



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** or Email lyndapconnellan@gmail.com

www.U3APE.co.za

September 2025 News Letter.

Hi Folks, happy Heritage month,

It has been suggested that we do our outings on a Tuesday, please can you let me know by email or Whats App if this would be better for you.

September Outings: Thursday 18th or Tuesday 23rd September 2025 Time 10h00

Splitting Image Taxidermy and Trophy Management: They are a South African Taxidermy and Trophy Management organisation that offers craftsmanship, service and a taxidermy experience worth remembering.

Address: 15 Sydenham Road, Sydenham entrance is opposite Wynne St. Long cream building. Meet outside the gate.

September Meeting Tuesday 30th September 2025 Time 10h00

Our Speaker is **Femke De Wet Operations Manager Swartkops Conservancy**, her talk is about **Wetlands in Our Backyard: Why the Swartkops Estuary Matters.**

Many people walk past wetlands without realizing their importance, but they are nature's kidneys and nurseries. The Swartkops Estuary provides critical services like water purification, flood control and habitats for countless species. Femke will share how they work to protect it and why this estuary is so vital to both wildlife and our community.

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

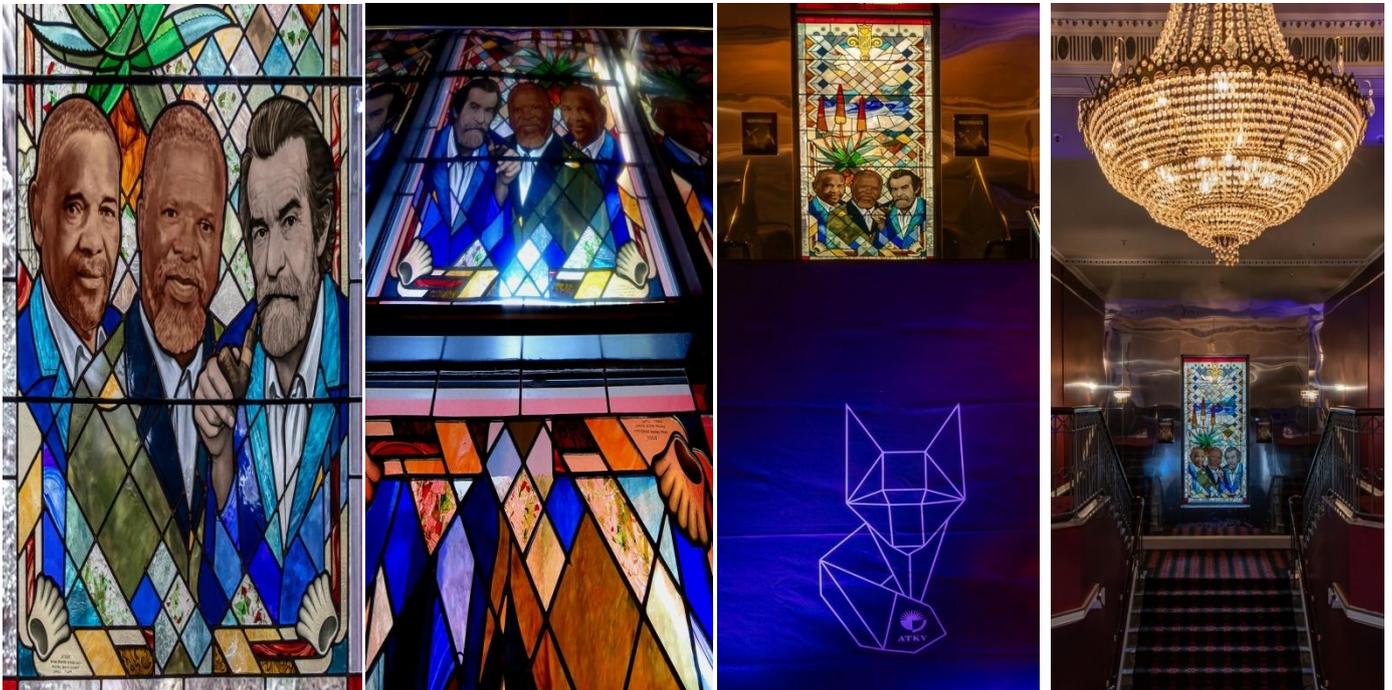
Charity Box. Please bring any old denims for the SOS Children's Village creative project and any used clothes or empty coffee bottles for the SANTA TB patient's charity (you can fill them if you like, see U3A PE July's news letter for fillings)

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>

Pictures from the Mandela Bay Theatre Complex (the PE Opera House).



THE LAST WORDS:

The Last Word. Middle Aged Humour.

1. If walking is good for your health, the postman would be Immortal.
2. A whale swims all day, only eats fish and only drinks water and is fat.
3. A rabbit only eats vegetables, runs and hops all day long and only lives 5 years.
4. A tortoise doesn't run and does nothing energetic, yet it lives for 100s of years.
And you tell me to exercise! I don't think so.

See you at the Outings & the Meeting.

God Bless.

Lynda