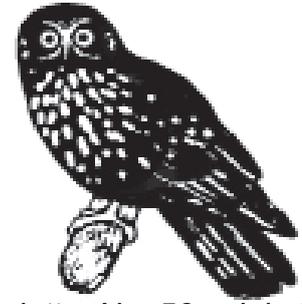


U3A DUNEDIN FORUM



Newsletter No. 56 July 2017

U3A's two years of 'great change'

This was written in the midst of winter and ending my two years as Chair. It has been two years of great change - and all for the better for all our members. Who would have thought that we would now be using our electronic communication processes for so much of what we do and that our infamous 'Waiting List' would be abolished!

In my first article for *Forum* I noted that we expected our membership to grow to over 800 people — and it has, although, interestingly, we have not experienced a huge increase with an open membership policy. With such a large organisation to run, it has been mooted that we would benefit from a paid person to assist with some of the processes of management. The idea will be explored by the new Board,

PLEA FOR MORE HELPERS

Thank you to those that attended the AGM in June. Salmond College was, as usual, most welcoming, and we had a successful meeting with no surprises! We welcomed Stuart Strachan as a new Board member. Special thanks for their hard work and support were given to our Board members - many of whom have given many hours of their valuable time to make it happen for us. Thanks were also extended to Marion Potter, our Secretary; Lynda Jackson (Membership Secretary), John Shanks, (Webmaster) and Noelene Evans (Programme Secretary) for the phenomenal amount of work they do for us during the year.



Jane Higham
Chair, U3A Dunedin Board

A plea went out to all members to consider whether they could assist in the work of U3A —especially we need people to help with running courses but this does not necessarily include any public speaking! It is 'behind the scenes' support we need. Please do contact us if you feel you could give some of your time to help.

Following the annual meeting we enjoyed both the lunch and the opportunity to talk with friends and colleagues. These times are important, to renew friendships and to meet new people and to discuss the workings and future of our U3A. The Board is always anxious to hear from members, whether through the feedback form we fill in at the end of the courses we attend or through direct contact with Board members.

MAGNIFICENT COURSES

We have really appreciated some magnificent courses during the year — but some of the best have not been well attended! Why some excellent courses are not

popular is a mystery and the Board is working to solve the problem! Maybe we do not promote the course sufficiently well, maybe the title is off-putting, maybe the content is not well described ... it is hoped that we can solve this riddle!

The Small Groups continue to flourish and increase under the careful watch of Ngaire Bates, to whom we owe thanks for her support and encouragement. These groups offer an entirely different way of learning - relying on interaction between participants, working in groups of up to twelve people. For many U3A groups, this is the only way they exist.

At the next Board meeting a new Chair will be elected and I wish them well. I have enjoyed my work with the members and thank them very much indeed for their support and help. No doubt the next Chair will bring a new perspective to Board work and will continue to push U3A Dunedin into a bright future. **Jane Higham**

Your Board

Members of the Board for the U3A Dunedin Charitable Trust elected at the Annual General Meeting in June are:

Geoff Adams, Stephen Baird, Jane Higham, Doug Holborow, Alan Jackson, Gretchen Kivell, Bill McKinlay, Barrie Peake, Stuart Strachan, Evan Taylor, Alistair Wright.

YOUR WEBSITE
u3adunedin.org.nz

Another series awaits keen members

Series 2 is winding up as I write. Comments in passing indicate that the courses have been well received, but until we have your course evaluations we won't know. Do remember that those evaluations are important for us, as they provide an indicator of what you like, and what you would like to hear more about.

A reassurance

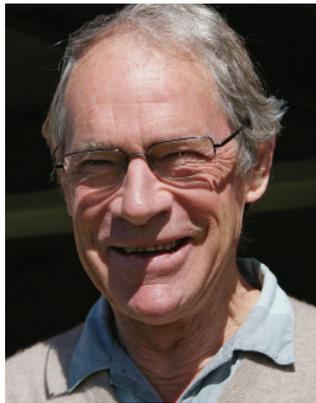
If you have been unlucky enough to miss out on a course because of the ballot for places, then you will not miss out again in the next series, should you wish to attend a popular course where a ballot is required. An adjustment to the ballot system will ensure that such an event does not occur.

Pairing up – hitch for some

Following the announcement relating to members who wish to attend a course with another particular member, many of you took up this option. However, some of you were unaware that each member must fill out his or her own enrolment form. Each member must also indicate the member with whom they wish to attend. There is a place in the enrolment form to do this.

Series Three 2017

Once again, we are really lucky in this series. We have another course developed by a member with an interest and expertise in a subject. Dr Karen Love has high qualifications and a passion for American literature. She has applied these talents to produce and present "Our Stories: The Literature of America (1588-1900)". This is a new topic and is bound to fascinate many. Do read the brochure in full.



Doug Holborow

Programme Convenor

It is the 200th anniversary of the death of Jane Austen. What better way to acknowledge that by attending a course by Emeritus Professor Jocelyn Harris who is an expert on the literature of Jane Austen.

Our members feature again in another "Off the Beaten Track" course, a popular and very full programme of 12 speakers.

A new topic for U3A Dunedin is Aviation. We are fortunate to have a member who had family connections with the aviation industry. All credit to our member who saw the potential for a course, and with a little mentoring has developed "Our Southern Skies: Aviation in the South".

We also draw on the expertise and generosity of our Medical Faculty members to present an often-requested course on the endocrine system. It is entitled "Chemicals that Control Us: Hot Topics in Endocrinology and Research".

No one with an interest in current affairs will have missed the emergence of the term "populism". What does it mean? Come and find out in a course presented by members of the

Politics Department of the University of Otago.

As always, we welcome your opinion on what is being suggested. Please let us know what you think of our offerings, and let us have suggestions about speakers, and expertise or interest you may have in any subject area. You can contact us with your thoughts at courses@u3a.org.nz, or by phone to the programme convenor. (See the U3A phone directory elsewhere in this Forum) **Doug Holborow**

Group activity

The small groups are continuing to grow in number and popularity.

There has been one new group added to the mix since the last Forum and this is a TED Talk and Open Lecture Group. All groups except the Poetry and Music groups have room for more members.

The Book and Local History Groups are still in recess but I am keen to get them out and dust them off. So again please phone or email me if you are interested. I am still looking for a member to facilitate a Philosophy Group. So if you are keen on this topic and know something about it please let me know.

If you have an interest in any other topic you would like to learn more about, please give me a ring or send me an email and I will add your name to a waiting list with a view to starting a new group when the numbers get up a little.

A reminder: there is a monthly newsletter posted on the U3A Dunedin website for your perusal about what the different small groups are up to.

Ngairé Bates Ph. 454 2170
or mikni@ihug.co.nz

UNIVERSITY OF THE THIRD AGE CHARITABLE TRUST, DUNEDIN

Website: u3adunedin.org.nz

Address: **Secretary to the Board,**
U3A Dunedin, PO Box 6491,
North Dunedin, 9059.

Email: info@u3adunedin.org.nz

Phone: 453-4721

Chairman: Jane Higham, 476-1848

Registered Charitable Institution - #CC22345

Apologise please

If you know that you will be unable to attend a particular session in which you are enrolled, it is valuable for the Course Organiser if you put an "Ap" (Apology) by your name on the attendance sheet. If you have an unexpected reason for missing a session and wish to put in an apology, please ring or email the Course Organiser (details on the Course Brochure).

Living longer - and fatter

A recent US report reveals that life expectancy increased from 68 years in 1950 to 79 years in 2013. In 1990, There was a seven-year gap in life expectancy between men and women. By 2013, this gap had narrowed to less than five years (76.4 years versus 81.2 years) reflecting declines in smoking-related deaths among men. If current trends continue, men's life expectancy could approach women's within a few decades.

But obesity rates among older adults have been steadily increasing: standing at about 40 percent of 65-to-74-year-olds in 2009-2012, and putting more people at risk of chronic disease and disability. The comparable obesity rate for 65- to-74-year-olds in 1988 to 1994 was 26%.

Nearly 5 million Americans were living with Alzheimer's disease in 2013. This could increase to 14 million by 2050 with the aging of the U.S. population. Researchers estimate that Alzheimer's and other forms of dementia cost the USA between \$157 billion and \$215 billion in long-term care and medical expenses each year—more than either heart disease or cancer. [World U3A]

Palindromes on parade

What is a palindrome? According to the *Oxford English Dictionary* the word is based on Greek root words meaning "back" and "running." Palindromes are words or phrases that read the same backward and forward, letter for letter, number for number, or word for word.

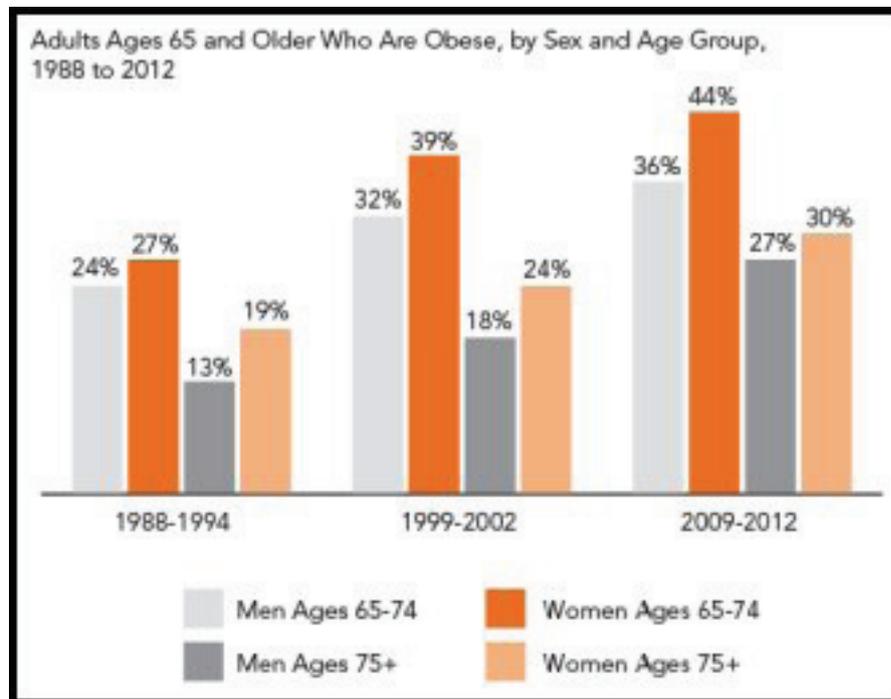
Napoleon is blamed for the classic **Able was I ere I saw Elba**. Some palindromes seem philosophical: **Do geese see God?** Others tell a story.: **A man, a plan, a canal: Panama**. Others are silly and rather nonsensical, like **Straw? No, too stupid a fad; I put soot on warts**.

Which of the following palindromes appeals most, or do readers have their own favourites?

'A nut for a jar of tuna.'

'Amore, Roma.'

'Are we not pure? "No, sir!" Panama's moody Noriega brags. "It is garbage!" Irony dooms a man—a prisoner up to new era.



Focus on Alzheimer's Disease

Lisa Genova is an American neuroscientist and author. She self-published her debut novel *Still Alice*' (2007), about a Harvard University professor who suffers early onset Alzheimer's disease.

The novel received rave reviews and was adapted into a film in 2014 and won the Academy Award for Best Actress for Julianne Moore's highly acclaimed performance as Alice

Howland. The trailer for that can be seen at

<https://www.youtube.com/watch?v=ZrXrZ5iiR0o>

In her TED talk which is at

https://www.ted.com/talks/lisa_genova_what_you_can_do_to_prevent_alzheimer_s#t-824161

she explains some of the causes of this disease and also points to a way in which it can be slowed down or even prevented entirely.

This may be of some interest to members of The University of the Third Age since it seems we may have hit on a winning strategy. [World U3A]

Lost and Found

There is a "Lost and Found" section on the website. If you find an item, please hand it to the Course Organiser, who will make sure that a notice goes on to the website. If you lose an item, please tell the Course Organiser who will make sure that a notice goes on to our website. Course Organisers can tell the web editor when items have been reunited with their owners so that old notices can be removed.

– Alan Jackson {Web Editor}

Be kind. for everyone you meet is fighting a hard battle. ~ Plato

YOUR WEBSITE
u3adunedin.org.nz

'Borrow or rob?'

'Was it a car or a cat I saw?'

'Ed, I saw Harpo Marx ram Oprah W aside.'

'Madam, in Eden, I'm Adam.'

'Murder for a jar of red rum.'

'Oozy rat in a sanitary zoo.'

LONG DISTANCE RUNNER

Mum' and 'Dad' are two very tiny palindromes. This list of naughty people probably takes the prize for length; try reading it backwards!

'Dennis, Nell, Edna, Leon, Nedra, Anita, Rolf, Nora, Alice, Carol, Leo, Jane, Reed, Dena, Dale, Basil, Rae, Penny, Lana, Dave, Denny, Lena, Ida, Bernadette, Ben, Ray, Lila, Nina, Jo, Ira, Mara, Sara, Mario, Jan, Ina, Lily, Arne, Bette, Dan, Reba, Diane, Lynn, Ed, Eva, Dana, Lynne, Pearl, Isabel, Ada, Ned, Dee, Rena, Joel, Lora, Cecil, Aaron, Flora, Tina, Arden, Noel, and Ellen sinned.'



Alan Jackson (U3A web editor) plays one of the Taonga Puoro (traditional Maori instruments) at the 'Hot Topics in Music' course talk given by Jennifer Cattermole, who looks on with amusement.

Intelligent robot

The receptionist at the Institute of Media Innovation, at Singapore's Nanyang Technological University, is a smiling brunette called Nadine (left in the photo at right), with Prof Nadia Thalman, Director of the Institute. Nadine is an "intelligent" robot capable of autonomous behaviour. She can recognise people and human emotions, and make associations using her knowledge database - her "thoughts", so to speak.

Although many 80-year-olds may only need a friend to chat to, or someone to keep an eye out in case they fall, increasingly the elderly are suffering serious ailments, such as dementia. Research into the use of robots as carers or nurses is growing.

Comprising a network of course providers, the National Silver



Academy in Singapore offers learning opportunities that were never before so widely available to the public. Universities like National University of Singapore, NTU, the polytechnics and others are now open to seniors pursuing courses without taking the exams. Eligible seniors can enjoy subsidies when taking short courses under the National Silver Academy. Singaporean seniors who want to participate in exam-free modules only need to pay a token fee. [World U3A.]



Duck



Trump?

Recently pointed out on the Internet: if you turn an image of Donald Duck upside down do you get the other Donald?

U3A email directory

Sending email correspondence to U3A Dunedin? Using the addresses below will take your messages to the appropriate people and have quicker attention. (Should you contact the wrong person they will of course forward your mail to the correct address.)

- General information:** info@u3adunedin.org.nz
- Re Administration:** admin@u3adunedin.org.nz
- Re courses:** courses@u3adunedin.org.nz
- Re Membership:** members@u3adunedin.org.nz
- Re 'Forum':** newsletter@u3adunedin.org.nz



Smart phone training

Senior Citizens Bureau (SCB), University of Third Age (U3A) Chennai and HelpAge India (HAI) sponsored a one-day, free hands-on training programme, in Chennai, India, for senior citizens on using smart phones. [World U3A]

U3A phone directory

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

- Chairman:** Jane Higham
476-1848
- Board matters:** Marion Potter
453-4721
- Membership:** Lynda Jackson
473-6947
- Programme or Courses:**
Doug Holborow 477-4573

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