



The Bulletin

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FRIENDLY REMINDERS We are no longer at the McDermott centre - we have re-located our office and most of our classes to the U3A Depot (formerly the Council Depot) on the corner of Bourke & Combermere Streets in the 'L' shaped building bordering on Combermere Street. The office will open Mondays, Tuesdays & Wednesdays from 11am till 1pm during Term 1. *Please enter quietly so you will not disturb any of the classes being held on those days.*

☺ **Our new phone number (at the Depot) is 4873 5355, and unless urgent, please try to ring during office hours or email info@gm-u3a.com.au anytime** Our website address remains the same www.gm-u3a.com.au

☺ For various reasons, occasionally some of our classes need to undergo changes of time, days, venues or even have to be postponed so it is important to check our website regularly. It is a good idea for members to get into the habit of checking the web before they attend the classes they have enrolled for to see if any details have changed. Quills members, who do not have internet access, will get the information via the Quills Course Leaders by text or phone.

☺ Please also be reminded that **U3A does not hold classes or open the office on Public Holidays so we will not be opened on Good Friday, March 30, Easter Saturday, March 31, Easter Sunday, April 1 and Easter Monday, April 2. re-opening Tuesday April 3** **The office will not be opened on Monday, April 9 & Tuesday, April 10 due to our Grey Mardi Gras for the Senior's Festival at the Workers Club, and will re-open, on Wednesday, April 11, usual time.** Some classes may also choose to close on those two days, so check with your Course Leaders or the website.

☺ **Payment of Course Fees** All course fees need to be paid at the beginning of the time they are due - that is - if the fees are due each term they need to be paid at the beginning of each term or before - if they are due yearly they need to be paid at the beginning of the year or before otherwise they will not be recorded on your Course Leaders list and you will not be able to attend that course if you are not on the list. If you join during the year, you will pay any course fees due when you join. If you decide to join any additional classes during the year you will need to pay the fees for those classes when you enrol for them and please make sure you keep all your receipts for the year in a safe place in case you need to refer back to them.

☺ Please be reminded that there **WILL NOT** be a *Let's Do Lunch* in April due to U3A's 2 day Grey Mardi Gras on April 9th & 10th

☺ Members of the *Tea and Talk* class which meets at Chatsbury Gardens are reminded that Part 2 of *The Stamp of Australia*, will be on April 5th, where we will continue the fascinating story of the history of the post office and the remarkable men and women, horse riders, stagecoach drivers, the fearless aviators, outback posties and the legends and characters who pioneered Australia's postal service!

☺ We will be having a stand to promote U3A at *Collector's Pumpkin Festival on Sunday, May 6*. and are looking for members who could volunteer an hour or two to help on the stand. Email info@gm-u3a.com.au anytime or phone 4873 5355 during office hours Put your hand up and help us promote our wonderful organisation! We are also asking each of our Course Leaders to design an A3 poster promoting their class which will be displayed at the Pumpkin Festival and also at our Seniors Festival Grey Mardi Gras Expo.

☺ Because the Senior's Festival and the *NSW Network's Annual Conference* both fall during the last week of term, **our usual end-of-term get-together has now been rescheduled for the first week of Term 2.** You will find all details in the last Bulletin of term – week 9.

OUR SUMMER TERM 1 ENDS APRIL 15 - OUR AUTUMN TERM 2 STARTS APRIL 30

SUSTAINABILITY

DO WE JUST SUSTAIN OUR PLANET OR DO WE REGENERATE IT?



After watching the “4 Corners” TV programme on what is happening in South Australia and other areas with food crops, it makes one wonder *WHERE TO* for the future of our lifestyle... and the planet as a whole!!! There is no doubt that we are getting worse weather extremes and changing climate conditions!

It is evident that sustainable farming practices on their own will not be sufficient to maintain food production into the future..... Are we just trying to close the stable door after the horse has bolted?

More so, I feel we need to look for “*Best Practice*” in our daily activities that will *REGENERATE* rather than just sustain our environment. We need to do a lot to not only stop the deterioration of our environment, but to turn around the downward spiral.

This is a challenge with our ever increasing world population, that will need more and more better quality food, water and shelter---, and without depleting our resources that ultimately at the current rate of use and efficiency have a dramatic negative effect on our Environment.

Do not underestimate the *POWER OF ONE*

Even as an individual when we do something positive to regenerate the Environment, it is a *START* to improving the future! Indeed there is a lot that we can do in our daily activities! Just think of the 5 “R’s” and if we can just do some small activity each day under one or more of them and encourage others to do the same, it is a step towards *Regenerating Our Planet!*

REDUCE our daily usage

REPURPOSE unused items

RESTORE items that still have a use

REPAIR rather than replace and finally if there is no alternative...

RECYCLE and avoid landfill!



We will be exploring and expanding these as time goes by

HELP REGENERATE FOR THE FUTURE

Submitted by Ray Shiel (This is the second in a series on Sustainability by Ray – the first one can be found in our 2018 Bulletin No. 24-A, which can be downloaded from our website - watch out for Ray's next article)



BRAIN AWARENESS WEEK (B.A.W.) is the global campaign held in March every year to increase public awareness of the progress and benefits of brain research. It is an opportunity to let people know about the progress being done in brain research as well as assessing the progress in the diagnosis, treatment and prevention of disorders of the brain such as Alzheimer's, Parkinson's, schizophrenia and depression. To maintain a healthy brain it is important to exercise and challenge your brain all the time.

HOW CAN YOU EXERCISE AND CHALLENGE YOUR BRAIN ?

- Exercising the brain is doing anything that makes you think, such as “what did I do last Saturday?”
- Avoid using calculators
- Swap TV for mind games or a book
- Play games that involve memory (bridge or mahjong) or thinking ahead (chess)
- Take up a new hobby, learn a musical instrument, study a new language
- When you read a paper, consider your own editorial
- Prepare for retirement as a time for “serious leisure”, for a hobby or activity that involves “the whole being”

Take advantage of The Brain Food Factory’s free monthly newsletter. It is designed to exercise all aspects of your brain with crosswords, sudoku, visual games, trivia quizzes, word games, mazes, a children’s section, and more. Visit www.brainfoodfactory.com for more information.



SNEAK PEEK AT TERM 2

With Term 2 just a few weeks away, let's take a 'sneak peek' at what will be happening then!

Let's Do Lunch As the 'Lunch Bunch' does every year in May, they will be celebrating Mothers' Day on Tuesday, May 8 with lunch at the *Fireside Inn* - not that they need an excuse to indulge in some fine dining, but remember that old saying '*Better the day, the better the deed!*' This is just the first of a great term of dining out! Tickets will go on sale from April 30.

Let's Explore Our '*explorers*' will be off on a great adventure to *Cockington Green* on Thursday, May 24 where, at this great Canberra attraction they will have the world at their feet! They will venture into delightful and fascinating display of metriculously handcrafted miniature buildings from around the world. Set within beautifully landscaped gardens (worth going just for the gardens) they will complete the experience with a ride on a miniature steam train and a look at the 34 room doll's house, '*Waverley*'. After lunch (own expense) they may like to visit the *National Dinosaur Museum* (own expense) which is almost next door to Cockington Green or they can do a bit of 'retail therapy' at the popular *Gold Creek Village* with its unique boutiques. Tickets are on sale now at the U3A office at *The Depot, corner of Bourke & Combermere Streets* on Monday, Tuesday & Wednesdays between 11am and 1pm. They cost \$25 and include bus travel, morning tea en route, entry into Cockington Green and ride on the steam train.

Musical Theatre Every term we visit a theatre and spoil ourselves with a show. In Term 2, in June, we will be going to the "Q Theatre for the Queanbeyan Player's Saturday matinee production of the *Wedding Singer*. Based on the hit Adam Sandler movie, the *Wedding Singer* will transport us back to a time when hair was big, greed was good, collars were up and a wedding singer might just be the coolest guy in the room. It's 1985, and rock star 'wannabe', Robbie Hart, is New Jersey's favourite wedding singer. He's the life of the party until his own fiancée leaves him at the altar. Shot through the heart, Robbie makes every wedding as disastrous as his own enter Julia, a winsome waitress who wins his affection. As luck would have it, Julia is about to be married to a Wall St. shark and, unless Robbie can pull off the performance of a decade, the girl of his dreams will be gone forever. *Does Robbie pull it off? Does he get the girl of his dreams?* To find out you will have to book for this great show! Tickets will go on sale from April 30.

Armchair Travel The first *Armchair Travel* of Term 2 will be a 'trip' to Chile, on a date to be decided, with Course Leader for our Goulburn Argyle Singers, Christine Bently who has just returned from a visit there. This promises to be a great talk revealing all you wanted to know about Chile but was afraid to ask. This will be followed by our usual delicious afternoon tea (no guinea pig will appear on the menu – promise!) Later in the term we will be 'visiting' India which will be another great experience.

NEW COURSES FOR TERM 2

Any new courses starting in Term 2 will be advertised in the Term 1, Week 9 Bulletin, due out Tuesday, April 3 (day after Easter Monday) and enrolments and course payments for Term 2 can be made at the office from that date at the office at the Depot during office hours (Monday, Tuesday, Wednesday 11am till 1pm). Members of Quills will be notified in writing on Tuesday, April 3.

U.3.A. GREY MARDI GRAS & EXPO

**DON'T FORGET TO COME TO OUR GREY MARDI GRAS
& EXPO TO CELEBRATE THE N.S.W. SENIORS FESTIVAL
AT THE GOULBURN WORKERS CLUB ON MONDAY, APRIL 9th
(NO TICKETS NEEDED) DOORS OPEN 10.30am COME & SEE WHO WILL BE**



**GOULBURN'S SENIOR OF THE YEAR, ENJOY A FREE MORNING TEA COURTESY OF
THE GOULBURN MULWAREE COUNCIL, ENJOY SOME LIGHT ENTERTAINMENT AND
VISIT THE INFORMATION STALLS TO FIND OUT WHAT SERVICES ARE AVAILABLE TO
THE SENIORS OF GOULBURN ON TUESDAY, APRIL 10th TICKETHOLDERS CAN
ENJOY A GREAT CONCERT & FREE LUNCH COURTESY OF THE WORKERS CLUB**

U.3.A. TUTOR'S MEETING

Every term our U3A tutors hold a meeting to do some forward planning, this is the one held on March 19 at the Depot
Some of the 'early birds' took the opportunity to have a chat before the serious part of the meeting began

