



U3A Granite Belt Inc.



Website
www.u3agranitebelt.org.au

APRIL 2024 NEWSLETTER

Contents

<i>Editorial</i>	P1
<i>Let's Socialize Science, The Gut History of Movies</i>	P2
<i>Garden Group Mosaics</i>	P3
<i>Hot Topics Discussion Group Wednesday Book Group Meet the Author Item</i>	P4
<i>Committee Members Contact Details U3A Granite Belt Information German Rotary Morning Tea</i>	P5
<i>April Calendar</i>	P6

When the big things feel out of control.. focus on what you love right under you nose

Charlie Mackesy

Reminder:

The last day for contributions for the newsletter is **25th** of the month. Please keep your contributions to a maximum of **300 words**

March 2024 has been an incredibly sad month for members of U3A. Our thoughts are with the families of those members who are grieving the loss of a partner or friend.

VALE

Stephen Courtney and Lynette Haselgrove

Last month we said final goodbyes to two of our treasured friends, Steve and Lyn. Both had been active members for years, both being office bearers and helping keep our U3A functioning and fun. We miss them. Our deep sympathy goes to Steve's wife Mary and Lyn's husband Peter.

AGM

Come along to the AGM to listen to Rhonda Weston, the president of U3A Network Queensland and a member of IAUTA who will talk about U3A on a state, national and global level.

The information re the AGM has been sent to all members. Join Rhonda and members of the management committee for a light lunch following the meeting. The lunch will be at the International Club and will be an informal get together.

Nominations are needed for the following positions on the committee: President, Vice President, Treasurer, Minute Secretary, Activities Coordinator and Publicity Officer.

I would like to thank the members who have given feedback re the future of the newsletter. The feedback has been very positive and everyone wants the newsletter to continue in its current format. One of the reasons a newsletter is important is to maintain communication within the group. Any member is welcome to contribute an article to the newsletter at any time.

Email contributions to u3agbnews@gmail.com

SAY HELLO TO THE WORLD

Check out great airfares, cruises, hotels, holiday packages and much more!

Come and see us in store today

helloworld
TRAVEL
THE TRAVEL PROFESSIONALS
STANTHORPE

1 Maryland St, Stanthorpe, QLD 4380
 +61 (07) 4681 2144

*LET'S SOCIALISE**LES KIRMSSE*

PIZZA IN THE PARK on 21st March didn't turn out as planned. The weather gods weren't with us. The day before was hot, the day after was fine. But on 21st we had a cold windy day with sprinkles of rain. However, Morwenna and Franco came to our rescue and 21 of us had a lovely time in their large sitting area. So a very big THANK YOU to them. The pizzas were delicious and the company was great.

At our Annual General Meeting on 18th April, our guest speaker will be Rhonda Weston, President of the U3A Network Queensland and Australia's representative on the board of IAUTA (the International Association of Universities of the Third Age).

The AGM will be followed by a light lunch at the International Club. More details will be sent to members at a later date.

Our general meetings are also good opportunities for socialising. So remember to keep the third Thursday of each month free for such activities.

*THE GUT**FRAN TOBIN*

In our March get-together we discussed the foods we eat, and allergies and intolerances.

This included coeliac disease, gluten sensitivity and lactose intolerance.

Our session finished with looking at the Bristol Scale, which gives an important breakdown on the structure of our faeces.

Next month we will look at how our gut transports our food, and then discuss reflux, which is a common.

Next month the 4th Thursday is Anzac Day so we will meet at the International Club on April 11th at 10.30am.

A Number Riddle

Make the five target numbers in the right grid, using the numbers in the left grid. The rules are:

For each target number on the right, use exactly two grid numbers and one of these symbols + - ÷ ×

Use each grid number once, except the middle one, use that twice. Use each symbol once except use one twice

20	23	48
15	2	12
4	1	6

5	
8	
14	
24	
25	

THE HISTORY OF MOVIES*Julie Barnes*

Tom has decided not to continue with this course as no one came to the second session.

I know some members expressed an interest in attending but must have decided they were too busy. His doctor has assured Tom he will recover from the disappointment!

I have sent Tom an apology on behalf of all members of U3A.

*GARDEN GROUP**LEON MCCOSKER*

The Garden Group visited the lovely Loughmore House and garden, owned by Andrea and Tony Ryan, in Eukey. They named it after Loughmore Castle, Tipperary, Ireland, part of Tony's ancestry. The three-bedroom Queenslander was moved from Ipswich in 2007.

The 110-acre property was purchased in 2016 and many improvements have been made, creating a bocce court and gardens of various colours.

There is a walkway lined with birch trees leading to an outdoor entertainment area with views to Mt Tully and Doctors Creek to the North. Andrea has planted many natives including banksia, grevilleas, crowea, and acacias.

Andrea generously showed us around their large garden, and we thanked her for her hospitality.

Next Garden Group outing on Wednesday 17th April will be a visit to Sarah Hamlyn-Harris's garden, 28 Clarence St, Tabulam and the garden of a horticulturalist friend, Reville.

Meet in Weeroona Park to carpool to leave at 8.00 am for the 130 km trip which will take approximately 2 hours, Please bring a chair, morning tea and lunch.

*MOSAICS**KATHY WILLIAMS*

The shelving has arrived and, believe it, or not, it was full of tiles owned by the group within a day.

Some of the group have begun to work on their projects for the next show. We have chosen the theme, The Forest. This can be animals or birds or wild flowers found in the forest. As the limit in size is 30cm, the members of the group have had to be creative in the interpretation of the theme.

One of the members is creating a deer, another a branch of a flowering gum tree and another is creating mushrooms on a background of slate.



The group would welcome new members and, if you would like to come to mosaics, come along and learn the basics of mosaics from Margy. Please ring Margy on 0459 513 852.

COURSES AND ACTIVITIES

Please contact Mary 0427 142 331 if you have ideas for new courses or activities.

*HOT TOPICS DISCUSSION GROUP**JULIE BARNES*

The group had one of those oops moments and forgot the chosen topics of discussion. We discussed Australia becoming a republic and changing the national flag rather than the advertised topic of Australia becoming a cashless society. This will be one of the topics for discussion in April. The other topic is what impact does the duopoly of Woolworths and Coles have on the environment in Australia and how does this duopoly impact on the cost of groceries?

All members of U3A are welcome.

Please text Julie 0417 074 520 if you are interested in attending.

*WEDNESDAY BOOK GROUP**IRENE GREVIS JAMES*

Our chosen book for discussion was "Boy" by Roald Dahl (c 1984). Some of the comments were:-

- enormous admiration for Dahl's survival of the extremely strict (sometimes cruel) discipline in some of Britain's exclusive private schools;
- Dahl's amazing memory of humorous and serious events; NB his detailed description of "The Great Mouse Plot", which is highly popular with young children.
- Dahl's positive outlook on life, "... I think kindness is my No. 1 attribute in a human being..." (1984)
- some readers' disliked his "meandering anecdotes" and "overdone descriptions" of cruel, corporal punishment.
- Dahl's beautiful memories of simple, idyllic family holidays in his parents' native Norway.
- the loving, caring home his capable, widowed mother maintained for her large family.

NB The companion book is "Going Solo" (c. 1986), which relates Dahl's exploits up till 1942. It is very entertaining and informative, and mostly set in Northern Africa, including his almost fatal plane-crash in the RAF.

MEET THE AUTHOR INVITATION

Warwick Library invites all devotees of the crime genre to meet the author Georgia Harper author of *What I Would Do To You*.

Date: Thursday 18th April from 2.00pm at St Mark's Anglican Church Hall, Warwick

If you have any questions or would like to register for this Author Visit, please contact the Warwick Library on Phone: 4661 0342

Georgia Harper is a psychologist who has worked with both serious violent offenders and victim-survivors of crime. Her career spans correctional, forensic mental health, mental health, and rural psychology roles.

A very basic synopsis of the book follows:

What would you do if your loved one was murdered and you had the chance for retribution? To enact revenge on the murderer, legally and without repercussion? Would you do it? Could you?

This is the question at the centre of this audacious, conceptual debut from Georgia Harper.

In a near-future Australia, the death penalty is back. But if the victim's family wants the perpetrator to die, they must be the ones to carry out the execution.

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.

President:	Julie Barnes	0417 074 520
Vice-President:		
Secretary:	Margaret Porter u3agbinc@gmail.com	0491 093 157
Treasurer:	Denise Harslett	0428 833 168
Minutes Sec:	Morwenna Arcidiacono	0490 241 356
Activities Coordinator:	Mary Courtney	0427 142 331
Publicity Officer:	Les Kirmsse	0488 787 905
Webmaster:	Lynda Blackstock	0421 327 377
Facebook Admin:	Lynda Blackstock	0421 327 377
	Julie Barnes	0417 074 520
	Marg Porter	0491 093 157
Grievances	Contact the Secretary for more information.	
Newsletter	Send articles to u3agbnews@gmail.com by 25th of the month.	

Postal Address
 PO BOX 250
 Stanthorpe Qld 4380

Phone
 0491 093 157

Email
u3agbinc@gmail.com

Website
www.u3agranitebelt.org.au

Bank Account
 Heritage Bank
 BSB 638070
 Account Number: 13712268
 (Heritage Members add S21 to the account number.)

GERMAN

IRENE GREVIS-JAMES

Good day! Our last lessons were especially interesting, thanks to the input of our talented group. Julie's song from "The Mists of Guyra" was very atmospheric and educational, even in the German version.

We greatly enjoyed last lesson's song, Hilde Knep's "Rain Red Roses for Me". Many thanks, Mary-Jane for the typing! Knep's autobiography, "The Gift Horse" (c. 1971), is compelling history, especially her honest description of the difficult years of her youth in Berlin, 1940-1950.

Guten Tag, allesamt. Unsere letzten Stunden waren immer interessant, Dank einer Klasse mit viel Talent! Julies Lied von "Mists of Guyra" war höchst melodisch und lehrreich, auch besonders auf Deutsch.

Wir haben alle Hilde Kneps Lied, "Für mich soll's Rote Rosen regnen" sehr genossen. Ihre Autobiografie "Der geschenkte Gaul" (c 1971), ist faszinierende Geschichte und leicht zu lesen. Die schweren Jahre ihrer Jugend, 1940-1950 in Berlin, sind sehr ehrlich und objektiv geschrieben.

FROHE OSTERN 

Rotary Club Aging Well Morning Teas are held on third Friday of the month (19th) at 10.00am at 15 Hilton Street. All welcome.

****Please bring your morning tea. Other information is included in articles or group reports.**

Day/s	Activity	Venue	Contact
Every Monday, Wednesday & Friday	Walking Group 7.00am	Outside The Reject Shop	Ria 0427 349 977
Every Monday	Tai Chi 10am	International Club	Kaye k.mcc3@hotmail.com
Every Monday	Mahjong from 1.00pm	International Club	Robyn 0423 153 514
Every Tuesday	Dam Pluckers 2.00pm	International Club	Heather 0448 800 491
Occasional Tuesdays	German	RSL	Irene 0437 373 929

Date	Activity	Venue	Contact
Tuesday 2nd	Book Group 10.00am	International Club	Mary 0427 142 331
Wednesday 3rd	Book Group 10.00am	International Club	Julie 0417 074 520
Thursday 4th	Hot Topics Discussion Group 10.00am	International Club	Julie 0417 074 520
Tuesday 9th	**Mosaics From 9.00am	Pete's Shed	Margy 0459 513 852
Thursday 11th	Science 10.30am	International Club	Fran 0411 103 171
Tuesday 16th	German 10.00am	RSL	Irene 0437 373 929
Wednesday 17th	**Garden Group 8.00am Meet at Weroona Park	Clarence Street Tabulum	Kerrie 0488 732 638 Denise 0428 833 168
Thursday 18th	AGM Guest Speaker and Lunch	International Club 10.00am	Marg Porter 0491 093 157
Tuesday 23rd	**Mosaics From 9.00am	Pete's Shed	Margy 0459 513 852
Tuesday 30th	German 10.00am	RSL	Irene 0437 373 929