



U3A Stilbaai News Letter: No. 6, November 2015

General Meetings (GM):

Our next GM will be on **Monday, 30 November 2015 at 09h30**

Our speaker for November:

Next Monday's talk will be by Stefan Pretorius on the "high fat and low carb diet" vs the "eat everything in moderation diet".

He will cover Banting, diabetes, sugar, fat, Noakes's current case with HPCSA, fruit, cereal, nutritionists, Big Food, Big Pharma and dementia and look at the history behind it all.

We will again collect membership fees (of R30 p.p., per year but only R 20 if you join on Monday) from 09h00 (for 2016) for a GM start at 09h30. New members will also get membership valid until the end of May 2016.

Other speakers and topics volunteered for GMs next year are:

- January 2016 "Latest info on Climate Change" : Prof Mike Lucas (UCT)
- "A Sub-Antarctic Trip to Bouvet Island" : Wendy Wilson
- "A trip to the stone churches in Eastern Ethiopia": Dave Carter

(Most addresses will be given in part English and part Afrikaans.)