

Newsletter

Fitness for Oct.

For the October general meeting, we have an energetic demonstration arranged. Instructor Lynette Torrisi, from the YMCA fitness programme, will bring some of her participants to demonstrate the fitness exercises they undertake, and will then invite members to try out the exercises. This is a gentle but worthwhile programme, so please come and see it, and try it out.

Closure of LNQ

U3A Granite Belt was informed just prior to the last general meeting that Learning Network Qld was ceasing its activities at the Learning Centre, and the local coordinator, Sharon Roes, was not going to continue in her role. The members of U3A Granite Belt invited Sharon in for morning tea and presented her with a floral bouquet, in recognition of her helpfulness and cooperation shown towards U3A over the past 7 years. Best wishes Sharon.

Computer Classes

In view of the imminent cessation of LNQ, it was decided to approach the High School, which is taking over the LNQ computers, to arrange for computer classes to be conducted in the LNQ next year, with our member Graham Knight volunteering to tutor some activities. Steve and Graham have made an appointment with the High School Principal to see if this can be accommodated within the School's proposed use of the former LNQ facility.



Spring in Stanthorpe



UNIVERSITY OF THE THIRD AGE, GRANITE BELT INC.

U3A Granite Belt

Weed Information Day - September's Garden Group (by Leon and Kerrie)

Harley West, who works with Queensland Murray-Darling Committee and Border Organic Landcare Group, gave an interesting talk on what is a weed, declared weeds (Class 1, Class 2 and Class 3) and Weeds of National Significance, quoting from a handout "Weeds of Southern Queensland". These very informative booklets are available at Primary industries Qld, Applethorpe and the link to the Stanthorpe Landcare site on weeds is <http://www.granitenet.com.au/groups/environment/landcare/weeds>.



Southern Downs Regional Council also can help with weed identification and management. In the home garden pulling out weeds by hand is most effective where possible.

Thanks to Neil and Yvonne Cavenett for hosting the morning in their beautiful setting overlooking Storm King Dam.

Next outing will be a week earlier on Wednesday 12th October at Heather Gregg's "Mossvale" garden, we will combine with Diggers Garden Club. More information later.

The Weeds and Pest Officer, Clinton from

Inside this issue:

What's Happening in 2012	2
Dromomaniacs	2
Poetry Group	2
Mobiles, Insurance, Recipe	3
Investment Club	3
Mystery Photo	3
Programme for October	4

DATE CLAIMERS

Saturday November 12th

Combined Food Investigations and Garden Group visit to Terry and Sue-Anne Gilmour's residence

Thursday December 8th

Christmas Break-Up to be held at The Bramble Patch, Townsend Road, Glen Aplin, 10:00 am.
- details in November Newsletter.

WHAT'S HAPPENING IN 2012 ? (By Mary)

In an attempt to broaden our activity base next year, we are currently looking at introducing some new short and long term courses.

There has been some interest in reintroducing Cryptic Crosswords and starting up a Sudoku Group.

Arthur Maynard, the Warwick President, has been running a Sudoku group for some time and has put together a course starting with Very Easy working through to Triplets, X-Wing and Logic. Arthur has very kindly offered to run an initial double session to get us going, which if we have enough interest, we hope to run in November.

If like me you get completely flummoxed with this brain teaser, why not take this opportunity to finally come to terms with this popular pastime. If you are interested in attending a session with Arthur in November, or are interested in joining a group next year, please let us know by 22nd October.

At the last General Meeting, people were asked if they would be interested in signing up for any of the Online Courses next year. A number of people were interested in Genealogy, particularly if it could be run in conjunction with computer search.

Pre-federation History was also mentioned as being of interest, along with 'Shakespeare: Rediscovering the Bard' - a light-hearted journey through Shakespeare's life and times, his contribution to the English Language and his relevance and importance in the world of literature today.

Others of interest were 'Continents on the Move'; 'Shaping the Human Mind'; an English language course similar to Introduction to the English Language but covering different aspects; and 'Explorers'.

If there was enough interest, these courses would be spread over the year, to enable members to attend more than one course.

If you are interested in any of these suggestions, please let Carol, JA or Mary know so arrangements can be made.

Dromomaniacs (by Jan)

In true learning mode this month Dromomaniacs researched structures throughout the world that entail **impressive engineering**.

From very ancient hand built to very modern using the latest technology, we investigated and discussed bridges, dams, roadways and pathways, a unique river lock system, buildings and offshore mining.

This time we utilized the internet in situ, a great way to learn even more about and see the structures that had been chosen. Of course, in true Dromomaniac fashion, we now want to visit all of these wonderful



Left: Millau Bridge, France

sights.

We shall just have to be happy to accommodate our hedonistic side next month with a trip to Girraween on Friday 28th October. Other U3A members are welcome to join us.

Car pool at Weeroona Park 8 a.m. Meet **8.30 at Picnic Car Park** at Girraween for BBQ breakfast before heading off for a walk along the Junction Track.

BYO breakfast/smoko/lunch, water, sunscreen, camera, wildflower books.

'Confidence is what you have before you understand to problem' Woody Allen

from BBC News online, quoted in The Week

Sept. Poetry Group - Poems from your Schooldays

School poetry was recalled with fondness during our September session, and every poem was a trip down memory lane for each of us. The following sample, by Walter De La Mare, is titled 'Silver':

**Slowly, silently, now the moon
Walks the night in her silver shoon;
This way, and that, she peers, and sees
Silver fruit upon silver trees;
One by one the casements catch
Her beams beneath the silvery thatch;
Couched in his kennel, like a log,**

**With paws of silver sleeps the dog;
From their shadowy cote the white breasts peep
Of doves in silver feathered sleep
A harvest mouse goes scampering by,
With silver claws, and silver eye;
And moveless fish in the water gleam,
By silver reeds in a silver stream.**

In October, the theme will be Colours (the foregoing poem would have been ideal - maybe we should have 'carry-over' poems), so think about coming along and sharing your favorites.

HAVING TROUBLE WITH YOUR MOBILE PHONE ?

Warwick U3A have recently been running courses by Telstra on the use of mobile phones. Arthur Maynard has again come forward and offered to run a one day course, referring to the Telstra material on Identifying and use of standard message folders, creating and sending text messages and photos, change case and insertion of symbols, receiving and replying to text messages and the use of predictive text in a text message. It is hoped to run this short course towards the end of October. If you are interested in attending, please contact Carol, JA or Steve by the 14th October.

INSURANCE

U3A Granite Belt has been advised by the U3A Network Queensland that our insurance policy will now cover copyright protection, for a very small addition to our premium.

Members should also note that the current insurance does not cover members travelling to and from meetings, but does provide indemnity for office bearers in carrying out their duties.

It does provide full public liability cover for U3A Granite Belt.

Recipe - Very Easy Moist Fruit Cake

– provided by Marjie Dawson

(This is the fruit cake Marjie took to the Garden Club - It was a hit - delicious!)

1 kg packet of mixed dried fruit – soaked overnight in 600 mls of iced coffee (bought ready, or made just as you would drink it).
Next day mix in 2 cups of SR flour and 2 teaspoons of mixed spice, put into a lined deepish slice pan.
Bake 1½ hours at 160° C
Optional - ½ cup chopped walnuts and/or some alcohol .

No matter how much you push the envelope, it'll still be stationery!

Celebrating Global Financial Recovery! (by Leon)

At last, the new Investment Club is getting under way. The September meetings saw the formation of the new club, and the rules will allow new members to be admitted. You will be able to buy in, at current value. We have started with 11 members and a fund of around \$11,500.

We are still waiting to open our E*TRADE account as they keep asking for more information. Hopefully this can be resolved soon, as now is a good time to buy stocks.

Discussion was held on what likely stocks to buy when we can start trading. Nick's recommendation was GBM Greater Bendigo Mines, Steve's recommendations AYN and LYC. Maurie suggested watching our portfolio's equivalent in silver and gold eg. 10kg of silver at \$11,879 and 7ozs gold worth \$11,907.

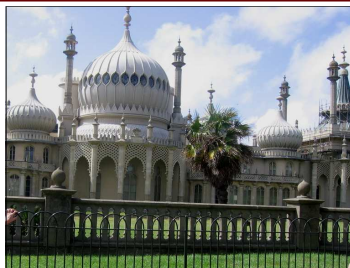
Let any member know if you want to join in!

Next Meeting: Friday 14th October 10.00am at the Learning Centre

Mystery Photo

The mystery photo in the September newsletter was an upside down snap of the crossing in Stanthorpe near the piazza, and the first correct guesses were from **Liz**

Drake (at the last minute before she jetted off to UK) closely challenged by **Kay Cockram**, so we have 2 win-



ners of the self funded trip.

This month's photo at left might be more of a challenge - a very famous building overseas - and I'm sure someone will know

where and what it is. Entries to Steve by mid month, for your chance for a self funded holiday.

Bikes for Grandkids for Christmas

Wondering what to give a grandchild for Christmas? These bikes might be just the thing.

The mini BMX at right is for 3 or 4 year olds, and is for sale for \$60 o.n.o. (helmet and



training wheels included)



The tricycle (at left) is for up to a 2 year old and is for sale for \$30

The BMX below is for the 4 to 6 year old, for sale for \$50 o.n.o. (training wheels available).

All in as-new condition. If you're interested, contact Steve



Courtney on 46837103

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Promotional Items

U3A Granite Belt carry bags and pens are available for purchase.

The bags look outstanding, and are the same size and usefulness as the green bags you can get from Woolworths. They are \$3.00 each, which is fractionally less than their cost price.

We have also acquired a stock of ball point pens, which are for sale at \$1.50 each. That is just above cost, but they are great value, and look good too.

Both of these items are available from the Secretary, Carol van Klaveren.

Programme for October 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 (6th) - Discussion Group - 10am at Learning Centre - Icebreaker: Kids today Contacts: Roy Werner/Steve Courtney

1st Fri (7th) - Poetry Group - 10am at the Learning Centre - Topic: Colours Contact: Lynda Blackstock

2nd Tue (11th) - German Language Lessons - 10am at STEPS Contact: Irene on 0437 373929

2nd Tue (11th) - Music for Pleasure - Venue: Jan and Graham Martin's, Fletcher Rd - 7pm Theme: Colours Contacts: Carol/Oriel

2nd Wed (12th) - Garden Group - Venue/Topic: Heather Gregg's garden, Mossvale (combined with Digger's Garden Club) **This is a week earlier than usual** - Meet at Weeroona Pk at 9.30am Contact: Kerrie/Leon

2nd Fri (14th) - Investment Group - Learning Centre - 10.00am - Investing the funds of the new group - Contact: JA Dvorak

3rd Mon (17th) - Quilts for Carramar—Summit CWA Hall—9:30am to 2:30pm Contact Mary

3rd Thur (20th) - General Meeting - 10am - Learning Centre - Guest: Lynette Torrisi - exercise for Seniors - Contact: J A Dvorak (Contributions for morning tea welcomed)

3rd Fri (21st) - Digital Photography Group - 10am at the Learning Centre - Topic: Making the most of your Computer - Contact: Liz Drake

4th Tue (25th) - German Language Lessons - 10am at STEPS Contact: Irene on 0437 373929

4th Thur (27th) - History Group - 10.00am - Learning Centre - Topic: Skeletons in the Closet Mark II - Mary Clarke on convict forebears. Convenor: Jenny Stoll

4th Thur (27th) Book Club - Lorenza's Coffee Lounge - 2pm - Contact: Mary. Book for October: "The Hospital by the River"

4th Fri (28th) - Dromomaniacs - Breakfast at Girraween - Car pool at Weeroona Park 8 a.m. Meet 8.30 at Picnic Car Park at Girraween for BBQ breakfast before heading off for a walk along the Junction Track. Contact: Jan Martin



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