



The Bulletin

EDITION No. 29 EDITOR: Pat Spilsbury PHONE (Depot): 4873 5355
EMAIL: info@gm-u3a.com.au WEBSITE: www.gm-u3a.com.au



WE ARE NO LONGER AT THE McDERMOTT CENTRE Apart from classes usually held at the Workers Club, Chatsbury (a.k.a. Ingenia) Gardens, the Goulburn Community Gardens, Goulburn Library and private homes, all classes will now be held at the U3A Depot (a.k.a. The Council Depot) on the corner of Combermere and Bourke Streets. **Our office is now also located there and will open on MONDAYS & TUESDAYS ONLY 11am till 1pm in TERM 2** The phone number at the McDermott Centre is no longer in service – **the number to ring now is 4873 5355 which is at the Depot.** Our email address remains the same info@gm-u3a.com.au and our website is also the same www.gm-u3a.com.au

OFFICE CLOSURES Due to our *Grey Mardi Gras & Expo* at the Workers Club Auditorium on Monday, April 9 and Tuesday, April 10 and the U3A NSW Network Conference & AGM on April 11 - 13 **the office will be closing from 1pm Tuesday, April 3 and will remain closed for the rest of Term 1 – re-opening for Term 2 on Monday, April 30.** Most classes will continue till Saturday, April 14 unless your Course Leader advises otherwise, so make sure you ask them if you are not sure and also check the website. **For changes to classes and events click on to the *Announcements* tab at the top of our *Home* page.** *Quills* will be on, as usual, on April 3 at the Depot, from 10am till 12 noon.

TEA AND TALK Part 2 of *The Stamp of Australia* is on April 5 at Chatsbury Gardens, where we will continue the story of a nation viewed through the history of the post office and the remarkable letters it has delivered for over 200 years and hear about the remarkable men and women - horse riders & stagecoach drivers, the fearless aviators and outback posties, and the legends and characters whose intrepid deeds pioneered Australia's postal service!

U3A'S GREY MARDI GRAS & EXPO, 2017 SENIORS FESTIVAL (A.K.A. SENIORS WEEK)

This year is the Seniors Festival/Week's 60th birthday and with the theme "*Let's Do More Together*" our Expo will reflect that theme highlighting what is available to Goulburn's Seniors, what organisations they can join and what services are available to them to keep them fit and healthy, both physically and mentally to enable them to do more together with old friends and to make new ones.

The Expo is on Monday, April 9 and the program includes the announcement of Goulburn's 2018 Senior of the Year. There will also be a Guest Speaker and a free morning tea sponsored by the Council. There will be ample time to visit exhibitions once the formalities are over. *Bloom's Hearing* will be performing free hearing tests in Room 1 (to the right of the lift on the 1st floor) no appointment is necessary, but come early to avoid disappointment! Doors open at 10.30am and close approximately 2.30pm.

If you are one of the lucky ones to get a free ticket for day 2 on Tuesday, April 10, there will be a great concert by *Yesterday's Heroes* and a delicious 2 course lunch. Doors open this day at 10.30am and the event usually closes about 2.30 or 3 pm. For more information about the NSW Seniors Festival go to page 3

WHY APRIL 1st IS THE DAY OUR CLOCKS GO BACK ONE HOUR

Don't worry about that hour you thought you lost – you gained an hour last October!

The choice of whether to use daylight saving time (D.S.T.) in Australia is a matter for the individual states and territories, however during WW1 and WW2 all states and territories had daylight savings. In 1968 Tasmania became the first state since the war to practise D.S.T. In 1971, NSW, Victoria, Queensland, South Australia and the ACT followed Tasmania. Western Australia and the Northern Territory did not and in 1972 Queensland abandoned it. On April 12, 2007, NSW, Victoria, Tasmania and the ACT agreed to common starting on the 1st Sunday in October and ending on the 1st Sunday in April'



Source: Wikipedia



*“Every leaf speaks bliss to me,
fluttering from the autumn tree”
Emily Bronte*

SOME HAPPENINGS IN OUR AUTUMN - TERM 2, WHICH STARTS APRIL 30 & FINISHES JULY 8

TERM GET-TOGETHER Because the *Senior's Festival* and the *NSW Network's Annual Conference & AGM* both fall during the last week of Term 1, our first term get-together for 2018 will now be Friday, May 11 – 2pm at the Depot. Everyone is welcome to this pleasant, informal afternoon. Please bring a small plate of 'goodies' to share for afternoon tea - *tea and coffee provided*.

LET'S DO LUNCH On Tuesday, May 8, we will hold our first *Let's Do Lunch* of Term 2 at the *Fireside Inn*. It has become a tradition of ours to hold the May lunch at the Fireside – what better place to celebrate an early Mother's Day – *fathers are very welcome too!* Tickets are on sale now at the U3A office and cost \$30 which includes a delicious 2 course lunch from the Fireside's blackboard menu; either an entree & main OR a main & dessert; and a small gift (extras & drinks at own expense). On Tuesday, June 12, we will be at the 'new' *Namaste Indian Restaurant* in Auburn Street, and on July 3 at *The Astor* in Auburn Street.

LET'S EXPLORE Our trip to *Cockington Green* - previously advertised for Thursday, May 24, has now been moved to Thursday, May 17. Our 'explorers' will be off on a great adventure to this great Canberra attraction where they will have the world at their feet. Set within beautifully landscaped gardens it's worth going just for the gardens! After lunch at Cockington (B.Y.O. or buy at the cafe there) members may like to visit the National Dinosaur Museum (at 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. Tickets are on sale now at the U3A office at The Depot, corner of Bourke & Combermere Streets during office hours. They cost \$25 and include bus travel, morning tea en route, entry into Cockington Green and a ride on their miniature steam train. A completely different experience awaits our 'explorers' on our second trip of Term 2, Thursday, June 14, when they will step into the dazzling world of the *Maison Cartier* at CARTIER - THE EXHIBITION at the National Gallery of Australia (N.G.A.). The exhibition explores Cartier's glittering international clientele that included royalty, aristocrats, socialites, and stars of the stage, cinema and music. Highlights include Dame Nellie Melba's diamond 'stomacher' brooch; the Queen's 'Halo' tiara worn by Kate Middleton at her wedding to Prince William; Daisy Fellowes' 'Tutti Frutti' Hindu necklace; Princess Grace of Monaco's 10.48-carat diamond engagement ring; Dame Elizabeth Taylor's diamond and ruby necklace (given to her by 3rd husband, Mike Todd) which doubles as a tiara and a selection of the N.G.A.'s exceptional *Ballet Russes'* costumes. More details in our next Bulletin, but as it promises to be a popular trip, please reserve your seat early – please also remember this is a *Let's Explore* class excursion.

WEDDING SINGER @ THE “Q” THEATRE Every term we visit a theatre and spoil ourselves with a show and on Saturday, June 23, we will be going to the “Q Theatre for the Queanbeyan Player's Saturday matinee production of *The Wedding Singer*, which 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. Devastated, Robbie tries to make 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 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 come with us on June 23! Tickets, \$60, will go on sale from April 30 and includes bus travel, reserved seats, 'goody bag' for interval. Time to shop and have lunch before the show (own expense)

ARMCHAIR TRAVEL The first Armchair Travel of Term 2 will be a 'trip' to Chile, on Saturday, May 19 with Course Leader for our Goulburn Argyle Singers, Christine Bently, who has just returned from a visit there. This will be followed by a delicious, themed afternoon tea (gold coin donation) Later in the year we will be 'visiting' India and other exciting destinations.



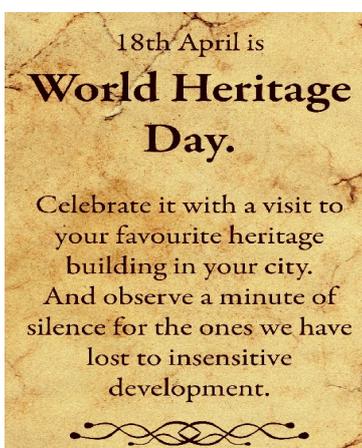
2018 APRIL FALLS DAY® WILL BE HELD ON WEDNESDAY, APRIL 4. The theme for the *2018 April Falls Day* aims to highlight the importance of nutrition and hydration for older people; reducing the risk of malnutrition, dehydration and delirium. When older people do not consume enough food and water they lose muscle and strength, become unsteady on their feet, can feel weak and/or dizzy,



which can lead to falls. Eating healthy food from a balanced diet with adequate energy and protein is important for maintaining muscle mass and muscle strength to reduce the risk of *sarcopaena* (muscle wasting) Eating well and staying active is important for all older people. Research shows we can substantially reduce the risk of a fall by doing moderate exercise for at least 30 minutes on most days of the week, and by incorporating balance and leg strength exercises into your daily routine. Please visit the *Active and Healthy* website to find an appropriate exercise program close to where you live

www.activeandhealthy.nsw.gov.au

U3A's *WALKING GROUPS* (4, soon to be 5) and our *HEART MOVES EXERCISE GROUP*, and later next term our *TAI CHI CLASSES* are all good ways to provide you with moderate exercise.



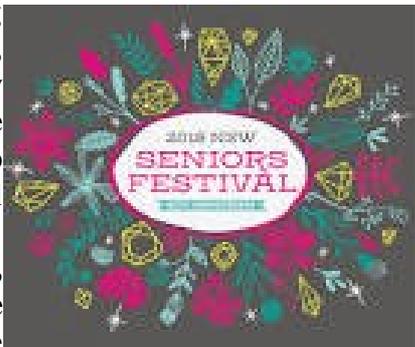
Everyday people all over the world celebrate their cultural heritage, simply by living their lives in a way that embodies who they are and where they came from. But one day a year is set aside to celebrate the joint history and heritage of the human race. *World Heritage Day* encourages us to celebrate all the worlds cultures, and to bring awareness to important cultural monuments and sites, and to espouse the importance of preserving the world's cultures.

So the first (and possibly most confusing?) part of *World Heritage Day* is that that actually isn't it's formal name. What is popularly known as *World Heritage Day* is actually called *The International Day for Monuments and Sites* and was established in 1982 by the International Council for Monuments and Sites, or ICOMOS. This organisation was established on

the principles set forth in the Venice Charter, otherwise known as the 1964 International Charter on the Conservation and Restoration of Monuments and Sites. The organisation was founded after a need was identified to protect these valued locations, and it saw the coming together of experts from hundreds of related fields. These include architects, engineers, geographers, civil engineers, and artists and archaeologists. Each year they work to help ensure that some of the world's most beautiful sites and important cultural monuments remain preserved for future generations. In Goulburn, to celebrate *World Heritage Day*, join railway enthusiast, historian and author, *Scott Whitaker* on Wednesday, April 18 at the Goulburn library from 12.30pm for a journey around *The Railway Hotels of Australia*. He also delves into the history and importance of railways in the development of towns on the lines and how railways have shaped the social, economic and political themes of the state. This is a free event, but bookings are essential call in or phone the library

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As well as U3A's 2 day Grey Mardi Gras & Expo, there will be lots going on during Goulburn's Seniors Festival - there will be yoga, a gallery talk, a safety workshop, technology training sessions, a photography competition and much more. The photography competition will be divided into two categories, the best photo of a senior, and the best photo taken by a senior. You can pick up a program from the council chambers.



In Sydney the 2018 Premier's Gala Concerts will be held on Thursday, April 5 and Friday, April 6 at the International Convention Centre (ICC), Sydney. This year, the Premier's Gala Concerts will feature the multi-talented David Campbell, and *Australian Idol's* favourite judge and ARIA Hall of Fame artist Marcia Hines. They'll be joined on stage by celebrated country music singer, Darren Coggan, *X Factor's* Jess & Matt, and award-winning jazz vocalist, Emma Pask. After the concert why not 'pop in' next door to the NSW Seniors Festival Sydney Expo.

WHAT IS PERMACULTURE?

Permaculture is a system of agricultural and social design principles centered around simulating or directly utilising the patterns and features observed in natural ecosystems. *Wikipedia,*

If you would like to do a free on-line permaculture course please go to:-

<https://openpermaculture.com>



Permaculture was created in the 1970's by Bill Mollison, an Australian ecologist and University of Tasmania professor, and one of his graduate students David Holmgren. Bill had spent many years out in nature as a wildlife biologist observing how natural systems work and became very distressed at the destruction that he saw going on around him. He decided that instead of being angry about what was happening and reacting against the destruction he wanted to work on creating a positive solution and he thought the solution would be living based on the patterns he had observed in nature. By observing nature, Mollison came up with several important insights. He observed that natural systems, such as forests and wetlands, are sustainable. They provide for their own energy needs and recycle their own wastes. He also observed that all the different parts of a natural ecosystem work together. Each component of the system performs important tasks. For example, bees help to pollinate, birds provide pest control, certain plants pull nitrogen out of the air and fix it into a form that other plants can use, so everything does useful work. He applied these and other insights to design and create sustainable agricultural systems. In the 1970's he and his student David Holmgren wrote and published some books explaining his ideas. In the 1980s he published his design manual and started teaching permaculture design courses to spread his ideas around the world. By the 1990s permaculture had started spreading throughout the US, although it's more well-known in other countries around the world. To this day, it's continuing to grow as a global grassroots movement and people primarily learn about it through permaculture design courses and workshops that generally happen outside of academia

