

# Let's walk our way to good health

from the *President*



Alwyn Friedersdorff

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**WELCOME** back to Term 3!

I note that our enthusiastic Walky Talky group actually did a special walk during our long break! And that reminded me of the Danish philosopher, Søren Kierkegaard who wrote: "Above all, do not lose your desire to walk. Every day, I walk myself into a state of well-being and walk away from every illness. I have walked myself into my best thoughts, and I know of no thought so burdensome that one cannot walk away from it. But by sitting still, and the more one sits still, the closer one comes to feeling ill. Thus if one just keeps on walking, everything will be all right." And I tend to agree!

**WE** have three new courses available for just this term that are well supported (see story below), and

each offers an amazing drawcard of interesting topics and new learnings. If you have not enrolled, there is still room for you!

Network Victoria's last meeting revealed that they had set a target of a 3 per cent increase in membership for the past year because they want all Victorians to enjoy U3A. A snapshot shows that we as a movement have exceeded targets; in fact, doubled it, at 6.10 per cent annual growth from 2023 to 2024. Our total statewide U3A membership is currently 38,064.

**TO** all members, remember that this is our U3A, and by helping out in whatever way we can, we make this a great place for us to share our time together, so step up when you can see something that needs to be done!

— Alwyn

## New courses are popular

**THREE** new courses for Term 3 have proven to be popular.

**Fabric of civilization**, with tutor Ian Grant, is being held on Wednesdays between 10 am and 12pm.

The course will look at the development of textiles, the mechanisation and development of processes, the evolution of modern management practices, and the development of polymer fibres.

It has attracted more than 30 enrolments.

**Happenstance**, with tutor Alwyn Friedersdorff, will be held on Wednesdays between 1pm and 3pm.

A series of random topics will be presented as a one-off treat from various presenters, both members and guests and hosted by Alwyn.

First up will be the tale of osmiridium discovery in Tasmania and how it led to Australia's literary development and one of our first movie productions. This course has more than 20 enrolments.

**Sustainability**, on Thursdays between 1pm and 3pm, has three tutors: Jenny Huber, Bruce Key and Judith Falle.

This course will look at the whole gamut of sustainability across domestic, community, national and global issues.

The material discussed includes resources, food, pollution, energy, technological developments, population, species decline, climate change and other matters, right through to an occasional look at social, economic and political sustainability.

This course has about 30 enrolments.

# Help sought on ‘successful ageing’ research

**I AM** undertaking my 4th Year Psychology Honours degree at Charles Sturt University and am collecting data for my thesis on “Predictors of Successful Ageing”.

I wondered if you might be interested

in distributing my survey to your members (aged 60+).

The survey does not take long to complete and it's an opportunity to give a voice to older Australians.

I believe it is really important work as it will look at the benefits of social connectedness, community engagement, volunteering and resilience, and the impacts on successful ageing and life satisfaction.

The research outcomes have the potential to inform tailored interventions that proactively detect vulnerabilities and assist with preparation for latter years. Findings may also lead to some significant implications such as introducing additional social support services and leisure programmes that assist older adults in Australia and enhance their overall quality of life.

I would be most grateful if it's something you are able to help me with and I'm happy to discuss further. As outlined, the research project is entitled “Predictors of Successful Ageing in Older Adults Living in Urban vs. Rural Regions of Australia: A Community Based Study.”

This project will examine successful ageing pathways in Australian older adults from urban and rural populations. Successful ageing involves attributes including life satisfaction, attitudes to ageing, self-efficacy, and social support. The project aims to identify:

- If there is a relationship between successful age-

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ing and life satisfaction among older adults.

- What features contribute to successful ageing in older adults.

Further information can be

found on the Participant Information Sheet through the link below and research findings can be shared with participants upon request.

We are currently inviting volunteers who:

- Are aged 60 years and over.
- Live in Australia.
- Are proficient in English.

Participation involves completing a 15-20 minute anonymous survey.

The survey can be completed online or in hard-copy format.

Complete the survey online through the link below:

[https://csufobjbs.au1.qualtrics.com/jfe/form/SV\\_8oWLFFx6fXDADEW](https://csufobjbs.au1.qualtrics.com/jfe/form/SV_8oWLFFx6fXDADEW)

To complete a hard-copy version, forward your nominated postal address. You will receive the survey at your nominated postal address, along with a reply-paid envelope to our office address for your convenience.

Your address will be kept confidential, password protected, and erased permanently once the study is completed.

Do not hesitate to contact me if you would like more information or have any questions. Similarly, please let me know if you would like a copy of the final report with research findings.

# Scrabble players keep to the traditional words

**THE U3A** Scrabble group prides itself on following traditional Scrabble rules and observing the English language from a proper English dictionary. “We keep our words to mostly common every day words of today and do not use a lot of the new Scrabble version words,” co-ordinator Kath Clarke said. Some of the words not allowed are in the accompanying table, which are either abbre-

viations, incorrect spelling or foreign words. “I have heard many people commenting that they do not wish to play Scrabble because of all the words now being allowed,” Kath said. “We play Scrabble to enjoy the use of our brain and to use words we have been taught in our lifetime.” The Scrabble group has eight members and can take up to 12 players. Scrabble is played on Thursdays from 12.15pm to 3.30pm.

**These are some of the banned words:**



QI	ZA	UM	OU	UG	OB	AW	FE	MM
ZO	UN	BI	AA	DA	XL	OM		
EE	AY		EX	AX	AI	MU	PO	
WO	YO		ZEE	ZED		ETC		

# We must always watch our language!

**DO** you ever, when reading a newspaper or magazine article, come across a word, acronym or phrase and think “what?”, and need to look it up? Do you sometimes wish you could erase random apostrophes on signs? Do acronyms such as PVO, IMHO, AFAIK, FOMO, ICE (at least three interpretations) leave you flummoxed? Have you wondered why a door is alarmed? Words change, and we kindly share them with other languages, though French and Italian politicians wish that we would keep English words to ourselves. On the flip side, we could list dozens of Italian words without even trying.

We speak and write in abbreviations, in acronyms without realizing, and some of us write in hieroglyphics. And use gifs. I love gifs! Idioms and expressions vary across the generations. They might cause angst, or even be blacklisted. I read earlier this year that Gen Something finds full stops aggressive. Do they not breathe? I’m very much with Dame Joanna Lumley, who finds a page full of words without punctuation just unreadable. Languages have rules.

In the Romantic languages, nouns, verbs, adjectives must agree with each other. As school children, learning (English grammar) we were taught that “i” comes before “e” except after “c”. Weird. Think about that.

We somehow know the word order in a sentence; for example, the big, strong footballer is never the strong, big footballer.

Our littlies at school initially scatter apostrophes with abandon, but they do know the correct name for those three consecutive dots.

Some years ago, the Apostrophe Society in the UK disbanded, disheartened, but revived last year. Apostrophes do matter!

**RECENTLY** a book review caught my eye, as the subheading mentioned breadcrumbing, pocketing, orbiting and kitten-fishing. Nothing to do with cooking, outer space, saving money or rescuing cats, but all new dating lexicon. Wow! Appar-

ently, a supermarket cooked chook is a bachelor’s handbag. Who knew! Ghosting has taken over from sending someone to Coventry. An idea is now a hack. Word salad, while sounding lovely, and possibly nutritious, is an insult.

My dad used to ride a grid. I call it a deadly treadly, or a bike. My grandmother, born in 1875, used the words punk, or rum, to describe someone or something unpleasant, well before Sid Vicious and his music. Words change or have multiple meanings. When little, I would sit on the back doorstep, cracking walnuts with my shoe. Mum would get me to move —I might get piles. I didn’t understand what the Marlo jetty had to do with my sitting there, and she didn’t explain. Or when a local fisherman, in his small boat, was swept towards the entrance

(the Snowy River flows into the ocean at Marlo) and Dad said, “I hope he doesn’t lose his head”. What!!

**DURING** the school holidays, I took the grands to stay at Healesville for two nights. Three days of playgrounds and ice-cream shops on repeat. Day 1 at the Yarra Glen playground, Octavia (7) asked the time and without thinking (often my default setting) I replied that it was two hairs past a freckle.

Both kids were blank but after explanation joined in, giving my grey cells a workout, especially as my car clock is 24-hour digital. I introduced them to shanks pony, full as a goog — important life learning I’m sure. The playground at Marysville had an Archimedes screw but after 10 minutes of hard yakka, not enough

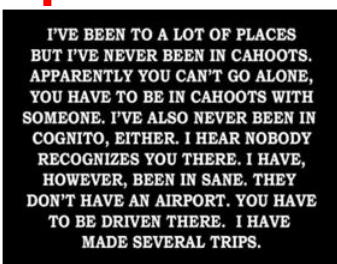
water was raised to wet their whistles. (FYI “wet your whistle” was first used by Chaucer, in Canterbury Tales.) Throughout the playground were metal plaques. Each for a letter of the alphabet, upper and lower case, a word beginning with that letter, braille, Auslan signing and a simple pictogram. Learning begins early.

But for all of the gripes, annoyances and raised eyebrows language is wonderful, rich and most importantly, useful. Language can make the head spin.

Or the heart sing. It can be shared. Or enjoyed alone.

— Pat

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# Our snow wonder



**ON** July 10, our intrepid member Jennifer Schubert, above, along with 191 juniors and nine other adults braved very dreary conditions at Falls Creek for an annual race day. The juniors race for the Rossignol Cup, and the Seniors for the Cranky Charlie (named after a drover) Cup. Jennifer proves that age is but a number. Congratulations and very well done young lady in your age group! (And in summer she hikes, pictured below.)

— Pat Pooley







# DOWN BY THE WATER

▲ **TWO** ducks enjoy the tranquil but wintry surrounds of House Creek in Wodonga's Willow Park.

## Creek upgrade planned

WODONGA City Council has obtained public feedback on plans to develop Wodonga Creek.

It proposes to develop along Wodonga Creek, linking the Wodonga CBA, Belvoir Park and Gateway Island through to Albury by connecting to the Wodonga pathways network to open up access to the river.

Council has identified three key activity zones within the Wodonga Creek precinct: these are the Stock Route Reserve (South), Stock Route Reserve (North) and Diamond Park.

Infrastructure to be investigated includes water access, paddling and swimming areas, seating and viewing locations, fishing platforms, picnic tables, toilets and barbecue areas.

Council says play areas provide recreational opportunities for families and act as an attractor for the region's strong visiting family and friends market.

To support the usage of activity nodes by the creek, identified in the Gateway Island master plan, the project will include formalising access and parking and provide improved lighting.

The project includes access and path linkages, and interpretative signage.

Construction is expected to start in June 2025.



**THE** Rabbit Hole Detectives podcast series, available on Apple and Spotify, is for those interested in fun facts and trivia. Thus far, I have listed to the history of the fez, of paperclips, St Edmund, superstitions, Maud Cunard, emojis, timezones and many more. Terrific listening for longer than around town car trips, or just some fun down time. Warning: you might well laugh aloud. Listening to an episode is not only informative but hugely entertaining. Rather like having chatty friends come and visit.

— Pat Pooley

## Famous insults...

**A MEMBER** of Parliament to Disraeli: "Sir, you will either die on the gallows or of some unspeakable disease." "That depends, Sir," said Disraeli, "whether I embrace your policies or your mistress."

"I am enclosing two tickets to the first night of my new play; bring a friend, if you have one."

— George Bernard Shaw to Winston Churchill. "Cannot possibly attend first night, will attend second... if there is one."  
 — Winston Churchill, in response.

"I didn't attend the funeral, but I sent a nice letter saying I approved of it."  
 — Mark Twain

"He is simply a shiver looking for a spine to run up." — Paul Keating

"His mother should have thrown him away and kept the stork." — Mae West



## Some Olympic fun facts!

**THE** 16,000 beds in the athletes villages at the Paris Olympics are made from recyclable cardboard. Tokyo first created the cardboard beds.

The wrestlers in those early games were oiled not to make them too slippery to grapple, but to keep the sand out of their pores.

UK diver Tom Daley knitted between events. He has now turned that into an online business.

Our Oldest living Olympian Gordon Ingate, 98 (1972 Games), is still sailing and winning.

Tarzan — Johnny Weissmuller — won five gold medals in swimming in the 1920s

During the 1936 Berlin Games, two Japanese pole vaulters tied for second place. Instead of competing



● The scoreboard at the 1956 Olympic Games.

again, they cut the silver and bronze medals in half, then fused the different halves together so each had a half silver, half bronze medal. The unlit Olympic torch has been in space a few times.

From 1912-1948, artists competed for medals, including painters, architects, musicians, sculptors and writers.

— Pat Pooley

## August in history

**1888** Jack the Ripper strikes for the first time.

**1880** Joshua Cowen helped invent the flashlight, and invented the electric toy train.

**1904** A patent for a glass shaping machine granted to Michael Owen.

**1898** Rudolf Diesel of France was granted a patent for an internal combustion engine.

**1755** Nicolas-Jacque Conte invented the modern pencil.

**1492** Columbus sets sail on his first voyage to the Americas.

**1962** Marilyn Monroe is found dead.

**30BC** Cleopatra dies.

### REMEMBER



### MELBOURNE?

**WITH** television in Australia having its beginnings in September 1956, for many Australians, their first glimpse of television was Olympic broadcasts. As only around 5000 televisions had been sold by the time of the Games starting on November 22, the Australian audience largely watched the games at community halls and at Ampol petrol stations.

## Ross Campbell writes...

**I**VE been reading a lot in the past weeks about our Olympic girl athletes.

Looking at pictures of them, too. What amazing young creatures they are!

Especially the swimmers, who seem to break a record every time they go in for a dip.

A girl in the Olympic swimming squad who has a bad day and doesn't break a record must feel thoroughly ashamed of herself.

I suppose the others make her sweep out the hut.

As a male Australian, and one who is not in the pink of condition, I have mixed feelings about these charming champs.

From the patriotic angle, of course, I am proud of them.

Yet deep inside I am a little unhappy.

Men like to feel that in the sporting field, at least, they are the masterful sex.

But how masterful would the average man look puffing after Shirley Strickland over the 80 yards hurdles?

Or playing tiggy-touchwood with Marlene Mathews?

No doubt this is why girl athletes

### THE OLYMPIC DAMES

so often marry outstanding sportsmen.

It seems the most sensible thing to do.

Yet many unathletic boys must be attracted to these goddess-like maidens.

Imagine the sad plight of a young



fellow who could only dog-paddle if he fell in love with Dawn Fraser or Lorraine Crapp.

He would spend half his time thinking up excuses to keep out of the water.

There was a case in point out our way.

Valmai Limber, who can jump 5ft. 3in., got engaged to little Cecil Creep, a librarian who can only jump 4ft.

Whenever they went to a friend's place Valmai leaped easily over the fence.

Cecil had to go round through the gate.

This built up a resentment in him and they began bickering.

Eventually Valmai went for advice to a marriage-guidance counsellor.

The expert said: "You can do two things. Either stop jumping or get a new boy-friend who can jump higher than you."

She took the second course. Today she is married happily to "Froggy" Hopwell, who clears the bar at well over 6ft.

I'm not sorry that girls were so much less athletic in my youth.

In those days, when one of them played "Chase Me, Charlie," an untrained man who was a heavy smoker had at least a sporting chance of catching her.

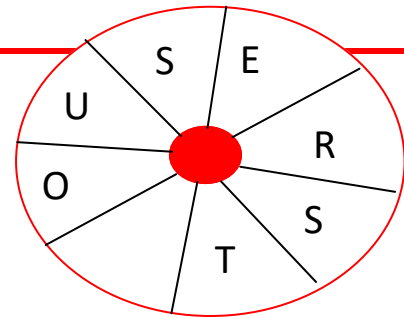
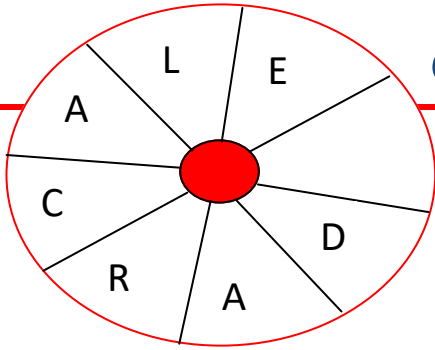
Nevertheless, good luck to our goddesses!

I'll cheer them even if I'd hate to compete with them.



Playing with

Words



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

**HOW** many times have we thought about possible book titles and unlikely authors? Remember *The Mini Skirt*, by Seymour Leg? How about these:

- Cricket Yarns by Albie Dubbelyah
- Growing Apples, by Oliver Bight
- Hair Problems, by Dan Druff
- Mountaineering, by Cliff Hanger
- The Forest, by Teresa Green
- Delicious Salads, by Hugh Cumber
- Pacific Adventures, by C. Farer
- Outback Trucks, by Lawrie Driver

2. More Words.

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

**E G E D R E**



Can readers think of any more book titles?

3. WHAT AM I?

Words Funny Words Funny Words Words	<b>SPAlostCE</b>	<b>BUSINES</b>	<b>CHOICE CHOICE CHOICE</b>	<b>ST AD</b>
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I asked a worker at the greengrocer where they kept pears. He said: "I'll see", and walked away. I asked another worker and he also said "I'll see," and walked away. In the end I gave up and found them myself, in Aisle C.

4. Song Words. What 1958 song has these words: roses need rain; melt my heart; poets run out of rhyme.



**THIS** pictured game shows how a word can develop and grow during the course of a contest.

A player needed to get rid of a Q, so created QUID. Later, the same player created LIQUID and was also able to later create LIQUIDATE.

Player 2 then created LIQUIDATES and STONY.

Another strong word in this game was DEFECTOR, which was created from the D in STAKED and the F in ROOF.

● U3A Scrabble is played on Thursdays from 12pm.



**Ponder this:** In the end, it's not the years in your life that count. It's the life in your years.



# Short & Sharp...

**WHAT** do the following words have in common?

civic      radar      kayak  
tenet      level      madam  
Glenelg      Hannah      Abba

**Answer:** They are all palindromes.

Palindromes are words (or phrases) that read the same way backward and forward.

Enough of the words. Now some phrases, such as:

Madam, I'm Adam

Cigar? Toss it in a can. It is so tragic.

Can you think of any phrases?



## 5 DEADLY TERMS USED BY A WOMAN

### #1 Fine ...to a man!

This is the word women use to end an argument when she knows she is right and you need to stop talking.

### #2 Nothing

Means something and you should be worried.

### #3 Go Ahead

Do NOT confuse this with permission! It's a dare and don't even think about it.

### #4 Whatever

A woman's way of calling you an idiot.

### #5 That's OK

She is thinking long and hard on how and when you will pay for your mistake.

### BONUS WORD: WOW!

This is not a compliment. She is amazed that one person could be so clueless.

## THE LAST WORD...

I wondered why the baseball kept getting bigger. Then it hit me.

I have a few jokes about unemployed people, but none of them work.

I tried to sue the airline for losing my luggage. I lost my case.

She was only a whisky maker, but he loved her still.

When one door closes and another door opens, you are probably in prison.

A few puns make me numb but math puns make me number.

I wanted to be a monk but I never got the chants.

Those who jump off a bridge in Paris are in Seine.

I have a step ladder because my real ladder left when I was a kid.

I broke my finger last week. On the other hand, I am okay.

Working in a mirror factory is something I can see myself doing.

• The male who contributed the above item wishes to remain anonymous.

### Playing with Words

#### Answers:

#### 1. Word Wheels:

calendar, trousers.

#### 2. More Words:

deer, dreg, edge, geed, reed; edger, greed; degree.

#### 3. What am I:

too funny for words; lost in space, unfinished business, multiple choice, stand in the corner.

#### 4. Song Words:

The Twelfth of Never by Johnny Mathis.







## 2024 State Conference

3 - 5 October 2024

**Forty and Fabulous!  
Now what's next**

**Thursday 3 October**

U3A Network Victoria – AGM  
Yarra River Cruise - optional

**Friday 4 October**

Welcome and official start of the conference  
Plenary speakers  
Breakout rooms  
City Walking Tour - optional  
Conference dinner - optional  
Morning and afternoon tea, lunch provided

**Saturday 5 October**

Plenary speakers  
Breakout rooms  
Morning tea

Wrap up of conference and official end of the conference.

Booking can be made through

<https://www.trybooking.com/CPDWW>



**ALBURY WODONGA**  
UNIVERSITY OF THE THIRD AGE

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## Conference Speakers



**Dr Norman Swan**  
Keynote Speaker



**Joanna Maxwell**



**Rebecca Nisbet**



**Rhonda Weston AM**



**Michael Cowling**



**Ritesh Chugh**



**Glen Wall**



**Rosemary Cameron**

### Watch the traffic!

**U3A MEMBERS** are reminded to be aware of increased traffic when attending their activities in McFarland Road, Wodonga.

As we have previously advised, traffic has increased since the opening recently of the new Elmwood Medical Centre, next door to U3A activities.

While Elmwood has off-street parking, patients visiting that centre may still be required to find street parking.

U3A members should also be mindful of general increased traffic in the area.

Local residents report that this area of McFarland Road is often used by motorists to avoid traffic congestion at the Pearce Street-Melrose Drive roundabout, near the Felltimber Community