



# U3A Granite Belt Inc Newsletter June 2017

Volume 13 Number 5

## June Calendar

- 1st TED Talks
  - 6th Book Group
  - 7th Girraween Walk
  - 8th History of Medicine
  - 13th Mosaics
  - 13th Music Night
  - 15th General Meeting
  - 21st Garden Group
  - 22nd History of Medicine
  - 29th Art Gallery Walk  
10.30am
- See Page 4 for details of times and places of activities

## Aims of U3A

To provide members with affordable education and learning activities covering a wide range of different subjects

To provide members with the opportunity to study and learn in a relaxed environment

To nurture the minds bodies and souls of members

## Bits and Pieces

Notes from the State U3A Network Conference held at Tweed Heads.

The theme of the conference was Live Laugh and Learn Without Boundaries

The Conference began with a pre-conference trip down the Tweed River and a visit to the Margaret Olley Centre at the Tweed Regional Gallery. This was a perfect way to meet other delegates. It was also a trip down memory lane for me as I was born in Murwillumbah and spent the first 6 years of my life there and holidayed frequently at Hastings Point during my childhood.

The speakers focused on

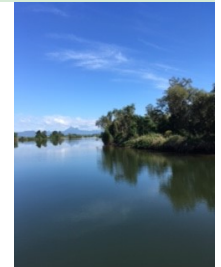
issues that may affect older people in the community, and two speakers who talked about Governance issues in U3A. We then had to complete a quiz to determine how well we had been listening and remembering!!

One of the topics was Sharing the Wisdom. Some of the snippets of wisdom shared were: "Practical wisdom is doing the right thing for the a particular person at a particular time."

"An unexamined life is not worth living" Socrates"

### Notes from the President's Council.

Have Granite Belt



thought of the possibility of having members with a disability who could attend groups with a carer?

Have the group thought about different types of membership?

One of the groups has a visitors membership that allows people who are living in the area for a short period of time?

What do we do well/ or badly?

These are questions, the management committee will be considering in the near future.

## Scams: from the Little Black Book of Scams

Lottery, sweepstakes and competition scams.

Don't be lured by a surprise win - only the scammer takes home a wind-

fall.

The scams try to trick you into giving money upfront or your personal details to receive a prize. The

scammers ask you to pay fees or taxes before your winnings can be released.

Don't be fooled. This is a scam.

## SAY HELLO TO THE WORLD

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## Local History

This group has been visiting some very interesting venues in recent times, and the Storm King Dam session was no exception. Mary and Steve's neighbor, Kerry Ryan has lived in the area for quite a few years and his ancestors for even longer. Kerry gave a summary of his family's ownership of land in the Storm King area and provided copies of the Land's Department plans

showing the original grants to the O'Brien and Ryan families covering much of the site of the dam. Kerry believed that the purchase of the land for the construction of Storm King Dam had been from one owner, making the resumption process very easy.

An aunt of Kerry's had conducted a telephone exchange from their property, thus providing a

phone service for the area. Steve mentioned that the name Storm King, according to Jean Harslett's book *They Came to a Plateau*, had been the name of a ship bringing tin miners from Cornwall to Australia in the 1870's and had been used by the miners for their tin mining company, which was on the site where the dam was built.



**There will be a Winter recess for the Local History Group for June and July.**

**The group will meet again in August.**

**The August Newsletter will have all the details.**

## Book Group

*Fran Tobin*



**Next Book group will discuss "The Harp in the South" by Ruth Park on Tuesday 6th June at 10.0am at 4 Belwood Street.**

May's book was "Ghost Empire" by Richard Fidler, of ABC "Conversations" fame.

Both Esme and June had done a lot of research on the Byzantine Empire, and this added to our discussion.

To quote Fidler, "The story of how Constantinople flourished into greatness and then expired into terrible violence is one of the strangest and most moving stories I know. I wanted my son to have that story too"

And the book certainly fulfilled

the author's expectations.

It was history writ large, and the reader learnt about some of the worst traits of human behaviour. Power struggles by successive emperors. Blood thirsty and cruel events. Rape and pillage.

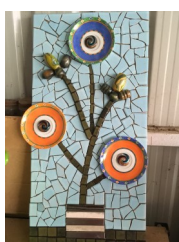
But it also a sort of a love story, because the love between Richard Fidler and his son, Joe, permeates the pages.

Also, there were interesting snippets of history interspersed throughout. We learnt

how, in the 11<sup>th</sup> century, the Romans learnt to use a fork via an Empress from Constantinople. They took to it because eating pasta by hand was messy...now they could impale and twirl it! Richard Fidler adds that "whenever we pick up pasta with a fork we are enacting a symbolic reunion of eastern and western empires"

We all agreed that it was a book well worth reading.

## Mosaics



As Margy will be away for next Mosaics Group, we are changing venue for June only. Mosaics will be held at 45 Dunne Road, Pozieres.

We will meet at 17 Teale Road The Summit and car pool for the short trip to Dunne Road There is also a slight change of time to **9.15am**. The change in time will allow

Julie to return home after her reading group at the local school.

Please contact Julie 4683 2823 if you would like a lift from The Summit

## Garden Report

*Leor McCosker*

The Garden Group of 26 members and guests had an early start on a frosty morning driving along the picturesque Heifer Creek road to Gatton to visit **Pohlmans Nursery**.

The nursery established in 1976 by John and Val Pohlman on the 150 acre property has 40 acres under intensive plant production.

They now employ up to 125 people in the peak season planting approximately 700 varieties of

gourmet vegetables, fresh herbs, bright potted plants, indoor foliage, trees and shrubs.

Pohlmans Nursery is the largest wholesale nursery on the Eastern seaboard supplying to almost 1,000 nurseries, garden centres and stores across Australia.

On arrival we were treated to a welcome morning tea. Then we went on a tour on the "Gumtree Valley Express" train with Mark Pohlman giving an informative commentary

of the vast operation of seedling production.

After lunch Calvin thanked the staff for looking after us so well and we thanked Calvin for organizing an interesting, educational day

*Next Garden Group will be at 10.00am at the Learning Centre on Wednesday 21<sup>st</sup> June. We will view garden related DVDs.*

*Please bring morning tea to share.*



*Art Gallery Walk  
and Talk  
Thursday  
29th June at  
10.30am*

## Need A Boost?

The Japanese healing way of Shinrin-yoku is a term that means "taking in the forest atmosphere" or "Forest Bathing". It was developed in the 1980's in Japan and has become a cornerstone of preventative health care and healing in Japanese culture.

Forest Bathing is a stroll through trees and it has been scientifically proven to benefit people's health, both physical

and psychological.

The Walking Group will be aiming to improve their physical and psychological health by walking through Girraween National Park on **Wednesday 7th June at 8.00am**. We will meet at Zest **at 8.00am** or Girraween **at 8.30am**.

If it is raining on 7th, we will walk on 14th.

As we are meeting later, than usual, we will take lunch to share.

Please bring water, a hat and sunscreen.

If you would like to join us in the walk, we will meet at Zest or at the Day Parking area at Girraween.



## No Trumps

Donald Trump was visiting Jerusalem. While he was there he had a heart attack and died.

The local undertaker was called and offered his aides 2 options for the funeral.

He said that Trump could be buried in Jerusalem

for \$500 or his body could be returned to the United States for \$20,000.

The aides conferred for a time and then told the undertaker that they wanted the body returned to the United States.

The undertaker was shocked and asked Why spend \$20,000 when he could be buried here for \$500?

The aides responded. A long time ago a man died here and rose again after 3 days. We don't want to take that risk!!

*If any of the jokes or any other information offend some people, I apologise.*

*I choose jokes for one reason only, they made me laugh. I pass them on so that readers can enjoy a laugh.*



# U3A Granite Belt Inc June Activities

## Weekly Activities

Monday 10am - 12 noon	Sewing/Crafts CWA Rooms, Victoria Street Contacts: Anita Knight 4681 0942 (sewing) Dot Stewart 4681 1334
Monday 1.30pm	Jonola, RSL Marsh Street Contact: Dot Stewart 4681 1334
Friday 1.00pm	Ukulele Group Mountview Wines Contact: Elaine Winks 4681 4774
Mon, Wed & Fri 7.30am	Walking Group Meet at Zest Contacts: Julie 4683 2823, Carol 4681 3495
Occasional Tuesdays 10am	German Language CWA Rooms, Victoria Street Contact: Irene 0437 373 929 for details

## Monthly / Fortnightly Activities

1st Thurs (1 <sup>st</sup> ) 10.00am	<b>TED Talks: Venue:</b> Learning Centre <b>Topics:</b> The only future worth building includes everyone. How to prevent Alzheimer's Disease. The agony of trying to un-subscribe spam emails <b>Contact:</b> Steve 4683 7103
1st Tues (6 <sup>th</sup> ) 10.0am	<b>Book Group Venue:</b> 4 Belwood Street <b>Book for Discussion:</b> <i>The Harp in the South</i> by Ruth Park <b>Contacts:</b> Mary Courtney 4683 7103, Esme 4693 3324
2nd Thurs (8 <sup>th</sup> ) 10.30am	A Short History of Medicine <b>Venue:</b> Learning Centre The Body and, no, Elle MacPherson will not be in attendance! <b>Contacts:</b> Fran 4684 1253 or Julie 4683 2823
2nd Tues (13 <sup>th</sup> ) from 9.15am	<b>Mosaics: Venue:</b> 45 Dunne Road Pozieres Meet at 17 Teale Road The Summit at 9.15am Please bring a plate to share for morning tea. <b>Contacts:</b> Kerrie 4681 1737 for more details
2nd Tues (13 <sup>th</sup> ) 7.00pm	<b>Music for Pleasure: Venue:</b> Silvia's <b>Topic:</b> Composers, performers or song writers whose name begins with the letter "H". Bring your Hayden, Handel or Humperdinck. Please bring a plate to share for supper. <b>Contacts:</b> Carol 4681 3495, and Silvia 4681 1771
3rd Thurs (15 <sup>th</sup> ) 10.00am	<b>General Meeting Venue:</b> Learning Centre Please bring a plate to share for morning tea <b>Contacts:</b> Julie 4683 2823, or Carol 4681 3495
3rd Wed (21 <sup>st</sup> ) 10.0am	<b>Garden Group: Venue:</b> Learning Centre <b>Contacts:</b> Carol 4681 3495, Leon & Kerrie 4681 1737 Elaine 4681 4774
4th Thurs (22 <sup>nd</sup> ) 10.30am	A Short History of Medicine <b>Venue:</b> Learning Centre The Laboratory

Did you know?

The 2017 movie *Life* featured a hostile multi-celled organism called Calvin.

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