

# CHATSHEET

The newsletter of the U3A Baw Baw

February 2024



## The Gathering

Booking is now open and is essential for the Gathering on **Friday 9<sup>th</sup> February** commencing at 12.30pm. Bookings are essential for catering purposes. You are able to book online by logging into [u3abawbaw.org.au](http://u3abawbaw.org.au) as you would for a course. If you prefer, you can email [courses@u3abawbaw.org.au](mailto:courses@u3abawbaw.org.au) or phone Lesley Anstee on mob 0408 226 254.

Bookings close on **Wednesday 7<sup>th</sup> February**.

## The President's Report

*John Parker*

Welcome to our 2024 U3A new year. I hope it's a happy and healthy one for all.

There is lots to look forward to during this year including our 25th anniversary of U3A Baw Baw.

Our Annual General Meeting is coming up and will be held on March 8. All positions will be declared vacant, so nominations can be submitted to our current secretary, Bev de Gooyer, or assistant secretary Janette McGill, or myself for any position.

We are particularly looking for a new secretary, as by law we must have someone in that position within 2 weeks of the AGM. Both Bev and Janette will be available to assist someone taking over the secretary role.

We have made a submission to the Shire suggesting options on how the existing parking close to the rear door of the RSL Hall can be rearranged for our members who have limited mobility.

A new Regulation, titled the Association Incorporated Reform Regulations 2023 was approved late last year by the Governor-in-Council. Committee will be reviewing them to see what differences there may be with the previous ones including the "Purpose", which currently reads; *"The purposes of the association are to provide classes and activities for mature-age persons who wish to develop their knowledge and skills. It is an autonomous, voluntary self-help Association and learning co-operative, which derives its strength from its members' capabilities and the sharing of their knowledge and experience. It provides continuing learning opportunities for older members of the community. All the teaching, planning and administration of its Association are carried out by its own members."*

Enjoy all what U3A Baw Baw has to offer. A big thank you to all the tutors and those participating in the classes, but particularly the Courses Subcommittee and IT Subcommittee for getting everything organised for 2024.

*John*

## Courses Report

*Mary Howlett*

### Broadway Musicals



You don't have to board a plane to enjoy the excitement and delight of visiting Broadway. Every second Monday at the RSL Hall we will be enjoying and appreciating musical theatre, particularly through the shows of Broadway. Anyone who loves musicals as entertainment, particularly songs, music and dance, but also the theatre and drama will benefit from this course. The program will consist of presentations of a wide variety of shows, together with background information, and while mainly listening to songs and watching audiovisual content to see choreography, follow the stories they often contain, dramas, as well as those

surrounding them. It excludes the film industry and focuses mostly on the works for stage.

Enrolments for this yearly course are necessary for 2024 and need to be done via the U3A Baw Baw website. Once you have enrolled for this course, re-enrolment each term in 2024 is not required. Contact Course Tutor, John Molligodde, on 0413 252 706 if you have any queries about the Course. Contact Lesley Anstee for assistance with enrolment at [courses@u3abawbaw.org.au](mailto:courses@u3abawbaw.org.au) or 0408 226 254.

## Soapbox Seminar

Have you ever wanted to stand on a soapbox and talk uninterrupted for forty five minutes about a subject of your choice, ranging from *bee keeping* to *How to build your own home*? The Soapbox Course aims to provide members with an opportunity to give such a talk, (approximately 45 minutes,) about a subject that is of interest to them. Previous Soapbox sessions have been enlightening and entertaining to the audience as well as widening their knowledge of a variety of subjects. This course will run each Thursday, commencing at 10am in the RSL Club Rooms in Drouin, during Term 1, 2024. Enrolments for this course need to be done via the U3A Baw Baw website. Contact Course Tutor, Mary Howlett on 0499 221 993 if you have any queries about the Course. Contact Lesley Anstee at [courses@u3abawbaw.org.au](mailto:courses@u3abawbaw.org.au) or 0408 226 254 if you require assistance with enrolment.



*Mary*



And a big welcome to our newest members –

**Cynthia Isaccs**

## **Mystery History Teaser**

*Virginia Rowley*

We have talked about the History of Medicine, and about how hard it is to know what is hype and what is...hype! This is something slightly different. Stop now if you are squeamish!

There are viruses that really frighten us because they have decimated human life. Some of these viruses have been around since the beginning of life on earth. As far back as there's a plant or animal record, there are viruses. Life has adapted, changed and grown and yet, the virus is still there and life is still plagued in some way by it. The virus reinvents itself – over and over again and just like in *War of the Worlds* it might even be our greatest ally, eventually, if we are invaded from outer space!

Here are some from the annals of history.

### **Ebola Virus**

Ebola Virus has an incubation period of 2 - 21 days and some people are asymptomatic. In 50-90% of patients, death usually occurs within days. There is no vaccine and no cure.

### **Smallpox**

Smallpox has officially been eradicated but has recently been spotted in a number of West African countries. It is believed to have emerged in human populations 12,000 years ago and can be traced on skeletons by archaeo-biologists to that time – who knows it may even go back further than that. Before immunisations became effective in the 18<sup>th</sup> century, of all those infected, over 80% of infected children died. It was responsible for between 300 - 500 million deaths in the 20<sup>th</sup> century alone.

### **Influenza**

Until Covid arrived on the scene, Influenza was responsible for 500,000 deaths a year. The symptoms were first described more than 2,400 years ago by Hippocrates.

### **Rabies**

Amazingly, this still causes about 55,000 deaths a year. If there wasn't a vaccine this would be one of the most deadly virus on the list. Before travelling to South America, you must be immunised (as you do for Yellow Fever). Rabies stops your ability to swallow water; you then experience periods of mania, lapse into a coma and then die.

### **Common Cold**

I have listed the common cold because we hate it so much. Many people say they have the 'flu when they actually have a cold. It is the most frequent infectious disease in humans with on average two to four infections a year in adults, and up to 6-12 in children. Influenza involves the lungs while the common cold does not.

*Just a cheerful note to start the year.*

Don't forget to join Mystery History this term for more thought provoking facts

*Virginia*

## How Good Is Your Memory

The one item that jumped out at me is the percentage of people in the world who live to be over 65! If you are reading this e-mail I guess you are one of the few fortunate people! Read below for all the details. Earth's Population Statistics in Perspective

The population of Earth is around 7.8 Billion. For most people, it is a significant figure. However, if you condensed 7.8 billion into 100 persons, and then into various percentage statistics, the resulting analysis is relatively much easier to comprehend.

**Out of 100:** 11 people are in Europe, 5 are in North America, 9 are in South America, 15 are in Africa, 60 are in Asia, 49 live in the countryside, 51 live in cities, 75 have mobile phones, 25 do not. 30 have internet access, 70 do not have the availability to go online. 83 can read and 17 are illiterate.

33 are Christians, 22 are Muslims, 14 are Hindus, 7 are Buddhists, 12 are other religions, 12 have no religious beliefs, 26 live less than 14 years, 66 died between 15 - 64 years of age and 8 are over 65 years old.

If you have your own home, eat full meals & drink clean water, have a mobile phone, can surf the internet, and have gone to college, you are in the minuscule privileged lot. (In the less than 7% category)

Amongst 100 persons in the world, only eight live or exceed the age of 65!

If you are over 65 years old, be content & grateful. Cherish life. Grasp the moment. If you did not leave this world before the age of 64, like the 92 persons who have gone before you, you are already the blessed amongst humankind. Take good care of your health. Cherish every remaining moment. If you think you are suffering memory loss, read on.

In the following analysis, the French Professor Bruno Dubois, Director of the Institute of Memory and Alzheimer's Disease (IMMA) at La Pitié-Salpêtrière - Paris Hospital addresses the subject in a rather reassuring way:

"If anyone is aware of their memory problems, they do not have Alzheimer's."

1. Forget the names of families.
2. Do not remember where I put some things.



It often happens in people 60 years and older that they complain that they lack memory. "The information is always in the brain, it is the "processor" that is lacking."

This is **Anosognosia** or temporary forgetfulness.

Half of people 60 and older have some symptoms that are due to age rather than disease. The most common cases are:—

- forgetting the name of a person,
- going to a room in the house and not remembering why we were going there,
- a blank memory for a movie title or actor, an actress,
- a waste of time searching where we left our glasses or keys.

After 60 years most people have such a difficulty, which indicates that it is not a disease but rather a characteristic due to the passage of years. Many people are concerned about these oversights hence the importance of the following statements:

1. "Those who are conscious of being forgetful have no serious problem of memory."
2. "Those who suffer from a memory illness or Alzheimer's, are not aware of what is happening."

Professor Bruno Dubois, Director of IMMA, reassures the majority of people concerned about their oversights: "The more we complain about memory loss, the less likely we are to suffer from memory sickness."

Now for a little neurological test: Only use your eyes!

1 Find the C in the table below!

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2 Find the 6 in the table below.

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3- Now find the N in the table below

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If you pass these three tests without problem:

- you can cancel your annual visit to the neurologist.
- your brain is in perfect shape!
- you are far from having any relationship with Alzheimer's.

We are truly blessed, so, share this with your over-55 friends, it can reassure them. In any case, if you are over 65 and complaining about a few aches and pains, think again. 92% of people didn't even get that opportunity!! So be pleased with your situation and be happy.

*Susan*

## A View from the Bunker

*Robert Dunlop*

Well members, as our president stated in his opening report, welcome to another, hopefully, great new 2024 year for our fabulous U3A. We certainly hope it will be a happy and healthy one for us all. And there is a much to look forward to during this year including our 25th anniversary.

One thing I would like to mention, which I think I have mentioned before, is that we would welcome any articles or points of view that you think might interest other readers of the Chatsheet. I am sure we can certainly find room for them.



Wasn't it great to see a photograph of Margaret and Gerhard Thiele in the recent edition (actually January 16<sup>th</sup>) of the Gazette, our local and worthy newspaper. They were celebrating their diamond anniversary, which as all you knowledgeable folk know is 60 years.

And you might also remember that recently, Gerhard celebrated his birthday at our Gathering. What a year it has been for the happy couple.

Gerhard is inviting you to attend the launching of his new book, which will take place on 18<sup>th</sup> February, here at the RSL Hall.

The flyer for the event follows on the next page: —

## Invitation to a Book Launch

U3A Baw Baw is pleased to announce another book launch  
Gerhard Theile's latest memoir

### *A Boy's Dream*

Is to be launched on Sunday, 18 February 2024 at 2.30  
in the RSL Hall, Drouin, including Afternoon Tea.

A Boy's Dream will be officially launched by local celebrity  
Singer / Songwriter Libby Willems.

This book, of over 500 pages, takes the reader through a chronicle of Gerhard's life  
from his first memories to the current time.

The book will be available at the special Launch Price of \$25.00

### *A view from Hominoidea – Ape Extraordinaire*



**Hey! I hear you guys at U3A Baw Baw may be looking for a new secretary to take over from Bev? I might be able to help. I used to be secretaries for the fabricated secret ministries created by Scom. So I know how to fudge the books. I'd be happy to do the job.**

**\* David Baylis has been nominated for secretary this year.**

**U3A Baw Baw is grateful to Russell Broadbent MP and his office staff for printing this Chatsheet. You may visit our website at [www.u3abawbaw.org.au](http://www.u3abawbaw.org.au)**

Our friends at the Warragul Garden Club have sent us this flyer for your information.



# THE RESTORATIVE POWER OF NATURE AND GARDENS

**4 MARCH 2024**



## KEYNOTE SPEAKER

**Dr SUE STUART-SMITH**  
Psychiatrist and Psychotherapist

Visiting from the UK & author of  
"THE WELL-GARDENED MIND"



**STEVEN WELLS**  
Horticultural  
Therapist



**TANYA BEARUP**  
Founder,  
My Garden Space

**10AM-3PM**

WEST GIPPSLAND ARTS CENTRE  
WARRAGUL, VIC



### Further Information

The Warragul Garden Club

Website: [warragulgardenclub.org](http://warragulgardenclub.org)