



University of the Third Age  
U3A Ararat & District Inc.  
PO Box 531 Ararat Vic 3377  
[u3aararat1@gmail.com](mailto:u3aararat1@gmail.com)  
No A0053715K

## FROM PRESIDENT PAT...

Welcome to our first newsletter for 2020 and a special welcome to all who have joined the organisation for the first time. It was pleasing to see such a large attendance at our enrolment day and great to see so many new faces.

Our guest speaker, Jess Paterson, provided an interesting insight into her work at the (Ararat) LLEN (Local Learning and Employment Network). It was also pleasing that a number of our members have contacted Jess and have offered to be involved in some of the mentoring opportunities at the LLEN.



While most of us were relaxing over the festive season, our treasurer was busy

working on applications for funding opportunities from the Commonwealth Government. Pam's efforts were well rewarded with U3A Ararat receiving two grants which will be utilized in delivering training for our members in **digital literacy, tablets and mobile phones**. Many thanks Pam - well done. I would encourage any member who would like to become familiar/more familiar with computers, mobile phones and tablets to consider this training that is available in first term at the **Be Connected classes; first on 18 Feb. then 25 Feb. including free delicious lunch for everyone/anyone! Then 3 March and 17 March, check your program for detail.**

Many of you will be aware that we have been having some challenges with our current website. The committee has decided to decommission our current website and develop a new website which hopefully will be more "user friendly". On behalf of the committee I would like to thank you for your patience.

This will be my last newsletter as your president. I have served five years on committee, first as treasurer, and for the past three years as president. Under the rules of our constitution I will finish my role as president at **the AGM on 2 March 2020. (1.30 p.m.)**. When I joined the committee five years ago we had 80 members - in 2020 we will probably have in excess of 160 members. It has been a privilege to have led the organisation for the past three years and I would like to thank committee and general members for your support and encouragement during that time.

**Pat McAloon**  
**President**

***So, coming up for your diary!....***

- **DEGUSTATION LUNCHEON 25 February.**
- **AGM 2<sup>nd</sup> March**
- **DJEMBE DRUM WORKSHOP! 19 March**
- **BE CONNECTED digital literacy...X 3**

## U3A MEMBER OF THE MONTH PAULINE CARMAN



I was born on 21<sup>st</sup> September, 1946, in Unley, South Australia. Post war rationing made housing scarce, so my parents, older brother Trevor and I spent the first 5 years of my life sharing a two bedroom house with my maternal grandmother, aunty, uncle and cousin! The foundations for the long-awaited house of our own had just been poured when Dad was diagnosed with terminal lung cancer, and died just a few months later. Mum sold the land and we moved in with our paternal grandmother.

I attended Richmond Primary School and Adelaide Technical High School, a school which had a strong academic reputation but a very dated attitude to girls' schooling. Girls were only offered commercial subjects, and I wanted to do some science subjects so applied to another high school and was told it was impossible to do Intermediate (now yr 10) physics and chemistry in one year. I enjoy a challenge, so studied both at night school and passed both.

My first job was an accounts clerk at Colonial Mutual Life Insurance, which I left after 18 months to start my nursing career at the Royal Adelaide Hospital. During that time I met Ian at a church youth group, and we were married in January 1968, so will have celebrated our 52<sup>nd</sup> wedding anniversary by the time you read this. After our first two children were born I wanted to resume my nursing career, so went back to the RAH as their first part time registered nurse. Two years later we welcomed baby number 3, so work was on hold for a while, followed by casual nursing home work.

In 1990 I joined a small private palliative care company, where we cared for terminally ill people in their own homes. It was a very rewarding and challenging time, and I met some amazing people. During this time I completed a Certificate in Palliative and Grief counselling. In 1991 my boss and I joined an international group of health professionals for a conference in Bombay, as it was then known. This was a very polarising experience for the group, as we grappled with the extremes of wealth and poverty.

After Bombay we also went to London, New York and Austria. This was the 200<sup>th</sup> anniversary of Mozart's death, so I saturated myself in his glorious music while we were there.

My stories on return whetted Ian's wanderlust, and we have had some good holidays since, including walking the Pilgrim's Way in England, seeing some of Europe and riding the Trans-Siberian Railway. Mongolia is such a special place, much of it still unspoilt. We had the chance to drive a Russian B52 tank while we were there! Other highlights for me were the Taj Mahal, seeing the sun rise over the Himalayas, an elephant ride in India, and a camel ride into the Sahara desert in Tunisia.

We had always planned to retire somewhere rural and only decided on Ararat on the advice of our daughter who lives in Crowlands, (ed: winemaker and owner of DogRock). We both started volunteering as we believe it is important to give back to the community, and I am currently with Gum San Chinese Heritage Centre, Church of Christ, Patricia Hinchey centre and Rural Australians for Refugees. My involvement with RAR began when Julian Burnside QC came to St Andrew's and told us of the plight of the people trapped on Manus and Nauru, and the inhumane policies of both Liberal and Labor governments. RAR meets bi-monthly, and we support the Asylum Seeker Resource Centre and try to increase community awareness. On Feb 12<sup>th</sup> the Welcome Scroll (a scroll listing the names of all the Australian towns which have signed up to be Refugee Friendly towns) visited Ararat. We enjoy life here; the only drawback is leaving 2 sons and 3 grandchildren back in Adelaide. **Pauline.**

All Ararat & District U3A Members & Friends  
you are invited to a

**FREE LUNCHEON!**

on **TUESDAY 25<sup>th</sup> February**

**11:30 am - 1:30 pm**

At Melbourne Polytechnic Training Facility  
to launch the Federally Funded

**BE CONNECTED PROGRAM**

( *Encouraging the use of digital devices* )

*RSVP* for catering required by 17/02/2020

to Pam Brennan M: 0419314849

E: [pambrennan98@gmail.com](mailto:pambrennan98@gmail.com)



**Be Connected**  
Every Australian online.

## BOOK REVIEW:

My daughter lives in London and she sent me a book for Christmas – she had just finished it and said I must read it. Published by Pan Macmillan Australia and written by former refugee, journalist and poet Behrouz Boochani it is called *'No friend but the mountains'*. Boochani won the Victorian Premier's Literary Prize for Literature and for Non-Fiction in 2019 for this book. I read it with astonishment, shame ..... laboriously tapped out on a mobile phone and translated from the Farsi, read what our Australian writers and scholars have to say - extracted from the web. MB.

*'Where have I come from? From the land of rivers, the land of waterfalls, the land of ancient chants, the land of mountains... 'People would run to the mountains to escape the warplanes and found asylum within their chestnut forests...'*

'Our government jailed his body, but his soul remained that of a free man.' RICHARD FLANAGAN

'The most important Australian book published in 2018.' ROBERT MANNE

"Segues effortlessly between prose and poetry, both equally powerful." *Australian Financial Review.*

"Brilliant writing. Brilliant thinking. Brilliant courage." Professor Marcia Langton AM

'A shattering book every Australian should read' BENJAMIN LAW

'A magnificent writer. To understand the true nature of what it is that we have done, every Australian, beginning with the prime minister, should read Behrouz Boochani's intense, lyrical and psychologically perceptive prose-poetry masterpiece.' *The Age*

'He immerses the reader in Manus' everyday horrors: the boredom, frustration, violence, obsession and hunger; the petty bureaucratic bullying and the wholesale nastiness; the tragedies and the soul-destroying hopelessness. Its creation was an almost unimaginable task... will lodge deep in the brain of anyone who reads it.' *Herald Sun*

'An essential historical document.' *Weekend Australian*

"It is a voice of witness, an act of survival. A lyric first-hand account. A cry of resistance. A vivid portrait through five years of incarceration and exile." Readings

© 2000 Randy Glasbergen. www.glasbergen.com



**"If my figures are correct, you'll need to set aside 975,000 dead mice for your retirement."**

### ***Gardening Australia advice:***

Many people like to plant in spring, but as the climate in our temperate zones gets drier, it makes better sense to plant in autumn. You might not see the instant results you'd normally get in spring, but while your plants may look like they're not doing very much over autumn and winter, what's happening under the surface is important. Their roots are establishing a great root system and that will increase their chances of survival, says Jane from Gardening Australia....

### ***Vege & Herb planting guide for February:***

Beetroot seeds  
Broccoli, brussell sprouts, cabbage,  
cauliflower, all –  
seeds or seedlings  
Carrot seeds  
Celery seedlings  
Fennel seeds



**Herb** – plant basil, chives, coriander, lemongrass, marjoram, mint, oregano, parsley, rosemary, tarragon, and thyme. February is the last chance for Basil.





Checking out at the supermarket, the young cashier suggested to the much older woman, that she should bring her own grocery bags because plastic bags weren't good for the environment. The woman apologised and explained, "We didn't have this 'green thing' back in my younger days." The young cashier responded, "That's our problem today - your generation did not care enough to save our environment for future generations."

She was right, our generation didn't have the 'green thing' in its day. Back then, we returned milk bottles, lemonade bottles and beer bottles to the shop. The shop sent them back to the plant to be washed sterilised and refilled, so it could use the same bottles over and over. Groceries came home in brown paper bags that we re-used, most memorable besides household bags for rubbish, was brown paper bags as book covers for our schoolbooks. Then we personalised our books on the brown paper bags.

We walked up stairs, because there wasn't a lift in every supermarket, shop and office building. We walked to the local shop, we washed the baby's Terry Towel nappies and we dried clothes on a line, not in an energy-gobbling machine burning up 3 kilowatts – wind and solar power really did dry our clothes back then. Kids had hand-me-down clothes from their brothers or sisters, not always brand-new clothing.

Back then, we had one radio or TV in the house - not a TV in every room and the TV had a small screen the size of a big handkerchief (remember them?), not a screen the size of Tassie the kitchen. We blended and stirred by hand because we didn't have electric machines to do everything for us. When we packaged a fragile item to send in the mail, we used wadded up old newspapers to cushion it, not Styrofoam or plastic bubble wrap. Back then, we didn't fire up an engine and burn petrol just to cut the lawn. We pushed the mower that ran on human power. We exercised by working so we didn't need to go to a health club to run on treadmills that operate on electricity. We drank from a tap or fountain when we were thirsty instead of using a cup or a plastic bottle every time we had a drink of water. We refilled writing pens with ink instead of buying a new pen, and we replaced the razor blades in a razor instead of throwing away the whole razor just because the blade got dull.

Back then, people took the bus and kids rode their bikes to school or walked instead of turning their Mums into a 24-hour taxi service in the family's \$100,000 'People Carrier' which cost the same as a whole house did before the "green thing. We had one electrical outlet in a room, not an entire bank of sockets to power a dozen appliances and we didn't need a computerised gadget to receive a signal beamed from satellites 20,000 km out in space in order to find the nearest Pub!

But isn't it sad that the current generation laments how wasteful we old folks were just because we didn't have the "green thing" back then?

We don't like being old in the first place, so it doesn't take much to piss us off...especially from a tattooed, multiple pierced smartie who can't work out the change without the cash register telling them how much it is!



### *The benefits of social connection;*

#### *like U3A...*

- *Enhanced Mental Health*
- *Sense of Belonging*
- *Better Self-Esteem.*
- *Improved Physical Health.*
- *Increased Cognitive Functioning.*
- *Accountability. Socializing creates reasons to stay well and helps foster a positive state of mind.*

*Tip .. if you want to print the newsletter at home, use PRINT from 'FILE' – not from 'PREVIEW'.*

*Thanks to Hansen Print for assistance with printing.*

*E&OE MB*