August Newsletter 2018

Editors: Edward Voogt & Tony Keys | Publication Date: 25th July 2018

Albury-Wodonga U3A 2018-19 Committee Members
Edward Voogt (President & Member Services Director) • Helen Casey (Vice President) • Dianne Fontana (Secretary) • Keith Martin (Treasurer) • Pat Madin (Programme Director) • Peter Massey (Systems Director) • John McLennan • Sussan Carter (Vicnet & Regional Liaison) • Tony Keys (Newsletter) • Diana Pape

Your AW U3A needs YOU
In 2018 we face a very real deficit due to external funding changes.

At the June 15th Members’ Meeting, to which all were invited, there was universal support for a one-off appeal to Members.

Members are encouraged to make a donation to AWCC for U3A at Reception when we return for Semester 2, July 30th.

Members have suggested donations from $5 to $50 to $100 …

BUT

Your donation is your decision; your wish, your circumstances

Donations are personal and private.

When you return to U3A, please, think of the benefits we all enjoy and:

Give early, Give freely. Give thoughtfully.

2018 Semester 2
Term 3
30th July - September 21st

Next Committee Meeting
Friday 3rd August

August Coffee Morning
Friday 10th August 10:30 a.m.
Room 9
Topic: Battlefield Study Tours
(Details below)
August Coffee Morning

Speaker

**John McQuilton** was born in Yackandandah’s Bush Nursing Hospital (at a date he no longer cares to recall). He attended the Kiewa Valley Consolidated School in Tangambalanga and Wodonga High School before taking his undergraduate and postgraduate degrees at the University of Melbourne.

Before 1991, he taught at the University of Melbourne, Charles Sturt University (Bathurst), the Flinders University of South Australia, the University of New South Wales, served as the Assistant General Editor (Reference) of the Bicentennial History Project and worked in the History Section of the Australian War Memorial. In 1991, he took up a lectureship at the University of Wollongong.

Apart from a session as the Visiting O’Connor Chair in Geography at Colgate University in upstate New York, he worked at UoW until his retirement in 2016. The subjects he taught included nineteenth century Australian history, Australian Studies, Modern World History, Australians and War, the American West, Film and History, and War and Society.

During his time at UoW, he led nine study tours of Gallipoli and the Western Front. Three of his publications examine the history of the North East from European settlement to the end of the Great War. He has a son who is currently living in London.

**Topic**

**Battlefield Study Tours**

John McQuilton led nine study tours to the battlefields of Gallipoli and the Western Front for undergraduate students at the University of Wollongong. In this talk, he outlines how the subject was run and the impact it had on the students. For the majority, it was an eye-opener. They had to come to grips with different cultures, and they discovered that what they thought they ‘knew’ could be challenged by visiting the places where the history they had studied took place.

*Editor's note: John spoke about the legacy of World War I in Australia at one of the Great War classes recently. It was an excellent talk delivered with passion and knowledge.*

June Coffee Morning

Our last coffee morning of the 8th of June was capably chaired by Committee member John McLennan.

Our guest speaker from the Victorian Law Reform Commission was not able to attend due to unforeseen circumstances, however through the good offices of Peter Massey and at very short notice, **Mike Furey**, Team Manager Wodonga Ambulance, was able to more than fill in the vacancy.

Mike took us back to 1983, the year of the West Gate Bridge Collapse, and his time at
Mike experiences low and high points in his profession. The knowledge that you are saving a life and the gratitude shown by some people are very fulfilling. However, Ambos are not always successful in their mission and can be emotionally affected by those who have lost their loved ones. There is also a problem with assaults on paramedics often caused by drugs, alcohol, or stress. Fortunately, the Service puts the safety of officers as a top priority. Officers are not expected to attend a scene where they may be in personal danger.

Another issue is the misuse of the 000 service. This directs ambulances to a non-emergency situation possibly at the expense of a genuine need. The authorities are working on improving the filtering system to minimise this.

There is a need to desensitise in order to do the job yet never losing sight of one's humanity. Debriefing sessions, both peer-based (such as a morning coffee session) and employer-provided counselling, are required from time to time and mutual support is ever there.

At the time, Ambos did an apprentice type course of 3 year duration. They had a limited range of treatments they were able to administer e.g. BP, pain relief etc.; stethoscopes were definitely not one of the accepted tools (they were seen as too pretentious as only doctors were allowed to wear them!).

The scene is quite different today. Applicants are university trained before admission to the profession. Officers can deal with a large range of emergencies such as mobile primary care, heart attacks, asthma attacks and, of course, road accidents. Treatment is constantly being reviewed according to latest research and ambulances' equipment updated to include such devices as defibrillators, ultra sound machines and CT Scanners. Skills in anaesthesia, immobilising, ventilating and stabilising are now executed by all members.

The technology is constantly getting smaller with much being increasingly operated through smartphones. Mike said this change was both exciting and worrying in that so much more was able to be done but it required continuous training to cope. The training support by the service was thankfully excellent.

In 1987 women were able to become ambulance officers and now form over 50% of the number of ambulance officers, which Mike regarded as a considerable improvement.

Mike with committee members John McLennan and Peter Massey
Mike also discussed the importance of **defibrillators**. Without intervention a person's chance of survival after a heart attack decreases by 10% for every minute afterwards (ie after 10 minutes the patient will probably die). The use of CPR followed by application of a defibrillator increases this time so that the ambulance can be successful in their response. There is training to use a defibrillator provided by the seller, but they can be used by anyone as the machines are programmed to inform the user of the procedure. Mike said that it is better to do something than nothing.

It was suggested by some audience members, who had personally witnessed defibrillators saving lives, that the college should have this device available for use on the premises, especially considering the age range of the clientele. Some food for thought....

**Postscript:** The College has since committed to the acquisition of a defibrillator which will probably be stored near the Reception area. Keep an eye on Bulletins for progress on this.

Apart from her love for cryptic crosswords she plays mah-jong and bridge weekly and cards. In her retirement Jean has been travelling extensively with Malcolm, and in her spare time she loves reading, is an avid film and theatre goer, loves music... and has just got her boat licence.

At the moment she is treasurer for ecumenical tertiary chaplaincy in Albury-Wodonga as well as chairman of the Uniting Church social responsibility group in our city. Jean is also a member of a small voluntary group who run a converted two storey manse providing low cost accommodation for tertiary students from outside Albury.

Jean is the Uniting Church representative on the inter church council of religious
education in schools (Iccoreis) which is based in Sydney, and is an active elder of the Albury Uniting Church.

Another area that Jean was heavily involved in was as a board member of Goulburn North East Uniting Care which continues to do outstanding work in our communities.

In the recent past she was Vice President of the NSW P & C Association, publicity officer for regional NSW, held various chairs in educational support in schools including district and local P & Cs. and was regional representative for vocational education, student placement and funding support in Schools.

In recognition for her years of contribution to education in our State Jean was awarded life membership of the NSW P & C Association and received an award in recognition of “Outstanding contribution to Public Education”

Jean loves her time at cryptic crosswords and they have become part of her ‘family’ with some members staying in the group since it’s conception. It is a happy and welcoming group presently meeting in the Uniting Church hall in Lavington every Wednesday except during NSW school holidays.

A Participant's View

I have been attending the Cryptic Crosswords group for a couple of years or so and I find it a great time. Trying to work out which is the clue and which is the indicator is great fun and a challenge. It requires me to think of words differently in relation to the question. For example the word "flower" may mean a flowering plant or it may be referring to a river or stream. Cryptics extends my mind (as far as is possible) to look for other meanings and hopefully keeps my mind alert.

The other enjoyable part of the group is the people who attend. The members of the table I am on are friendly and it is enjoyable to work together with them looking for the answers to the clues. It is a lot of fun and laughter. Jean Evans who coordinates the cryptic crosswords group does a wonderful job and is very encouraging and helpful. I would highly recommend the activity to anyone.

George Pender

Another Participant

I have been in the group for over 4 years now and thoroughly enjoy my time grappling with the challenge of working out the mysteries of the clues. What is the hint and what is the definition? Is the hint an anagram, a pun, the first letters of the clue words or a double meaning?

These "dilemmas" are shared by others at the tables. Cooperation is encouraged and Jean is ever ready to provide assistance where needed, although I must say that Jean seems to take a mischievous delight in presenting my table with a diabolical DA crossword (David Astill) and watching us squirm! But with the aforementioned support we usually work our way through it.

As a reward for our efforts we are given "homework" in the form of crosswords to do for the next week. I have found that my skills have improved as a result of Jean's training and I enjoy the mental stimulation and the good company.

Tony Keys
Vale: Jeannie Marinov

I first met Jeannie in 2013, at U3A Music Appreciation. We had just arrived in Wodonga and her appealing personality attributes shone through immediately. She was welcoming, friendly, interested and kind.

Not long afterwards Jeannie became ill and was hospitalised, followed by extensive treatment and much recuperation. Determined to bounce back, she sold her Beechworth home of many years and moved to "Foxgate" (named for her beloved family) Hume St, Wodonga, to be closer to medical support.

Now she was frailer and I took to ferrying her to Music group each fortnight. How Jeannie looked forward to these outings and how she contributed! – Jeannie enjoyed whatever music was presented. She was quicky & spontaneous, & always managed to inject humour, and her knowledge of performers and the like was exceptional. Mandolin music was high on her “likes” list, as was Celtic/Irish music. Her last attendance with our group was 27th March, 2018.

Jeannie died on Saturday 9th June and her funeral was at St Patrick’s Church Albury, well represented by our Music Group. How proud and honoured we felt, knowing that the beautiful and fitting music used, had been put together by member Richard, based entirely on Jeannie’s wishes.

Helen Voogt

Jeannie was an enthusiastic and valued member of U3A and the Arts Appreciation Group for many years. It was personally a privilege to meet such an interesting character. As her health declined over the last two years, Terry Barber was such a strong support for Jeannie.

Ian Sutherland

PostScript:
Lyall Wright and Laurie McDonald were early presenters of the U3A Albury/Wodonga Music group & Jeannie was probably a member back then but she certainly spoke of music with the late Jack James. Please- Can any readers pinpoint just when Jeannie became a member?

If so can you please reply to the contact information at the beginning of the newsletter.
Laughter is the Best Medicine

THIS COULD BE US SOMEDAY - I am getting closer all of the time!

A couple in their nineties are both having problems remembering things. During a check-up, the doctor tells them that they're physically okay, but they might want to start writing things down to help them remember..

Later that night, while watching TV, the old man gets up from his chair.

'Want anything while I'm in the kitchen?' he asks.

'Will you get me a bowl of ice cream?'

'Sure.'

'Don't you think you should write it down so you can remember it?' she asks.

'No, I can remember it.'

'Well, I'd like some strawberries on top, too. Maybe you should write it down, so as not to forget it?'

He says, 'I can remember that. You want a bowl of ice cream with strawberries.'

'I'd also like whipped cream. I'm certain you'll forget that, write it down?' she asks.

Irritated, he says, 'I don't need to write it down, I can remember it! Ice cream with strawberries and whipped cream - I got it, for goodness sake!'

Then he toddles into the kitchen.

After about 20 minutes, the old man returns from the kitchen and hands his wife a plate of bacon and eggs.

She stares at the plate for a moment.

'Where's my toast?'

BOOM! BOOM!

Q. What's the difference between a jeweller and a prison guard?

A. A jeweller sells watches, and a prison guard watches cells!

Q: What do chemists' dogs do with their bones?

A: They barium!
ZONTA
CLUB OF ALBURY-WODONGA INC
MEMBER OF ZONTA INTERNATIONAL
EMPOWERING WOMEN
THROUGH SERVICE & ADVOCACY

2018
BIRTHING KITS
ASSEMBLY DAY
SAT 25th AUGUST 2018
JAMES FALLON SCHOOL HALL
9am–12.30pm (entry via Glenly St)
Assistance also needed to set up
Fri 24th August approx 4pm–5.30pm

EACH KIT COSTS $3 TO PRODUCE AND TRANSPORT – LESS THAN A COFFEE!!
A birthing kit has the materials to provide the ‘7 Cleans’ for a safer birth.
2. 2 Gloves - to prevent the transmission of germs to mother and baby.
3. Cord Ties – to prevent bleeding from the umbilical cord.
4. Sterile Razor – reduces risk of infection from use of other implements to cut cord.
7. Soap - Clean Perineum – reduces risk of infection for mother.

If you are interested / able to help out on:
Saturday 25th August 9am - 12.30pm
You are welcome to come for all OR part of the session - Morning Tea is provided
AND / OR
Friday 24th August 4pm - 5.30pm (only a few needed!)

Please contact Sandra Raison 60 256465 / sandyraison@gmail.com

OR just turn up on the afternoon (24th) and / or the day (25th)