



UNIVERSITY OF THE THIRD AGE QUARTERLY NEWSLETTER APRIL 2019

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Our website is at <http://www.u3a-ct.org.za/> It generally has the most up-to-date information regarding courses, talks at the Baxter, our monthly bulletin and, where available, a copy of the latest talk held at the Baxter. Also, we have added a new feature comprising some non-U3A events where discounts have been offered.

FUTURE BAXTER GENERAL MEETINGS

At our General Meeting on the morning of **Thursday 25 April** at the Baxter Theatre, **Professor Pierre de Vos**, constitutional lawyer, will speak on *'Is it time to change South Africa's electoral system?'*

At the following General Meeting on **Thursday 30 May**, **Elizabeth Handley**, musicologist, will speak on *'A festival of English music– from Druids to Delius'*.

RECENT MEETINGS AT THE BAXTER

On 31 January 2019, we were privileged to have **Professor Mamokgethi Phakeng**, the new UCT Vice-Chancellor, address us. She spoke about her vision for UCT, including: securing a sustainable future, building and benefiting from academic projects, helping us rethink challenges, reclaiming the university as an intellectual space (but not always agreeing), ensuring social justice.

Prof Phakeng said there are three pillars on which to build:

- a) Excellence – creating an enabling, inclusive environment
- b) Transformation – which allows us to pursue human potential and excellence
- c) Sustainability – where we recognize the past, that the world is changing and that this should continue into society and beyond borders.

The university needs to produce future good leadership, entrepreneurship and leaders of integrity who, with support, will stay in our country. As the VC, so much responsibility rests on her, but we know that she will be great in this challenging job! Prof Mamokgethi Phakeng gave us much food for thought.

28 Feb 2019. Sue Hollingsworth from the Story-Telling Centre in Bristol, works all over the world, giving seminars on story-telling. Sue's delightful personality, body language and being a consummate artist, entertained us the whole morning.

She told us that all ages can tell stories, but age is a benefit as often the best stories are told by older people who appreciate the wide-spread nature of all cultures. Sue's favourite story, which she acted out for us, presented the same story from two sides, her father's and her mother's.

Everyone left the auditorium smiling and with raised spirits.

On 28 March 2019, we heard a humorous presentation by **Dr Leon Geffen**, a geriatric doctor and honorary senior lecturer at the Albertina and Walter Sisulu Institute of Ageing in Africa, UCT. His message was to be pro-ageing and age disgracefully, having fun in one's final years and to focus on the positive. We can see this in the pop culture and movies. The elderly should retain autonomy to make their own decisions. Dr Geffen stressed the importance of making a Living Will. He also elaborated on the right to die, euthanasia, and the right to die with dignity.

WEST COAST FLOWER TOUR – WITH DERICK RULE

A U3A FOUR-DAY SPRING TOUR IS PLANNED. THE TOUR WILL INCLUDE: PHILADELPHIA VILLAGE, RIEBEEK KASTEEL, CITRUSDAL, PIEKENIERSKLOOF MOUNTAIN LODGE, RAMSKOP GARDEN IN CLANWILLIAM, LAMBERTS BAY, LANGEBAAN LAGOON, THE WEST COAST FOSSIL PARK AND THE WEST COAST NATIONAL PARK

This four-day tour will start at the Pinelands Town Hall in Pinelands, Cape Town, from where a luxury coach will transport guests to the village of Philadelphia for morning tea and scones. The next stop on tour will be the wine/olive farm of Het Vlock Casteel for a wine and olive tasting, followed by lunch in the famous Royal Hotel in RiebeekKasteel. After lunch the tour will head north along the N7 passing the villages of Riebeek West, Moorreesburg, Piketberg and finally arrive at the Piekenierskloof Mountain Lodge for three night's accommodation, dinners and breakfasts.

During this time, daily outings will commence from the lodge, the first to Clanwilliam to visit the Ramskop flower garden at the Clanwilliam dam and then to lunch at the well-known Muisbosskerm in Lamberts Bay. Whilst in Lamberts Bay, guests will have the opportunity to walk along the harbour wall to Bird Island, the conservation area for penguins, gannets and cormorants. On this day, a group of local children will perform a San dance for us.

Day Three will afford guests the opportunity to relax in the beautiful surrounds of the Piekenierskloof, do some of the short walking trails in the area and swim in the indoor heated pool of the lodge.

On Day Four the tour returns to Cape Town, travelling via Hopefield to Langebaan Lagoon, where visits will be made to the West Coast National Park's Postberg, then lunch at Driftwood Restaurant. The last visit before returning to Cape Town will be to the West Coast Fossil Park, with a guided tour of the various sites and excavations. Arrival back in Pinelands is estimated at about 18h00.

The estimated cost of this 4-day tour is R5 900 per person sharing and includes luxury coach transport, accommodation, three meals per day, fees for wine and olive tasting and entrance into parks and gardens.

PLEASE NOTE: This tour cannot accommodate single persons. Should single persons wish to go on this tour, I will partner them with other single persons who wish to share. The 4-day tour is planned from 6 to 9 August 2019.

BOOKING FOR TOURS: Kindly call me or email me on the following:
021 532 0374 : 082 457 2965 : mwemrule@iafrica.com

AN OUTING WITH DAVID GAMSU

On Monday 18 March we had a very enjoyable visit to the impressive Norval Gallery in Steenberg. Of the 28 people who responded originally, 18 actually arrived. We were fortunate in having a guided tour of some of the exhibits by a charming and knowledgeable young man and spent some time viewing the Goldblatt photographic exhibition. Some of the more energetic members visited the sculpture garden, whilst others viewed it from the balcony. I received a charming letter from Berit Maxwell about the visit which is always much appreciated.

FROM NEWS 24 – submitted by Leonard Suransky

The family of Rosalie Bloch, 84, and Aubrey Jackson, 94, who were murdered in their home in May last year, have welcomed a Western Cape police decision to offer a R60 000 reward for information.

Provincial police spokesperson, Captain FC van Wyk, said the reward was for information that could lead to the arrest and successful prosecution of those responsible for the murders on May 5, 2018.

Bloch's son, Shaun Bloch, discovered the elderly couple tied up and murdered in their Victorian double-storey home in Wolmunster Road, Rosebank, in Cape Town.

There were signs of a break-in and a few items were missing. Shaun said on Thursday that they welcomed the renewed interest in the case and the dedication of additional resources.

"It is very disconcerting when you have no closure from our point of view. You want to see progress in the investigation," he told News 24. "It is almost a year since the crime and, as much as we as a family have had memorial services and distributed their ashes, we are still suffering the emotional trauma of the senseless violence of the act and continue simply to miss their presence and warmth in our lives. Catching whoever is responsible will help us with closure."

COURSE UPDATE

New Courses

Populism and Identity Politics with Leonard Suransky

Gardening in Small Spaces with Jill Lawson

Spiritual Teachings of Eckhart Tolle with Linda Sealy

Third Age Hatha Yoga with Julie Padmore

Bridge for Absolute Beginners with Linda Rose

Discontinued or Suspended Courses

Astro-topics with Maciej Soltynski

Mysterious China with Liz Linsell

Walking Meditation with Linda Sealy

Birdwatching for Beginners (Part 1) with Heather Howell

Classic Films with Aroon and Paul Spencer

Cryptic Crosswords with Jack Dunwoody

Tai Chi with Lambert Kriedemann

Amended Courses

Your Health taken over from Dudley Werner by Ann Catchpole

Current Affairs on 2nd not 1st Thursday

Armchair Travel with Alan Dunnell, Environment Topics with Linda Pollard, Natural Sciences with Ken Buchanan, and History with Cherril Charman all at Tokai Estate

Music Appreciation with Tony Plummer is at SASNEV, Pinelands

World of Opera with Judy Pretorius, World of Ballet with Carole Wild, Understanding Classical Music with Mike Wolfson are all at Anchusa Court

Please see Course list on Website for more details.

Our warmest thanks go to all these course leaders who do so much for all of us.

PAYMENT OF FEES

The financial people ask that, as cheques to the bank incur bank charges, they request an additional R15 to cover these deposits. Preferably, membership payments should be by internet transfer or cash at the Baxter, and no longer cheques.

THANKS Grateful thanks go to course leaders Paul and Aroon Spencer (Classic Films), wishing them well as they move to their family in the U.K.

And to Dr Dudley Werner, who is handing over leadership of the course 'Your Health' to Ann Catchpole. We thank him for his expertise and dedication.

The committee is very happy to welcome two new members: Leonard Suransky, in an advisory capacity, and Hanns Bohle, who will be helping coordinate the 75 courses.

FORMAL NOTIFICATION OF ANNUAL GENERAL MEETING U3A 2019 AGENDA

The Annual General Meeting of Cape Town University of the Third Age(U3A) will take place on Thursday 27 June 2019 at the Baxter Theatre at 10h30
All members are cordially invited and encouraged to attend.

- Minutes of 28 June 2018
to be adopted
- Matters arising
- Chairman's Annual report
to be adopted
- Treasure's Report on Financial Accounts
to be adopted
- Re-appointment of Auditor
- Election of Executive Management Committee en bloc

CURRENT COMMITTEE MEMBERS

NAME	FUNCTION	e-mail
Jeanie Hareb	Chair, Agenda, Minutes	jeaniehareb@gmail.com
Hanns Bohle	Courses Co-ordinator	hannsb@telkomsa.net
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