

U3A

UNIVERSITY OF THE THIRD AGE

Newsletter

No.48 August 2015

Website: u3adunedin.org.nz



Reflections on past year - 700 members now

As the current Board came to the end of its term this August, it is a good time to review the events of the past year and to look forward to the next one.

For many, I suspect the highlight was the celebration of U3A Dunedin's 20-year anniversary last October. It was an opportunity to recognise the notable contribution four members had made in initiating establishing the organisation, making them life members. Katherine Dolby, David McKenzie, Brian O'Rourke, and Lin Phelan joined Alan Horsman, our sole previous life member.

We now have a history of U3A Dunedin as a result of much hard work by the history committee which resulted in the publication of a full-colour history edition of the *Newsletter*.

The Board has continued to oversee the operation of our enlarged membership, now 700. You will hear in this coming year of changes that will be introduced to our administration to ensure we operate in an efficient and effective manner. The Board has discharged these responsibilities with dedication and energy, and I am very grateful for the way they have supported me over this past year.

Regrettably, there are members who, having made very substantial contributions to Board activities, feel it is time to retire. The Board loses five members this year and was anxious to replace them to ensure a full board guides the organisation.

All board members make a wonderful contribution to U3A but I do want to mention two retiring members: Sue Harvey has been an active Board member for 11 years, and Sue Cathro in addition to her nine years as a Board member, superbly guided the programme committee for seven years, and chaired the board for a term. Marion Potter plays a large role in keeping the Board administration



Doug Holborow (right) with U3A treasurer Evan Taylor at last month's AGM.

running smoothly. I am very grateful for her expertise and commitment as Board secretary.

The Board has continued to recognise substantial contributions that other organisations have made in providing courses. U3A Dunedin has made donations to the Politics Department and the Brain Health Research Centre of the University of Otago.

We are delighted that U3A Otepoti is now established and has three small groups under way. U3A Dunedin has provided advice and support as the new group became established.

Our website editor Alan Jackson is doing a sterling job of keeping this site up-to-date and ensuring all important information is available on the site.

Your Board for 2015-'16

These board members were elected at the Annual General Meeting of the U3A Dunedin Charitable Trust on July 2: Geoff Adams, Stephen Baird, Gil Barbezat, Noel Carroll, Judith Cowley, Jane Higham, Doug Holborow, Alan Jackson, Gretchen Kivell, Barrie Peake, Brian Robinson, Evan Taylor. [The chairperson will be elected at the first meeting of the Board to be held following the AGM, [after the deadline for this newsletter.]

winter is proving a severe one, and we have already had three courses postponed because of weather. The Board has now established a 'postponement protocol' so that any cancellation of a course presentation for whatever reason will be notified on the website as early as possible. Also, the *Newsletter* is available there, and other useful information. The Board hopes that members will see this site as the principal means of communication for members, for this is the Board's intention. For reasons of efficiency and economy, this is an important move.

Doug Holborow (Chair, U3A Dunedin)

[Full Annual Report is posted on our website — u3adunedin.org.nz]

Subs increase AGM decides

Members approved at the Annual General Meeting on July 2, that U3A Dunedin subscriptions will increase to \$30 a year per person. The Board will also consider a rise in course fees to \$45 per course because the organisation is running at a loss.

Waiting list people may be admitted soon, we were told.

'Big business' challenge

Richard Higham is proposing a small group gathering for term 3, called *'Launch a new product and make a fortune'*. The idea follows our recent *U3A meets the MBA* course and involves setting up teams of U3A members (usually three or four) in the simulated launch of a fast-growth, entrepreneurial firm.

This involves the plan, money, market, product, team roles, growth strategies including a franchise, exporting, a friendly merger and a hostile takeover. It ends with a trade sale. The objective: to make the highest exit value for shares.

There would be six two-hour sessions, starting in the week beginning September 21 (times and day to be arranged with group). Members will compete with other teams including MBA syndicates.

Richard urges you to "Have a go!" Contact him at rhigham@ihug.co.nz or 476-1848.

UNIVERSITY OF THE THIRD AGE CHARITABLE TRUST, DUNEDIN

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Seven years 'looking ahead'

This is the last "Looking Ahead" that I will write for you. I am retiring as Programme Co-ordinator after seven years 'in the job'. They have been a very interesting (and sometimes challenging) seven years. I have always had a very supportive small committee around me and of course, the support of the Board, for which I thank them all.

The winter series is well under way as I write this, with the added ingredients of floods and snow to contend with. The comments that we are receiving about these courses have all been positive, which is very encouraging for the Board and Programme Committee.

The U3A website is being used more and more as a resource for members. Course brochures are put there, together with items of interest. A new initiative is to note courses in a series that have spare places after the ballot, so that members who may have missed out for a variety of reasons, have the opportunity to go to one. Another initiative is to use the webpage to announce the postponement of a session – usually morning ones – e.g. in the case of snow. Check the website u3adunedin.org.nz or listen to The Breeze, Radio Dunedin, or More FM. (You can indicate on the attendance sheet if you would prefer to be phoned.)

Looking ahead to spring, we have six courses organised: *'Wordsworth and Coleridge'*, *'Jen and the Art of Motorcycle Meandering'*, *'A Better Start to Aging Well'*, *'Climate Change – A Moa or Kea Response'*, *'Vladimir Nabokov and Innovation'* and *'The Use of Building Materials in European Architecture.'*

LOOKING AHEAD



Sue Cathro

Programme Co-ordinator

We are now planning courses for 2016, with one confirmed already for Series 1, with others under consideration.

The Board and Programme Committee is always pleased to accept suggestions. The course evaluation forms are a good source of ideas, but if you have an idea at any time and as well, can name possible presenter(s), please contact a Board member so that he/she can bring it to our meetings. You do not have to be on the Board to run a course. We have just updated protocols to help those organising a course, and of course, there will be plenty of Board support. We encourage your input and look forward to your ideas.

The Programme Committee now needs some new members. Please consider volunteering – you do not have to be a member of the Board.

Update on membership figures of U3A Dunedin

The membership had reached its cap of 700 with a waiting-list of about 170, Jane Higham, Membership Secretary, reported to the Board in June.

Questions and Quotes

QUEUE is the silliest word to spell in the English language, Why? — Because 80% of its letters are redundant.

What did one earthquake say to the other?
— 'It's not my fault.'

A classic is a book that people praise and don't read.

Mark Twain

Inspiration exists, but it has to find you working.

Pablo Picasso

When the white missionaries came to Africa they had the Bible and we had the land. They said 'Let us pray.' We closed our eyes. When we opened them, we had the Bible and they had the land.' **Desmond Tutu**

How some live longer



Researchers, including a team from *National Geographic*, have scoured the globe, looking for the people who live the longest. Five places, called Blue Zones, were selected.

The team of medical researchers, anthropologists, demographers, and epidemiologists looked for common denominators among all these places. Nine characteristics were found.

1. Move Naturally: The world's oldest people live in environments that constantly nudge them into moving without thinking about it. They grow gardens and do much of their house and yard work by hand.

2. Purpose: The Okinawans call it "Ikigai" and the Nicoyans call it "plan de vida." This translates to "why I wake up in the morning." A sense of purpose is worth up to seven years of extra life expectancy.

3. Down Shift. Even the people in the Blue Zones experience stress. Stress leads to chronic inflammation, associated with every major age-related disease. What the world's longest-lived people have that we don't are routines to shed that stress. Okinawans take a few moments each day to remember their ancestors, Adventists pray, Ikarians take a nap and Sardinians do happy hour.

4. 80% Rule. "Hara hachi bu" – the Okinawan, 2500-year old Confucian mantra said before meals reminds them to stop eating when their stomachs are 80% full. The 20% gap between not being hungry and feeling full could be the difference between losing weight or gaining it. People in the Blue Zones eat their smallest meal in the late afternoon or early evening and then they don't eat any more the rest of the day.

5. Plant Slant. Beans, including fava

The Blue Zones

- 1. Barbagia region, Sardinia** – The mountainous highlands of inner Sardinia have the world's highest concentration of male centenarians.
- 2. Ikaria, Greece** – Aegean Island with one of the world's lowest rates of middle age mortality and the lowest rates of dementia.
- 3. Nicoya Peninsula, Costa Rica** – World's lowest rates of middle age mortality, second highest concentration of male centenarians.
- 4. Seventh Day Adventists** – Highest concentration is around Loma Linda, California. They live 10 years longer than other North Americans.
- 5. Okinawa, Japan** – Females over 70 are the longest-lived population in the world.

black, soy and lentils, are the cornerstone of most centenarian diets. Meat (mostly pork) is eaten on average only five times per month. Serving sizes are 3-4 oz., about the size of a deck of cards.

6. Wine at 5. People in all Blue Zones (except Adventists) drink alcohol

(They'll be more likely to care for you when the time comes).

9. Right Tribe. The world's longest lived people chose, or were born into—social circles that supported healthy behaviours, Okinawans created "moais" — groups of five friends that committed to each other for life. So the social networks of long-lived people have favourably shaped their health behaviours.

To make it to age 100, you have to have won the genetic lottery. But most of us have the capacity to live well into our early 90's and largely without chronic disease. As the Adventists demonstrate, the average person's life expectancy could increase by 10 to 12 years by adopting a Blue Zones lifestyle.

From: *Reverse Engineering Longevity*,
by Dan Buettner [Taos Institute]

More centurions

There are now 13,780 people over the age of 100 in Britain, compared with only 6,860 in the year 2,000.

Oldie magazine reported these figures, quoting the UK Office of National Statistics. It is estimated that one in three British children born in 2015 will reach the age of 100.

moderately and regularly. Moderate drinkers outlive non-drinkers. The trick is to drink 1-2 glasses per day with friends and/or with food. And no, you can't save up all weekend and have 14 drinks on Saturday.

7. Belong. All but five of the 263 centenarians interviewed belonged to some faith-based community. Denomination doesn't seem to matter. Research shows that attending faith-based services four times per month will add 4-14 years of life expectancy.

8. Loved Ones First. Successful centenarians in the Blue Zones put their families first. This means keeping aging parents and grandparents nearby or in the home (It lowers disease and mortality rates of children in the home also.). They commit to a life partner (which can add up to three years of life expectancy) and invest in their children with time and love. The

Why members should watch our website

<http://u3adunedin.org.nz>

U3A Dunedin has its own website. All members who have access to the Internet will find this address useful and it can answer some of your questions.

Any cancellations of course sessions (due perhaps to snow, flood, etc) or sometimes changes of venue are advertised there. All current course brochures and contacts, photos from some of the courses that have been run, and an archive of editions of this *Newsletter* are also posted there. (Soon we hope to have a colour version of the *Newsletter* available on the website.)

If there are other things you think should be on the site, please drop a line by email to the Web Editor (alanjackson@xtra.co.nz)

Laughs with the Lone Ranger

The Lone Ranger and Tonto were at the bar drinking, when in walks a cowboy who yells, "Who's white horse it that outside?" The Lone Ranger finishes off his whiskey, slams down the glass, turns around and says, "It's my horse. Why do you want to know?" The cowboy looks at him and says, "Well, your horse is standing out there in the sun and he don't look too good."

The Lone Ranger and Tonto run outside and they see that Silver is in bad shape, suffering from heat exhaustion. The Lone Ranger moves his horse into the shade and gets a bucket of water. He then pours some of the water over the horse and gives the rest to Silver to drink. It is then he notices that there isn't a breeze so he asks Tonto if he would start running around Silver to get some air flowing and perhaps cool him down.

Being a faithful friend, Tonto starts running around Silver. The Lone Ranger stands there for a bit then realizes there is not much more he can do, so he goes back into the bar and orders another whiskey. After a bit a cowboy walks in and says, "Who's white horse is that outside?" Slowly the Lone Ranger turns around and says, "That is my horse, what is wrong with him now?" "Nothing," replies the cowboy, "I just wanted to let you know that you left your Injun running."

* * *

The Lone Ranger and Tonto went camping in the desert. After they got



their tent all set up, both men fell sound asleep. Some hours later, Tonto wakes the Lone Ranger and says, "Kemo Sabe, look towards sky, what you see?" The Lone Ranger replies, "I see millions of stars." "What that tell you?" asked Tonto. The Lone Ranger ponders for a minute then says, "Astronomically speaking, it tells me there are millions of galaxies. Time wise, it appears to be approximately a quarter past three in the morning. Theologically, the Lord is all powerful and we are small and insignificant. Meteorologically, it seems we will have a beautiful day tomorrow. What's it tell YOU, Tonto?" "You dumber than buffalo. Someone stole tent."

* * *

Tonto and the Lone Ranger were riding across the prairie. Then Tonto got down from his horse and put his ear to the ground. He looked at the Lone Ranger and said, "Buffalo come." The Lone Ranger looked at him and said, "Wow, that's amazing! How did you figure that out?" Tonto looked at the Lone Ranger and said, "Ear sticky!" [U3A World]

Sites for those who cruise the Internet

If you are interested in following how you and the world has changed since you were born, visit <http://www.bbc.com/earth/story/20141016-your-life-on-earth>. Our planet has been around for 4.5 billion years — enter your gender, height and date of birth and this BBC site will tell you how it has changed in your lifetime, (Best viewed on Chrome, Firefox and Internet Explorer and above.)

Ever heard of the Indo-Greeks? Someone found them in http://worldhistorymaps.info/images/Indo-Greeks_100bc.jpg, while trying to track down the mysterious blue-eyed Tocharians (aka Yuezhi) described in the Chinese chronicle 'Hou Hanshu'.

been put together and maintained by Thomas Lessman, an 'amateur historian with over 20 years of experience researching world history'. The level of detail in these maps is astonishing.

<http://learnist.st>: When it was launched in 2008 'Learnist' described itself as 'a crowd-sourced collection of the world's knowledge'. Since then it has built a large library of multimedia lessons called 'learnboards' and claims to have changed to become rather like U3A, a grass-roots community-led movement to encourage users to contribute their knowledge and skills to help and teach others. but treat with scepticism. [World U3A recommends]

Technical stuff?

As most of us Silver Surfers know, sometimes we have trouble with our computers.

I had a problem recently so I called on Eric, an 11-year-old who lives next door. He has a bedroom that looks like Mission Control. I asked him to come over.

Eric clicked a couple of buttons and solved my problem.

As he was walking away I called after him: 'So what was wrong?'

He replied: 'It was an ID ten T error.' I did not want to appear stupid but nevertheless I inquired: 'An ID ten T error' What's that? In case I need to fix it again.."

Eric grinned.. 'Haven't you ever heard of an ID ten T error before?'

'No,' I replied.

'Write it down,' he said 'and I think you'll figure it out.' So I wrote it down: ID10T. (I used to like Eric.)

Some definitions

Becoming a vegetarian is a big missed steak.

A backwards poet writes inverse.

He often breaks into song because he can't find the key.

A chicken crossing the road is poultry in motion,

The short fortune-teller who escaped from prison was a small medium at large.

A bicycle can't stand on its own because it is two-tired.

Sentence to count on

'I do not know where family doctors

acquired illegibly perplexing

handwriting; nevertheless,

extraordinary pharmaceutical

intellectuality counterbalancing

indecipherability transcendentalises

intercommunication's

incomprehensibility.'

Above is a sentence where the first word is one letter long, the second word is two letters long, the third word is three letters long and so on. The 20th and final word is 20 letters long!

[Grammarly in Facebook]

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