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NEWSLETTER FOR JULY

This Plett U3A newsletter starts with a review of our outing to the Honey Farm and this is followed by a description of two forthcoming outings.

There is a summary of a talk on 'understanding male and female hormones as we age,' which may be of interest to many of us. Note that this is on a Wednesday.

Finally, we append a Calendar of forthcoming events.

U3A Plett visit to the Honey Farm - report by Philip M

On Wednesday 19 June, U3A Plett were the guests of Shelly and Lyn at the Honey Farm. We were there to learn about honeybees, honey and the art of beekeeping. The day dawned cold and wet but fortunately the event was held indoors, and we began by enjoying tea, coffee and cakes.



Jan: 'that looks nice. I think I'll take another."

We all took a seat for the presentation. Because seating was limited, we were unable to include everybody who wanted to attend, which underlines the need to book early for U3A outings.



Erwin and friends smile for the camera

Lyn and Shelly then gave a presentation which focussed mostly on bees and their way of life. They mentioned that beekeeping has been practised for all of recorded history and probably long before that. We know that the ancient Egyptians were masters of thebeekeeping art. Lyn pointed out that beekeeping is more of an art than a science and although there are very many books describing the technicalities of beekeeping, a great deal of intuition and experience is needed. Lyn and Shelly are from a beekeeping family and were trained by their father for many years; there is always plenty to learn. After all, factors are changing all the time; for example, new diseases come and go, vegetation changes, with indigenous plants being challenged by aliens such as eucalypts. Also, new strains and species of bee are on the march, although this is not as big a problem in southern Africa as, say, America or Europe.



Lyn demonstrates some of the technicalities of building a hive.

Shelly told us about the properties of honey and emphasised that people must be prepared to pay for quality. Someone who pays only R 70 for a plastic jar of syrup sold as honey is probably not getting proper honey at all. Indeed honey as a natural substance should be stored in glass and never in a plastic container!

One feature of the presentation was the amount of interaction with the audience. There were many questions which were raised and answered *during* the presentation, which seemed to be much better than holding everything over until the end.

Finally, Beth thanked Shelly and Lyn on behalf of the U3A Plett for a most interesting and rewarding event. On cue, the sun came out and afterwards we all adjourned to their shop which sells a wide variety of bee-related products.

OUTING TO LUKA WINERY – by Beth Hackland

17 July 2024 9.45 for 10am start.

Directions: Approximate 6-7km down the N2 towards Harkerville, turnoff is to the Right, opposite Stromboli. Travel down this winding gravel road around 300m , to find the Vineyard on the Right.

Laura Harvey will present the story of how her family moved down to transform their farm, to adopt sustainable and eco farming practices. Their vineyard produces a number of different White and Rose wines. The talk will be followed by refreshments of tea or coffee and a snack. You will be welcome to stay on afterwards to enjoy their wines or for lunch.

Cost: R80 for u3a members, R110 for their guests. (to be paid in cash on the day)

Bookings : u3aplett@gmail.com



Picture by Beth H

OUTING TO THE FEATHERBED FERRY ON THE KNYSNA LAGOON by Beth Hackland

28 August 2024 10.30 for 11am start, extending through into the afternoon.

We have been offered a substantial discount off the normal price of Featherbed Ferry in Knysna, for their 4- hour trip to the Featherbed Reserve. Once we have boarded the ferry and left the harbour we will take in the view of the Heads from the end of the lagoon. Then we will disembark onto the Featherbed Reserve on the other side of the lagoon. There is the option to walk through the coastal forest or be transported by vehicle up to the Western headland to enjoy the views over the ocean. Thereafter returning to the water level we will sit down under a canopy of Milkwood trees to enjoy a buffet lunch before heading home around mid- afternoon.

Cost: R600pp for u3a members for the 4 hour trip including lunch. This is virtually half of their normal price and we believe is an exceptional outing well worth it. However we will need full payment to be made by 24 July in order to confirm your place. Visitors accompanying members will be welcome at R630pp.

Bookings: u3aplett@gmail.com



Picture by Beth Hackland

DO YOU KNOW?

Simple dietary and lifestyle changes can help restore the proper levels of hormones in your body!

Hi, my name is Vivienne

I am a Health Transformation Coach

"UNDERSTANDING MALE & FEMALE HORMONES AS WE AGE"

Date:

WEDNESDAY, 10TH JULY 2024

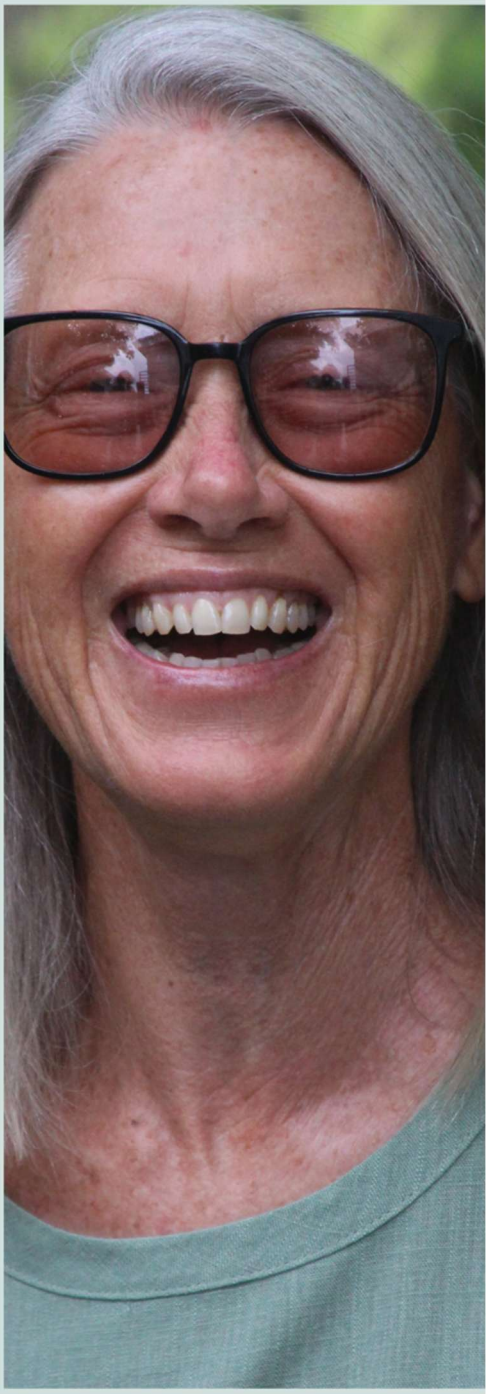
Time:

10:00 UNTIL 11:15

Venue:

Formosa Garden Village Lounge
1 Ferdinand Street
PLETT

R30 for non-U3A Members



Please note that this presentation is on a ***Wednesday***

CALENDAR

Here is a calendar for forthcoming events and outings for Plett U3A.

The Committee welcomes suggestions for events and especially for speakers.

24 JUN, MON	10 – 11am	**Andrew Marr - The History of the World - 7 Age of Industry** Formosa Garden Village
1 JUL, MON	10 – 11am	**Andrew Marr - The History of the World - 8 Age of Extremes** Formosa Garden Village
8 JUL, MON	10 – 11am	**Walt Disney's Fantasia 1940** Formosa Garden Village
10 JUL, WED	10 – 11am	**Talk: Hormones - Vivien Brooks** Formosa Garden Village
15 JUL, MON	10 – 11am	**Books That Made History: Bonhoeffer - Letters and Papers From Prison** Formosa Garden Village
17 JUL, WED	10 – 11am	**Outing: The Story of Luka Winery - Laura Harvey** Luka Vineyards
18 JUL, THU	All day	**Nelson Mandela Day**
22 JUL, MON	10 – 11am	**Books That Made History: Orwell -1984** Formosa Garden Village
29 JUL, MON	10 – 11am	**Books That Made History: Solzhenitsyn - The Gulag Archipelago** Formosa Garden Village
5 AUG, MON	10 – 11am	**Books That Made History: Huxley - Brave New World** Formosa Garden Village
9 AUG, FRI	All day	**National Women's Day**