



# U3A Granite Belt Inc Newsletter September 2017

Volume 13 Number 8

## September Calendar

- 5th Book Group
- 7th TED Talks
- 12th Mosaics
- 12th Music Night
- 14th History of  
Medicine
- 15th Bolivia  
Station  
Visit
- 17th General  
Meeting
- 20th Garden  
Group
- 21st General  
Meeting
- 26th Movie Group  
"Madame"
- 28th History of  
Medicine

See Page 4 for details of  
times and places of  
Activities

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## From the Editor's Desk

### Christmas Lunch

Christmas Lunch will be at The Cellar Door Cafe at Mason Wines, Ballandean on Friday 1st December.

Cost is yet to be confirmed but around \$30 to \$35 for two courses and possibly canapés to start. U3A will contribute \$5 towards the cost for members.

The Cafe will cater for special dietary requirements e.g. gluten free, vegetarian etc.

We will be given a choice of 4 mains and 4 desserts. Everyone is to make their choice and pay at least one week prior

to the day, i.e. 24th November. Lynette will be keeping the list of who chose what so that there is no confusion on the day when we all forget what we ordered.

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### History of Medicine.

#### Fran's Course

September will see the completion of Fran Tobin's course on the history of medicine, with the final two sessions, on Hospitals, and Medicines in Modern Society, set to complete this interesting and topical course.

Fran has put in quite a deal of research and time to preparing

these sessions, and has made a valuable course even more interesting with her illustrations from the internet.

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### Visit to Bolivia Station, 15th Sept.

Meet at Weeroona Park at 8:00am to carpool to Bolivia. This will allow for a comfort stop in Tenterfield, arriving for morning tea 10:00am, followed by Fran's tour and talk of the Homestead.

Why not pack lunch for your return to Tenterfield.

Numbers to Kerrie by Friday 8th Sept.

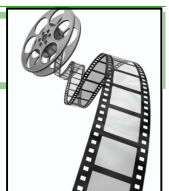
## Movie Group

The group's first outing to the movies will be a trip to Tenterfield on Tuesday 26th September at 1pm to see the movie

Madame. If you would like more information and if you would like to become part of the group, please contact Silvia on

4681 1771.

Please also contact Silvia if you would like to see the movie.



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**Group Contacts:**

See activity schedule for details

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520

**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. RSVP to Kerrie McCosker.

**Book Group**

*Fran Tobin*



I thought that it would be useful to know our next book because it will give you time to get it and read it.

It's a very easy read...takes about 2-3 hours.

It's "Can't we talk about something more pleasant?" by Roz Chast. It's autobiographical, and in

cartoon and prose. Roz is the only child of aged parents, who deny their ageing and impending death. Sounds gloomy but it's not really. I found myself laughing aloud at some parts.

The discussion will be at my place on Sept. 5th (the first Tuesday) at 10.15.

**Did You Know Your Smartphone Could Do This?**

**Offline Maps come in handy for navigating when you are out of signal range.** You must be connected to a WiFi network to save maps for offline use. Unfortunately, even the latest version of Android does not let you save turn-by-turn directions from Point A to Point B.

To use Offline Maps, open the Maps app and enter a destination in the search box. Now tap the three lines in the upper left corner of the screen and select "Offline maps" at the bottom of the next screen. Choose "Select Your Own Map." On the next page, you can drag the highlight box around to display exactly the area you want, then save and name that map. Each saved map consume about 50 MB of storage space.

**Mystery Photo**

Thank-you those members who responded to the mystery rock competition. Nobody won the self-funded trip around the world or a guided tour to the rock last month. The rock was

photographed in Girraween National Park. This month's mystery photo is one for the scientists in the group. Can you tell us what the growth (?) on the gum tree is?



**St. Paul's Anglican Church**

**BIG**

*Book Sale  
at St. Paul's  
Anglican Church  
Hall*

*Friday and Saturday  
29th, 30th  
September  
10am-5pm  
And  
Sunday 1st October  
11.30am-3pm*

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large selection of  
second hand books  
and magazines  
available*

## Aims of U3A Granite Belt Inc

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

## Scam Alert *From Julie—on holidays (She's conscientious!)*

The ACCC is warning that scammers are pretending to be from NBN to con victims out of money and personal information by offering to sign them up to NBN for a low price, by gaining remote access to computers, and by stealing personal information.

NBN will never phone you up out of the blue to try to sign you up, and never call you to remotely fix a problem, or to request personal information. If someone asks you to pay for a ser-

vice using iTunes gift cards, it is 100% a scam. If you're in doubt about contact you've had from someone saying they're from NBN trying to sell you a phone or internet service, call your retail service provider.

You can only connect to NBN by purchasing a plan through a phone or internet service provider. You can go to NBN's website to see which phone and internet providers are available in your area. You should never give your personal, credit card or online account details over the phone

## Literary Put-Downs

"He has never been known to use a word that might send a reader to the dictionary."

—William Faulkner  
(about Ernest Hemingway)

"Poor Faulkner. Does he really think big emotions come from big words?"

—Ernest Hemingway  
(about William Faulkner)

## Garden Report

*Lear McCosker*

Garden Group visited the large garden of **Ian and Irene Grevis-James** with amazing views to the South over looking Quart Pot Creek.

Ian said they purchased the house in 2015. The original owners in the 1800's had extensive landscaping up past the railway line and there were even garden tours back then.

A lot of work had been done by the previous owners with rock work and terracing but they had no access for mowers and machinery to certain parts of the garden. The shrubs were planted too close and the gar-

den had been neglected.

Ian has made many changes since, removed conifers to create a garden of *hellebores, daffodils* etc., removed large stringy bark tree and restored the *jungle area*.

In the lower garden area, Carolyn Robinson has designed various gardens and a pond. An excavator has moved unwanted rocks and buried them and prepared garden beds.

Ian has mulched the gardens with pecan shell mulch which looks great.

Ian and Irene were thanked for allow-



ing us to visit their garden in probably the worst time of the year.

Next Garden Group outing will be a visit to Peter Burnell's "Spring Creek Seedlings" 836 Texas Rd on Wednesday 20<sup>th</sup> September. Please bring chairs, mugs and morning tea to share.

## Activities shown to improve health and well-being!

Gyms, walking groups, gardening, cooking clubs and volunteering have all been shown to work in improving the health and well-being reported by a group of people with long-term condition

The in-depth study by academics at Newcastle University shows how social prescribing of non-medical activities helps people with long term health conditions and is

published in *BMJ Open*.

Dr Suzanne Moffatt, Reader in Social Gerontology said: "The findings demonstrate that social prescribing, such as offering someone with heart disease the opportunity to take part in a gardening club, does work.

"People who took part in the study said social prescribing made them more active, it helped them lose

weight and they felt less anxious and isolated, as a result they felt better.

"This is the first time that these kind of non-medical interventions have been fully analysed for physical health problems and the results are very encouraging..

(From GEMS— U3A Online)





## U3A Granite Belt Inc Activities

September 2017

### Weekly Activities

|                          |  |
|--------------------------|--|
| Monday 10am - 12 noon    | <b>Sewing/Crafts CWA Rooms, Victoria Street</b><br>Contacts: Anita Knight 4681 0942 (sewing) Dot Stewart 4681 1334 |
| Monday 1.30pm            | <b>Jonola, RSL Marsh Street</b><br>Contact: Dot Stewart 4681 1334  |
| Friday 1.00pm            | <b>Ukulele Group Mountview Wines</b><br>Contact: Elaine Winks 4681 4774  |
| Mon, Wed & Fri 7.00am    | <b>Walking Group Meet at Zest</b><br>Contacts: Julie 4683 2823, Carol 4681 3495                                    |
| Occasional Tuesdays 10am | <b>German Language</b><br>CWA Rooms, Victoria Street<br>Contact: Irene 0437 373 929 for details                    |

### Monthly / Fortnightly Activities

|  |  |
|--|--|
| 1st Tues (5 <sup>th</sup> ) 10.15am      | <b>Book Group Venue:</b> Fran Tobin's, Ricca Road, Ballandean<br><b>Book for Discussion:</b> Let's Talk About Something More Pleasant<br><b>Contacts:</b> Mary Courtney 4683 7103, Esme 4693 3324  |
| 1st Thurs (7 <sup>th</sup> ) 10.00am     | <b>TED Talks: Venue:</b> Learning Centre<br><b>Topics:</b> How to Let Altruism be Your Guide & the Global Food Waste Scandal<br><b>Contact:</b> Steve 4683 7103  |
| 2nd Tues (12 <sup>th</sup> ) from 9.00am | <b>Mosaics: Venue:</b> Pete's Playroom at Margy's<br>Please bring a plate to share for morning tea.<br><b>Contacts:</b> Margy 4681 0102, Kerrie 4681 1737 for more details   |
| 2nd Tues (12 <sup>th</sup> ) 7.00pm      | <b>Music for Pleasure: Venue:</b> Carol's place<br><b>Topic:</b> Composers, artists, musical or piece of music beginning with the letter "J" Please bring a plate to share for supper.<br><b>Contacts:</b> Carol 4681 3495, and Silvia 4681 1771 |
| 2nd Thurs (14 <sup>th</sup> ) 10.30am    | <b>A Short History of Medicine Venue:</b> Learning Centre<br><b>Topic:</b> Hospitals<br><b>Contacts:</b> Fran 4684 1253 or Julie 4683 2823   |
| 3rd Fri. (15th Sept) 8:00am              | <b>Local History—Trip to Bolivia Station, Meet at Weeroona Park, for carpooling at 8:00 am. Cost of Visit \$15.00 - includes morning tea</b><br><b>Contact:</b> Kerrie 4681 1737   |
| 3rd Wed (20 <sup>th</sup> ) 10.0am       | <b>Garden Group: Venue:</b> Spring Creek Seedlings, 836 Texas Rd<br>Please bring a plate to share for morning tea<br><b>Contacts:</b> Carol 4681 3495, Leon & Kerrie 4681 1737, Elaine 4681 4774   |
| 3rd Thurs (21 <sup>st</sup> ) 10.00am    | <b>General Meeting: Venue:</b> Learning Centre<br>Please bring a plate to share for morning tea<br><b>Contacts:</b> Julie 4683 2823, or Carol 4681 3495  |
| 4th Thurs (28 <sup>th</sup> ) 10.30am    | <b>A Short History of Medicine Venue:</b> Learning Centre<br><b>Topic:</b> Medicine in Modern Society (last session)<br><b>Contacts:</b> Fran 4684 1253 or Julie 4683 2823   |



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