

from the *President*



Alwyn Friedersdorff

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It's time to write a letter

I ONLY just welcomed you back to Term 3 in the last newsletter and now the days are slip-sliding away! And talking of days... I went looking, and I found that there is a day allocated to the observance of something for each day in September! In this digital age of text and e-mail, it's almost unheard of to sit down and compose a letter. Did you know that September 1 is always *World Letter Writing Day*? A day that encourages people worldwide to pick up a pen, grab a piece of paper and write a letter! I always told my children that I preferred to get a letter from them rather than a phone call or an email, because I can pick up that letter and enjoy reading it three or four times! Fathers' Day and Mothers' Day are very well observed but honouring the love and wisdom of grandparents on September 8, *Grandparents Day* is not so well known! When I think of my Gran, my mind goes straight into her pantry to steal the best piece of short-

bread ever made, or a real treat was her jar of pickled walnuts! And Grandpa was an accordion player; we would sit for hours listening to him squeeze out rollicking tunes. It would be fun to hear what you think.

IT is a while off yet, but we have made an open invitation to "drop in and learn" during the first week back in Term 4 as this is Victorian Seniors' Week, so hopefully we may see some new faces. Programs are already out and available at the Wodonga Council, with a few available in our foyer at The Venue. There are some interesting activities on offer that you may wish to participate in... a bike ride; Sunday lunch at The Venue; a Wildflower walk or a Cemetery tour! You cannot register until September 16...another day to observe! And before you know it, September will have vanished and we will be into Term 4.

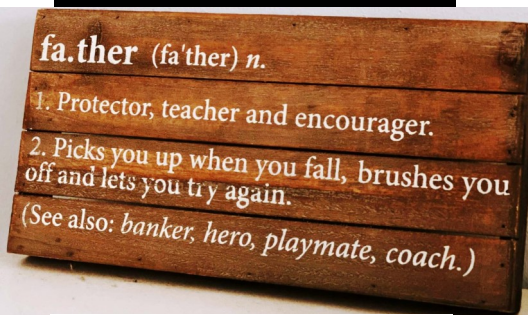


◀ The "Mocktails and Mingle" night.

MEMBERS who attended the "Mocktails and Mingle" night at Latrobe University on August 22 had a great time engaging with some enthusiastic students and staff. I was given the task of awarding a *Winner* ticket to the second student who approached me. What did she win, I wonder? Free mocktails and excellent pizzas oiled the wheels of conversation and it proved to

be a very worthwhile activity for our members and the students. Our involvement in the function was part of our proposed commitment to supporting the university and its students by attending functions and public lectures, and having a presence on campus. This forms part of our contribution to a "Memorandum of Understanding" that

your Committee intends entering into with the university within the concept of life-long Learning. The benefits to us that are being considered will be a presence on campus in the form of the use of a classroom and access to university staff as presenters. Thanks to those members who attended, and weren't those pizzas great?



Plus: Terrible Father's Day jokes! — Page 6

— Alwyn

Guardian angels and the kindness of strangers

Our U3A member Gudrun Reid had a huge scare very recently. She wrote and sent this to me to include in the newsletter, not only to describe her accident, but the thoughtful actions of others:

“ I was driving near Wooragee on Saturday evening, quite blinded by the low sun. I ran off the road and into a ditch. The airbags deployed, but I managed to drive back onto the road and stopped the car. Smoke was pouring from under the bonnet. I got out of the car and quickly grabbed my dog Louis, then moved away from the car. Passersby stopped, retrieved my



● **All that remains of Gudrun Reid's car!**

from the *Editor*



Pat Pooley

handbag and overnight bag. They led me away from the car, which was smoking badly. My family were phoned to let them know that I was alright. Those kind strangers had me stand behind their car and told me not to watch as I heard the sound of the fire taking over the car. The fire roared and there were many explosions – tyres and light systems. Emergency vehicles arrived – ambulance, fire and police. They were supportive and checked my health and for any injuries. Fortunately, there were none. Louis was also checked. I was eventually taken by ambulance to the Albury Base and able to go home after a four-hour

period of observation. Breath tested too! (All clear). What a fortunate circumstance that I can mourn only the loss of my car. This could have had a much different outcome. I was told that I did some precision driving and did not roll the car. ”

THE Para Olympics first began about 100 years ago, but it was not until after WWII that it was widely introduced. The purpose of it at that time was to assist the large number of war veterans and civilians who had been injured during wartime.

In 1944, at the request of the British Government, Dr Ludwig Guttmann opened a spinal injuries centre at Stoke Mandeville Hospital in Great Britain, and in time, rehabilitation sport evolved to recreational sport and then to competitive sport. — **Pat**

Our WHS policy has been revised

THE U3A Albury Wodonga Management Committee has revised its U3A WHS Policy.

The revision outlines the responsibilities of all stakeholders. This includes the Management Committee, the tutors and event organisers, and members and visitors.

All members, volunteers, and tutors shall:

- take reasonable care of their own health and safety;
- take reasonable care that their acts or omissions do not adversely affect the health and safety of other persons;
- co-operate with any reasonable policy or procedure of the person conducting the activity relating to the health and safety of U3A Albury Wodonga members, visitors and the public; and

- report any injuries, incidents or hazards to the Class Tutor, event organiser, or the management committee.

A First Aid Kit is available in the U3A Office.

A defibrillator is available in The Venue stairwell at GAAC.

The full policy can be found on our website at the following link:

<https://u3aalburywodonga.org.au/about-us/policies/>

If you have any questions about the policy, please contact any member of the Management Committee: Alwyn Friedersdorff, Diana Pape, Judy Charlton, Tony Keys, Ludger Pille, Peter Massey, Anthony White, Cherryl Kolbe, Rod Farr, Karen Ferguson.

WODONGA City Council's Seniors Month celebrations will be held in the week starting October 7, which will be the first week of U3A's Term 4. U3A Albury-Wodonga will open all our classes for senior visitors who would like to come along and see what U3A is all about. Hopefully, some of them will decide to join once they see what we can offer. This is an advance notice to let everyone know that we will welcome any visitors that week and ensure they feel included. Alwyn is the nominated contact in the promotional material if anyone would like to attend. A further reminder will go out to tutors and members at the beginning of Term 4.

Step out and spring into action

SPRING is a time of rebirth, it puts a bit of pep into our steps. Days are lengthening bit by bit: there is some warmth in the sun. Buds burst, frilly leaves appear and for some, it's hayfever season.

Spring is a time to take stock – of self, house, garden, wardrobe. How much easier to go for a walk, brisk or otherwise, without the need for multiple layers of warm clothes! We might be brave enough to step, as lightly as possible, upon the bathroom scales. For those who like to make resolutions (and I'm not one of them), I would think that spring is a better time to do so. For the sporty types, it's finals season, or for hoping that the snow holds out for a bit longer. Spring racing carnivals will be approaching, maybe the cricket whites need a good soak in NappiSan, the bats oiled. Tennis racquets dusted off...

cleaning is rooted into the Jewish, Iranian and Chinese cultures extending into the distant past. In Iran, the new year is on March 21. A two-week long celebration before Nowruz (new year) is called *khane tekani*, which means shaking the house. Every part of the house is scoured and cleaned.

In Jewish custom, Passover marks the time of the exodus from Egypt. Tradition requires that no crumb of unleavened bread be in the house, hence the thorough clean. While the Chinese deep clean to remove any bad luck and misfortune accumulated during the previous year. But then no sweeping for a few days in order to prevent sweeping away any good fortune that came with the new year.

CERTAINLY those with green thumbs, of whatever shade, are thinking about, or are physically preparing the vegetable garden. I am having my annual war on oxalis and have spread manure for it to do its thing before the edibles are planted. Since my vegetable scraps are dug randomly into the garden, there are always little surprises popping up. As I write this, the snowdrops, jonquils and daffodils are out, the lilly pillies bowing under the weight of their berries. So much so, I had to remove bunches of berries to save the spindly branches.

— Pat

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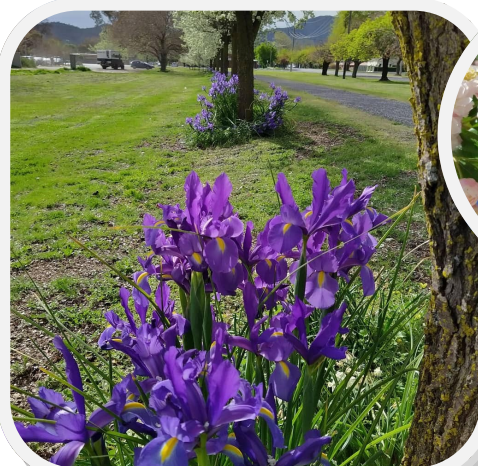
from the *Editor*



Pat Pooley

BACK in the olden days when I was at school, we learned that the various seasons were tied to the passage of the Earth around the sun – equinox, solstice. But it seems that we have a meteorological calendar, and an astronomical calendar. And the Top End only have two seasons. Our First Nations people have six defined seasons.

The internet, being a mine of trivia and facts (and junk), revealed some interesting background on spring cleaning. Spring



- The colours of autumn, from iris at Myrtleford, camellias and bees going about their business.



► Remember... Term 3 ends on September 20; Term 4 starts on October 7.

Help, please!

I **WOULD** love some help. From my kitchen window I see the usual backyard birds, but lately something more interesting. Some very tiny birds have been enjoying the fallen oranges. The birds are a sort of olive colour on top, and pale olive/neutral on the underneath. They are about as long as an index finger, tail included. If alarmed, they scoot to the nearby lilly pilly. Two such birds can balance side by side, nibbling away, without causing the orange to wobble. And yesterday two much larger birds were also enjoying their VitC. Olive upper, grey underneath. About the size of a blackbird. I'm guessing that the larger birds are responsible for feasting on the still hanging oranges. They ignore the lemons. Unfortunately I couldn't get a clear photo, but the littlies don't appear to have any additional markings. If you could identify either or both, I would be very grateful.

I'VE BEEN TO A LOT OF PLACES BUT I'VE NEVER BEEN IN CAHOOTS. APPARENTLY YOU CAN'T GO ALONE, YOU HAVE TO BE IN CAHOOTS WITH SOMEONE. I'VE ALSO NEVER BEEN IN COGNITO, EITHER. I HEAR NOBODY RECOGNIZES YOU THERE. I HAVE, HOWEVER, BEEN IN SANE. THEY DON'T HAVE AN AIRPORT. YOU HAVE TO BE DRIVEN THERE. I HAVE MADE SEVERAL TRIPS.

Bathing in random thoughts

FROM thoughts on spring cleaning, please take a courtly step into a Tudor palace. Queen Elizabeth 1st bathed every four weeks — almost scandalous for her time. Those poor servants carting buckets of hot water up and down stairs. But across the Channel, and a bit later in history, Louis XIV was so averse to bathing that he only endured three in his lifetime. The Russian ambassador exclaimed that the king smelled like a wild animal. He also had bad breath but did change his underwear three times a day. And drenched himself in perfume. Fortunately bathing and washing are a bit different. (This trivia is from *The Rabbit-hole Detectives*)

AND now a pirouette into the kitchen. Having discovered that washing grapes in water is not sufficient (for me), I did some deep diving into the internet to discover that a 10 per cent saline solution does the trick. Apparently it does not alter the taste.

COMPASSION comes in all forms. Recently at the Melbourne Recital Centre I had a charming gentleman sit next to me. He was blind. He told me that he came in from Lilydale on the train. I asked how he managed. An ex-colleague met him at Flinders Street Station, walked with him to the MRC and his seat, then reverse order after the recital. This gentleman told me that when he was at university he sat in the very back row with a telescope to his best eye (50 per cent vision) and wrote

with his other hand. Dedication and commitment to learning.

AFTER the recital I went to the Pharaoh exhibition at the NGV, just a few minutes away. Excellent. It was arranged as if inside a pyramid, with labyrinths, tunnels and pillars. Mirrors were used to show some pieces from all angles or in zones of low light, to reflect. At times I had to do a Prince Phillip walk, hands behind my back, for fear of touching these beautiful pieces. Needless to say I got a bit lost

and almost missed the section showcasing exquisite jewellery. Gasp indeed! Give yourself plenty of time and wear comfortable shoes. I revived with a glass of Moët up in The Tea Room.

DO NOT forget the Christine Upton exhibition at Hyphen. Delightful. Quirky.

MY husband certainly did not rouse himself any earlier from slumber to watch the Olympics (only cricket does that) but he did settle down for a

few hours of viewing each morning. From my very unscientific polling, it was an enjoyable and often exciting fortnight for those watching on TV. Hooray for the technologies that allow us, thousands of miles away, to watch in real time. What we do not see though are the thousands of hours put in by parents from when these athletes are often quite young.

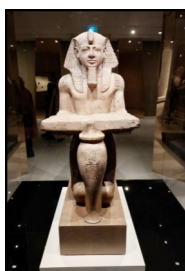
For all their joys and disappointments, the finest feature of the Olympics is the virtues they celebrate: ambition, determination, discipline and, above all, merit.
 — Henry Ergas

— Pat

from the *Editor*



Pat Pooley

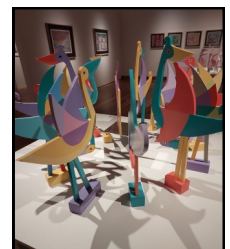


Ramses II. c1279-1213 BC, left.

Sandal buckle. Hippopotamus ivory. 2985 BC, right



Christine Upton at Hyphen, right.



We mourn the death of a good friend

TODAY we mourn the passing of a beloved old friend, Common Sense, who has been with us for many years.

No One knows for sure how old he was, since his birth records were long ago lost in bureaucratic red tape. He will be remembered as having cultivated such life lessons as:

- Knowing when to come in out of the rain;
- Why the early bird gets the worm;
- Life isn't always fair; and
- Maybe it was my fault.

Common Sense lived by simple, sound financial policies (don't spend more than you earn) and reliable strategies (adults, not children are in charge). His health began to deteriorate rapidly when well-intentioned but overbearing regulations were set in place. Reports of a 6-year-old boy charged with sexual harassment for kissing a classmate; teens suspended from school for using mouthwash after lunch; and a teacher, fired for reprimanding an unruly student, only worsened his condition.

Common Sense lost ground when parents attacked teachers for doing their job that they themselves had failed to do in disciplining their unruly children.

It declined even further when schools were required

• The following article was submitted by **Random Thoughts and Ideas** tutor, **PETER MASSEY**. It was an Obituary printed in the London Times. Interesting and sadly rather true.

I'm old enough to remember when health and safety was called common sense.

THERE IS NO SUCH THING AS A GROUCHY OLD PERSON. THE TRUTH IS, ONCE YOU GET OLD, YOU STOP BEING POLITE AND START BEING HONEST.

to get parental consent to administer sun lotion or an aspirin to a student, but could not inform parents when a student became pregnant and wanted to have an abortion.

Common Sense lost the will to live as churches became businesses, and criminals received better treatment than their victims.

Common Sense took a beating when you

could not afford to defend yourself from a burglar in your own home and the burglar could sue you for assault.

Common Sense finally gave up the will to live after a woman failed to realise that a steaming cup of coffee was hot. She spilled a little on her lap, and was promptly awarded a huge settlement.

Common Sense was preceded in death by his parents, Truth and Trust, by his wife Discretion, and by his daughter, Responsibility, and by his son, Reason.

He is survived by his four stepbrothers;

- I Know My Rights
- I Want It Now
- Someone Else Is To Blame
- I'm A Victim

Not many attended his funeral because so few realised he was gone. If you still remember him, pass this on. If not, join the majority and do nothing.

Sensational September

122 Building began on Hadrian's Wall (UK).

1533 Queen Elizabeth 1st was born.

1620 The Mayflower sets sail from Devon.

1624 The first practical submarine was publicly tested on the River Thames for King James 1st, who was onboard for one of the tests. It was invented by Dutchman Cornelis Drebbel.

1666 saw the Great Fire of London.

1725: Nicolas Joseph Cugnot invented the first automobile.

1893 New Zealand became the first country to grant all women the right to vote.

1897 Taxi driver George Smith, in London, became the first person to be fined for drunk driving. The fine was 25 shillings. Pretty hefty.

1990 The Unification Treaty was signed to re-unite East and West Germany.

1998 Larry Page and Sergey Brin founded Google.

— Pat Pooley

Our journey of discovery

U3A Walkie Talkies Ramblings 2024

Words: Helen Collins

Pictures: Joan Peters

WITH an aim to live healthy and socially connected lives, Walkie Talkie members have had an interesting journey of discovery to date this year.

In great company we have joyfully discovered all sorts of interesting things in our local region – from bicycles in trees, to bunyips and old bridges and admired the local fauna and bird life.

History buff members of our group have delighted us with factual reminiscences as we have ambled past some of the older buildings in Albury, explored the local hills and rivers, and marvelled at the story of the construction of the Hume Weir, admiring the courage of those workers who risked and even lost their lives in its construction and the recent work done to remedy some faults.

As we have strolled along local pathways we have learned more of the customs and culture of our local First Nation's Peoples, thanks to the many signs recently erected. Interesting to learn that the Murray River was and remains a powerful source of life as a massive river system in a huge dry land.

The river united rather than divided the First Nation's groups living on country. Dhudhuroa was the main language of North-East Victoria, south of the Murray. North of the river the Wiradjuri language dominated. This being the bi-centenary year of the explorations of Hume and Hovel we have traversed several sections of their trek in and around Thurgoona with members relating more details of their journey.

Walks always conclude with a delicious shared morning tea.



Happy Father's Day, dads

My dad said he wanted something ground-breaking for Father's Day. So I got him a shovel...

What's the best thing a new dad can get for Father's Day? A long nap.

Where did the cow family go on Father's Day? The moo-vies.

What do nice pirates do on Father's Day? Take out the garrrrrrrrrrrbbage without being asked.

What makes more noise than a child jumping on daddy's bed on Father's Day morning? Two children jumping on daddy's bed!

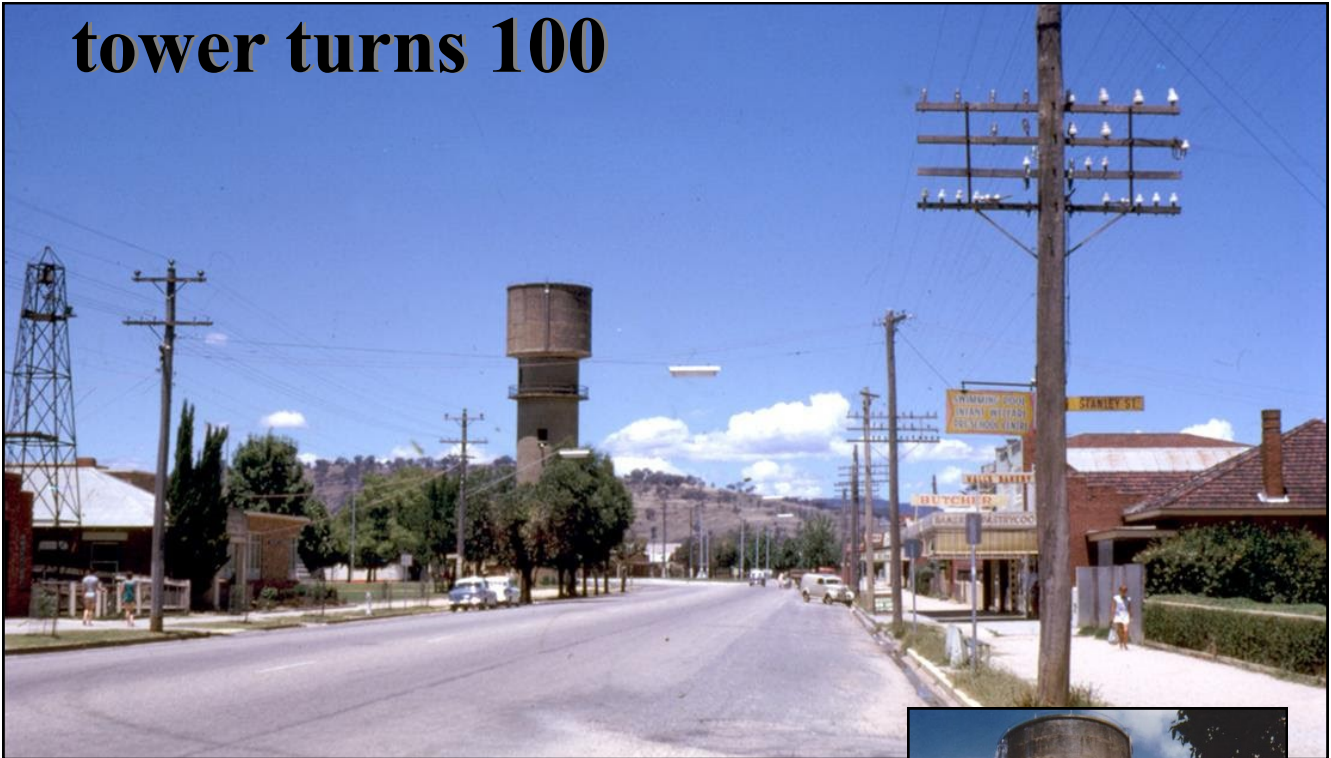
Why didn't the dad want to swim with the sharks on Father's Day? It would have cost him an arm and a leg.

How much did the son charge his dad for fixing his roof on Father's Day? Nothing, it was on the house!

What does the pig give his dad for Father's Day? Lots of hogs and kisses.

City's water

tower turns 100



THIS year marks the 100th anniversary of the Wodonga Water Tower. To celebrate the occasion, Wodonga City Council is partnering with the Wodonga Family History Society and the Wodonga and District Historical Society to host a special event on December 4. The organisations are seeking memorabilia, photos and stories relating to the water tower to mark the 100th anniversary. All information provided will be collated and displayed at a special day of celebration on December 4 at the base of the Water Tower. The water tower was officially opened in December 1924. In old terminology, the total height of the water tower and tank is 103 feet, but 3ft of this is below ground level. The structure rests on a block of solid con-

crete 2ft deep and 30ft in diameter. Under this is a foundation of sand fillings 4ft deep. The cylindrical tower is 77 ft. 4 inches high and 20ft in diameter, the wall having a thickness of eight inches. There are three floors, each having a window. The landings are of concrete, 4 inches thick. Rising through the centre is an octagonal concrete column 22 inches in diameter, which assists in supporting the tank. Near the bottom of the tank is a balcony, 3 ft. 6 in. wide. Having a height of 22 ft. 8 in. and a diameter of 27 ft. the tank could hold 75,000 gallons of water, which was estimated to be the daily requirement of the town. At one stage in the tower's history, it was planned to be demolished! However, a quote from a wrecker to demolish it was considered too expensive and it remained.

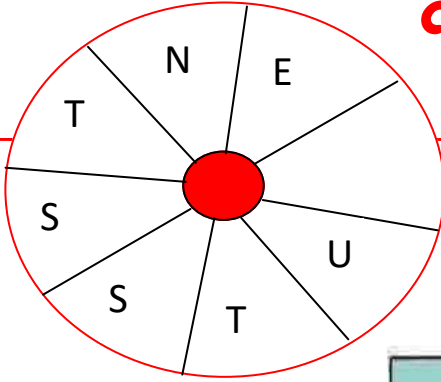
- For contributions, contact the historical society at historywodonga@gmail.com or the family history society at secretary@wodongafamilyhistory.org.au



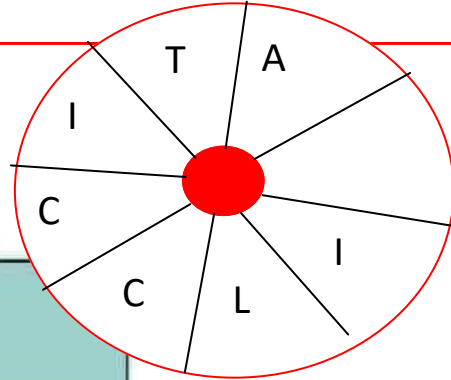
◀ **Wodonga Water Tower over the years, including the early 1950s, above, with water overflowing. This was a favourite with the kids on a hot summer's day.**

Playing with

Words SEPTEMBER 2024, PAGE 8



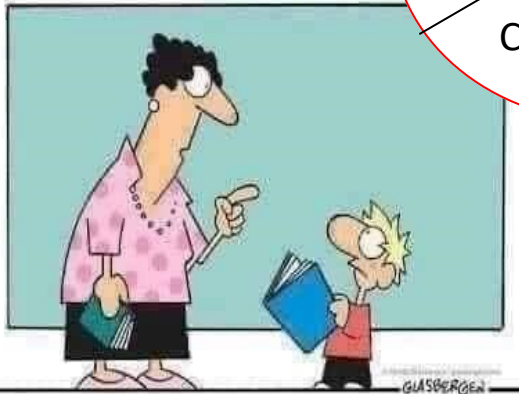
1. Can you solve these **Word Wheels** by inserting the missing letter?



2. More Words.

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

OLSC TH



It's called **reading**.
It's how people install new software into their brains.

4. Can you identify these NSW towns?

- a. A bird's home
- b. Masculine
- c. Nice elevation
- d. Stone-like
- e. A representative
- f. Flowery crest

3. **Song Words.** What 1968 song contains the following lyrics: rows and flows;

block the sun;
cloud illusions.

5. WHAT AM I?

GOING

S
R
I
A
T
S

TIME TIME

DRIVEN

SEARCH

↑

↓

Ponder this: You are not rich by what you earn. You are rich by what you save.

Finally: Did you know that bakers trade bread recipes on a knead to know basis?

U3A **S₁ C₃ R₁ A₁ B₃ B₃ L₁ E₁**

MARY got off to a stunning start in a recent U3A Scrabble match. Her opening move started with seven-letter word CAUTION, which earned her 24 points, plus 50 bonus points for using all her tiles. Her strong start continued with QUIINT (an organ stop sounding a fifth higher than the corresponding digitals), SODA as a triple word and ZINGY. Mary finished with an impressive 370 points, while her opponent Ann also scored well with 253 points in a high scoring match that used five of eight triple word opportunities.



● Scrabble is played on Thursdays from 12.30pm.

Short & Sharp...

What goes first: jam or cream?

The Cornwall Way

Protects the cream from melting



The Queen's preferred preparation

The Devon Way

The alleged first cream tea's framework



Dairy-first is more typical of a sandwich

IN keeping with all the great debates, we want to know what goes on scones first: the jam or the cream? In Australia, the jam goes on first, but not so in England. The Cornish prefer jam on first, while Devonians prefer cream first. The late Queen preferred jam first; English cook Nigella Lawson prefers

cream first; Matt Preston says it is jam first in Australia. Those who like cream first say this method allows you to use more cream and it spreads better than it would on jam! Those who like jam first say it soaks better into a warm scone than would cream. So, what way did your mother and grandmother favour?



THINGS YOUR PARENTS SAID...

- I'm going to see a man about a dog.
 - Soap and water never killed anyone.
 - There and back to see how far it is..
 - Don't sit too close to the TV, you'll get square eyes.
 - This is for your own good.
 - You can grow potatoes in those ears
 - Would you jump off a cliff if he/she told you to?
 - Who died and made you boss?
 - This room is like a pigsty!
 - What time is it...
- ...Half past my elbow.



Plus:

Eat your peas or there will be no dessert!
Out of the road! Let your mother see the rabbits.
Some one will get hurt ... this will end in tears.
Be careful. The wind might change.
This will hurt me more than it will hurt you.
Yes you can do that ... but you may not!

Question: What do the following words have in common?

soak sash
spine steak

Answer: Remove the first letter from each word and they all become trees.

“ Do not tell lies. Just tell the least amount of truth that you can. ”

— Anonymous

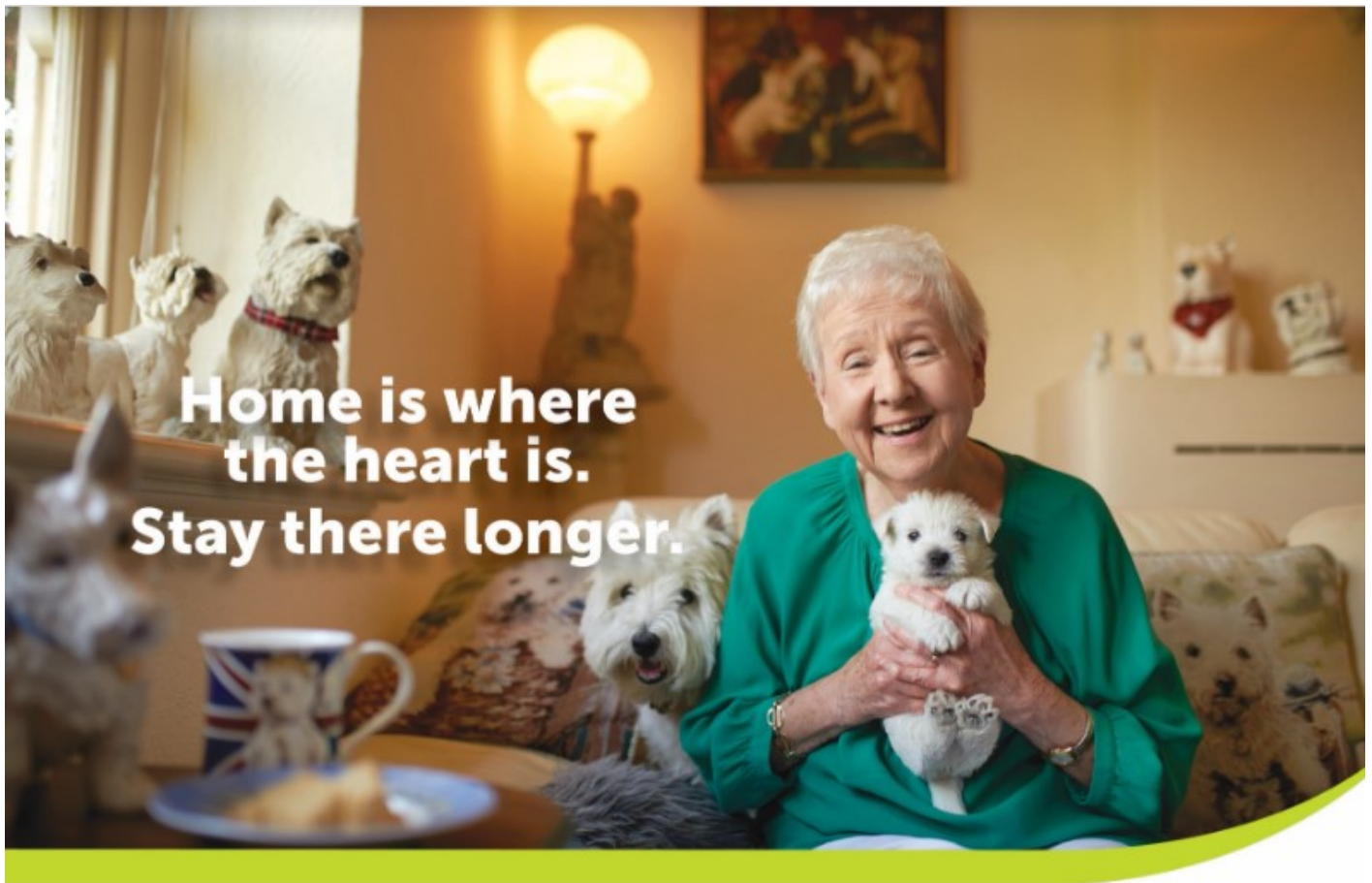
And remember: All things in moderation, including moderation.

— Oscar Wilde

Playing with Words Answers:

1. **Word Wheels:** students, climatic. 2. **More Words:** cloth, clots, colts, lochs, sloth; cloths. 3. **Song Words:** Both Sides Now, by Joni Mitchell or Judy Collins. 4. **NSW Towns:** a. Crows Nest, b. Manly, c. Pleasant Hills, d. The Rocks, e. Delegate, f. Rosehill. 5. **What am I:** going upstairs, time after time, driven up the wall, search high and low.

Ponder this: Are we are drowning in information, while starving for wisdom?



Free event **How to live at home for Longer**

Our health needs change as we age, but one thing stays the same: our desire to remain living in our own home. Let me explain how you can access government funding to **help you stay living at home for longer.**

Topics covered include:

1. My Aged Care
2. Commonwealth Home Support Program - Services, Costs.
3. Home care Packages - How to Access, Services & Equipment,
4. Providers & Costs.
5. Other subsidised Government programs

Tuesday 15th October 2024 @ 1.30 pm

**The Venue, GAAC
5 McFarland Drive, Wodonga, 3690**

Enquiries: office@u3aalburywodonga.org.au

Presented by: **LATROBE COMMUNITY HEALTH SERVICE**