



EDITION No. 20 TERM 4 – WEEK 5, 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

ANNUAL SUBSCRIPTIONS FOR 2018

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 if members pay their 2018 subs in term 4, 2017 by December 13 in person at the U3A office so you can check that all your details are correct.

PAY YOUR 2018 SUBS BY DECEMBER 13 & PAY ONLY \$40 PAY AFTER THAT DATE & PAY \$50

CLASS NEWS

ARMCHAIR TRAVEL On Saturday, 25th November, for our last Armchair Travel for 2017. *Deb Walker* will be taking us on a visit to *Uluru and Beyond*. This will be at *The U3A Depot* on the corner of Combemere & Bourke Streets starting at 1.30pm. There will be a gold coin donation for afternoon tea following the talks.

FRENCH LANGUAGE CLASS With only 5 weeks of the term remaining, it has been decided to leave starting this class until next year.

LAPIDARY – MAKE A PENDANT There's still time to enrol in this great new 4 week class which starts on Wednesday, November 15 where you will take a piece of gemstone, cut, shape and polish it, then mount it in a pendant fitting. What better gift for a loved one for Christmas than something you have made with your own hands – much more meaningful and lasting than a box of chocolates!

LET'S EXPLORE For our last 'Explore' for this year we will be going to *Old Mogo Town* on Thursday, November 23. This authentically recreated Australian 1840's Gold Rush Town is set on 13 acres of native Australian bushland near Bateman's Bay. We will be having a guided tour with guides who will help us retrace the story of life during the 1840's Gold Rush. We will see the working Stamp Battery, explore the gold mine and mining town buildings, pan for real gold and have lunch at the Diggers' Rest Tavern. Cost for this trip is \$40 and includes bus travel, morning tea, entry & guided tour and lunch. Bookings close Monday, 13th November. As this is a class excursion, members enrolled in this class will be given first priority but if you are not enrolled and would like to go please put your name down for any vacancies.

SHOWER SINGERS Our new weekly *Goulburn Shower Singers* choir with leader *Christine Bentley* has started at *The U3A Depot* on Tuesdays 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 this class.

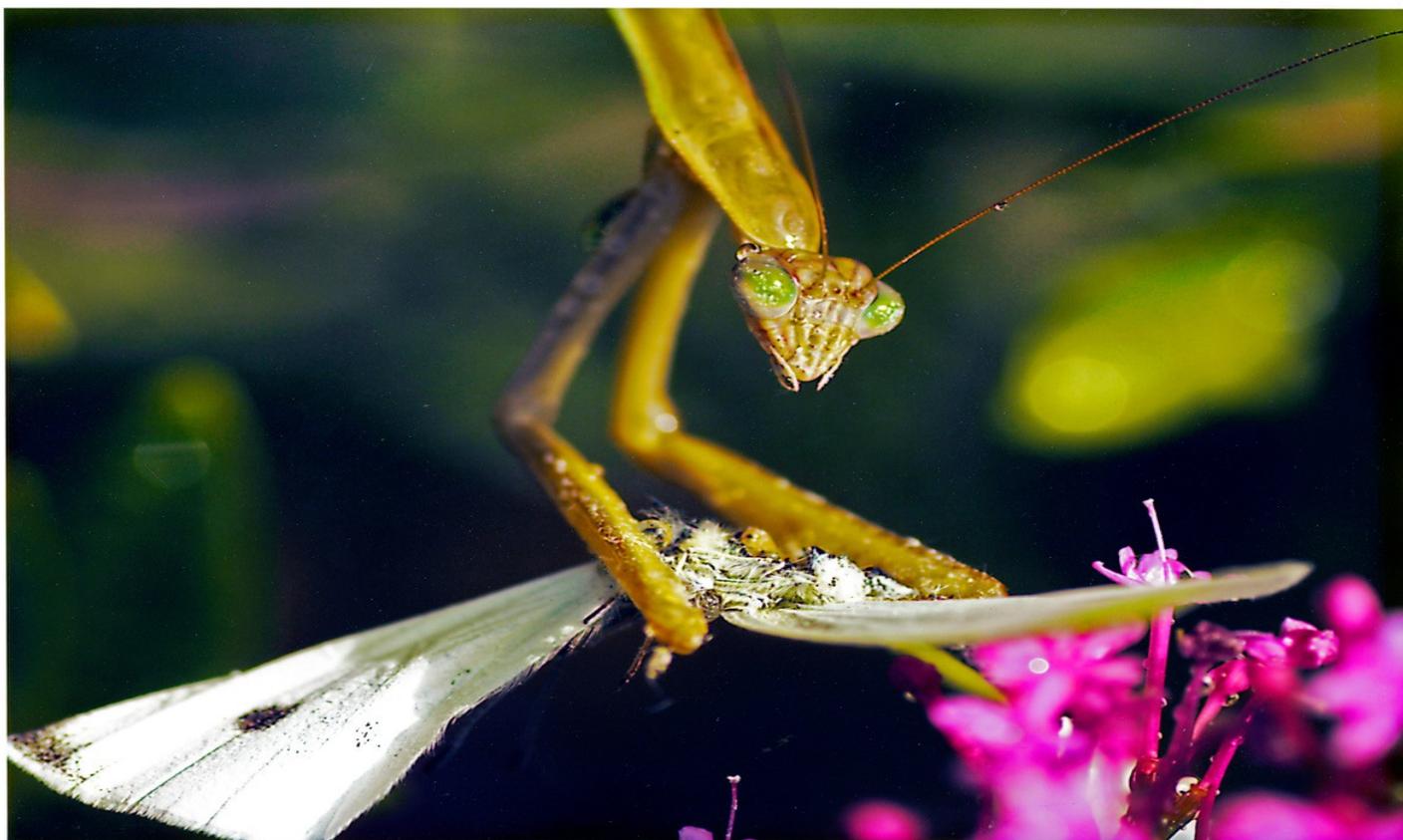
TEA AND TALK Our last talk of the year at *Chatsbury Gardens* will be on Thursday, 7th December at 2pm and we will be taking a whimsical look at *The Santa Claus Legend* – the legends, beliefs and influences which have led to the development of Santa Claus as we know him to-day and the Christmas traditions with which he is associated. There is a gold coin donation for the special festive afternoon tea. Wear something Christmassy to get into the fun and spirit of things, and who knows we may even get a visit from the gentleman himself!

ONLINE COURSES If you get bored over the long Christmas/New Year break or if you know

someone who is geographically, physically or socially isolated who cannot get to classes there are many online courses that can be explored. For those interested in Ancient History www.ancient.eu Literature www.online-literature.com and www.u3aonline.org.au has many courses on many subjects.

PHOTOGRAPHY SPECIAL INTEREST GROUP (S.I.G.)

Our Photography Group provides a forum for photographers of all skill levels to interact with other lovers of photography. They will also be able to expand their photographic skills through talks, set tasks, peer review and support, irrespective of the type of camera they use. All that is required to join this group is enthusiasm, some kind of digital camera, Ipad, Smartphone etc. and a USB drive or memory stick so they can bring their saved images to class. Their next meetings will be at the U3A Depot from 10am till midday on Fridays November 24 and December 15. You will need to enrol before you can attend



The above image entitled “*Snack Before Bedtime*” was 'captured' by member, Perc Carter

Details:- Nikon D800, Lens Nikkor Micro 105mm f2.8, 1/250th second, ISO100

Editor's Note:- For those seeing this in black & white, have a look at it on our website in colour – beautiful!

THE U3A DEPOT

On your first visit to our newest venue, *The U3A Depot* you will notice that all the rooms there are named after Australian wildflowers. *The Flannel Flower Room* a.k.a *The Nook* is tucked away in a quiet corner of the building and is the place to go if you want to have a quiet time. Thanks to Desma & Perc Carter who donated a lounge suite and a recliner chair, members can go there, watch TV or DVDs, read, listen to CDs, knit, crochet or do other craftwork . It is also a place where members doing classes at The Depot, who are carers for their partners, will find a safe place for their partners to wait. Although we have some books, DVDs and CDs and craft items, we would appreciate it if members would like to donate any of the above items to supplement what we have. We also have an *Activities Room* where members, in between classes, can fill in time playing cards, Backgammon, Scrabble, the games we already have - if you have any board games you no longer use that you would like to donate, we would be happy to have them.

RAMBLERS WALKING GROUP Our last “ramble” was a local walk of approximately 8.5 kms on Sunday, October 22 and was suggested by member of the group, Tony. We started off from the Rotunda in Belmore Park at 8am with Heather Pearsall leading us, over the railway bridge, around the river to the wetlands and up to the Tower at Rocky Hill. We ate a few prickly pear fruits discovered on the way and came to appreciate how they got their apt name! Cutting through the bush at the back of Rocky Hill, we finally located the old historic Jewish Cemetery. In the 1800s Goulburn's Jewish population was 45, the 3rd largest in N.S.W., according to Steve Tazwell's *Grand Goulburn*, but by the 1880s most had left Goulburn. A cairn in the cemetery



built from stone from the old caretaker's cottage that use to be there lists 20 burials. Leaving the cemetery, we walked along some non-vehicle 'roads' back to Rocky Hill then to Belmore Park. Our *Ramblers Walking Group* go for three 5 to 10 km Sunday walks in bushland per term that are within an hours drive of Goulburn. Ramblers need to be self-sufficient and fit enough to keep up with the rest of the group. They need to wear comfortable clothes, shoes suitable for walking on bush tracks and a hat to protect them from the sun. They also need at least 1 litre of water

Pat St. George & Heather Pearsall at the Jewish Cemetery, Goulburn

(more if a hot day is forecast) and a snack. Bringing a compression bandage, sunscreen and rain gear is recommended, and, just one more thing - 'don't forget the Aerogard!' The Ramblers encourage “*Walk, Talk, Look & Listen*” as a relaxing way to improve your health and fitness. Their next walk is scheduled for Sunday, November 12 and will be to the Wombeyan Caves. *Submitted by Brian Spilsbury, co-leader*



WALKING 4 HEALTH “*People who walk in groups tend to have a more positive attitude toward physical activity, a shared experience of wellness and say they feel less lonely and isolated*” says Sarah Hanson of the University of East Anglia. Why not join one (or even both) of our *Walk 4 Health Groups* – there's one on Tuesday mornings and one on Thursday mornings.

LUNG AWARENESS MONTH During November we celebrate the importance of breathing and encourage everyone to stop and think about what they can do with just one breath. *Lung Foundation Australia* aims to ensure lung health is a priority for all in Australia. Lung disease doesn't discriminate – it affects the young, old, male, female, smokers, former smokers and never smokers. At least one in ten Australians has some form of lung disease yet recent research by *Lung Foundation Australia* found more than half of all Australian adults rarely, or never, think about the health of their lungs. While a special effort is made to remind everyone about the importance of good lung health during this month, the message is one for all of us, every day of the year - *breathlessness is not a normal part of ageing and shouldn't be ignored*. When was the last time you checked in with your lungs? *Take the Lung Foundation Australia's 2 Minute Online Lung Health Check* www.lungfoundation.com.au/lung-health-checklist/

WHAT IS ARTHRITIS? Arthritis is often referred to as a single disease, in fact, it is an umbrella term for more than 100 medical conditions that affect the musculoskeletal system, specifically where two or more bones meet. Arthritis-related problems include pain, stiffness, inflammation and damage to joint cartilage (the tissue that covers the ends of the bones, enabling them to move against each other) and surrounding structures. This can result in joint weakness, instabilities and deformities that can interfere with the most basic daily tasks. While there are about 100 forms of arthritis, the three most significant – Osteoarthritis, Rheumatoid Arthritis and Gout – account for more than 95% of cases in Australia. For more information on these conditions and other forms of arthritis, their symptoms, treatment and outlook, go to the Arthritis Australia's website www.arthritisaustralia.com.au

ACTIVITIES FOR PEOPLE WITH LIMITED MOBILITY

Just because some people have limited mobility due to conditions such as stroke, severe arthritis or injuries from a fall doesn't mean they can't enjoy themselves. Here are some activities that will not only give enjoyment but will also keep the brain engaged, reduce stress, improve sleep, improve the memory and delay cognitive decline.

☺ **READING & LISTENING TO MUSIC** Are fantastic activities and a peaceful way to spend time

☺ **HOBBIES** Cooking, birdwatching, knitting, crochet, indoor or container gardening, playing a musical instrument, practising languages and other hobbies that do not require a lot of moving around

☺ **GENTLE EXERCISES** Tai Chi, Chair Yoga or exercises using a walker for stability

☺ **GET CREATIVE** Get in touch with your creative side, take up drawing, colouring in, painting and sculpture - all wonderful ways to do this

☺ **PLAY GAMES** Games such as Scrabble, Mahjong and puzzles such as Crosswords, Jigsaws

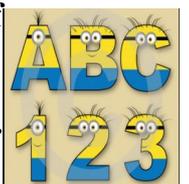
☺ **SPEND TIME OUTDOORS** Even if it is only on the verandah or by a window, soak up the sun and fresh air, look at the scenery, talk to passer bys



CARING ROBOTS Japan is running out of people to take care of the elderly, so it's making robots to do the job instead! Countries around the world are grappling with how to care for a growing population of elderly people. In fact 20% of Japan's current population is 65 or older. But as countries witness a climbing number of seniors, the amount of caregivers remain stagnant. To address the issue, Japanese companies are developing *Carebots*. *Carebots* are robots specially designed to assist elderly people and it's an industry that's growing in a big way, but *Maggie Boden, Professor of Cognitive Science* at the

University of Sussex, England warns that computer companions for elderly people are 'emotionally dangerous' and will never be good enough to take the place of real human contact. Machines will never be able to understand abstract ideas such as loyalty or hurt. *Source: World U3A Signpost, Nov. 2017*

WORDS According to the OED, the number of words available to speakers of English more than doubled between 1500 and 1650, so although some of our words have long and obscure histories, most have sprung into existence only recently. *CATCH-22*, meaning a situation where two bureaucratic regulations frustrate or contradict one another, comes from the 1961 novel of the same name by *Joseph Heller*. Originally Heller had entitled it *CATCH-18*, but changed it at his publisher's request. (Editor: *I'm glad he did – Catch-18 just doesn't have the same ring to it as Catch-22, does it?*) The phrase *Kick the Bucket* may be old, but *Bucket List* is from the 2007 film “The Bucket List”.



NUMBERS *Doug Brown's* fortnightly History of Numbers class shows us that over time man used many systems of counting and numbers. As general usage to-day, we use the decimal system of 10 digits and because we have 10 fingers it seems obvious and we image it originating in the Stone Age. Our current decimal system is not very old being introduced into Europe by *Fibonacci* in his book *Liber Abaci*, based on the Hindu-Arabic system that was in general usage in Africa. It still gives us trouble. Ask someone to tell you the 10 digits and they will usually count their fingers 1 to 10. When you write it, 10 is obviously not a single digit. The correct answer should be 0 to 9. The use of numbers arose from counting things and for many years the use of zero was contraversial and counter to *common sense*. Luckily the usefulness of the Hindu-Arabic system including zero 'trumped' *common sense*!