



UNIVERSITY OF THE THIRD AGE
QUARTERLY NEWSLETTER: JANUARY 2018

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Compliments of the season to all, with the hope that 2018 will be happy and peaceful. BUT there is the possibility of student unrest and the last-minute cancellation of Baxter meetings. To repeat the advice given for several years to save a wasted journey: if you have a computer, make sure you are on our Yahoo mailing list by writing to u3a.ct@sybaweb.co.za asking to be included – this is the only way we can communicate regularly. Please check your e-mails. If you are not on e-mail, ask a friend to inform you of any changes to meetings. If you live in a retirement home or village, please consult your noticeboard. And listen to Calendar at 8h30 on Fine Music Radio at 101.30 when our Baxter meetings (and cancellations) are broadcast. Phone the Baxter or 021 531 5604 to check that each meeting is still taking place.

FORTHCOMING U3A GENERAL MEETINGS

CAPE TOWN 10:00 for 10:30, Baxter Theatre

Thursday, 22 February: Clem Sunter. He has come down from Johannesburg to grace our meeting on two previous occasions, but his 'Fox scenarios' are always a great hit with our membership.

ATHLONE 10:00 for 10:30, Belthorn Recreation Centre, Athlone

TBA

ATLANTIC 10:00 for 10:30, St Peter's Anglican Church Hall, Park Drive, Camps Bay

TBA

BLAAUWBERG 10:15, Milnerton Library Hall, Pienaar Road, Milnerton

TBA

FALSE BAY 09:30 for 10:00, Fish Hoek Civic Centre

Wednesday, 17 January: Anita Wilkinson, Manager, Cape Leopard Trust's Boland Project: *An overview of the Trust's activities since 2004*

Wednesday, 21 February: Dr Kevin Winter, lecturer in Environmental and Geographical Science, UCT: *Tackling the challenge of Cape Town's water crisis: implications for the future if we get it right.*

GUGULETHU 2 p.m., Ikhwezi Hall, Gugulethu

Tuesday 30 January 2 p.m. Nomonde Mama, chief librarian of Gugulethu, *The importance of libraries.*

TYGERBERG 09:45 for 10:30, Bellville Civic Centre

TBA

RECENT MEETINGS AT THE BAXTER

Thursday 26 October: Professor Dennis Davey: Alzheimer's Disease and Cerebrovascular Disease: potentially preventable and postponable syndromes

Professor Dennis Davey is striking proof of how Alzheimer's can be postponed until a ripe old age. Alzheimer's Disease is named after Professor Alois Alzheimer, a German psychiatrist born in 1864, who pioneered the study of the brains of those suffering from dementia, thus revealing the differences from a normal brain. Among the causes of cognitive impairment and dementia are Parkinson's Disease, HIV, strokes and Vitamin B12 deficiency. Alzheimer's and Cerebrovascular Disease often co-exist with memory loss, impaired recognition and speech, loss of motor control and depression. Alzheimer's is caused by both genetic and environmental factors such as hypertension, depression, sleep deprivation, diabetes and a sedentary lifestyle. The best preventive factors are a Mediterranean diet, physical and mental activity such as games, puzzles, learning another language, playing a musical instrument and socialising. Some first world countries are finding that the higher the level of education, the less incidence of dementia in later life, but with the world population increasing and more people living to an advanced old age, there will be more dementia sufferers.

Dennis Davey's report on his talk and his notes plus diagrams are on our website <http://www.u3a-ct.org.za>.

Thursday 23 November: The Companions

Another stimulating morning at the Baxter proved that age is no barrier, as The Companions entertained us with song and dance and a trip down memory lane, with the audience joining in choruses from our youth and everyone knowing the words. It really was an inspiration to see how performers of a certain age retain their vitality and can dance with such disciplined teamwork and co-ordination. There were some exceptionally good singing voices which could hold their own with current professionals. But the comic highlight was the well-delivered monologue about what happened when the narrator put a bumper sticker on her car exhorting people to hoot if they loved Jesus, then how she used the one-fingered gesture which she was told was a Hawaiian good luck sign!

RESULTS OF COLLECTION ON 23 NOVEMBER 2017

A warm thank you to those who contributed so generously to the collection at the Baxter on 30 November 2017. The total collected was R9 600, which was spent on buying much appreciated meat to enrich the menus at four orphanages – St Michael's, St George's, Leliebloem and St Francis. Well done!

OUTINGS

On the 29th November, for the final outing for 2017, David Gamsu organised a visit to the Zeitz Mocca Art Gallery at the V&A Waterfront. At the last count there were over 70 names and a good crowd turned up. Unfortunately, despite assurances [even on the day], there was no guided tour. However, it is easy to navigate oneself, there is lots of information available and, of course, on a Wednesday, it is FREE. It was enjoyed by everyone.

NEW COURSES AND COURSE LEADERS, TO START IN FEBRUARY 2018

This quarter a new course on 'Mysterious China – ancient and modern' will be introduced. This course will be led by Liz Linsell on the 4th Friday morning of each month from 11 a.m. to 12.15 p.m., in Marina da Gama. Liz Linsell, whom many of you will know from the Red Cross Children's Memorial Hospital, can be contacted at 021 - 788 3414 or <Linsell@absamail.co.za>. The first three topics planned sound most intriguing – 'All the tea in China', 'Chinese New Year and Spring Festival' and 'Lantern Festival and the ancient art of lantern making'.

'Corruption' will be Leonard Suransky's course topic later in the year.

Grace Smith's previous course 'Enhancing our senior years' is now titled 'Consciously ageing'.

Susan Kilfoyle's previous course 'Writing for everyone' is now titled 'Southern scribes'.

We appeal for new courses. It's always good to have new blood! Anyone interested, please contact Eve Dunnell (021 5315604) or Sylvia Schrire (021 6716964).

ANNOUNCEMENT OF WORKSHOP

Charlotte and Gary Carlson from New Mexico in the USA will be visiting Cape Town in April. They are both Certified 'Sage-ing Leaders' as well as 'Sage-ing Circle Facilitators'. Gary was instrumental in founding www.sage-ing.org in 2004.

Grace Smith made contact with these international facilitators over the internet, and they have offered to share their skills and knowledge with u3a. In the last week of April, they will be running a six-hour workshop over several days for our members. This is a unique opportunity to gain some insight into the work they are doing to make the 3rd stage of life the healthiest and most fulfilling it can be.

If you are interested in participating in the course they are offering, or finding out more about their visit, contact Grace by email grace@kingsley.co.za.

REMINDER OF MOUNTAIN MEANDERS

The hiking group, Mountain Meanders, has openings for experienced and reasonably fit hikers. We walk every Friday (weather permitting) for between 3 and 6 hours all over the Peninsula. The age group is between 55 and 80 with the occasional exception. We do moderate to more strenuous walks. The pace is not too fast, as the emphasis is more of enjoyment, but the group is fit. Before being admitted to the group (or as an occasional visitor), we need to screen potential hikers to ensure that their health and fitness levels are such that they will not endanger themselves and the group. Some of our walks entail some scrambling and bush-whacking. We cannot guarantee what time we return, so we recommend that people joining the hikes have no 'uncancellable' arrangements on Friday afternoons. We prefer that members of the group walk fairly regularly. At the end of the hike, we usually pop into a nearby pub for some liquid refreshments and maybe a snack. We also have a monthly lunch.

Should you require more information or if you would like to join a hike to give it a try, please contact Allen Lang on 021 689-5030 or at allenlang001@gmail.com

SUMMER SOCIALS

We thank Kath Green and Peter Lawson for organising the Summer Socials. These are proceeding well. Report-backs on some Summer Socials follow.

Joy Rubenstein – Container gardening with succulents

On a very warm day on December 11, ladies (the youngest being 9) were entertained by an ardent succulent enthusiast, Alison James, at her home in Simons Town.

We started with an introduction to the many varieties of succulents. Then Alison showed us how to create a small garden using the plants. First we needed a 'thriller' - the main point of interest and

preferably being tall. Then plants of different colours, shapes and sizes were added, the 'fillers'. Lastly the 'spillers' were added to overflow and break the lines of the container. Alison also directed us to the many charity shops for inexpensive containers and drip trays.

This was followed by a walk through Alison's amazing garden on a hillside. It was filled with semi-vertical walls and containers overflowing with succulents. Even old tyres were used! The plants are a good answer for our drought-ridden Cape, as they store water in their leaves and stems. Alison did, however, emphasise that they do need some water weekly, and now and then to be fed with a weak solution of Epsom Salts, Kelpak or 2:3:2. She emphasised that light and sunshine are important for the plants.

Then we set to making our own gardens in the containers we had brought. These included cups, plates, glass bowls, bonsai dishes and pottery containers. The succulents were provided both by Alison and the participants.

A group photo with gardens and gardeners completed the morning. Thank you, Alison!

Brenda Sudano – An introduction to the world-famous and popular social card game of Bridge

Providing a comprehensive overview for the complete beginner, the proficient Peter Lawson welcomed those interested in an introduction to Bridge to a convivial environment, and over a couple of sociable hours. Peter's enthusiasm and knowledge were instantly communicated and provided the basics – enough to get started, but not so much as to confuse the learner. Recommended as an appetite whetter for more!

GUGS LIBRARY PROJECT

We are making strides in the development of the U3A Library at Ikhwezi Hall, Gugulethu. We very much appreciate the boxes of well-chosen books and magazines that have been trundling in, in response to our appeal. Please keep them coming! Any offers of surplus bookshelves, planks or bricks would also be a big bonus. We are fortunate to have received offers of hands-on help from a handyman and a librarian. The major obstacle causing delay in opening is to gain possession of the key!

AIUTA

The International Association of Universities of the Third Age (in French) seems to have recently become more active, and is spreading its wings even more widely. It holds annual conferences in widespread centres, attended by members from at least 50 different countries.

MOZAMBIQUE U3A

There is a slight possibility of contact with the fledgeling Mozambique U3A. Does any member of u3a Cape Town speak Portuguese? If so, please contact Sylvia Schrire at 021 671 6964.

APPEAL FOR USED STAMPED ENVELOPES

If you have received any stamped envelopes over the Festive Season, please bring them to the first meeting at the Baxter on Thursday 22 February for Brenda Shear who collects them for charity.

DERICK RULE'S TRIPS

There are still some spaces available for two upcoming tours in the first half of 2018. These are:

- The four-day tour to Swellendam, Mossel Bay, Eight Bells Mountain Inn, Cango Caves, Meiringspoort and Prince Albert, departing 16th April
- The six-day tour to Kruger Park and the Panorama Route including Burke's Luck Potholes, Blyde River Canyon, Pilgrims' Rest and the Sabi Forest Waterfalls, departing May 27th

Anyone wanting to reserve a space on any of these tours can contact Derick on email mwemrule@iafrica.com or call on 082 457 2965.

SUMMER SCHOOL

This runs at UCT from 15 to 26 January 2018. U3A will have a stall here with course lists, application forms, renewal forms and the latest newsletter.

MEMBERSHIP FEES

Please note that the "registration table" is open from 09:30 to 10:15 exactly....

- U3A Cape Town membership fees for **new and lapsed members**:
 - > Members on **email** or **residing** at Woodside Village, Pinewood Village, Evergreen Rondebosch or Norfolk Place: **R50**
 - > Members requesting **snail mail**: **R70**Please pay fees at our meetings, or use an EFT.
- **Direct cash/cheque deposits must include R15 extra for bank charges.**
- **Members renewing** pay R10 less in all cases as the R10 joining fee is omitted. This amounts to R40 if using EFT.

SUBSCRIBE to YAHOO EMAILS

Send an empty email (no subject, no body) to:

u3act-subscribe@yahoogroups.com

OR contact Sherlayne on: u3a.ct@sybaweb.co.za

N.B. Unless members accept the invitation to join Yahoo, they will not receive newsletters, course lists, monthly bulletins or any communications from U3A!

AN APPEAL: Please keep us notified of changes in your *postal, telephone, fax* or *email* contact details. Postal address: U3A, PO Box 785, Howard Place, 7450.

NEW COMMITTEE MEMBERS

We could do with new members with fresh ideas. Any volunteers, please contact Eve Dunnell (021 5315604) or Sylvia Schrire (021 671 6964).

WHO'S WHO

U3A CAPE TOWN EXECUTIVE COMMITTEE

NAME	FUNCTION	e-mail
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NATIONAL U3A CONTACTS

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