

SEPTEMBER 2011



# U3A Tygerberg Newsletter

## UNIVERSITY OF THE THIRD AGE

### Describing U3A

What do you tell someone who asks "what is U3A?" To quote our information sheet: *The University of the Third Age (U3A) is an organisation that offers educational, creative and leisure activities to retired and semi-retired people from all walks of life.*

Taking strain at the helm is our Chairperson, Daniel Smit. Heather Zanetti is the Course coordinator who assists the course leaders with the organization of courses. Our course list shows about 40 activities in which members can participate.

Paula Goffe-Wood is our Speaker Seeker who invites the speakers to appear at our monthly General Meetings. In the next Newsletter we plan to review speakers of 2011.

### Where have all the Grannies gone?

*We thank U3A Blaauwberg for permission to place these thoughts by Una Graven. This was in the Blaauwberg News of March 2011.*

At a recent meeting of the U3A Blaauwberg Course Leaders it was stunning to learn that over 300 of our members are involved in our courses. It looks as if we are learning to play bridge, draw, write, knit and bead, use computers and are studying no less than 6 different foreign languages! We are out there watching birds (perhaps both kinds!), doing yoga, honing up on our musical appreciation and taking great photographs. It sounds like a revolution. What has happened to all the wrinkles? - to the old stereotype of granny in her rocking chair in front of the hearth with her interminable piece of knitting? And Grandpa, always bent over his walking stick grumbling about the modern youth?

Like hand-written thank you-notes and the old party line telephone, they no longer exist. This is a new generation of "oldies" - active, adventurous and open to new opportunities. According to some statistics, for the first time in history, the mature market (people of 65 and over) in the developed world amounts to 15% of the population. What a rich resource of knowledge, experience and wisdom we are. We should be running the country!  
Una G.

### Book Club

At her home in Durbanville Hilary Clayton keeps a variety of books to suit all tastes. The books are supplied by members of the book club and circulated amongst other members who then read them in their own time.

At the meetings members share their impressions of the books they have read. Meetings are informal and relaxed. When the books are no longer required they are returned to their owners.

### Outings

Last year when Marlene decided not to continue as Outings course leader, so many of the regular Outings participants begged her not to go that she yielded and stayed on.

With her experience as a tour guide, Marlene knows of many interesting places. She also knows where U3A members prefer to go (they like nature and informative outings such as the visit to the Bo-Kaap, but visits to museums are less well attended.) Marlene says that suggestions for outings from members are very much appreciated.

Marlene does not gain from the outings. Deposits are requested from members attending an outing because booking at the venue usually has to be confirmed. When the price that members pay seems more than the admission for a venue, the balance is for unseen expenses (like a guide). Marlene is always happy to answer queries by members.

Often planning such an outing needs a lot of preliminary investigation to make sure that the destinations are available at dates and time to suit U3A members and Marlene's schedule.

Members have asked why it sometimes seems difficult to contact Marlene. She is a full-time national tour guide, and her work often takes her out-of town. She can be contacted by cell-phone or e-mail. Flyers about Outings are usually available at the Outings table; if they have all been taken, look for a poster on the wall near Heather's INFO table. Marlene's cell is 082 880 7388 and her e-mail is marlene@holm.co.za

### A TO Z of our Courses

Glancing through the activities suggested by our Course List, you may notice that there are some letters of the alphabet that are not represented. (Even by twisting the titles somewhat we could not fill the gaps!)

Afrikaans, Beading, Birding, Books, Bridge, Canasta, Choir, Cooking, Crafts, Cross Stitching, Dancing, Egypt, French, German, History, Italian, Jazz, Lunching, Mah Jongg, Meditation, Outings, Painting, Philosophy, Reading plays, Scrabble, Travel, Wellness, Wine, Xhosa, Yoga.

There are no interests starting with **K, N, Q, U, V, and Z**. Can any reader suggest courses with titles to fit the missing letters?

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I don't want to become immortal through my work. I want to become immortal through not dying. - Woody Allen

Life is like riding a bicycle. To keep your balance you must keep moving. - Albert Einstein

## Rooi Gesig Klub

Die artikel oor die koor het my weer laat dink aan 'n groot flater wat ek gemaak het toe ek met my kennis van musiek wou spog.

Dit was by 'n kerk-funksie en ek is gevra om die gemeente se sang voor die tyd te lei. Vir die voorsang het ons nie boekies gebruik nie, maar die woorde van die liedere was op afgerolde velle. Langs die titel van een van die liedere was die letters "JSB".

Ek onthou toe dat ek lank gelede gehoor het 'n sekere gesang is op 'n wysie van J.S. Bach. Om die mense te beïndruk, sê ek toe sommer: "Hierdie lied wat ons gaan sing, is op 'n wysie van J.S. Bach." Aan die manier hoe die mense na mekaar gekyk het, het ek afgelei dat my kennis van musiek 'n indruk op hulle gemaak het.

Daar was nog een of twee liede wat gemerk was "JSB" en ek het sommer so terloops genoem "hierdie is ook 'n wysie van J.S. Bach" en aan die beroering onder die mense het ek afgelei dat my musikale insig hulle verbaas het.

Toe sien ek dat sommige liedere gemerk is "GES" en ander weer "PS". Ek kon nie raai wie hierdie komponiste is nie, totdat ek skielik kliek: GES staan vir gesang, PS staan vir psalm en JSB staan vir Jeug Sangbunde!

*Deur Anoniem (geen verband met U3A se koor nie).*

## Look and Lunch

Imagine visiting a factory to see how chocolate is produced and then discussing what you saw while relaxing over a meal or visiting the L'Ormerins wine estate to view the Rupert collection of vintage cars followed by a wine tasting and lunch on the estate. This is what ten to fifteen members do when they Look & Lunch. Their visits vary from places where things are produced to historical sites and even museums. They range as far afield as Wellington, Philadelphia and Franschoek. The members are welcome to suggest destinations they find of interest. Leader: Hilary Clayton (021 975 5465).

## Tea time



## Tea time (jokes aside!)

On behalf of all our members, the committee again expresses their sincere thanks and appreciation to the ladies who serve tea at our General Meetings.

They have to contend with power plugs that keep tripping, urns that malfunction and the traffic conflict between relaxed tea drinkers and impatient tea drinkers. Not to mention the day that there was no water because the main pipes to the Civic Centre had been stolen - I kid you not!

## Birding

Habitat, the particular environment in which a specific bird species lives, is a very important consideration when deciding where the birdwatchers will go. The birdlife in fynbos will differ from those in wetlands or near sewage farms. Gerda and Bernie either take the group to sites that they have visited previously or else the two reconnoitre a new site to see if it is feasible taking the group there. Travelling time and distance has to be considered. (Birders prefer early mornings, because that is the best time for seeing birds.)

The members attending U3A Tygerberg's Birding outings vary from experienced serious persons to keen novices. (By "experienced" is meant those who regularly participate in studies and bird counts for research institutions such as UCT.)

What do you need to join? You should be reasonably fit, have good walking shoes, suitable head covering, good binoculars and a reputable book to identify birds.

Newcomers should not buy anything expensive before they have been on an outing and seen what the experienced birders prefer.

In a typical morning session, about thirty different species could be seen. A record of sightings should be kept so that after each outing, the member can go home and read up on the birds that he or she saw. You will learn about appearance, colouring, markings, flight, call, nesting, feeding - the list is as long as your interest.

Outings are early on every 2<sup>nd</sup> Monday of each month. The very capable leaders are Gerda (021 976 8514) or Bernie (021 975 3793)

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Three old guys are out walking.

First one says, 'Windy today isn't it?'

Second one says, 'No, it's Thursday!'

Third one says, 'So am I. Let's go for a beer.'

## U3A Choir



### U3A Choir

The U3A Choir has sung at two retirement villages this year. We held a concert at Farmersfield Retirement Village in Edgemoad in July and also sang at Oude Westhof Retirement Village in August. We were privileged to be able to share our love of music with others.

We still need more members and would welcome anyone who has a love of singing.

We are all amateurs and our enthusiasm is what spurs us on.

If you are interested in attending a practice, or as an onlooker, please join us on a Monday at 2:30pm at the Bellville Baptist Church in Boston.

Contact: Wendy 021 949 9346

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### Creepies and crawlies

By Heather.

A while back, as I went to close the lounge curtains, I saw a lizard's tail protruding from under the curtains. As I gingerly lifted the curtain, the tail grew longer and longer, until I realized, with horror, that I had a snake in the house. With the help of the SPCA I was given a phone number in Durbanville. A very friendly man answered and he left immediately to come to my aid. He competently and lovingly removed the snake, to take it to a happier home in nature. He also entertained us with stories of many of the other rescue operations that he has undertaken.

Good news for those who are scared of spiders-he removes those too!

For those of you with grandsons who have whacky tastes, he also does snake parties, and I'm told they are most entertaining.

His name is Shaun McLeod. snakes.inc@telkomsa.net.  
Cell: 082 532 5033.

### Bumper Stickers for Seniors

BE NICE TO YOUR CHILDREN  
They will choose your nursing home.

EXPERIENCE IS A WONDERFUL THING  
You recognize a mistake when you make it again.

With age comes wisdom  
AND DISCOUNTS!

I'M NOT OLD  
I'm chronologically gifted.

I'M RETIRED  
I was tired yesterday and I'm tired again today.

## Computers

Most computers are not as user-friendly as in the dialogue box shown on the right. (This is only a picture – nothing will happen if you click these buttons!)

If you can't get your Word Processor to open the files that you need, you should consider joining a computer class. Details will be given in our monthly Bulletin before the start of new computer courses.



## Computer help-line

*Here are reportedly true telephone conversations between computer technicians and customers:*

Technician: "I need you to right-click on the document".  
Customer: "OK".  
Technician: "Did you get a pop-up menu?"  
Customer: "No".  
Technician: "OK. Right-Click again."  
Customer: "OK".  
Technician: "Do you see a pop-up menu?"  
Customer: "No".  
Tech Support: "OK, sir. Can you tell me what you have done up until this point?"  
Customer: "Sure. You told me to write 'click' and I wrote 'click'".

Caller: "Can you give me the telephone number for Jack?"  
Tech Support: "I'm sorry, sir, I don't understand who you are talking about."  
Caller: "On page 1, section 5, of the user guide it clearly states that I need to plug the modem into the computer and telephone Jack before switching on. Now, can you give me the number for Jack?"  
Tech Support: "Sir, the telephone jack is the phone socket point on the wall".  
  
Customer: "I've been ringing 0800 1730 for two days and can't get through to your enquiries, can you help?"  
Operator: "Where did you get that number from, sir?"  
Customer: "It was on the door to the Computer shop".  
Operator: "Sir, those are our opening hours".

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## Daffynitions

*The Washington Post's Mensa Invitational invited readers to take any word from the dictionary, alter it by adding, subtracting, or changing one letter, and supply a new definition.*

Here are the winners:

Castration (n.): The act of buying a house, which renders the subject financially impotent for an indefinite period of time.  
Intaxicator: Euphoria at getting a tax refund, which lasts until you realize that it was your money to start with.  
Reintarnation: Coming back to life as a hillbilly.  
Bozone (n.): The substance surrounding stupid people that stops bright ideas from penetrating. The bozone layer, unfortunately, shows little sign of breaking down in the near future.  
Giraffiti: Vandalism spray-painted very, very high.  
Sarchasm: The gulf between the author of sarcastic wit and the person who doesn't get it.  
Inoculatte: To take coffee intravenously when you are running late.  
Osteopornosis: A degenerate disease. (This one got extra credit.)  
Decafalon (n.): The grueling event of getting through the day consuming only things that are good for you.  
Glibido: All talk and no action.  
Dopeler Effect: The tendency of stupid ideas to seem smarter when they come at you rapidly.  
Arachnoleptic Fit (n.): The frantic dance performed just after you've accidentally walked through a spider web.  
Caterpallor (n.): The colour you turn after finding half a worm in the fruit you're eating.