

UNIVERSITY OF THE
THIRD AGE,
GRANITE BELT INC.

U3A Granite Belt Newsletter



SEPTEMBER

VOLUME 5 ISSUE 8

2009

Lots Happening this month in U3A Granite Belt

Classes for Men at THE ADULT LEARNING CENTRE

Class 1

How To Fill Up The
Ice Cube Trays--Step
by Step, with Slide
Presentation.

Meets 4 weeks, Mon-
day and Wednesday
for 2 hours beginning
at 7:00 PM.

Class 2

The Toilet Paper
Roll--Does It Change
Itself?

Round Table Discus-
sion.

Meets 2 weeks, Sat-
urday 12:00 for 2
hours.

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Adult Learner's Week and Spring Social

Next Monday 31st Au-
gust will be U3A Granite
Belt's spring social, at
10.00am at the Commu-
nity Learning Centre at
the High School.

To celebrate Adult
Learner's Week, we are
putting on Morning Tea
from 10.00am, so all
members are asked to
come along, bring some-
thing for morning tea (and
a little bit more), and join
in a celebration of what
U3A Granite Belt does.

We have the Monday to
ourselves in the Learning
Centre, but the Adult
Learner's Week pro-
gramme includes
GraniteNet on Tuesday
and Wednesday with
computer sessions, LNQ
on Thursday with basic
computer and Internet

sessions, and Toastmasters
on Friday with a mini Toast-
master's meeting.

The Learning Centre has
been booked for us for the
full day (if we can fill it in)
from 9.00am to 3.00pm, and
it is intended that we will
have demonstrations of mah
jong and cribbage, patch-
work and craft activities, art
activities, a garden group
display, and some power-
point programmes of overall
U3A activities and photogra-
phy generally.

This is an opportunity for us
to show how useful U3A is
in this community.

Your participation will be
very welcome, so if you have
only attended a few U3A
activities at this stage, come
and meet some of your fel-
low U3A members.

U3A Online

*U3A Granite Belt is in the
process of registering with
U3A Online, following which
we will be selecting a course
or two from their extensive list
to undertake as a group.*

*At our general meeting, it ap-
peared that the most interest
was expressed in either
"China - From Mao to Now"
or "Left Right and Centre - A
Guide to Political Philoso-
phies." Also the Art Club may
be interested in a course.*

*If you have a preference for
any course, please advise
Mary or Steve Courtney so
that the most popular course
is chosen. The courses avail-
able were in the lists provided
by Mary at the meeting.*

*Undertaking a course like this
will be a new step for U3A
Granite Belt, so let's make it
successful.*

Computers? - askandrew@andrewhallmann.com.au

Andrew Hallmann, a.k.a.
"Andrew the Computer
Man", has made U3A Gran-
ite Belt an offer which I am
sure will be of great benefit
for many members.

Andrew is prepared to pro-
vide U3A members with an
online computer advice ser-
vice, at no cost.

If you have a problem with
your computer you don't
know how to solve, send

him an e-mail at [askan-
drew@andrewhallmann.
com.au](mailto:askandrew@andrewhallmann.com.au) You will receive an
acknowledgement, and An-
drew will then get back to
you with an answer as soon
as possible. If the question
is a common one and would
be useful to others, it will be
printed in the next Newslet-
ter.

This is a genuine and highly
useful offer. It provides

members with a free con-
sulting service, as well as
information in the newslet-
ter which may be of benefit
to many members.

Thanks, Andrew, for a
unique and well thought
out idea. Members, make
the most of it!

(If you don't know how to
send an e-mail, come to
the Computer Club, and
get started).

Liz's Recipe - Fresh Salmon Chowder by Liz Drake

3 tablespoons butter
 ½ cup celery
 ½ cup diced carrot.
 ¼ cup finely chopped onion
 2 tblspns plain flour
 1 and 2/3 cups chicken stock
 2 cups diced potatoes
 400-500 grams diced fresh salmon (Canned flaked salmon can be used)
 1 cup peas
 2 cups milk (or half and half water)
 2 cups grated cheese
 Chopped parsley. Salt and pepper to taste



Preparation.
 Heat butter over med to low heat. Add celery, carrots, and onions.
 Sauté stirring for 5 to 7 minutes until celery is tender.

Stir in flour until well blended. Stir in chicken stock and add potatoes, bring to a simmer stirring frequently. Cover and simmer, stirring frequently, for about 15 minutes until potatoes and carrots are tender.

Add the Salmon and peas; cook stirring for 2 mins. Add milk (or half and half) along with cheese and parsley. Cook stirring until cheese is melted and soup begins to bubble. Season to taste. Yum Yum!

Classes for Men at
 THE ADULT LEARNING CENTRE

Class 3

How to be the Ideal Shopping Companion
 Relaxation Exercises,
 Meditation and Breathing Techniques.

Meets 4 weeks, Tuesday and Thursday for 2 hours beginning at 7:00 PM.

Class 4

Fundamental Differences Between The Laundry Hamper and The Floor-- Pictures and Explanatory Graphics.

Meets Saturdays at 2:00 PM for 3 weeks.

Class 5

Dinner Dishes--Can They Levitate and Fly Into The Kitchen Sink?

Examples on Video.

Meets 4 weeks, Tuesday and Thursday for 2 hours beginning at 7:00 PM

Class 6

Loss Of Identity--Losing The Remote To Your Significant Other.

Help Line Support and Support Groups.

Meets 4 Weeks, Friday and Sunday 7:00 PM

Garden Group - Getting ready for Spring by Kerrie and Leon

Once again the Garden Group was fortunate to have our gardening guru Reg Keehn impart his knowledge on many subjects from raising *gloxinias* and *streptocarpus* (break a leaf in three and place in sand and potting mix) to planting potatoes



(now , Exhibition time!). When planting *Cyclamen* seeds to soak the seeds in hot water with a drop of detergent for 24 hours before planting and cover with black plastic. Reg then showed how to propagate ferns using a brick immersed in some water, cover the brick with sieved mountain leaf mulch, tamp down and sprinkle the fern spores on top and tamp down again, and cover with plastic Reg recounted during World War Two, he was commissioned to grow carrots

for the Army and was paid threepence a pound.

Sue Johnson brought along a white *Camelia* that grew from a seed of a pink *Camelia* which was interesting. Peter had cuttings of a white Fig Tree which were treated with honey to promote root growth and Barbara had Dahlia tubers and other plants to swap.

We welcomed Patricia Crome to our group and hope she can continue to come along.

Our next meeting will be to Jean Harslett's house at Amiens to inspect her extensive "insect collection" on Wednesday 16th September. We will meet at Weeroona Park at 9.30am to pool cars.

Art Club News by Vo Hall

Hello Everyone

Spring is almost here and the weather is Springy already. Makes one think of exhibitions etc, doesn't it?

Unfortunately, we have had to cancel the proposed Festival of Fine Art, which was to be held in early Sept. due to the hasty cancelling of our lease of the Hilton Centre, but there are other opportunities for us to exhibit our work between now and Christmas, so keep working.

We are settling into the STEPS building. Its a bit tight if we have over 10 people, and there are 3 new members coming in soon. We'll all have to breathe in! The equipment fund financed a

second hand cupboard, which John and I painted and constructed a book shelf into, and with the help of some very willing members, we installed it into the new art room. Thanks to those aforementioned members for their help.

Our members are producing some excellent and exciting work this year, and I am looking forward to them exhibiting their works at the Granite Belt Exhibition in November. A few will be displayed at the Learners Week Morning Tea at the Learning Centre at the High School on the 31st of August.

Till next time - Keep up the good work.

Vo Hall

Profile: Oriel Nielsen - Member of Management Committee Arranged by JA



I was born at the Loreto Maternity Hospital in Kyogle. My mother was Irish and was a nurse who had come to Australia in 1929 to be a Bush Nurse after having nursed in St. Giles Hospital in London. In December 1930 she married my father; the eldest son of an Irishman from Donegal and an Australian woman whose ancestors came from Limerick. My mother was the Bush Nurse in Woodenbong and also the midwife in the town. Our family home was about a mile out of the village on our property "Adrigool", on Lindsay Creek. My elder sister was born in 1932, 21 months before me and my twin brother, and my younger sister was born in 1936. My mother was in her 42nd year and my father was in his 46th year and they had four children under the age of five!

My primary school education was at Woodenbong Public School. In the early 1940's the School was made a Central School with a high school top, so my high school years were spent at the same school. In 1951-1952 I had two years teacher training at Armidale Teachers' College. After graduation in 1953 I was appointed to Tabulam Public School as its first assistant teacher. In 1956 I transferred to

Bonalbo and married that same year. Later that year we moved to Brisbane and I taught at Holland Park, Seville Road, and Upper Mount Gravatt State Schools. At the latter school I was Acting Infants' Mistress whilst the Infants' Mistress was on long service leave. In 1969 we moved to Airlie Beach and I taught at Cannonvale. In 1970 we experienced Cyclone Ada, which damaged our home. After rebuilding we returned to Brisbane and I was appointed to Rochedale State School. After some years there I became Infants' Mistress. In 1978, I relinquished my position and transferred to Mt. Tamborine State School from where I retired in 1983 after a European holiday. In 1992 we sold our home to come to live in Stanthorpe. We had been visiting Wyberba from as early as the 1950's. It was our favourite national park. I love the climate in Stanthorpe... Dry heat and no humidity; the changing seasons; and the country town atmosphere where a smile begets a smile.

The best thing to do for free here is to go for a walk or visit the library or art gallery. There is never any reason to be bored.

For relaxation I like to embroider, read or take a walk. Currently **I'm reading** "A Friend Like Henry" by Nuala Gardner. I limit my viewing of TV to ABC and SBS.

I'm working on minimizing my possessions and selling my home in order to move to smaller premises.

The thing I do best is listen and observe.

My favourite saying is... The mind is like a parachute. It functions best when open.

I find inspiration in nature.

The first thing I notice about someone I meet is their handshake and their face.

If money was no object I would travel widely. **My greatest wish** would be that the world's people have enough to eat, satisfying work to do and a roof over their heads.

Paradise for me is being out in nature and enjoying the world around me.

The best advice I've ever had was ... If you cannot always have the best, make the best of what you have. (Thanks, Oriel, for your excellent support of U3A Granite Belt. Editor -Steve)

Music for Pleasure - It was a trip around the world.

The topic for August's Music for Pleasure meeting, held at Jan and Graham Martin's, was 'World Indigenous Music', and the range of music presented constituted a trip around the world.

The photo at right shows Chiyoko and John doing a little polka to some Polish polka music John brought, and Chiyoko also demonstrated the dance moves associated with some Hawaiian music she brought.

We also had a vast range of other music, from African, to South

American, to English, and American, as well as Aboriginal compositions.

Judy, decked out in traditional Scottish garb, prepared one of her music quizzes, testing our knowledge on Scottish music, which caused a lot of 'Och Ayes'.

Without a doubt, these evenings are a little gem in U3A's programme. The next evening will be at

Judy Lock's residence on Tuesday 8th September, and the theme will be - any 50+ music, but illustrated with artwork, photographs, pictures of any sort.

Come along in September and see what enjoyment can be gained from the musical memories you'll hear.



Mystery Photo

photo by Liz Drake

Last month's winner (the photo was of the fruit logo in front of Stanthorpe Plaza) was Mary Clarke, who will be off on her self funded world trip whenever she feels like it. Congratulations Mary. This month's picture, at right, may



be a little difficult. Gaze at it; if you have it on your computer, enlarge it; but no matter what, have a guess - you too could win the self funded round the world trip, and be mentioned in the next newsletter. Guesses to Steve by mid September.

The Granite Belt Dance Club Inc invites all Senior Citizens to the

free

CONCERT FOR SENIORS

Stanthorpe Civic Centre
Saturday, September 12, 2009
Starting at 1.30pm

featuring the talents of local artists

Free afternoon tea will be served after the concert

University of the Third Age, Granite Belt Inc.

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(click on **groups**, scroll down to find **U3A**)

Contacts & Group Convenors:

Steve Courtney (Pres) 46837103
Leon McCosker (VP) 46811737
Carol VanKlaveren (Sec) 46813495
Jeanie With (Treasurer) 46813360
Oriel Neilsen (Min Sec) 46813648
Liz Drake 46811718
Mary Courtney 46837103
Kerrie McCosker 46811737
Judy Lock 46813733
Nick Smithers 46813553
Mim Sheahan 46811136
Vo Hall 46814579
Norm Clayton 0421026299
Roy Werner 46812652
J A Dvorak 46812301
Jan Martin 46841264

Class 7

Learning How To Find Things--Starting With Looking In The Right Places And Not Turning The House Upside Down While Screaming.
Open Forum
Monday at 8:00 PM, 2 hours.

Class 8

Health Watch--Bringing Her Flowers Is Not Harmful To Your Health.
Graphics and Audio Tapes.
Three nights; Monday, Wednesday, Friday at 7:00 PM for 2 hours.

Class 9

Real Men Ask For Directions When Lost--Real Life Testimonials.
Tuesdays at 6:00 PM Location to be determined

Class 10

Is It Genetically Impossible To Sit Quietly While She Parallel Parks?

Driving Simulations.
4 weeks, Saturday's noon hours.

Programme for September 2009

Weekly Activities - September

Every Mon - at STEPS - MahJong, Cribbage (mornings from 9.30am). Sewing and handcrafts (9.30am to 1pm). Scrabble anyone? - Contacts: Mim Sheahan, Mary Courtney, JA Dvorak

Every Tue - Art Group - at STEPS - 9.30am to 1pm - cost \$2 - Contact: Vo Hall

“ “ - Italian for Travellers - 6.30 to 8.30pm - at Primary School - 10 week course Contact: Franco Arcidiacono 46812136

Every Thur - Yoga - Hilton St - morning and evening sessions - Contact: B Benham 46814737

Monthly Activities - September

1st Thur (3rd)- Yarn Group - 10am at Learning Centre - discussing topics in the news - Contact: Steve Courtney or Roy Werner

1st Fri (4th) - Computer Club - 10am at Learning Centre - ask questions, raise topics of interest Contacts: Steve Courtney, JA Dvorak

1st Mon (7th)- Jonola (cards) - at RSL - 1.30pm - Contact: Liz Drake

2nd Tue (8th) - Music for Pleasure - Venue: Judy Lock's residence, Mt Tully Rd 7.00pm - Theme: Any 50+ music, but illustrated by artwork, photo etc Contact: Judy Lock

2nd Fri (11th) - Investment Group - Learning Centre - 10.00am - Contact: Nick Smithers

3rd Wed (16th) - Garden Group - meet 9.30am at Weeroona Park (car pool) - Venue: Harslett's at Amiens - visit to Jean Harslett's to view insect collection Contact: Kerrie and Leon McCosker

3rd Thur (17th) - General Meeting - 10am - Learning Centre - Guest speaker: Julie Hockings, Alpaca breeder Contact: Steve Courtney

3rd Fri (18th) - Digital Photography Group - 10am at Liz Drake's, 310 Dalcouth Rd- Theme: Converting slides to Digital photos Contact: Liz Drake

3rd Mon (21st) Jonola (cards) - at RSL - 1.30pm - Contact: Liz Drake

4th Thur (24th) - **No History Group - School Holidays** Contact: Steve.

“ “ - Book Club - Lorenza's Coffee Lounge - 2pm - Contact: Mary Courtney - Book for Sept: "Rabbit, Run" by John Updike Available from Council Library (Book Club set)

“ “ - Storytellers, after Book Club - at Lorenza's (approx. 3.00pm) Contact: Norm Clayton

4th Fri (25th) - **No Dromomaniacs - School Holidays** Contact: Jan Martin



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