



# U3A Granite Belt Inc

## Newsletter

### August 2017

Volume 13 Number 7



#### From the Editor's Desk

#### August Calendar

- 3rd TED Talks
- 8th Mosaics
- 8th Book Group
- 8th Music Night
- 11th History of Medicine
- 16th Garden Group
- 17th General Meeting
- 23rd Seniors Expo
- 24th History of Medicine

See Page 4 for details of times and places of Activities

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#### 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

#### August General Meeting

August is Seniors' Month in Queensland. To celebrate the month, U3A has asked Emeritus Professor Michael Hefferan to present a 45 minute talk/discussion "*What's right and wrong with our economy?*" Michael's family had orchards and other property at the southern end of the Granite Belt until about 7 years ago.

Michael is also willing to facilitate a series of talks/discussions titled *Economics does make sense* - one focuses on National/International;

a second on regional and local- including general discussions on Property/Investments etc.

Do you think the topic sounds boring? Not interested in economics? I have been assured that these talks were extremely well received by U3A Sunshine Coast.

#### Introductory Spreadsheet Course

Yes, we have a willing tutor and some interest in conducting an introductory course for spreadsheets, based on MS Excel.

Participants will need to have their own laptop with a version of

Excel program.

Calvin will lead the course via a projected image with instruction on the use of and how to create and manipulate spreadsheets.

The group will be limited to 6 so individual assistance can be provided throughout the session.

The sessions will be no longer than 90 minutes and there will be follow up sessions as necessary.

Please contact Calvin on 46181 4774 or [winksce@outlook.com](mailto:winksce@outlook.com) for more information. and to register your interest in the course.

#### September Date Claimers

##### 14th

Pizza in the Park at 12.30pm. Invitations will be sent out soon.

##### 15th

Visit to Bolivia Station  
More details on Page 2 of the newsletter and in the September newsletter.

##### Movie Group


There are some movies coming to Tenterfield and Warwick in September that may be of interest to members.

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**Committee**

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Julie Barnes

4683 2823

### Vice President:

Silvia LeRoux

4681 1771

### Secretary:

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Esme Hobba

4693 3324

### Committee Members:

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Kathy Williams

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### Group Contacts:

See activity schedule for details

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## Volume 13 Number 7

### Local History Group

*Mary Courtney*

The September outing for the group will be a visit to Bolivia Station. Fran Bulmer, the owner of Bolivia Station, has agreed to give us a tour of the old homestead. This is a beautiful sprawling set of buildings which are in

the process of being restored to their former glory. Fran has painstakingly researched the homestead's history and has become quite the expert. Bolivia Station is a working property and has amazing views. Fran's husband and sons

run the property.

Having attended a retreat there, I can only say that it is a fascinating property and Fran and her family take great pleasure in sharing its history.

Cost is \$15 per head and includes morning tea.

### Book Group

*Fran Tobin*



*The Lady in the Van* by Alan Bennett.

Our July meeting was a double treat.

Our book was Alan Bennett's "The Lady in the Van", and we met at Julie's.

We watched the movie, (with Maggie Smith as the van lady), ate pumpkin soup, and discussed the book and the film. What a treat! Well, three treats really:-the book was a good read, the film was delightful, and the soup was very tasty.

The book was based on fact. Miss Shepherd was a true British eccentric, and lived in an old Bedford van in Alan Bennett's street in Camden Town, London.

She was tolerated by the street residents, but finally moved her van into Alan Bennett's front driveway, and stayed there until she died - a total of 15 years.

Tales of her eccentricities, and Bennett's approaches to such a curmudgeonly old lady were at times whimsical, or sad, or quietly funny.

After her death Bennett finds out about her life....she had been a concert pianist, a novice nun (twice!), and an ambulance driver in the war. By the time we meet her, via Alan Bennett's accounts, she is suffering mental health problems. And although she was difficult to get along with, and, due to her

living arrangements, Miss Shepherd was very smelly and very dirty, the book treats her with respect.

Thank you, Julie, for hosting an excellent morning.

Our August reads are Tim Low's "The New Nature" and "Toxic Oil" by David Gillespie at Esme's

on  
**Tuesday 8th  
August  
at  
10.00am**

### Mystery Rock

Want to win a self-funded world tour Or a return tour to find The Rock?

All you have to do is guess where the

mystery rock is on the Granite Belt.

To win the prize, we need a precise location and would appreciate directions as to how to find



the Rock.

## Garden Report

Eleven brave souls met at McCosker's on a very cold, blustery day. Over a warming morning tea, Irene informed the group she had been contacted by Maddie Burton, president of the Stanthorpe Chamber of Commerce, outlining plans for Maryland Street to place garden boxes and hanging flower baskets. Maddie inquired if the U3A Garden Group could help.

Barbara Bowyer spoke on the landscaping of land in front of the

Stanthorpe Railway Station for Artworks on Railway, asking for ideas for landscaping and plants, saying there needs to be an overall plan to work towards.

The group then moved outside into the cold to learn from Calvin how to prune roses.

Calvin pointed out the need to remove all dead and weak growing branches to leave 4 to 6 strong branches and pruning to an outside

bud approximately 300mm above the ground.

After pruning 4 or 5 bushes (no blood was shed), Calvin was thanked for sharing his knowledge and passing on his advice.

*Leon McCosker*



*Next Garden Group will be a visit to the garden of Ian and Irene Grevis-James CNR Anzac Street & Red Bridge Court Wednesday 16th August Please bring chairs, mugs and morning tea to share.*

## Another Reason to Exercise

As we age, one of our greatest fears is that we might develop either dementia or Alzheimer's Disease.

Recent studies in Frankfurt have shown that physical activity seems beneficial in the prevention of cognitive impairment. Physical exercise not only enhances fitness but also has a positive impact on brain metabolism.

Participants in the control study completed 30 minutes of exercise 3 times a week over a 12 week period. The 30 minutes were individually adapted to the individual's performance level.

As expected, physical activity influenced brain metabolism. It prevented an increase in choline.

The concentration of choline

often rises as a result of the increased loss of nerve cells which typically occurs in the case of Alzheimer's Disease.

The study showed that those participants who had exercised 3 times a week, had stable levels of cerebral choline and increased physical fitness at the end of the 12 week period.

## News from the Stanthorpe Art Gallery

There are some interesting and thought provoking Gallery Talks coming our way in August.

**16th August at 10.30am**

Tully de Vries will give a talk about the current Naidoc Exhibition.

**24th August at 10.30am**

*Gabrielle Trabucco will present an artist's talk Sculpture - a personal view*

The Gallery Director is also organizing a trip the Tweed Regional Gallery. It is likely to be on 4th or 5th September information about the talks or

the trip, can be obtained from the Art Gallery.

I can recommend a trip to the Tweed Gallery. I cannot understand how the smell of Margaret Olley's home could be transported from Sydney to Murwillumbah. The smell added to the atmosphere of the exhibition.



*Anyone who stops learning is old, whether at twenty or eighty.*

*Anyone who keeps learning stays young.*

*The greatest thing in life is to keep your mind young.*

*Henry Ford*





## U3A Granite Belt Inc Activities

August 2017

### 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 7.00am	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 (3rd) 10.00am	TED Talks: Venue: Learning Centre Topic: The Art of Procrastination Contact: Steve 4683 7103
2nd Tues (8 <sup>th</sup> ) from 9.00am	Mosaics: Venue: Pete's Playroom at Margy's Please bring a plate to share for morning tea. Contacts: Margy 4681 0102, Kerrie 4681 1737 for more details
2nd Tues (8 <sup>th</sup> ) 10.0am	Book Group Venue: Esme's 10 Banksia Lane Book for Discussion: <i>Toxic Oil</i> by David Gillespie or <i>The New Nature</i> by Tim Lowe Contacts: Mary Courtney 4683 7103, Esme 4693 3324
2nd Tues (8 <sup>th</sup> ) 7.00pm	Music for Pleasure: Venue: Ria's. Topic: Composers, artists, musical or piece of music beginning with the letter "I" Please bring a plate to share for supper. Contacts: Carol 4681 3495, and Silvia 4681 1771
2nd Thurs (11 <sup>th</sup> ) 10.30am	A Short History of Medicine Venue: Learning Centre Therapies both ancient and modern Contacts: Fran 4684 1253 or Julie 4683 2823
3rd Wed (16 <sup>th</sup> ) 10.0am	Garden Group: Venue: CNR Anzac Street and Red Bridge Court Please bring a plate to share for morning tea Contacts: Carol 4681 3495, Leon & Kerrie 4681 1737, Elaine 4681 4774
3rd Thurs (17 <sup>th</sup> ) 10.00am	General Meeting: Venue: Learning Centre Guest Speaker Michael Hefferan Please bring a plate to share for morning tea Contacts: Julie 4683 2823, or Carol 4681 3495
4th Thurs (24 <sup>th</sup> ) 10.30am	A Short History of Medicine Venue: Learning Centre

*Life offers you a second chance.  
It's called tomorrow.*

*Buddhist Saying.*



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