



Experiment starts with small group courses

February saw the beginning of a fresh approach for Dunedin U3A: the formation of four small groups running autonomously and independent of our main courses. Interested members contacted group leaders and now our first four small groups are well under way. These are our groups:

The Otago Museum: a look beyond the exhibits

(Leader Doug Holborow)

An enthusiastic group meets monthly on a Tuesday at 2pm; the next date being decided by the group members at each session. The Museum has been very welcoming, offering a tour of the conservation laboratory with also a feature in the museum newsletter about any interesting stories unearthed as a result of our research of exhibits. A six-lecture

museum course might eventuate in the future.

Art and Art Galleries

(Jane Higham)

Six members meet at an art gallery on the second Thursday of each month. Different galleries and art spaces are chosen by members. They learn about individual artists and how each gallery functions, resulting in a wide variety of experiences. Anyone else liking to join contact Jane at 476-1848 or email rhigham@ihug.co.nz

Poetry Appreciation

(Judith Cowley)

At its first meeting the group decided it should hold fortnightly gatherings at different members' homes, with the host deciding on the topic or period from which to select poems. This change of venue and subject adds

variety to its discussion of poetry, while members' differing poetic enthusiasms introduce new poems as well as old favourites. This course is now full.

Current issues (Gretchen Kivell)

The group has had meetings covering a wide range of national and international topics. Deciding just how to select areas for discussion has been interesting as there is such a wide range of information available. Currently it is asking each person to come with a topic to discuss, giving a two- to three-minute introduction to get discussion started. The course has eight members at present but would welcome four more. If interested contact Gretchen at 473-0031 or email gretchen.kivell@xtra.co.nz

Proposed new short courses

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Chairman's comments

I blinked, and we were already over halfway through the autumn series of courses. I do hope you are enjoying your chosen course(s) as much as I am. I know that there was a considerable number of people who were disappointed to miss out on their first choice of *Broadcasting in Dunedin*, or *Providing Services for Dunedin*.

In the former case we have been able to schedule a repeat of this course in the forthcoming winter series. Two circumstances have enabled this. One is the course vacancy which occurred only recently in the winter series. The other is the extraordinarily kind set of speakers who agreed to repeat their presentations. This was a considerable demand on the speakers, as is presenting in the



Doug Holborow

first place. I know there will be as receptive an audience second time around as for the first presentation, but it is important that we all recognise the efforts our speakers so willingly go to, to present such informative, educational, and largely entertaining presentations.

The Board and its committees are working constantly to smooth out wrinkles in our administration that inevitably result from an expanded membership of our size. The increase in size, a new Treasurer with his new

insights into our financial operation, and the merging of Rodgers Law to form Wilkinson Rodgers Inc. have all obliged the Board to review the whole U3A Dunedin administration and finances. This review will not be completed for some time but we hope to be able to make some announcements at the AGM in July.

I am delighted we have been able to appoint a new Programme Committee Secretary, Noelene Evans. We now face the formidable task of replacing our long-serving and superb Programme Convenor, Sue Cathro. A Board member holds this position, so that there is some head-scratching and hard examining of roles among the Board members as you can imagine.

As you will see on this page, our trial of short courses has begun. While only a few members are involved in these, they offer an extra opportunity.

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Interesting courses to come

I am delighted to welcome Noelene Evans as our Programme Committee Secretary. We are working together to put everything in place so that she can take over the various tasks for Series 2.

The Programme Committee is pleased that we have been able to organise six interesting courses for the winter series. These are *James Joyce – Through Film; Off the Beaten Track; University of Otago; 'The show must go on'; Society Politics and Imperial Aggression in Caesar's Time*; presentations from staff of the Otago Museum; and for those of you who missed out on *Broadcasting in Dunedin* in Series 1, you will be pleased that this course will be on offer again in Series 2.

Chairman's comments

[Continued from page 1]

Some in our enlarged roll of 700 may be more actively and intimately involved in the exploration of a topic. This sort of study combined with social activities, often in members' homes, is popular in other U3As — indeed often their main structure. However we still aim to keep the major focus on popular lecture courses, this being the way U3A Dunedin developed rather differently with the keen support of the University of Otago staff and other local folk. But courses and groups may go very well together.

In the Jubilee newsletter last July I wrote that if we can continue to grasp opportunities when our circumstances offer them, then the next 20 years, whatever they bring, should be a very interesting journey indeed. That journey has scarcely begun, but for your Board it is already proceeding true to prediction. - **Doug Holborow**

Forgotten books?

Forgotten Books' website (www.forgottenbooks.com) has extensive works in many esoteric subjects, ancient knowledge, sacred texts and secret history. They can be downloaded formatted for Kindle and other ebook readers.

Forgotten Books' 'Image Search' contains millions of pictures from the books, all of which are free to copy and use.

LOOKING AHEAD



Sue Cathro

Programme Co-ordinator

Work on courses for Series 3 has already started and these look varied and interesting. I am pleased that my pleas to members who have an idea and a possible presenter to let us know, have borne fruit at last, and we have had several suggestions from outside the Board. We are following these ideas up.

At their February meeting the Board adopted copyright rules along the lines followed by the University. We are to advise all U3A Dunedin members that any recording (voice, still or video) of copyrighted material of a lecture is totally forbidden. This means that course participants could not take still pictures of any material such as PowerPoint slides, nor make a voice recording during a presentation.

Just a reminder about making sure that your applications are posted to Wilkinson Rodgers in plenty of time to meet the deadline — the date that they must be received is 12 noon on Wednesday, 13 May. - **Sue Cathro**

Update on membership growth of U3A Dunedin

The membership stood at 689 with a waiting-list at 146, Jane Higham, Membership Secretary, reported to the Board in March. The list would shrink more as the 11 vacant places were filled to reach our "cap" of 700.

New member of Board

Professor Gil Barbezat has been co-opted on to the Board of U3A Dunedin, replacing Marjan Lousberg who has moved from Dunedin.

Noelene Evans volunteered to replace Marjan as our Programme Secretary.



'Travel is fatal to bigotry and narrow-mindedness.' ~ **Mark Twain**

Two short courses under consideration

Two proposed new short courses on the drawing-board are:

1. Latin Poetry. Emeritus Professor John Barsby has offered to host a group starting at the end of July or the beginning of August. This will involve the reading of Virgil, Horace et al. in Latin. Time, place and dates to be agreed by the group. If you are interested please contact John 479-016 or john.barsby@otago.ac.nz

2. Caring for the elderly. Anneke de Castro would like to offer a group dealing with the issues arising from caring for an elderly person. Dates, time and place to be decided later. Anyone interested should contact Anneke at 471-7421 or annekedecastro@hotmail.com - **Sue Cowley**

I  *Carpe diem?*
Latin

Queensland conference

Theme for the U3A Network Queensland and U3A Asia Pacific Alliance International Conference to be held in Brisbane, Australia on 28-29 May is 'Cherish Today — Challenge Tomorrow.' Details and registration at www.u3aqldconference.org

U3A Otepoti to start

Dunedin is slowly getting a second U3A into gear. It is called U3A Otepoti (using the Maori name for Dunedin) and had 26 members last month, said the initial organiser Ngaire Bates. It had two small groups planned to open in April (a book group and one concerned with current affairs) plus a creative writing course to begin next month.



'The rage of Wall Street is to convert baser things into gold. But ours is a higher ambition: to convert useless gold into things of living beauty that will be a joy to a whole people for a thousand years.'

~**Joseph Choate**, trustee of the Metropolitan Museum of Art, New York, at its opening in 1880.

Portrait of our modern world

The world population has now passed 7 billion people. This milestone has made research update some statistics, and the changes over the past five years are remarkable. In 2006, only one person out of 100 would have had a college or university education — today that number has jumped to seven thanks in part to advances in higher education in Asia.

The detailed research and source information can be found at www.100people.org/statistics. This shows that if the world were only 100 people 50 would be female, 50 would be male. There would be 26 children and 74 adults, 8 of whom would be 65 and older.

There would be 60 Asians, 15 Africans, 14 people from the Americas, and 11 Europeans.

There would be 33 Christians, 22 Muslims, 14 Hindus, 7 Buddhists, 12 people who practice other religions, and 12 people not aligned with any religion.

Science quiz

Do you know more about science and technology than the average American? There is a basic quiz for you at www.pewresearch.org/quiz/science-knowledge/

Answer the 13-questions on this website to test your knowledge of scientific concepts. Then see how you did in comparison with the 1,006 randomly sampled adults asked the same questions in a national poll conducted by the Pew Research Centre and *Smithsonian* magazine.

If you can score 13 out of 13 questions answered correctly you are 'better than 93 percent of the adult US population.



Languages: 12 would speak Chinese, 5 would speak Spanish, 5 would speak English, 3 would speak Arabic, 3 would speak Hindi, 3 would speak Bengali, 3 would speak Portuguese, 2 would speak Russian, 2 would speak Japanese, and 62 would speak other languages.

Literacy: 83 would be able to read and write; 17 would not.

Education: 7 would have a tertiary degree, 22 would own or share a computer.

Shelter: 77 people would have a place to shelter them from wind and rain, but 23 would not.

Health: 1 would be dying of starvation, 15 would be undernourished, 21 would be overweight.

Water: 87 would have access to safe drinking water, 13 people would have no clean, safe water to drink.

Philosophy on the Net

The Internet Encyclopedia of Philosophy can be found at www.iep.utm.edu. Founded in 1995 as a non-profit organisation to provide open access to detailed, scholarly information on key topics and philosophers in all areas, it operates through volunteer work of editors, authors, and advisers. Most of the articles are original contributions by specialists and are peer-reviewed..

Many resources for self-education

A compilation of more than 100 "self-education resources for lifelong learners" is available at www.diygenius.com, listing some of the most useful self-education resources online. You will find online courses and tools to master new skills, learn languages, find classic books, broaden your mind and interact with other lifelong learners. It includes details of lectures and video Learning Websites and Massive Open Online Courses (MOOCs).

While there you should open the hyperlink to www.diygenius.com/mind-expanding-documentaries/ where 'Down the Rabbit Hole We Go!' names more than 300 mind-expanding documentaries. It shows that the power of an interesting one is that it can open minds to new possibilities and deepen our understanding of the world. In this list of documentaries you will find different viewpoints, controversial opinions and even contradictory ideas. Critical thinking is recommended. With suitable software they can be downloaded to be watched.

Interesting websites

EurekAlert! at <http://eurekaalert.org/> is an online, global news service operated by the American Association for the Advancement of Science. It provides a central place through which universities, medical centres, journals, government agencies, corporations and other organisations engaged in research can bring their news to the media.

<http://www.museumofunintendeduse.com> has odd exhibits like the use of a banana for a doorstop.

Viva grammar and grandmas!

Grammar can be important, as this ghoulish example taken from the Internet shows. Watch the punctuation:

A. *Let's eat Grandma.* — or B. *Let's eat, Grandma.*

What a difference a comma makes!

Enlightening?

Heard about the photon that checked into a motel? The receptionist: 'Do you have any luggage we can bring to your room?' The photon replies: 'No thanks, I am travelling light.'

Vocabulary test: Few words contain each of the five vowels in their correct order: 'facetious' is one (with a, e, i, o, u). Another is 'abstemious'. Know any others?

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Study finds psychology is 'ageist'

Psychological research mainly focuses on what is lost in old age; psychologists know much about cognitive decline and the diseases of old age but little about gains and potentiality in older adults. A study by Dr. Emma Kirkby-Geddes, Sheffield Hallam University, UK, is an attempt to counter this negative bias. She summarises her illuminating findings and deliberations below.

Psychologists define well-being in a number of ways. Broadly these are: hedonic and eudaimonic. Hedonic well-being measures how happy an individual feels based on the presence of positive emotion and absence of negative emotion coupled with how satisfied with life they are. Eudaimonic well-being is more concerned with measuring the happiness that comes from living a life that expresses inner values and a sense of purpose.

This study aimed to understand the relationship between psychological strengths - such as hope, gratitude, forgiveness, optimism and curiosity - and their relationship with well-being.

A total of 396 people, aged 65-85, took part in a survey by questionnaire. These participants were not ill, and they were somewhat more educated than the general population of the same age. They reported good mental health, with a low incidence of psychopathology. Their well-being was comparable to younger adults, as measured by other research studies.

Those who were more active were



Is this how we squeezed the new U3A members into our roll (waiting list at left)? No, it is of course a subway scene in Japan.

A push-over. . .

also more curious and were more hopeful. These traits are often associated with achieving goals and are important for dealing with stress and illness.

Optimism and gratitude were consistently good at predicting well-being, both hedonic and eudaimonic. Religious/spiritual people were more

'The afternoon of human life must also have an significance of its own and cannot merely be understood as a pitiful appendage to life's morning.'

Carl Jung (1930)

grateful and enjoyed greater well-being than others.

Dr. Kirkby-Geddes said her study is also interesting in the following ways:

'It showed me that psychology as a discipline is actually quite ageist, evident in the scarcity of data about strengths in older people. Most of what psychologists claim to know about psychological strengths is based on younger people.

'It is important when trying to understand well-being, to include a measure which captures not just our feelings of happiness in the moment, but our feelings of living a purposeful life.

'As a culture we seem to lack the words/vocabulary to adequately describe this latter stage in life as a positive experience. This may have implications for our ability to experience old age as positive.'

[Taos Institute]

Bits of blarney

Seven Irish proverbs adopted into pop culture are:

1. May the road rise up to meet you.
2. It is often that a person's mouth broke his nose.
3. A son is a son 'til he takes him a wife. A daughter is a daughter all of her life.
4. The older the fiddle, the sweeter the tune.
5. May the cat eat you and the Devil eat the cat.
6. You'll never plow a field by turning it over in your mind.
7. Slainte!

— How many did you know?

Paraprosdokians make comeback

We first published a group of comic 'paraprosdokians' in the January 2015 newsletter. They are figures of speech in which the latter part of a sentence, phrase, or larger discourse is surprising or unexpected in a way that causes the reader or listener to reframe or reinterpret the first part.

So paraprosdokians are frequently used for humorous or dramatic effect, sometimes producing an anticlimax. For this reason, they are extremely popular among comedians and satirists. Some new examples:

'Since light travels faster than sound, some people appear bright — until you hear them speak.'

'We never really grow up; we only learn how to act in public.'

'War does not determine who is right, only who is left.'

'Knowledge is knowing a tomato is a fruit; wisdom is not putting it in a fruit salad.'

'To steal ideas from one person is plagiarism; to steal from many is research'

'I didn't say it was your fault, I said I was blaming you.'

Recording now banned

Please note that the U3A Board has decided all forms of recording — voice, still photos (or video) of presenters' material and Powerpoint slides — is totally forbidden at our lecture sessions, due to copyright issues and the disturbance to other audience members.

'The secret of getting ahead is getting started.' ~ **Mark Twain**

'Education is not preparation for life: it is life itself.' ~ **John Dewey**

U3A phone directory

To discuss any problems with U3A Dunedin please phone the right person:

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