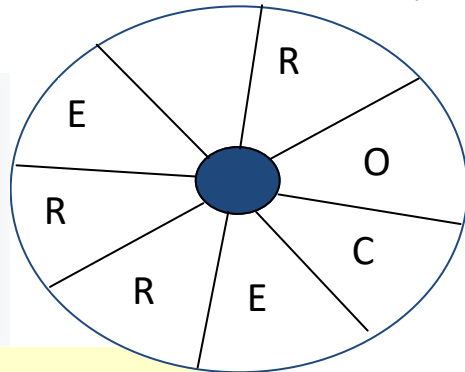
A cow poo lotto was also held.



# Playing with Words



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



## 2. More Words.

How many five and six-letter words can you create from the following letters?

**S R L F I A**

## 3. Can you name the tree?

- A senior person. To waste away.
- An adhesive. Perpendicular.
- Two of a kind. Use as a punishment.

## 4. Can you name the town?

- Flowery (Vic) Clean sweep (WA)

6. **Song Words:** Can you name the song that contains the following lyrics: melting in the dark; out in the rain; recipe.

## 5. More Words.

How many five and six-letter words can you create from the following letters?

**S B B R U L**

## 7. WHAT AM I?

**ECNALG**

**MUCH  
MUCH  
SOON**

**LU CKY**

**BAD** Wolf

**Remember:** You are stuck with your debt if you cannot budge it.



**IN SCRABBLE**, any player who plays all seven of their tiles in a single turn scores a premium of 50 points in addition to the regular score for the turn. The 50 points are added on after a word score. Regular U3A player Kath has added an S to the word *skein* on the board at right to create the word *slender*, using all her seven letters, which included a blank tile. She scored 10 points for *skeins*, eight for *slender*, and 50 bonus points for one move worth 68 points. Her score for the match was 258 points. (The word *hob*, at the top of the board, means a shelf around a fireplace.)



● Scrabble is played on Thursdays from 12pm.

## Time for a laugh!

- Which bear is the most condescending? A pan-duh!
- What kind of noise does a witch's vehicle make? *Brrroooooom, brrroooooom.*
- My girlfriend keeps accusing me of cheating. She's starting to sound like my wife.
- What's brown and sticky? A stick.
- Two guys walked into a bar. The third guy ducked.
- Did you hear about the actor who broke his leg onstage? He's still in the cast.
- How do you get a country girl's attention? A tractor.
- What do you call it when a group of apes starts a company? Monkey business.
- Why did the pharmacist walk on her tiptoes? She didn't want to wake the sleeping pills.
- I wanted to buy a pair of camouflage pants, but I couldn't find any.
- Why are elevator jokes so classic and good? They work on many levels.
- I have an inferiority complex, but it's not a very good one.
- What do you call a pudgy psychic? A four-chin teller.
- I had a date last night and it was perfect. Tomorrow, I'll have a fig.
- What did the police officer say to his belly-button? You're under a vest.
- My wife asked me to stop singing "Wonderwall" to her. I said "Maybe..."

## Are you going away?

**WITH** the colder weather coming, some U3A members may be travelling to a warmer climate for an extended time.

Members may advise their tutor of an extended absence through the U3A system.

Log into

<https://u3aalburywodonga.org.au/> with your U3A member number or email and password.

On the left-hand side, click on Report Absence.

Provide the absence dates (From and To).

Select "All Courses" or choose each course individually if dates vary.

Click on Submit. An email will go to your tutor.

If your dates change again in the future, you can remove a previously provided absence range.

### Playing with Words

answers:

**1. Word Wheels:** trumpets, recorder. **2. More Words:** fails, fairs, flair, frail, lairs, liars, rails; flairs. **3. Name the tree:** elder, pine, gum, plum, pear, birch. **4. Name the town:**

Rosebud, Broome, Burnie, Nhill, Yea, Anakie. **5. More**

**Words:** blurb, blurs, bulbs, burls; blurbs. **6. Song Words:**

MacArthur Park, written by Jimmy Webb and recorded by Richard Harris in 1968. **7.**

**What am I:** backward glance, too much too soon, lucky break, big bad wolf.

## April ... in history

**1964** The Beatles fill the first five places in the US singles chart.

**1633** Bananas, never before seen in England, went on sale in a London shop.

**1746** Bonnie Prince Charlie defeated at Culloden Moor.

**1775** The first battle in the War of American Independence.

**1915** Over 70,000 Australian, New Zealand and British troops landed at Gallipoli.

**1884** Oxford University agreed to admit female students to examinations, but women were not to be awarded degrees.