



## *U3A East London Newsletter*

*The University of the Third Age*

Newsletter Number 51

September 2011

For technophiles, Google is a wonderful source of information. Want to check the title of a book? Just “google” the author’s name. Worried about high acidity? Just consult Google.

Google was therefore consulted to throw some light on U3A’s new course, MahJong. Known as “the game of a hundred intelligences” this game, roughly translated as “chattering sparrow” is shrouded in myth. Some say the game originated in China some 2 500 years old, although records can only verify it to the mid 19<sup>th</sup> century. Another myth is that it was invented for the exclusive use of the royal court. Commoners were forbidden to play, upon pain of death!

Fortunately, this is the 21<sup>st</sup> century, and the “commoners” below, ably led by Alan Woodhurst and assisted by wife, Ann, and Ralph and Rose Anley, are applying their minds to the challenges of “chow”, “pung” and “kong” without fearing for their lives!



Further good news is that Alan will be offering another MahJong course to U3A members who could not be accommodated this time around. We shall keep you posted on this.

### *Upcoming Speakers at the AGM and General Meetings (9.30 a.m.)*

*13 October      The Sardine Run*  
*10 November   Trip to Tibet*

*John Costello*  
*Ralph and Rosemary Anley*

**Kindly take note that the U3A cannot be held responsible for the views and opinions of the speakers. These are entirely theirs and may not represent the views and opinions of the U3A and the Committee.**

### **Course news**

***History of Philosophy*** – Please note that there will be ***no*** History of Philosophy course on Tuesday, 4 October, and the next and final lecture in this series will be on Tuesday, 1 November.

### ***Long Grass Whispers – Tuesday 11 October***

Shirley Baxter, in Rose Anley's absence, will lead this group on 11 October. The group will meet at Parklands at 08h30 and walk the Parklands/Berea Gardens area. Shirley will also discuss trees en route. Physical and mental exercise at the same time – both highly recommended for “third agers”! Please support this outing which is open to all.

### **2012 Courses**

The new 2012 programme will be presented in the November newsletter which will be sent out *early* in November. Sign up for 2012 courses will be at the General Meeting of Thursday, 10 November. Please remember that you need to sign up for both open and closed courses, and acceptance for closed courses will be done on a “first come, first served” basis.

### **Parking at St Andrews**

A U3A member has drawn attention to the haphazard parking by some members who attend courses and meetings at the club house. In the absence of parking bays, there is a lot of wasted space, with gaps between cars unnecessarily large, but too small to squeeze in another car! Considerate parking is especially important when we are catering for a large group.

**Year- end party – Date: Thursday 24 November 2011 Time: 12.30 p.m. for 1.00 p.m.  
Venue: The Fig Tree Cost: R80 per person.**

Please don't forget to make your bookings, with payment, with committee members, Jenny and Gill for this great occasion of fellowship and fun. ***Bookings close on Thursday 17 November 2011.*** Arrangements have been made for the Traffic Department to be on duty at the turn off to The Fig Tree, from 12h00 to 13h00 on this day, to assist members travelling from East London in crossing the busy Gonubie road. An added bonus is that there is plenty of parking at this venue as well!

### **Adopt-a Buddy**

We encourage all non e-mail users to adopt an e-mail buddy (and vica versa) to ensure all U3A newflashes and interim communications are communicated to them. While we do have envelopes for the many non e-mail users, these are used for our newsletters. In any case, should we attempt to use these for other communication, there is no guarantee that they would be received in time.

Telephone calls **can** be made by your Committee, but this is timeous and adds unnecessary costs. At the same time, please ensure that your buddy **is** receiving the newsletters, either through their stamped self- addressed envelopes or by some other means. Members need to be kept updated on “happenings” to receive the full benefit of their membership.

Read page 3 only if you have a sense of humour; otherwise skip to page 4.....

## **Perks of reaching 60 or being over 70 and heading towards 80.**

01. Kidnappers are not very interested in you.
02. In a hostage situation you are likely to be released first.
03. No one expects you to run--anywhere.
  
04. People call at 9 PM and ask, "Did I wake you?"
05. People no longer view you as a hypochondriac.
06. There is nothing left to learn the hard way.
  
07. Things you buy now won't wear out.
08. You can eat supper at 4 P.M.
09. You can live without sex but not your glasses.
  
10. You get into heated arguments about pension plans.
11. You no longer think of speed limits as a challenge.
12. You quit trying to hold your stomach in no matter who walks into the room.
  
13. You sing along with elevator music.
14. Your eyes won't get much worse.
15. Your investment in health insurance is finally beginning to pay off.
  
16. Your joints are more accurate meteorologists than the national weather service.
17. Your secrets are safe with your friends because they can't remember them either.
18. Your supply of brain cells is finally down to manageable size.
  
19. You can't remember who sent you this list.
20. And you notice these are all in Big Print for your convenience.

***And never, under any circumstances, take a sleeping pill and a laxative on the same night!***

.... and now to more serious matters:

### U3A Course Programme: October – November 2011

St Andrew's Bowling Club venue is inside the grounds of the East London Golf Club.  
**OPEN** course denotes OPEN TO ALL - no restriction in numbers.

Course	Leader	Tel.	Day	Venue	Time	Open/ Closed	Dates to diarise
History of Philosophy	Keith Tankard	043 748 2087	<b>1<sup>st</sup></b> Tuesday	St. Andrew's Club	10.00am	Open	<b>Nil in Oct.</b> 1 Nov
One Act Play Readings	Nita Laing	043 748 3622	<b>1<sup>st</sup></b> Friday	St. Andrew's Club	10.00am	Open	7 Oct 4 Nov
Conversational German	Wisegard van Oertzen	043 740 5173	<b>2<sup>nd</sup></b> Monday	120 Settlers Gonubie	10.00am	Closed	10 Oct 14 Nov
Long Grass Whispers	Rose Anley	043-735 1207	<b>2<sup>nd</sup></b> Tuesday	As per newsletter	<b>8 30 am</b> Bring hats & water	Open	11 Oct 8 Nov
Criminal Law	Joe Kristafor	043 7484940	<b>2<sup>nd</sup></b> Wednesday	St. Andrew's Club	10.00am	Open	12 Oct 9 Nov
Conversational French	Joan Barrow	043 748 4990	<b>2<sup>nd</sup></b> Wednesday	6 Strelitzia 3 Beacon- hurst Drive	<b>2.00 pm</b>	Closed	12 Oct 9 Nov
MahJong	Alan Woodhurst	043 721 3295	<b>2<sup>nd</sup> &amp; 3<sup>rd</sup></b> Friday	12 Hudson Avenue	<b>9.30 am</b>	Closed	14, 21 Oct 11, 18 Nov (also 30 Sept.).
<b>U3A GENERAL MEETING</b>	U3A Committee	083 651 7892 Sec.)	<b>2<sup>nd</sup></b> Thursday	St. Andrews Club	<b>9.30 am</b>	<b>Open</b>	<b>13 Oct 10 Nov</b>
Music A	Deanne Driver	043 722 3523	<b>3<sup>rd</sup></b> Tuesday	11 St. Andrews Rd	10.00am	Closed	18 Oct 15 Nov
Music C	Deanne Driver	043 722 3523	<b>3<sup>rd</sup></b> Wednesday	11 St. Andrews Rd	10.00am	Closed	19 Oct 16 Nov
Current Affairs	Colin White	043 732 1190	<b>3<sup>rd</sup></b> Thursday	St. Andrews Club	10.00am	Open	20 Oct 17 Nov
Music B	Deanne Driver	043 722 3523	<b>4<sup>th</sup></b> Tuesday	11 St Andrew's Rd	10.00am	Closed	25 Oct 22 Nov
Book Club	Ann King	043 782 0805	<b>4<sup>th</sup></b> Wednesday	5 Princess Drive, Bonza Bay	10.00am	Closed	26 Oct 23 Nov
Writing	Gavin Stewart	083 708 2719	<b>4<sup>th</sup></b> Friday	St. Andrew's Club	10.00am	Open	28 Oct 25 Nov

This brings our programme for 2011 to an end. U3A courses and meetings resume again in February 2012, unless otherwise stipulated.

*Thought for the day:*

*Never look down on anyone, unless you are helping them up.*