

# Newsletter



UNIVERSITY OF THE THIRD AGE, GRANITE BELT INC.

# U3A Granite Belt

## Raging Ageing comes to U3A

Guest speaker (or demonstrator, to be precise) at the October general meeting was Lynette Torrisi from the YMCA's fitness programme, who introduced members to the 'Raging Ageing' concept of gentle exercise. She had us all on our feet, or sitting down if you wished, but doing the gentle stretches and paces which exercise the muscles and help make

the heart and lungs work just a little bit harder.

The photo below shows everyone stretching out, reaching for the answer to a longer fitter life. Raging Ageing sessions are on Wednesdays at 2pm and Fridays at 10am, and different exercise sessions, Heart Moves, are on Mon and Wed at 10am and Fri at noon. Both sessions cost \$5, and are suitably designed for seniors.



## Computer Classes to start Next Year

After discussions with the High School's Principal Peter Grant, members Graham Knight and Steve Courtney can report that U3A Granite Belt will be able to use the former Learning Network Qld computers, housed in the room next door to our

meeting room, for computer classes. With LNQ moving out, and leaving the computers, we have discussed U3A's using this facility on either two half days or one full day per month next year.

Stay posted on how this opportunity pans out.

*'I know nothing with any certainty, but the sight of stars makes me dream'* Vincent van Gogh

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## Important Dates

There are a few special events coming up over the next month or so.

**Food Investigations, combined with the Garden Group**, 10am on Saturday 12th Nov at Terry and Sue Ann Gilmour's place at Donnelly's Castle. They grow edible native plants. Advise Mary if attending - she needs numbers to advise the Gilmours.

**The Garden Group breakup** for 2011 will be at 10am on Wednesday 23rd Nov at John and Chiyoko Pietrewskiwic's home at Texas Rd

**U3A Granite Belt breakup** for 2011 will be at 10am on Thursday 8th December at the Bramble Patch Berry Gardens, for a morning tea (about \$8), followed by a ramble through Irene and Ian Grevis James's garden just down the road.

Another year is fast coming to a close! Too fast!

**Ten years ago, America still had Bob Hope, Johnny Cash and Steve Jobs. Now, America has no Jobs, no Cash and no Hope.**

## German Language Lessons

There will be no German Language lesson on the next scheduled day, i.e. Tuesday 8th November.

Irene Grevis James has advised that the next lesson will be on Tuesday 22nd November, and the final lesson for this year will be on Tuesday 6th December.

Danke schoen Irene, by all accounts your lessons are excellent i.e. 'sehr gut'.

**Digital Photography:** The Digital Photography group have decided to pursue a project over the next twelve months to produce a calendar of U3A activities.

Convenor Liz Drake has come back from an overseas trip, full of enthusiasm and ideas on how to give new impetus and photographic experience to the group.

The intention is to document the next 12 month's U3A activities in photographs, but also to include some recipes, garden tips and information on our groups and their topics.

If you are interested in taking part in this project, just come along to the Digital Photography group, and you will learn about computer photographic tools like Publisher, Photo Shop, and the use of your digital camera.

**Investment Club:** At last we are on our way with the new group. We have achieved registration of our E-

trade account, and can now begin dealing on the stock market.

Investments proposed to start with are: Bank of Qld at \$7.99 a share, Twin Hills Silver Mine (or Alcyone) at 9.6 cents, JB Hi-Fi at \$15.05, Hillgrove Resources at 25 cents, Lynas at \$1.24, with a backup; Bandanna at 90 cents.

Maurie's portfolio equivalent of - 7oz Gold- \$12,002 and 10kg Silver - \$10,024

make an interesting comparison.

We will no doubt make some mistakes (pick some duds) on the way, but never mind, it's only money.

If anyone wants to join the group, you can do so by contributing an investment unit, which was initially \$500 but will change as we make profits.

**Discussion Group:** The Discussion Group continues to have a life of its own, with the topic for October being 'Kids Today'. Surprisingly, this kept us going for the whole morning, with a

few little diversions along the way. New participants are very welcome.

**Music for Pleasure:** October's topic "Gospel, Sacred, Spiritual" music gave us an amazing amount of material from which to choose, though there were a couple of favourites that were on most people's list. Some of us surprised ourselves (and others) by being able to sing along with many of the songs - proving the retention of things learned in our childhood.

The next gathering will be at Oriel's and the topic is "COLOURS".

**Christmas Breakup:** U3A's Christmas Breakup will again be a morning tea at the Bramble Patch, on 8th Dec. Please advise Jan Martin by Wed 30th November if you are planning to attend, so we have an idea of numbers attending, for the Bramble Patch.

*'If at first an idea is not absurd, then there is no hope for it' Albert Einstein*

## **Gardening at Mossvale - Heather's Haven** (by Leon and Kerrie)

13 U3A Garden Group members joined with Diggers Garden members from Tenterfield, Stanthorpe, Warwick and Toowoomba and the Botanical Artists group, totalling 111 garden enthusiasts to enjoy Heather Gregg's beautiful garden on a near perfect day.

Shane Gregg gave a talk on the history of the property of 1500 acres which was purchased from Peter Barnard in 1952. In the early days it was over grazed and impoverished with rabbits so action was needed to improve, so the property was contoured on the "key-line system" and divided into 100 paddocks using electric fences so some paddocks are always spelled. They observed a couple of rules; don't over clear- clear some and leave a lot, don't drench a breeding cow, hence going organic using biodynamic practices. Shane then discussed their new venture of "Solar Farming" to complement their income.

They have an array of ground mounted solar panels on each



farm which feed 30kw of electricity each back into the Ergon electricity grid, enough to supply 20 to 30 houses on their line. He spoke of the obstacles they had to overcome with Ergon to be allowed to feed in a large amount of power into their system. It was an informative and interesting day, thanks to Shane and Heather's hospitality.

We have a bonus outing on Saturday 12<sup>th</sup> November combining with the Food Investigation Group to visit Terry and Sue-Anne Gil-

mour's property at The Summit, where they have planted all edible plants. Please advise Mary Courtney if you are attending.

Wednesday 23<sup>rd</sup> November is our break-up at John and Chiyoko Pietruszkiewicz's property 1623 Texas Road. Meet at Weeroona Park at 9.30am, stay for a BYO sausage sizzle lunch, bring salads to share, a chair and mug.

## Poetry in Colour - Beautiful Word Pictures

October's Poetry Group meeting was held at the Learning Centre, on the theme of Colour, and attendance numbers reflected the growing interest in this group - it is a burgeoning group of language enthusiasts who love poetry - not necessarily the writing of it, but just the beauty of words.

One of the most evocative poems on the colour theme was brought by Mim Sheahan, (author unknown) named 'Saving Summer'

*In the cellar, Babci sits on an old kitchen chair made new with glossy grey paint.*

*Wearing an apron blooming with faded flowers, she leans over the tub of steaming water, plucks out plump tomatoes, and peels off the wet papery skins. She fills shiny jars with the soft red pulp,*

*stretches on rubber sealers, presses down moon-round lids, clicks closed the metal clamps.*

*She places the jars in a wire basket, and lowers them into a pot of bubbling water to cook.*

*On wooden shelves in a corner*

*she stores stewed tomatoes beside rows of pickled beets, golden peach slices, green piccalilli*

*and carrots the colour of October pumpkins*

*Standing there in late afternoon,*

*sunlight shining through a small side window,*

*I see her harvest preserved,*

*a rainbow glistening in glass.*

Next Poetry group, the theme will be Water - and it will be held at **Rosemary Duncan's home at 2117 Eukey Rd Ballandean.** (The school needs our room for the day)

**'I am not a good cook. I use my smoke alarm as a kitchen timer'** Kathy Lette

## Dromomaniacs at Girraween (by Jan Martin)

A very pleasant Spring morning saw a small group of enthusiastic hikers enjoy a delicious and fortifying BBQ breakfast before setting off to explore the beauties of Girraween, which really lives up to its name (place of flowers) at this time of the year.

We were treated to a colourful array of many varieties of plants - visitors we met claimed to be "gob-smacked" by the display! Cameras were kept busy, with Jim urging the use of paints to record some of the sights, especially trees.

Due to the storms last week the creek was flowing strongly and the water looked very tempting - maybe the only thing



keeping us from jumping in and enjoying the famous 'slide' was that we'd omitted to pack bikinis and budgie-smugglers?

The heavy rains and subsequent flooding early in the year caused considerable damage to the Junction Track, and the park people have done a great job of restoration.

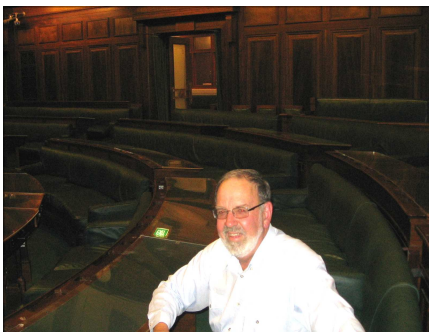
Again, a very pleasant day was had by all. We are so lucky to have such a place on our doorstep.

In November, for our last Dromomaniacs meeting for 2011, those of us who have travelled this year will be given the opportunity to recount a potted version of their trip.

## Mystery Photo - Where was this taken?

The October mystery photo appears to have been a difficult one - only one response. Either not a good photo, or maybe too obscure and not able to be identified.

The winner for October was **Heather Gregg**, who knew it was the Brighton Pavilion in the UK, the wonderful folly built by King George IV and begun in 1787.



Heather therefore is the winner of this month's self funded trip.

November's mystery is to guess **where** the photo at right was taken.

Entries to Steve by mid November, for the chance to be named the winner and win our fabulous prize of a self funded trip to ..anywhere.



**Mim Sheahan has a microwave oven for sale, a bargain at \$30. The oven is almost new, hardly used (replaced with a convection / microwave) Will be available after 16th November.**

**Phone Mim after 16th Nov on 46811136**

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on **Community groups** to find U3A)

**Contacts & Group Convenors:**  
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Roy Werner 46812652  
Esme Hobba 46833324  
Jenny Stoll 46833141  
Irene Grevis James 0437373929  
Lynda Blackstock 46810120

Newsletter Editor: Steve Courtney

### Women's Views on Men

*Men are like the **Weather**.  
Nothing can be done to change  
them*

*Men are like **Commercials**.  
You can't believe a word they  
say.*

*Men are like **Government  
Bonds**. They take soooo long  
to mature.*

*Men are like **Mascara**. They  
run at the first sign of emotion.*

*Men are like **Popcorn**. They  
satisfy you, but only for a little  
while.*

*Men are like **Blenders**. You  
need one, but you're not quite  
sure why.*

*(Now I'll have to find one about  
women.)*

## *Programme for November 2011*

### Weekly Activities

- Every Mon - MahJong, Cribbage, Sewing (mornings) - at STEPS - from  
9.30am to 12.30pm Contact: J A Dvorak  
" " - Art Group - Senior Citizens Room - 9.30am to 4pm - cost \$5  
Contact: Laurie Astill  
" " - Jonola (cards) - at RSL - 1.30pm - Contact: Liz Drake  
Every Wed - Heart Foundation Walking Group - from Heritage Park - 8.30am  
Contact: JA Dvorak

### Monthly / Fortnightly Activities

- 1st Thur (3rd) - Discussion Group - 10am at Learning Centre - Icebreaker:  
Are we prepared for another La Nina?  
Contacts: Roy Werner / Steve Courtney  
1st Fri (4th) - Poetry Group - 10am at Rosemary Duncan's home, 2117 Eukey  
Rd Ballandean (The school needs our room) - Theme: Water  
Contact: Lynda Blackstock. Phone someone if you need a lift.  
2nd Tue (8th) - **No German Language Lesson this week**  
Contact: Irene on 0437 373929  
2nd Tue (8th) - Music for Pleasure - Venue: Oriël's residence - 7pm  
Theme: Colours Contacts: Carol/Oriël  
2nd Fri (11th) - Investment Group - Learning Centre - 10.00am - Checking the  
results of the initial investments - Contact: JA Dvorak  
2nd Sat (12th) - Food Investigations / Garden Group - at Terry and Sue Ann  
Gilmour's near Donnelly's Castle - 10am - meet at Weeroona  
Park at 9.30am BYO morning tea and a chair (and lunch, if you  
wish) Advise Mary if attending. Contact: Mary  
3rd Thur (17th) - General Meeting - 10am - Learning Centre - No Guest Speaker  
Contact: J A Dvorak (Contributions for morning tea welcomed)  
3rd Fri (18th) - Digital Photography Group - 10am at the Learning Centre -  
Topic: Making a calendar - Contact: Liz Drake  
4th Tue (22nd) - German Language Lessons - 10am at STEPS  
Contact: Irene on 0437 373929  
4th Wed (23rd) - Garden Group Breakup for 2011 at Chiyoko and John 's residence,  
Texas Rd - meet Weeroona Park at 9.30am Contact: Kerrie/Leon  
4th Thur (24th) - History Group - 10.00am - Learning Centre - Topic: to be  
advised Convenor: Jenny Stoll  
4th Thur (24th) Book Club - Lorenza's Coffee Lounge - 2pm - Contact: Mary.  
Book for November: to be advised  
4th Fri (25th) - Dromomaniacs - 10am at Learning Centre - Reminiscences of  
this year's travels Contact: Jan Martin

### *Members*

*If you change your  
e-mail address, please  
advise U3A Granite  
Belt, so that you con-  
tinue to be kept in-  
formed of our program  
of activities.*



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