



U3A Granite Belt Inc.



Website  
[www.u3agranitebelt.org.au](http://www.u3agranitebelt.org.au)

# MAY 2024 NEWSLETTER

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*Life is like riding a bike.  
To keep your balance you  
must keep moving.*

*Albert Einstein*

### Reminder:

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

## President's Report

As did millions of other Australians, I attended our local Anzac Day Commemorative service. This most important event on the Australian national calendar provides a time to honour our veterans, to recognise their gallantry and to reflect upon the generosity of spirit that motivated them in the service of their country.

Community service has long been a hallmark of Australian culture and many of the community services and organisations we enjoy and depend upon today are the result of the vision, commitment and unstinting efforts of volunteers.

Granite Belt U3A is an organisation that relies entirely upon the goodwill of volunteers to fill executive positions, to lead courses and workshops and to organise social activities. Currently, two members of our social committee would like to vacate the roles. If you feel you are able to help out, please contact Lesley or myself to register your interest.

Previous President, Julie Barnes, in her recent address to Stanthorpe Probus, gave an outline of the philosophy of U3A, the courses available and the fact that U3A Granite Belt has been in operation for nineteen years. This is surely testament to the vision of founding members and the commitment of past executive committees.

Attendees at our April meeting were fortunate to hear a most interesting address, presented by Rhonda Weston (President U3A Network Qld, Deputy Chair U3A Australia, AIUTA Governing Board member, Patron U3A Toowoomba Inc), on the development of U3A from humble beginnings in France to a global organisation encompassing 85 countries with 100 000 members. Through the addition of the African continent, U3A aims to be in 100 countries by 2025 and 150 by 2030.

It's great to know we are part of such a vibrant organisation.

Margaret Porter

## Activities

Many thanks to the members who offered to facilitate new activities. One is painting with acrylics in late September/October the other is stained glass sometime in the future. Other members have suggested outings. There are also on-line opportunities needing to be investigated. More information relating to activities is included in the newsletter each month.

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*LET'S SOCIALISE**RIA LOME*

The May luncheon will be on Thursday 16th May at the Ballandean Tavern at 12 noon.

RSVP by 10th May to Ria on 0427 349 977 or ria.lome48@gmail.com. Gluten free and vegetarian options are available.

The social sub committee is looking for a new member to help find exciting places to eat and also to organise guest speakers for the bi-monthly meetings. Please contact Les on 0488 787 905 or Marg on 0422 774 643 if you are interested in becoming part of the sub-committee.

*THE GUT**FRAN TOBIN*

In our last session we discussed the nervous and muscular control of our digestive system.

We learnt that adult humans swallow between 600 and 2000 times per day, and each swallow involves the coordination of 20 pairs of muscles. This complex action is taken for granted, but as we age we may have difficulty swallowing. The advice is to see a speech therapist.

We also discussed reflux—a condition suffered by many people the world over.

Our next meeting is the 2<sup>nd</sup> Thursday (9th) in May at the Learning Centre, at 10.30. We will discuss motion sickness, as well as vomiting. I know that this sounds dreadful but I can assure you that it is very interesting.

*DAM PLUCKERS**MORWENNA ARCIDIACONO*

The U3A Granite Belt Ukulele Group, 'The Dam Pluckers', perform at Blue Care and Carramar on alternate months. In order to encourage performance interaction, the group chooses half of the repertoire as a singalong. A power point is shown for the audience to read the words. There is no reason why members who fancy a singalong session cannot join these occasions. Both aged care facilities welcome visitors to join the Dam Pluckers performances. The dates of these events are noted

Dam Pluckers Blue Care and Carramar Performances for 2024:

Blue Care 10.00am for a 10.30am start		Carramar 1.30pm for a 2.00pm start	
Month	Date	Month	Date
May	28th	June	25th
July	30th	August	27th
September	24th	October	29th
November	26th	December	17th

*COURSES AND ACTIVITIES*

Please contact Julie 0417 074 520 if you have ideas for new courses or activities.

*GARDEN GROUP**JULIE BARNES*

The Garden Group visited two gardens in Tabulum. The gardens demonstrate the philosophies of the two gardeners. The philosophy of both gardeners is to be organic and to reuse, and recycle and, if possible, to live sustainably. Many members were envious of the types of plants growing in the rich alluvial soil on the banks of the Clarence River, a relatively frost free area.

One of the gardens was on flat land and the other was on the side of a quite steep hill. Both gardens had banana plants (did you know there are at least 20 varieties of bananas?), mulberry trees, galangal, rosellas, ginger, turmeric and a wide variety of beans, corn and sweet potato. One of the gardeners is genetically modifying corn seeds to produce blue corn. The seeds will then be trialed in the garden to determine viability.

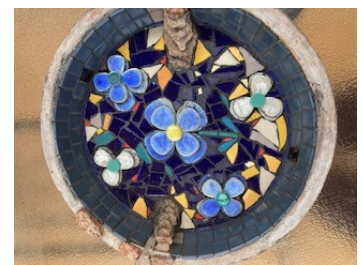
The May Garden Group outing on 15th May will be a visit to Rae Gleeson's garden, 87 Greenup Street, Stanthorpe. This is a new garden designed by Rae's son during COVID 19. The garden is on a large block of land. Please bring a chair and morning tea to share.

*MOSAICS**KATHY WILLIAMS*

An apology is owed to Sally. In the March Newsletter, the names of members who won prizes at the show omitted Sally who won a second prize for her frog mosaic.

This photo is of a soon to be completed bee watering station. Thin pieces of granite will be glued on the rim of dish.

The dish and some of the tiles have been recycled.



New members are welcome. The cost is \$2.00 per morning. Please bring morning tea to share. Tea and coffee are provided.

If anyone has any spare bright red tiles, please let the group know. Please contact Margy on .0459 513 852.

*HOT TOPICS DISCUSSION GROUP**JULIE BARNES*

The group will discuss: Should voting be compulsory? And should sixteen year olds be given the vote?

The list of topics for discussion is interesting and is growing each month.

Some of the research that came from last month's discussion is that the IGA brand is owned by Metcash an Australian food distribution company. All IGAs are independently owned and operated.

All members of U3A are welcome.

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

*THE DIGITAL AGE*

Extending from last year's successful presentations, U3A Network Victoria with its partners are holding 7 online sessions, one each on the third Wednesday of the month, to provide a range of topics such as how to stay safe online, taking advantage of new technologies, what is AI, and many other topics.

- May 15, 2024 10:00am – AI and its applications to U3A Activities.
- Jun 19, 2024 10:00am – E-Commerce and safely banking and shopping online.
- Jul 17, 2024 10:00am – Technology available to support independent living. How do I make my home a Smart Home.
- Aug 21, 2024 10:00am – Choosing devices and configuring for everyday use.
- Sep 18, 2024 10:00am – Taking advantage of Health Solutions in the digital world.
- Oct 16, 2024 9:00am – Safe use of Social Media and sharing interests with friends.
- Nov 20, 2024 9:00am – Review of technology advances in 2024.

Where to next? To register for one or all sessions, go to [u3aqld.org](http://u3aqld.org) to register. Once you have registered, the Zoom link will be emailed to you. You can use this link for all of the sessions above.

*CHAPTER CHATTERS**JULIE BARNES*

The group will meet on Wednesday 1st May to discuss *Wifedom* by Anna Funder.

The books chosen by members for discussion this year include :

- ⇒ *In Search of Perfumes* by Dominique Roques
- ⇒ *The Bullet that Missed* by Richard Osman
- ⇒ *The Briny Café* by Susan Duncan
- ⇒ A true crime genre book or audiobook. This is our December reading.

Other suggestions include another in the Strike mystery series and *Agent Sonya* by Ben Macintyre.

If you would like to join us, come along to the International Club at 10,00am. Bring a cuppa to enjoy during the discussion

## 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:	Margaret Porter	0422 774 643
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Grievances Contact the Secretary for more information.

Newsletter Send articles to [u3agbnews@gmail.com](mailto:u3agbnews@gmail.com) by 25th of the month.

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### Bank Account

Heritage Bank  
 BSB 638070

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

*GERMAN*

*IRENE GREVIS-JAMES*

Welcome to our German group. We've studied about Easter traditions and enjoyed a beautiful, old Easter Hymn from the 16th century: "When Jesus left his mother, Maria." A former TAFE student, C. Dornbusch, translated it into English- a great achievement (AD 2000). Now back to R, Wr, H, & Speaking.

Till next time!

Diesen Monat haben wir den alten Gesang, "Als Jesus von seiner Mutter ging"( 16.J'h) studiert. Dank der Übersetzung von C. Dornbusch( AD 2000, TAFE), konnten wir alles verstehen. Nun weiter mit Lesen, Schreiben, Hören & Sprechen. Die nächsten Klassen sind am 14 & 28 Mai, und 11 Juni.

Bis dann, Tschüß.



Rotary Club Aging Well Morning Teas are held on third Friday of the month (17th) 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
<b>Wednesday 1st</b>	Book Group 10.00am	International Club	Julie 0417 074 520
<b>Thursday 2nd</b>	Hot Topics Discussion Group 10.00am	Learning Centre High School	Julie 0417 074 520
<b>Tuesday 7th</b>	Book Group 10,00am	International Club	Mary 0427 142 331
<b>Thursday 9th</b>	Science 10.30am	High School	Fran 0411 103 171
<b>Tuesday 14th</b>	**Mosaics From 9.00am German	Pete's Shed  RSL	Margy 0459 513 852  Irene 0437 373 929
<b>Wednesday 15th</b>	**Garden Group 10.00am	87 Greenup Street Stanthorpe	Kerrie 0488 732 638 Denise 0428 833 168
<b>Thursday 16th</b>	Lunch	Ballandean Tavern 12 noon	Ria 0427 349 977
<b>Tuesday 28th</b>	**Mosaics From 9.00am German 10.00am	Pete's Shed  RSL	Margy 0459 513 852  Irene 0437 373 929