



Est. May 2004

Committee Members

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Pam Lewis (**Speaker Co-ordinator**) 041-3643462 ; Lynda Connellan (**Outings Co-ordinator**) 041-3643038; 082 421 3967

MARCH 2020

31 MARCH MEETING – 10H00 - 11H00

Bernadette Nel from Atlas Security will speak on 'Self-Defense Measures for the Third Age'. Kindly note that if there is load shedding on the day and this affects the library, which falls under group 12, the meeting will be cancelled.

28 APRIL SPEAKER

Dr Les Mitchell will give a presentation related to a book that he has written. 'Reading the Animal Text in the Landscape of the Damned' covers a range of topics such as animals and ethics, language and women, revolution in Victorian Britain, slavery and social psychology. He is a member of Makhanda/Grahamstown U3A and has delivered various talks to U3A groups. The link for his book is <http://peacecaravan.co.za/book/>.

MARCH OUTING

The outings to the harbour are fully booked.

APRIL OUTING

An outing has been arranged to Classy Glass in Sunridge Park on Friday 17 April at 10h00. There we will see a demonstration in the art of stained glass.

2020 ANNUAL SUBS

Membership subs for 2020 are now due. Subs remain the same at R60 per person for the year, but if your membership lapsed at any time, you will have to pay a registration fee of R10, in addition. You can either pay cash at the meeting or do an EFT. At the time of payment please confirm your personal details on our system, or if doing an EFT, please send proof of payment as well as your address, contact numbers and email address to Philip on philip@stunden.co.za. Banking details are below.

U3A BANKING DETAILS:

U3A,
Nedbank,
Branch: 198765,
Savings Acc: 2007311232

LOAD SHEDDING

A reminder that we cannot hold a meeting in the library auditorium during load shedding as it is too dark and we would hate to have an incident. So if we are experiencing load shedding at the time of the meeting, please check the schedule. The library now falls into Group 12.

LIBRARY

Once again the library management has pointed out that U3A members are using the parking in Hurd Street reserved for library users, and also parking on the grass verge obstructing motorists' vision. We kindly ask our members to park in the Pick 'n Pay parking lot across the road.

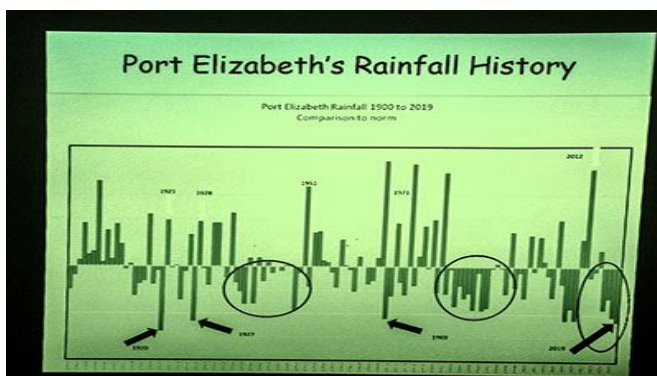
MEMBERSHIP

Kindly note that only paid up members are eligible to join our outings and to be included on our mailing list. Members are further requested to wear their 2020 membership badges to meetings and all outings.

A NEW LOOK AT HISTORY FOR U3A – FREE ON THE NET

After 12 years of work, Derek Waldie, a retired teacher, has completed 'Timewise Traveller', which is a history of people and world events for the period 1066 – 1901. This is available on the internet at www.timewisetraveller.co.uk.

This work includes not only political history but also, running alongside and in equal depth, the development of all the major disciplines such as the Visual Arts, Music, Medicine, Literature and the Sciences. It has already been adopted as a resource by U3A UK and is available free of charge. All he asks is that if we should find Timewise Traveller of value, we let local schools have a copy of the web address!



Visit to the Air Traffic Control and the Weather Office
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LAST WORD

“Pain and discomfort go hand in hand with getting older. Try not to dwell on them, but accept them as part of the cycle of life we're all going through. Try to minimise them in your mind. They are not who you are, they are something that life added to you. If they become your entire focus, you lose sight of the person you used to be.”
Anon

See you at the meeting
Merlene

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