



U3A Granite Belt Inc.



NOVEMBER 2023 NEWSLETTER



Website
www.u3agranitebelt.org.au

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*Learn about Indigenous
brilliance and success as
much as you learn about
Indigenous suffering and
trauma.*

Len Pierce

Reminder:

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

Editorial

As the year draws all to rapidly to closure, it is time to think about where to from here?

What activities would stimulate your mind, body and soul in 2024?

Perhaps you might like to share your skills to facilitate a group for other members? Please share your ideas with Mary 0427 142 331

Changes in email Addresses

It has been reported to me some members are not receiving emails. If you change your email address or have a preference to receive emails via one particular email address, PLEASE contact the secretary at u3agbinc@gmail.com asap. The secretary can then change your email address in the member management system.

Ageing Well Research

Chloe Waddell is currently working on her Doctorate in Philosophy. The focus of Chloe's doctorate is Ageing Well. What does it mean to age well in Australia today? At present, there is no consistent definition of 'ageing well', and this makes it difficult for policies, programs, and organisations to support older Australians to age well. Chloe is looking to develop a definition based on the perspectives of older Australians (65 years+). To do so, policy makers need to understand what factors may contribute to, or act as a barrier. Chloe needs to recruit people aged 65 years and older who live in Australia, can read and write English, you can help Chloe by completing the survey to form the basis of the research.

Members can find the survey (and further details) online at:

<https://bit.ly/ageingwellsurvey>.

Let's support Chloe in her research by completing the survey.

If you require further information, you can email Chloe at

cwaddell@students.federation.edu.au

Thank-you

Many thanks to the Dam Pluckers for drawing the crowd to the Piazza to help us celebrate Seniors Month and advertise U3A. The songs and, of course, singing along with the group certainly stimulated the brain cells!

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*

The Social Committee invites you to a BYO picnic at Girraween National Park on the third Thursday of November (16th). No teddy bears needed, just some food and drink and the desire to spend a relaxing time with other members and friends. Let's meet in the Rogers Street carpark, Stanthorpe, at 9am to arrange any carpooling needed. If you want to go on your own, that's okay too, just meet us in the main picnic area. Walking in the Park is a delight and smaller groups may head off on walks to suit their capabilities. If the weather is a problem, like a total fire ban day or real rain (!), we will have to reschedule. Fingers crossed that we'll see you there.

No need to RSVP but if you want to check up about anything, contact Les on 0488 787 905.

*TAI CHI**KAYE MCCULLOCH*

The first group of U3A members to begin the Tai Chi for Arthritis program are now half way through their first series. We will have another couple of weeks learning new moves, then spend the final three weeks consolidating in order to be able to practice at home over the break. This group will resume on 22 Jan.

There has been a lot of interest for another group of beginners to start early next year. We are close to having another full group, so if you are interested, contact Julie Barnes barn,ju@icloud.com or Kaye on k.mcc3@hotmail.com to see if there are any vacancies. This group will also be on Mondays, and start on 22 January at the International Club. We will go for 10 weeks and then take a break over Easter.

Times for both groups will be confirmed, but most likely both will be on the Monday mornings at the International Club.

End of Year Lunch

St Jude's, Ballendean

Thursday December 7 at 12.00 PM.

Entree...	Prawn and Avocado cocktail
Mains...	Baked Ham or Chicken with vegies
Dessert	Christmas Pudding

Complimentary. glass of champagne and coffee

Cost is \$40 per person.

RSVP Ria at ria.lome48@gmail.com or 0427 349 977 by 1st December with any dietary requirements. 1st December is the FINAL day for RSVPs. An invitation will be sent later in November.

*GARDEN GROUP**LYN HASELGROVE*

The garden group was fortunate to be invited to the garden of a member's daughter and her husband, Maree and Matt who moved to this suburban Stanthorpe property just five years ago - in drought times. After an incredible amount of hard work, the garden is now full of healthy thriving plants with a mix of natives and exotics, vegetables, fruit trees, and a glorious array of potted plants and hanging baskets. This garden had it all, including numerous water baths for the birds and nest boxes in the trees. Maree and Matt started with a blank canvas in their back area except for an expanse of lovegrass which was cleared by hand. The before and after photos showed the transformation of the garden. The result is a delightful garden created by two very keen gardeners.

They then observed the flow of water and created drainage paths with small rocks and built-up beds. All of the water that lands on the block now stays on the block.

Next Garden Group outing will be a visit to Bert and Tracey Steginga's garden, 93 College Rd Stanthorpe on Wednesday 15th November. They have lived there for 7 years; this is large garden including a big cottage garden at the front and they made a lot of improvements since. Meet at 10.00 am, bring a chair and morning tea to share.



Maree and Matt's back garden.



Elaine and Lyn talking gardens with Maree.



Maree and Matt's back garden.

A PHILOSOPHICAL QUOTE

Diplomacy is the art of telling people to go to hell in such a way they ask directions.

Winston Churchill

COURSES AND ACTIVITIES

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

*TUESDAY BOOK GROUP**MARY COURTNEY*

October's meeting proved interesting, with a choice of two books:

Me and Rory Macbeath by Richard Beasley. 12 year old Jake lives with his single lawyer mum in Rose Ave in Adelaide in 1977 enjoying summers of cricket, swimming and fishing with his best mate Robbie Duncan, son of the local police sergeant. Into their idyllic lives comes Rory Macbeath and his family, recent migrants from Glasgow.

Despite reservations, the three become firm friends, but there is something different about Rory's family dynamics, life is not as it seems.

On returning from a fishing trip with Robbie's father, Rory discover's his mother standing over his father's body with Mr Duncan's police issue gun in her hand. What follows tests the boys' friendship and shows how a community can support each other through horrifying circumstances.

Beasley, a lawyer himself, gives us a raw depiction of how domestic violence can destroy families and friendships, but it can also create even greater bonds despite distance.

For the four who read it, the subject matter proved at times challenging, but in the end it was a story of what true friendship is and how in the end that is what matters. Sparsely and beautifully written.

Second choice was Richard Osman's *The Man Who Died Twice*. A tale with so many twists and turns, intriguing character's, with a wry twist of humour. It got a big thumbs up as an enjoyable read and to disclose the plot would be unfair to those who want to read it. Make a cup of tea, find a comfortable seat, you will be entertained, maybe have a pen and paper handy to follow the character's. Good book for the holidays.

The group has already started compiling our 2024 book list, varied and interesting !

*WEDNESDAY BOOK GROUP**JULIE BARNES*

The book for discussion was *Lessons in Chemistry* by Bonnie Gamus. Everyone loved the book—a rating of 9.5 to 9.9! The book is very readable, immersive, and like reading a film. It reflects on the life of a brilliant chemist, Elizabeth and the influence a patriarchal society had on women's lives in the 50's and early 60's.

Topics covered included religion, exploitation of women, orphanages, and illegitimate births. Elizabeth's statement concerning this topic was "It is only a deal to the very stupid. I talk with stupid all day long."

Elizabeth used her TV Cooking Show as a chemistry lesson for her mainly female audience and in a small way empowered her TV audience to become more assertive. Some of the group would have liked to have read a similar novel in their 20's not in their 70's.

One of the characters is a dog called Six-Thirty who could understand a vocabulary of 850 words. His conversations added a quirkiness to the book and provided a relief from the intensity of Elizabeth's character. Very highly recommended.

The book for November is *Romulus my Father* by Raimond Gaita.

Rotary Club Aging Well Morning Teas are held on third Friday of the month (17th November) at 10.00am at 15 Hilton Street. All welcome.

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
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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

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Email

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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

RSVP! RIVELLA. RSVP!

Does anyone know anything about this healthy, refreshing Swiss drink being available in Australia? Did your mothers/grandmothers drink it in the 1950's/1960's? It's delicious, non-alcoholic and Switzerland's No 1 popular cool drink. Probably William Tell's prowess depended on being raised on it!

Term 4 classes will be on 7 & 28 Nov; 5 Dec. Topics will include current affairs, culture and all linguistic skills.

Willkommen meine Studenten; wir müssen wieder Deutsch lernen und hoffentlich genießen. Europa war überall interessant- aber Kosten für Australische Dollars SEHR teuer. Alle Leute waren hilfsbereit, freundlich und hatten viel Interesse für Australien. In Frankreich haben wir Bekannte von Geelong getroffen; ja, es ist wirklich "eine kleine Welt"

Tschüß bis nächste Klasse bei RSL

HISTORY OF ESPIONAGE

JULIE BARNES

The November espionage discussion has had to be cancelled as I will be away. I had planned to discuss the Whitlam Years but I cannot get back to Stanthorpe in time for the group discussion on 9th.

I have decided not to continue with the Espionage discussions next year. I have loved being able to learn aspects of the secret lives of spies and how spies have been used for at least two thousand years and I hope those members who participated in the group enjoyed the discussions as much as I did.

****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 6.30am	Outside The Reject Shop	Ria 0427 349 977
Every Monday	Tai Chi 10.00am	International Club	Kaye k.mcc3@hotmail.com
Every Monday	Beginner Ukulele		Heather 0448 800 491
Every Monday	Mahjong from 1.00pm	International Club	Kathy 0429 361 705
Every Tuesday	Dam Pluckers 2.00pm	International Club	Heather 0448 800 49
Occasional Tuesdays	German	RSL	Irene 0437 373 929

Date	Activity	Venue	Contact
Wednesday 1st	Book Group 10.00am	International Club	Julie 0417 074 520
Tuesday 7th	Book Group 10.00am German	International Club RSL	Mary 0427 142 331 Irene 0437 373 929
Tuesday 14th	**Mosaics From 9.00am	Pete's Shed	Margy 0459 513 852
Wednesday 15th	**Garden Group 10.00am	93 College Road Stanthorpe	Kerrie 0488 732 638 Denise 0428 833 168
Thursday 16th	Girraween Picnic and walk 9.00am	Meet at Rogers Street Carpark	Les 0488 787 905
Thursday 23rd	Science 10.30am	Learning Centre High School	Fran 0411 103 171
Tuesday 28th	**Mosaics From 9.00am German	Pete's Shed RSL	Margy 0459 513 852 Irene 0437 373 929
December 1st	RSVP End of Year Lunch Due		Ria 0427 349 977

Democracy is when the indigent, and not the men of property, are the rulers.

Aristotle