



The Bulletin

EDITION No. 18 TERM 4 – WEEK 1, 2017 EDITOR: Pat Spilsbury
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WELCOME BACK TO TERM 4 We hope you all had a good rest over the break, because Term 4 is choc-a-bloc with things to do to keep you busy till we break for the Christmas/New Year holidays! Please check the website and download the Term 4 Timetable and Enrolment Form and email your enrolments in time to start back on Monday, 9th October. If you do not have access to a computer you can come in to our McDermott Centre office on the Monday, Tuesday & Wednesday of week one between 11am and 1pm and enrol there or at Quills in our Annexe on the Tuesday between 10am and 12 noon, but remember everyone must enrol for any new classes and re-enrol for any classes they are already doing every term.

NEW OFFICE HOURS To enable members more time to visit the office to enrol, pay subs, purchase tickets etc. we will now be opening three days a week.

U3A McDERMOTT OFFICE WILL NOW OPEN ON MONDAYS, TUESDAYS & WEDNESDAYS EVERY WEEK OF TERM FROM 11am - 1pm

U3A ANNEXE OFFICE WILL OPEN EVERY SECOND WEEK OF TERM ON TUESDAYS FROM 10am - 12 noon except Melbourne Cup Day, Tuesday, 7th WHEN IT WILL OPEN WEDNESDAY, 8th INSTEAD OFFICE DATES FOR THE U3A ANNEXE WILL BE:- TUESDAY, OCTOBER 10 & 24 WEDNESDAY, NOVEMBER 8 & TUESDAY, NOVEMBER 21 & TUESDAY, DECEMBER 5 *These days are also Quills days.*



ANNUAL SUBSCRIPTIONS FOR 2018

In the almost ten years that U3A Goulburn Mulwaree Inc. has been operating our annual subscription has remained the same, \$30 per calendar year with a \$10 joining fee in the initial year. As everyone is aware costs for everything have gone up considerably over the last ten years and it is no different for U3A, so with regret, we will be forced to increase our annual subscription next year. 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 we will be abolishing the \$10 joining fee.



The good news is, this year we will be offering an "Early Bird" 20% Special Discount if members pay their 2018 subs in term 4, 2017 at the U3A offices - so if you pay by Wednesday, December 13 (the office will be closing for the year on that date) you will only pay \$40 per person, if you leave paying until 2018 it will be \$50 per person *so take advantage of the special discount and pay by December 13*

SPRING INTO CHANGE

Make sure you read our timetable because some classes will be changing venues and some will be remaining at the same venues and we wouldn't like you to go to the wrong place by mistake. For example, all our choir classes – our *Alfresco Jubilo A Capella Choir*; our *Goulburn Shower Singers* and our *Partners in Song Choir* will be moving to a brand new home, which we have named *THE U3A DEPOT* because it was – *and parts of it still are* – the Council Depot on the corner of Bourke & Combemere Streets. As well as the choirs *Armchair Travel*, *Grist for the Mill*, the new class *History of Numbers* and some of the other new classes planned will also be held there. We know that these classes will be very comfortable at *The Depot*, which also has the added bonus of off-street parking, and it is on the #823 *Goulburn to West Goulburn (loop) via Clinton Villas & South Goulburn Bus Route*, which stops almost at the door, and operates Monday to Saturdays for members who do not drive. You can download their timetable and map or get one at the U3A office if you do not have a computer.



LET'S DO LUNCH There will only be one *Let's Do Lunch* in Term 4 (in October) as we will be supporting the Cystic Fibrosis' fundraising *Melbourne Cup Lunch* at the Goulburn Golf Club in November and we will be having our *U3A Christmas Lunch* at the Angels For The Forgotten in December. The October *Let's Do Lunch* will be a delicious buffet lunch on Tuesday, October 17 at the recently re-opened *Greengrocer on Clifford*. Tickets will go on sale from Monday, October 9 when full details will also be available.

ARMCHAIR TRAVEL This popular class will be returning at our brand new venue, *The U3A Depot*. On Saturday, October 28 Pat St George, who recently traveled to Ireland for a family get-together, will tell us about his sentimental journey to the 'Emerald Isle'! As a complete change of pace on November 25 Debbie Walker will take us to Australia's 'Red Centre' and beyond and further down the track Tom Lyttle will be speaking about his trip to Russia – all sound pretty good!

TEA & TALK Same time, same place (Chatsbury Gardens at 2pm), Pat & Jeanette have a great program lined up for Term 4. Still pursuing our Famous Australians theme, on October 12 we will be presenting *Behind Matilda's Skirt* a short unauthorised history of Australia told with humour and containing information you may not have found in your 6th class history books! Then on November 2, given its closeness to Remembrance Day (*November 11*), we will talk about *C. E. Bean*, the Australian journalist, war correspondent and historian who was instrumental in the establishment of the Australian War Memorial in Canberra and the promotion of the ANZAC legend and, on a lighter note, on our last session of the year, December 7, we will study *The Santa Claus Legend* – a look at the various legends, beliefs and influences which have led to the development of Santa Claus as we know him to-day.

INTRODUCTION TO LAPIDARY is one of the new exciting classes which we will be holding in conjunction with the Goulburn Gem Society – it will be held, NOT at the McDermott Centre as previously announced but at the society's new premises, adjacent to ours at the Depot. When Sue shows you what a fascinating hobby lapidary is, you are sure to be 'hooked' and will want to continue on and do the follow up class *Make: A Gemstone Pendant*. Enrol now.

BALLROOM DANCING We need a minimum of 5 couples so we can start this great class. Did you know that *'physical exercise has an anti-aging effect on the hippocampus region of the brain – an area that controls memory, learning and balance. A new study, comparing different forms of exercise – dancing and endurance training – undertaken by older volunteers for 18 months, shows that both can have an anti-aging effect on the brain, but only dancing corresponded to a noticeable difference in behaviour. This difference is attributed to the extra challenge of learning dancing routines'* (Source: *Science Daily*) Warren and Debbie hope to teach at least 6 different dances in their 9 week course so by the end of the course we can expect to see some very fit and rejuvenated members in our U3A! Enrolments are being taken now.

HISTORY OF NUMBERS Numbers and counting have become an integral part of our everyday life – but where do numbers come from and how long have they been around?

Doug Brown's new class the *History of Numbers* charts our use of numbers from the Ishango Bone, thought to be a lunar calendar from 20,000 BCE. From counting to predicting lunar cycles or the seasons or flood cycles of the Nile River, early man invented maths and we have never looked back. This class will be starting on Monday, October 16 at The Depot and will be fortnightly thereafter, on the even weeks of the term (weeks 2, 4, 6, 8 10) Enrolments are being taken now.



SATURDAY, NOVEMBER 11 We have booked at "Q" Theatre for the Queanbeyan Players matinee performance of *Guys & Dolls*. Tickets \$60 include bus travel, reserved front stall tickets and a 'goody bag' for interval and are on sale now and will close Wednesday, October 25th

FRIDAY, DECEMBER 8 This is the date of our annual *U3A Christmas Lunch* at the *Angels For the Forgotten's Railway Cafe Function Room in Sloane Street*. Ticket cost \$20 for a heavenly buffet lunch and are on sale now. This is a great opportunity for all our members to get together to celebrate the festive season and the end of another successful year.

WEDNESDAY, FEBRUARY 28, 2018 Don't forget – as soon as you get next years calendar or diary– mark this date down and keep it free for *U3A Goulburn Mulwaree's 10th Birthday Lunch*