



The Bulletin

EDITION No. 19 TERM 4 – WEEK 3, 2017 EDITOR: Pat Spilsbury
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U3A McDERMOTT OFFICE (NEXT TO POST OFFICE)
WILL OPEN MONDAYS TUESDAYS WEDNESDAYS
EACH WEEK FROM 11am TILL 1pm

NOT OPENED THURSDAYS & FRIDAYS & PUBLIC HOLIDAYS
U3A ANNEXE OFFICE, AUBURN ST. (NEXT TO WORKERS CLUB)

WILL OPEN FORTNIGHTLY ON THE FOLLOWING DATES

OCTOBER 24 NOVEMBER 21 DECEMBER 5 FROM 10am TILL 12 noon

NOT OPENED MELBOURNE CUP DAY (NOV 7)

ANNUAL SUBSCRIPTIONS FOR 2018

After almost ten years of remaining the same - from 2018 our annual subscription will be \$50 per person per calendar year (January 1 to December 31) regardless of what time of the year you join, and the \$10 joining fee will be abolished. However, this year we will be offering an “Early Bird” Special Discount of 20% if members pay their 2018 subs in term 4, 2017 at the U3A offices - so if you pay by Wednesday, December 13th - you will only pay \$40.



TAKE ADVANTAGE OF THE DISCOUNT BY PAYING YOUR SUBS BY DECEMBER 13



ARGYLE ART Unfortunately we didn't get enough people to start our proposed art group just yet, but if enough interest is shown it will start Term 1, 2018 – if you are interested please let the office know, 4822 5186, or email info@gm-u3a.com.au

ARMCHAIR TRAVEL The first *Armchair Travel* for Term 4 will be on Saturday, October 28 with *Patrick St. George* talking about his recent trip to *Ireland* and on Saturday, November 25, *Debbie Walker* will take us to *Uluru and Beyond*. Both these talks will be at *The U3A Depot* on the corner of *Combermere & Bourke Streets* starting at 1.30pm. There will be a gold coin donation for the delicious afternoon tea following the talks.

BALLROOM DANCING This new class met for the first time on Wednesday, October 18. and those who went were very impressed with the way Warren and Debby taught them but sadly, not enough enrolled to make it a viable class. Warren invites any of our members to join in his free Learners Class every Wednesday evening between 7.30pm and 9pm at the Goulburn Workers Club if you would like to learn to 'trip the light fantastic' It won't be a U3A class, but you will be very welcome.

FRENCH LANGUAGE CLASS This class has been put 'on hold' for the moment as we are still awaiting confirmation from the Tutor – but we are still taking expressions of interest for this class.

LET'S EXPLORE Our 'explorers' had their first trip for Term 4 to *Floriade* and what a great time they had. We are waiting for confirmation of details for the next one which will be on Thursday, November 23. Check our website or our next Bulletin.

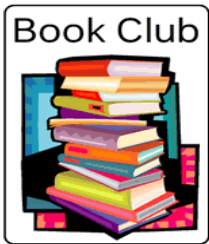
SHOWER SINGERS Our new choir *Shower Singers* got off to a good start at our Gunning venue on Tuesday, October 10 with leader, *Margaret Dougall*, and our new weekly *Goulburn Shower Singers* choir with leader *Christine Bentley* will be starting at *The U3A Depot* on Tuesday, October 24 from 4.30pm till 6pm. No previous experience is needed to join – just a love of singing with like-minded souls. You will need to enrol if you wish to do either of these two classes.

TEA AND TALK Our talk at *Chatsbury Gardens* last week was missed by quite a few of our members and residents of *Chatsbury* so on Thursday, November 2 we will be repeating the very amusing, very cheeky *Behind Matilda's Skirts*, a short unauthorised history of Australia, and some of the information contained in this story you may not have found in your 6th class history books!

CHECK OUR WEBSITE www.gm-u3a.com.au REGULARLY FOR ANY CHANGES TO OUR PROGRAM

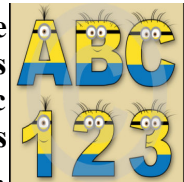
CLASS SHOWCASE - BOOK CLUBS

Maxine Elder, has been the Tutor for the 4th Tuesday Book Club since our U3A commenced and later Ray Smith started the 3rd Thursday Book Club of which Margaret Stephenson is now Tutor. Shortly after the 2nd Wednesday Book Club commenced with Sharon Williams at the helm. All our book clubs meet once a month at our local library. On behalf of our three Book Clubs Maxine will share with us what these Book Clubs are all about.



When Goulburn Mulwaree U3A commenced classes in February 2008, there was one book club. Now there are three, giving an indication of the popularity of this 'course'. Clubs are limited to about 10 to 12 members, partly by the availability of books, and because this has proved a workable number for good discussion. We are most fortunate to be able to tap into our local Library's Read & Connect – a resource which provides ten copies of each title, and discussion questions which can be used as the group wishes. Group members volunteer to lead discussion, and at least one group allocates time to share new 'treasures'. Book clubs are a fantastic way to share enthusiasm for reading, and to be challenged outside one's comfort zone.

WORDS Words are essential as a means of communicating. The Creative Writing class on Mondays is one of our classes that looks at the better use of words in stories. The origin of some words we use in every day life is a fascinating topic of its own. During the Renaissance, Spanish sculptors who made mistakes carving expensive marble sculptures often patched their mistakes with wax or *cera*. Hence a perfect statue with no flaws was hailed as a *sculpture sin cera* (a sculpture without wax) The phrase *sin sera* came to mean perfect or honest or true. The English word *sincere* evolved from this Spanish phrase *sin cera*.



NUMBERS Doug Brown's fortnightly History of Numbers got off to a good start and they looked at the numbers used by the Babylonians, Egyptians, Greeks and Romans. The Greeks were famous for proofs in numbers and geography. They often represented numbers by groups of pebbles and so numbers represented by groups of pebbles could have shapes. They talked about square numbers and triangle numbers etc and the ideas about numbers themselves took off. In different cultures numbers were often represented by letters of the alphabet which made calculations difficult and cumbersome. This changed in the 1200s when *Fibonacci* introduced Europe to the use of the Hindu-Arabic numeral system that he learned about in his travels in Africa and the fields of arithmetic and mathematics exploded. This was also the time that the introduction of the number zero and its use became widespread. The Hindu-Arabic numeral system is what we still use to-day.

HEALTH MATTERS

WORLD OSTEOPOROSIS DAY Friday, October 20 was *World Osteoporosis Day*. We all want to stay active and independent as we age and that means having good bone health. In the spirit of World Osteoporosis Day, *Love Your Bones, Protect Your Future*, take the *Know Your Bones Self-Assessment Test* at www.knowyourbones.org.au



DIET TO FIGHT DEMENTIA Beloved chef and one of Australia's most trusted women, *Maggie Beer*, has joined forces with researcher *Professor Ralph Martin* to develop a diet to fight dementia. *Maggie's Recipe for Life* which she has co-written with the professor includes 200 delicious recipes to reduce your chances of Alzheimer's and other lifestyle diseases. The book has the blessing of

Ita Buttrose of *Alzheimers N.S.W.* The book's proceeds will be shared between the *Maggie Beer Foundation* and the *Lions' Alzheimers Foundation*. Email marketing@maggiebeer.com.au for further information on where to buy the book.

MELBOURNE CUP LUNCH Don't forget our U3A will be supporting the Cystic Fibrosis Fundraiser lunch on Melbourne Cup day at the Goulburn Golf Club, you can buy your tickets at Central Optics in Auburn Street next to the ANZ bank or at the Golf Club. If you want to sit with other U3A members asked to be put on the U3A table when you purchase your ticket.

IF YOU HAVEN'T ALREADY ENROLLED FOR TERM 4 CLASSES PLEASE DO SO A.S.A.P.

YOU NEED TO BE ON TUTORS' CLASS LISTS TO ATTEND CLASSES