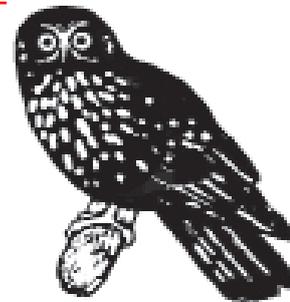


# U3A DUNEDIN Forum



Newsletter No. 66 December 2019

## Our gift to University

### 150<sup>th</sup>

The Vice-chancellor of the University of Otago, Harlene Hayne (centre), thanks Alan Jackson (left), Chair of the Board of U3A Dunedin, for its 150th birthday present gift of \$50,000 from our charitable funds. Gretchen Kivell (right) is our former Chair.

This gift will be used to set up in perpetuity the 'U3A Dunedin 150th Postgraduate Award' to support mature (35 years plus) researchers at the University with their research or travel-related costs

Gretchen Kivell helped in the forging of the 'Memorandum of Understanding' with the University for this project. Our gift is a recognition of the early history of our U3A and the 'special relationship' we have formed with the University.

The funds are to be paid in two tranches of \$25,000 as term deposits mature — the first was in last month and the second will be due in November next year.

**CONGRATULATIONS!**  
100th birthday for Prof.  
Parsonson See page 3



*Celebrating with a lasting birthday gift.*

## News items from the Board

Lanyards will be distributed by Jude Hathaway in 2020. Requests will be taken by Convenors and Assistants in weeks 1 and 2 of Series 1 and deliveries to the six venues made at the start of week 3.

Lost lanyard requests will be handled by Jude, new members will receive their lanyards in the post from the Membership Secretary as in the past.

We plan to hold a trial evacuation drill in two courses (one at each venue) in week 2 of Series 1. This will happen at the conclusion of the session and will not take time from the presenter. Course Convenors and Assistants will guide the exercise. Courses chosen will be the ones for which we have most attendances.

**Alan Jackson**

# From summer to plans for a new year

For most members the summer interlude between Spring Series 3 ending one year and Autumn Series 1 the next will probably come as a welcome break. For many Programme Committee members work continues. In particular, all the new Series 1 brochures have to be finalised and printed preparatory to being placed on the web or posted out to those without internet access. And, of course, planning and developing next year's Winter Series 2 and Spring Series 3 courses continue.

Looking back, it is very satisfying to be able to report that the Autumn courses all went off well, with a total of 532 enrolments, well over half our membership, fairly evenly spread across all offerings, without needing a ballot for places. The average attendance was 85%, with 67% of returns from just over half those attending rating the courses as 'very Interesting' and a further 25%

as 'generally Interesting.' Special mention should be made of Ross Grimmett's *Every Picture Tells a Story* course that achieved an outstanding 87% 'very Interesting' rating. As always, well done Ross!

No series is ever quite hiccup free. How best to manage audience questions continues to vex. Repeating the question by the convener seems the best answer. Leith Bowling Club parking and drop off is still awkward for some.

Topics of Autumn 2020 courses have already been flagged in the previous *Forum*, but it is worth noting that these will start a week earlier than previously: 25 February, avoiding the school holidays to reduce absences on grandparent duty.

Firmly developed Winter Series 2 courses (though yet to receive formal Board approval), are ones on medieval literature, Nobel Prizes

2018-2019, and public perception of safety. Others under consideration are drug policy timed for the forthcoming referendum, and one on local artists. We also have our eyes on Spring Series 3, with several good prospects in mind.

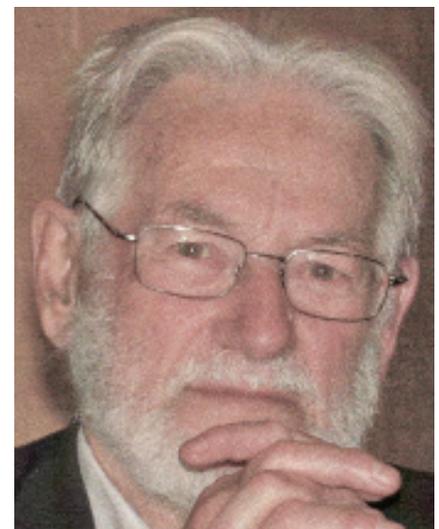
It is very pleasing that last month 22 members, including many from the Programme Committee and Board, attended a conveners' workshop arranged by Doug Holborow and Alan Jackson. This will broaden our work base, which had previously depended on too few.

**Linda Kinniburgh, Stuart Strachan**  
Co-Chairs, Programme Committee

## Lin Phelan tribute

Lin Phelan, one of our U3A Life Members, died after illness on 11 November 2019 at the age of 88. He was a member of the first Board of U3A Dunedin from 1994 to 2002, and remained a keen member of many of the courses in later years. A funeral was held at Hope and Sons with many family members present.

Lin's full name was Edward Linton Phelan. Some were not aware that he was a Dr after getting a PhD degree in his youth at the University of Otago. With a keen interest in science and nature, and a modest and humble demeanour, he spent many years at the Welcome Institute in Dunedin, working with Sir Horace Smirk on research into hypertension, as well as many other medical interests.



Dr Lin Phelan

### NOTICE TO ALL DUNEDIN U3A MEMBERS

The AGM of the Dunedin U3A Charitable Trust will be held on Thursday, 13 February 2020, at 11.00 am

at **Salmond College, Knox St**

*Following the meeting a lunch will be served*

Notices of Motion and/or Board Nominations must be with the Secretary to the Board by 1 February.

The Agenda and lunch details will be posted 17 January online and by mail.

**Secretary details:** Marion Potter, Ph.453-4721  
mwpotter42@gmail.com

### U3A DUNEDIN CHARITABLE TRUST

Website: [u3adunedin.org.nz](http://u3adunedin.org.nz)

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

**Email:** [contact@u3adunedin.org.nz](mailto:contact@u3adunedin.org.nz)  
**Phone:** 453-4721

**Chair:** Alan Jackson, 473-6947

Registered Charitable Institution - #CC22345

## Battle of genders over 'computer' Professor is centenarian

A language instructor explained to her class that, in French, nouns unlike their English counterparts, are grammatically designated as masculine or feminine. 'House' in French is feminine — 'la maison.' 'Pencil' in French, is masculine — 'le crayon.'

One student asked, "What gender is 'computer'? The teacher did not know and the word was not in her French dictionary. She split the class into two groups (appropriately enough, by gender) and asked them to decide whether "computer" should be a masculine or feminine noun. Both groups had to give four reasons for their recommendation.

**The men's group** decided that computers should definitely be of the feminine gender ("la computer"), because:

1. No one but their creator understands their internal logic;
2. The native language they use to communicate with other computers is incomprehensible to everyone else;
3. Even the smallest mistakes are stored in long-term memory for possible later retrieval; and
4. As soon as you make a commitment to one, you find yourself spending half your paycheque on accessories for it.

**The women's group** concluded that computers should be masculine ("le computer"), because:

1. In order to get their attention, you have to turn them on;
2. They have a lot of data but they are still clueless;
3. They are supposed to help you solve problems, but half the time they ARE the problem; and
4. As soon as you commit to one, you realise that if you'd waited a little longer, you could have got a better

### U3A Dunedin donations

Donations have been approved to the Friends of the Dunedin Botanic Garden (\$1000), University of Otago Philosophy Department (\$1000) and University Foundation Trust (\$500) in recognition of the excellent Nanotechnology Course in the Autumn Series.

Prof. Gordon Parsonson enjoyed his 100th birthday on November 21. He has been a member of U3A Dunedin since March 2018 and came to four courses this year in his wheelchair.

As a Lecturer (and later Associate Professor) in the Department of History at the University of Otago from 1951 to 1984, Gordon taught a wide range of courses in European, Pacific and Australian history. And Gordon has been a regular visitor to the Hocken Collections since 1949, researching for countless hours archives of the Pacific, particularly Polynesian voyaging, early European exploration, Melanesia and Vanuatu, Fiji and the Solomons, and Christian missions in various Pacific groups.

He began an enduring interest in Samuel Marsden after being accidentally locked in the archives stack with the early missionary's voluminous papers in 1951. Soon he was transcribing them all — finding them full of interest since Marsden recorded in great detail what he saw, who he met and what they were doing, so had created one of the most



**Prof Gordon Parsonson received presents from U3A Dunedin for his 100th birthday.**

significant research sources for this period of New Zealand history.

Gordon's long interest in the Pacific and the role of disease in human history stems from his experience as an RNZAF Medical Orderly in the Solomon Islands in 1943 caring for malaria and jaundice sufferers among both service men and local people. He received the British Empire Medal for this service.

## Internet quips switched on?

Some sayings, influenced by the Internet follow:—

Home is where you hang your @

The email of the species is more deadly than the mail.

A journey of a thousand sites begins with a single click.

You can't teach a new mouse old clicks.

Great groups from little icons grow.

Speak softly and carry a cellular phone.

The modem is the message.

Too many clicks spoil the browser..

The geek shall inherit the earth..

Don't byte off more than you can view.

Fax is stranger than fiction.

What boots up must come down.

Windows will never cease..

Virtual reality is its own reward.

Modulation in all things..

Give a man a fish and you feed him for a day; teach him to use the Net and he won't bother you for weeks.

There's no place like <http://www.home.com>

Oh, what a tangled Web site we weave when first we practice.

**ALWAYS FIND  
A REASON TO  
LAUGH. IT MAY  
NOT ADD YEARS  
TO YOUR LIFE BUT  
WILL SURELY ADD  
LIFE TO YOUR  
YEARS.**

# Dancing pleases dementia patients

Older adults with dementia are often viewed as passive and immobile, as a stereotype. But they seem to have experienced an improved quality of life after exposure to music and dance, a recent University of Otago pilot study has shown.

Researchers from the Department of Dance and Department of Psychological Medicine in Otago University used familiar, reminiscent music and the natural gestures of a group of 22 participants to create an original series of dance exercises.

The study is titled *The Effects of Intuitive Movement Re-embodiment on the Quality of Life of Older Adults With Dementia: A Pilot Study*. It was recently reported in the *American Journal of Alzheimer's Disease & Other Dementias*. Ting Choo, Yoram Barak and Ali East were the authors of the "pilot study" that was also reported in *Science Daily* (8 August 2019).

Lead author Ting Choo, a dance studies Master's graduate, says the aim was to promote a better quality of life for people with dementia by providing memory stimulation, mood moderation and social interaction.

Performed over 10 weekly sessions, the intuitive movement re-embodiment (IMR) programme provided humour, imagination, and intuition which motivated the participants to dance and interact with joy.

The study results show participants reported significant improvements in their quality of life after session six. They responded to the music greatly and showed enthusiasm in moving to the music regardless of their physical limitation. Positive responses such as memory

## Keep in touch!

A number of members did not receive emails from U3A in October because their email address had changed and we had not been notified.

We tracked them down but if you have any changes in contact details (new email address in particular) please do not forget to let Lynda Jackson, Membership Secretary, know by phone at 473-6947 or jacksolynz2003@yahoo.co.nz

## U3A email directory

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

**General information:** [contact@u3adunedin.org.nz](mailto:contact@u3adunedin.org.nz)

**Re courses:** [courses@u3adunedin.org.nz](mailto:courses@u3adunedin.org.nz)

**Re Membership:** [members@u3adunedin.org.nz](mailto:members@u3adunedin.org.nz)

**Re 'Forum':** [newsletter@u3adunedin.org.nz](mailto:newsletter@u3adunedin.org.nz)

recalling, spontaneous dancing and joking with each other were observed in every session.

'These observations have certainly reversed the stereotypical understanding of the group of people being passive and immobile. The music stimulates their responses much better than verbal instructions,' Miss Choo says.

The researchers now intend to expand the pilot study, refining and undergoing the IMR programme to further cater to the needs and conditions of participants. Ms Choo hopes further research will gain the programme support and recognition from the medical community. 'There is scope for future exploration of creativity and dementia.'

She believes the use of arts, including painting, music, drama and dance, has been undervalued by the clinical field due to a lack of standardised conduct and consistent study results.

As a former dancer and current dance educator, 'I understand the less important role' of the arts in the society, as well as 'the insignificant effects of therapeutic effects of music and dance for dementia when compared to clinical research of much larger scale,' she says.

## Words in your ear

A man went to the doctor and asked 'Have you got anything for wind?' The GP gave the patient a kite.

A friend was asked by phone what he was doing. He said he couldn't talk because he was working on 'aquathermal treatment of ceramics, aluminium, and steel while under a dangerously constrained environment.' That was impressive. Until the following day when we learned that meant he was 'washing dishes with hot water under his upset wife's supervision.'

A member of Parliament to Disraeli: 'Sir, you will either die on the gallows or of some unspeakable disease.' 'That depends, Sir,' said Disraeli, 'whether I embrace your policies or your mistress.'

*I was wondering why the ball kept growing bigger and bigger . . . And then it hit me.*

*I have always wanted to be a procrastinator. Never got around to it.*

## U3A phone directory

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

**Chairman:** Alan Jackson  
473-6947

**Board matters:** Marion Potter  
453-4721

**Membership:** Lynda Jackson  
473-6947

**Programme:** Stuart Strachan  
482-2339

Linda Kinniburgh  
473- 8443

**Courses:** Phyll Esplin 467-2594



*Edited by Geoff Adams*

Phone: 467-2278

Email: [hgadams@slingshot.co.nz](mailto:hgadams@slingshot.co.nz)