



Est. May 2004

Committee Members

Debbie Morris (**Treasurer**) 041-5857760; Merlene Robinson (**Secretary**) 041-5831568; Aubrey Bradfield 041-5858583;
Marjorie Malkin 041-3732148; Pam Lewis 041-3643462

JANUARY 2018

Well here we are, back at work! The committee would like to wish you a fantastic New Year, filled with God's richest blessings, health, happiness and prosperity.

30 JANUARY MEETING – 10h00 to 11h00

We'll kick start the year and hopefully our brains with a presentation by Dr Margo de Kooker on '**Does Your Brain Have to Age?**'

Dr de Kooker is a medical practitioner based in Port Elizabeth. She has a special interest in Stress Medicine, Brain Health and Nutrition with a focus on the interaction between mind and body in health and performance.

27 FEBRUARY MEETING: Liz Eshmade on 'The True Stories of the 1820 Settlers'.

Liz has been involved in genealogy for over 40 years and also in recording gravestones in old and threatened cemeteries around the Eastern Cape. She has also published a book on the 1820 Settlers which was largely to record the stories and information on the very ordinary and largely forgotten majority who came to this country.

Come and listen to her talk which promises to be light-hearted and amusing.

FEBRUARY OUTING:

As per the norm, we do not arrange an outing for January, but unfortunately, due to circumstances, we are in a position of having no outing arranged for February thus far.

Marjorie, who arranges outings has had problems in making arrangements as contacts are still on holiday. She will have knee surgery at the end of the month but the committee will endeavour to have something arranged by the time of our meeting.

MARCH: A cruise on the Sunday's River – dependent on members' response

2018 SUBS

2018 subs are now due. The subs remain R50 per person if paid before April, thereafter it will be R60. New members pay R50 plus R10 registration fee.

Banking details:

U3A

Nedbank, Branch: 198765, Savings Acc: 2007311232



54 Members enjoyed our Christmas Luncheon at the PE Women's Club

See more photos on the website

2018 AGM

Historically our financial year end has been 31 December and our AGM at the end of March. However, since we have been registered as a PBO and have to submit a tax return, we have changed our financial year end to 28 February, and going forward will have our AGM at the end of May.

So there is plenty of time to consider whether you would like to volunteer in assisting this committee or whether you know of a suitable person to nominate.

It's not always easy running our organisation with a committee of five, as we find that, as with folk our age, we are either travelling or having surgery!

So please seriously consider joining the committee.

AUDIO EQUIPMENT

We found ourselves in a bit of a fix at our November meeting. Our chairman, Aubrey Bradfield stores our audio equipment at his home, transports it to our venue and sets it up for our meeting. However, Aubrey fell seriously ill. We were lucky to have Chris Rhodes with the help of some members in the audience to get around some of the glitches, but this made us realise that we really do need backup in case of emergency.

So this is an appeal to our gentlemen members to please volunteer to shadow Aubrey and then put their name down on our 'Emergency Volunteer List', which boasts one name!

FOR THE MUSIC LOVERS

Venue: NMMU South Campus Auditorium

Theresa Cunliffe (041-5042250)

Starting time: 19h30 (Mon – Thurs) and 15h00 on Sunday – DATES AND TIMES SUBJECT TO CHANGE!

To date no schedule has been received for 2018.

LAST WORD:

'Never open your mouth unless you are absolutely certain your brain is going to work'

Tommy Dewar

See you at the meeting.

Merlene

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