

from the *President*



Alwyn Friedersdorff

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Let's make it happen

MAY greetings! "May your troubles be less and your blessings be more and nothing but happiness come through your door." As the days slowly cool down, always keep that Covid rule in mind: stay away or mask up! There are still daily cases of Covid and some very nasty emerging flu bugs lurking about. Our new Management Committee has met long and diligently, covering many topics from everyday problems that we deal with to make the smooth running of a U3A day, to policy development, plans for a mid-term party, succession planning for tutors and learning spaces, and using Network Victoria resources. Do you enjoy being a member of U3A Albury Wodonga? Do you look forward to taking part in the many different courses and events on offer? Of course, you do because it's a marvellous organisation! But we need to increase our tutor base and you are it! We need a new program. Let's call it...

Happenstance!

It **happens** that there will be a different presenter every week. You may **happen** to be that presenter! Because you **happen** to know some intriguing things that you can so easily share. It may be about your strange habit of collecting certain things; it may be about your very special past work experience; it may be something new that you **happen** to have discovered or it may be an excursion. Take a **stance** and let this **happen!** Talk to me or any of our committee members because we will help you to make it **happen**. By third Semester, we could have a whole new program called **Happenstance !**

— Alwyn



A LARGE crowd lined High Street in Wodonga for the traditional march to the Woodland Grove cenotaph to commemorate Anzac Day last month. More on Page 4. ►



Of all the gifts
that life has
to offer, a
loving
mother
is the greatest
of them all

Volunteers run this country

THIS month has two important calendar events: National Volunteer Week from May 20 to 26, and Mother's Day on May 12.

On 2023 figures, approximately a third of people in Australia volunteered formally, significantly below pre-covid figures. On average, each volunteer gave 151 hours of their time, an actual decrease from 180 hours in 2022. Perhaps in 2022 there was a surge to catch up, get things ship shape post lockdowns, especially in Victoria.

Volunteers keep this country running. The estimated annual contribution (2022 figure) is \$290 billion. Huge. Sporting groups, education, cultural events, environmental groups, religious groups, community service groups- Rotary/ Lions/CWA etc. Civic mindedness is

the most common reason given for donating time; however, I think the social aspect of being with others for a common cause, and with luck new friendships, is an important factor.

All over the country are picnic areas and barbecues thanks to people we will never know.

Our children and grandchildren are coached in their sporting endeavours, with facilities often, in part at least, by hard working volunteers. Our parks and gardens are kept in top shape. Even sections of roadside are kept litter free.

Our wonderful U3A committee and presenters. All thanks to those who believe that what they put in, is returned tenfold.

SOME pertinent quotes:

As you grow older, you will discover that you have two hands — one for helping yourself, the other for helping others. — Audrey Hepburn

The best way to find yourself is to lose yourself in the service of others. — Ghandi

Start where you are. Use what you have. Do what you can. — Arthur Ashe

Never doubt that a small group of thoughtful, committed citizens can change the world; indeed, it's the only thing that ever has. — Margaret Mead

— Pat

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from the *Editor*



with Pat Pooley

This month, volunteers, mothers and swimming in Wodonga.

Resources available through the U3A Victorian Network

U3A Albury-Wodonga is a member of the U3A Victorian Network.

The network provides resources to support local U3A groups, committees, tutors, and members.

For example, you can register for online courses at:

<https://u3avictoria.org.au/online-courses>

Some of these offerings involve a small fee but it gives you

access to a range of subjects that are not available through our local U3A Albury Wodonga.

You might like to check it out.

For our tutors, there are a range of resources, including course guides and the opportunity to join a Community of Practice for your themed course. This is where you can get ideas from other tutors who deliver similar subjects.

Mother

[muhth-er] -noun

1. One person who does the work of twenty. For free.

(See also: 'masochist', 'loony', 'saint'.)

Mother: a gardener of souls

I REMEMBER when quite young, asking my mother — perhaps it was Mothering Sunday — when it was going to be Children's Day. Every day is children's day, she replied. And it is. All focus and effort to make sure that our children are nurtured in body and soul, taught the rules of life, and most importantly encouraged to grow.

I hope your day is wonderful, doing something, or just nothing at all.

"Being a mother is like being a gardener of souls. You tend your children and make sure the light always touches them." — **Karen White**

"There is no such thing as a perfect parent. So just be a real one." — **Sue Atkins**

"A mother's love for her child is like nothing else in the world. It knows no law, no pity. It dares all things and crushes down remorsefully all that stands in its path." — **Agatha Christie**

from the *Editor*



with Pat Pooley

NOW for some Mum Jokes!

- What do you call a mother cow that just gave birth? De-calf-inated.
- I told my son I was going to buy him a book on procrastination, but I kept putting it off.
- I asked my mum if I was adopted. She said, "Not yet. We're still waiting for someone to come and claim you."
- Did you hear about the kidnapping at the playground? Well, they woke up.
- Mum, can you put my shoes on? No, I don't think they will fit me.
- Note to all mums of teens: keep a dog. That way someone is excited to see you.
- Good mums let you lick the beaters after making a cake. Great mums turn them off first.
- Being a parent means never having a moment to yourself – even in the bathroom.

FINALLY, a little reminiscing and history on swimming in Wodonga, with U3A member Frank Hanrahan, pictured...

The Stanley Street pool, also at right, was opened in 1959 after four years of working bees, fundraising, donations in cash and kind. Parents made 46,00 bricks. It cost 37,000 pounds. The cost to demolish the pool some 10 years ago was \$135,000.

Frank began swimming there in 1974, encouraged by his mate Keith Marshall. He told me that for the first week or so each season, the water temperature was 12 degrees. I'll bet they swam fast to warm up. Frank and Keith swam laps four or five times a week for the six-month season. With the big trees creating shade, and the proximity to High Street, and later to the Target complex when the saleyards were relocated, many parents would leave their children while they shopped. I remember Harry Dunmore, as manager, having a very eagle eye, with nuisance children being given a short term ban. Both swimmers moved to the new Waves pool in 2014 where the heated water was a welcome bonus, along with better change rooms. Frank is still swimming laps at Waves. He is bemused by the ducks – mums and ducklings, which at times not only waddle in, but have no concerns at drinking the pool water. It concerns Frank that the land by Waves, intended to be the site for a specific learning to swim pool, has yet to be commenced.



— Pat

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PS: Don't forget the Giro d'Italia is being held from May 4 to May 26.



'Tell your tutor' reminder

WITH the colder weather coming, some U3A members may be travelling to a warmer climate for an extended time. As we told you last month, members may advise their tutor of an extended absence through the U3A system. Log into

<https://3aalburywodonga.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.

Help for aged

THE Indigo 4Ms tool is for older people living in rural or regional communities who wish to discover a new way of considering their health and well-being.

It is part of the Age-Friendly North-East Victoria Collective, which has developed a range of resources to assist local communities in transforming into an environment where everyone can age well. Rod Farr is U3A Albury-Wodonga's representative on this collective.

To review all the resources, you might like to visit the website at beechworthhealth.com.au/agefriendly

An Anzac reflection: then and now



Above (from left): Major E. M. Williams, Brigadier General H. Chauvel and Captain Wally Farr (with news paper) in the 3rd Section at Gallipoli.

ALBURY-WODONGA residents turned out in great numbers to commemorate Anzac Day last month. Among those pausing to reflect and give thanks to those who served was U3A's Rod Farr, whose great uncle Walter Percival

Joshua Farr (1889-1940), served on the Gallipoli peninsular from April 1915 until the withdrawal as Deputy Adjutant and Quartermaster General with the 2nd Australian Division and later with the 1st Light Horse, then the 3rd Light Horse as Brigade Major. He was Mentioned in Dispatches in December 1915 before the withdrawal.

Wally Farr's exploits, as told by Rod Farr, will be in next month's newsletter.



● Albury-Wodonga residents pause for Anzac Day.



What a great day out!

ANOTHER Great Day Out was held in April. Two big, fabulous and famous gardens were visited in the Tumbarumba area.

The first stop was at Asgard Garden, an amazing 5-acre garden with many dogwoods, rhododendrons, heritage apples, berries, perennials and conifers.

Then, the group moved to Braymont Gardens.

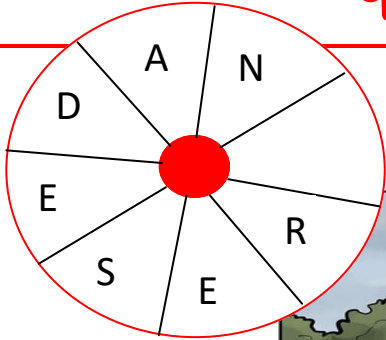
This garden was visited two years ago. It has 100 Manchurian pear trees in the driveway that leads to the gardens on what was a bare 6-acre stock paddock in 2013. It has been transformed into an awesome garden overlooking round mountain, blackjack and jugungal with large dam, island, bridges, and ponds.

Thank you Marie Condon for the photos.

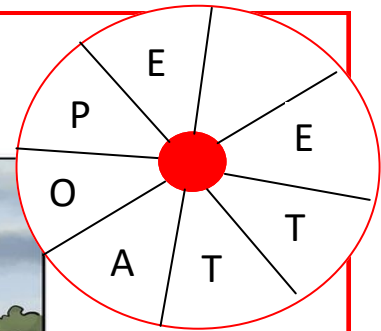


U3A Albury Wodonga Member Name Badges

Just a reminder to those who have not collected their U3A Name Badge, it is waiting for you in the U3A Office at the GACC. There is also a box with plastic sleeves, so take a sleeve for your badge at the same time. If you do not regularly go to the GACC Building, perhaps one of your colleagues can collect it for you the next time they attend.



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



Corrective Lens

2. More Words.

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

T W N I H E

3. More Words.

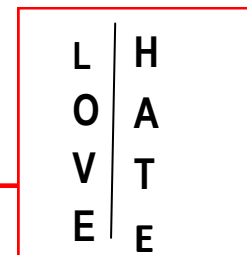
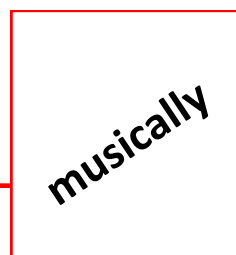
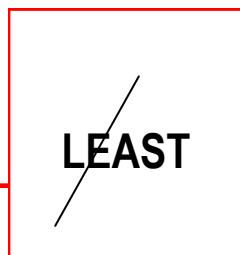
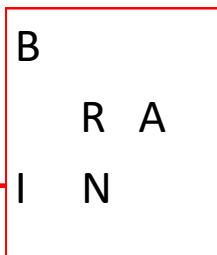
How many four, five and six-letter words can you create from the following letters?

C N M O R I

4. Can you name the town?

- | | |
|------------------------|------------------|
| Flowery (Vic) | Clean sweep (WA) |
| Red hot (Tasmania) | Nothing (Vic) |
| Affirmative town (Vic) | Bedlam (Vic) |

5. WHAT AM I?



6. **Song Words:** Name the 1964 song that contains the following lyrics: wherever you roam; heed the call; your old road.

Finally: What was the best thing before sliced bread?

U3A



TWO Scrabble players had a high-scoring and tightly contested encounter recently. Kath scored 304 points to narrowly edge out Mary with 301 points. Their completed board is pictured at right. In doing so, Kath created moves of 38 points, 30, 27 and 24, while Mary countered with moves of 33 points, 32, 28 and 27. There was no easing up in their next game, with Kath creating an early good word (DETERRED) and 50 bonus points.

● **Scrabble is played on Thursdays from 12pm.**





Chefs not so measured in their cooking

ARE you precise with your measurements when cooking, like your mother? One of our members wishes that some chefs could be a little more precise with measurements in their cooking shows on television.

Here is a sample of some of their "measurements" that have been noted:

"We need a generous glug of olive oil."

— Rick Stein

"A touch of thyme." — James Martin

"A drizzle of olive oil." — Rick Stein

"You need a whack or two of garlic." — James Martin.

"Now a tiny swig of stock."

— Jamie Oliver

"A generous amount of chopped onions." — Rick Stein

"A good glug of olive oil." — James Martin

"Now a quick glug of olive oil." — Jamie Oliver

All of which can leave us thinking about the differences between a good glug, a generous glug and a quick glug of olive oil.

Friday

MEMBERS are invited to attend on Fridays from 12:30 to 3pm for a social and enjoyable afternoon of card games, including 500, Canasta, Samba, Mahjong and Rummy Cub. It's a great way to end the week!

Frivolities

What happened in May?

1527: The Army of the Holy Roman Emperor sacks Rome.

1703: Peter the Great founds his namesake city.

1481: About 30,000 died in Rhodes after an earthquake and tsunami.

1796: The first vaccination was administered — for smallpox.

1945: Nazi Germany surrenders to the Allies at Rheims and the war in Europe ends. VE Day is celebrated across Europe and North America on the following day.

1954: Roger Bannister breaks the four-minute mile. And ...

George Clooney, Florence Nightingale, Queen Victoria and the Duke of Wellington all got to blow out their birthday candles.

Playing with Words answers:

1. Word Wheels: serenade, operetta. **2. More Words:** thine, twine, whine, white, withe; whiten. **3. More words:** coin, corm, corn, icon, iron, morn, norm, noir; micro, minor; micron. **4. Name the town:** Rosebud, Broome, Burnie, Nhill, Yea, Anakie. (Gremlins messed up this question in last month's newsletter.) **5. What am I:** scatter brain, last but not least, musically inclined, a thin line between love and hate. **6. Song Words:** Bob Dylan's The Times They Are a-Changin'.

Word Search:

Classic Literature ▶

- | | |
|----------------------|----------------------------|
| A Tale of Two Cities | Little Women |
| Anna Karenina | Moby Dick |
| Cyrano de Bergerac | Oliver Twist |
| David Copperfield | Robinson Crusoe |
| Don Quixote | Silas Marner |
| Ethan Frome | The Odyssey |
| Great Expectations | The Scarlett Letter |
| Huckleberry Finn | Treasure Island |
| Ivanhoe | White Fang |
| Jane Eyre | Wuthering Heights |

