



Est. May 2004

Committee Members

Sheila Forrest (Chairman) **074 455 8332**; Pam Lewis (Speaker's) **072 372 2260** Clair Ward (Membership) **072 857 7346**,
Sandra Roberts (Minutes & Assistant Secretary) **083 376 1798**, Hazel Nienaber (Treasurer) **083 293 1207**.
Lynda Connellan (Secretary / Outings) **082 421 3967**.

www.U3APE.co.za

August 2025 News Letter.

Hi Folks, Happy Woman's Month to all our ladies.

Augusts Outing: Thursday 14th August 2025 Time 10h00

We will have a tour of the Mandela Bay Theatre Complex (the PE Opera House)

Address: Corner John Kani, Winston Ntshona St, Central. (Corner Whites & Chapel Rd, Central)

Coffee at "The Coffee Shop", 7 Bird St, Central. After the outing.

Augusts Meeting: Tuesday 26th August 2025. Time 09h45 for 10h00

Our Speaker is **Brigadier General Rod Penhall of 16th Squadron**. His talk is about Flood Disaster Management and what goes on during a mission.

Please join us after the meeting for tea/coffee & the best carrot cake at Conyngham Coffee Shop for your own pocket.

New permanent venue: EP Children's Home, entrance in Conyngham Rd. Glendinningvale. Drive in turn sharp left to security gate. Press EPCH Office to get the security gate opened.

Membership fees.

Folks who do bank deposits, collect your stickers from the membership table with proof of payment.

Membership fees for 2025 will remain at R60.00 for the year.

New Members: R60 plus a registration fee of R10 = R70.00

Magnetic Name Tags are available at R10.00 each.

NB Visitors: visitor & folks who have not yet paid membership the fee is R20.00 per person

New Folks who join by paying EFT please fill in a form with your information at the meeting.

U3A PE's Banking Details:

Name: U3A PE, Ned Bank, Savings Acc. no. 200 731 1232. Branch code: 198 765 (no spaces). You can EFT or pay cash at the meeting, please come early if paying cash.

Please make sure your name & cell number is on the deposit slip, Whats App photo of deposit slip to Lynda at 082 421 3967 or send email proof of payment to lyndapconnellan@gmail.com

Charity Box. Please bring any old denims for the SOS Children's Village creative project and any used clothes or empty coffee bottles for the SANTA TB patient's charity (you can fill them if you like, see U3A PE July's news letter for fillings)

Recording of U3A Meetings from round SA.

Watch in your own time. Highlight on blue address below, then Copy (Ctrl c) then go to Google & paste (Ctrl v). This is U3A SA Library, 2 x clicks on town to see if there are any recording.

<https://drive.google.com/drive/folders/1DcBXj-ADQxch96eFk-1Q7F-IBNCbOx6?usp=sharing>

Photos from our July meeting with Animals in Wonderland.



THE LAST WORDS: Something good to know.

So many people say they don't drink anything before bedtime because they have to get up during the night. Something else I didn't know..., why do people have to go to the loo so much at night?

Response from a Cardiologist (a heart doctor).

When you stand upright generally there is swelling in legs, because gravity keeps water in the lowest part of your body. Now if you lie down and your lower body (trunk, legs, etc.) is level with your kidneys, the kidneys remove the water because it's much easier.

We need a minimum amount of water to flush the toxins out of our body, but the following was news to me. What is the right time to drink water?

Word from a heart specialist. Drinking water at certain times maximizes its effects on the body.

1. Two glasses of warm water after waking up – helps activate the internal organs.
2. One glass of water 30 minutes before a meal – helps digestion.
3. One glass of water before bathing – helps to lower blood pressure.
4. One glass of water before bed – can prevent strokes or heart attacks.
5. One glass of water before bed - can also help prevent leg cramps at night.
The leg muscles look for moisture when they contract and wake you up with a calf cramp.

See you at the Outings & the Meeting.

God Bless.

Lynda