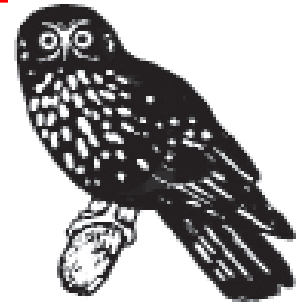


# U3A DUNEDIN FORUM



Newsletter No. 50 January 2016

## 800 members now - many thanks at the start of a busy new year

Greetings and very best wishes for a successful and happy 2016.

Thank you to all those who have been able to manage the new method of membership renewal and have borne with us as we coped with the problems that we knew might arise.

Thank you for your patience and forbearance with the new system. As you know, we are not a professionally employed, full-time team. We rely on volunteers who have had to duck from the few brickbats that were thrown.

Thank you to those who have given a lot of time to make this all work. Despite some scars, we are learning as we go and now look forward to the next innovation — registering via the website for our choice of course!

Where people have indicated that they prefer to receive hard copy, then we shall be sending these out to you. If you have not heard from us by the end of February, please contact us.

We have increased our membership to nearly 800 people which is huge. It does mean that when we register for courses we must give a second and third choice in order to be allocated a course (unless it is only one, specific course that you wish to attend).



**Jane Higham**  
Chair, U3A Dunedin Board

Members are always welcome to make suggestions for new courses or to assist with running courses. Please do make yourselves known if you think you might be able to help, also with work on the Board — we shall be looking for someone to join it next year. We meet each month (the first Monday).

Next year's courses are going to be exciting. We look forward to seeing you all after a good summer holiday, coming back with renewed vigour and intent to help keep this organisation the vibrant and interesting group it is.

- Jane Higham

### *Membership growth*

1994	30
1996	165
1999	275
2000	300
2001	341
2002	356
2003	369
2004	375
2005	479
2006	500
2007	500 + Waiting list
2008	500 “ “
2009	500 “ “
2010	500 “ “
2011	500 “ “
2012	500 “ “
2013	500 “ “
2014	600 “ “
2015	700 “ “
2016	800 “ “

**New methods for  
course enrolment, and  
other important stuff**  
- pages 2, 4

### *Linking with you by website . . . and email*



U3A Dunedin welcomes its new members and the faithful band of 'oldies' to an important new year. We are changing to new methods of managing our organisation and information.

Members without computers do not need to worry, as things will stay much the same (even though postal

services are less satisfactory now.) Other members we hope will find that U3A's new direction using modern links by computers will be a better way of choosing courses and communications.

**YOUR WEBSITE**  
[u3adunedin.org.nz](http://u3adunedin.org.nz)

# Website enrolment ahead, other matters

Yes! U3A Dunedin has made it to the 21st century, and we are moving to online course enrolment for the autumn series.

As our website is open to all, there needs to be a means of allowing only members to enrol for courses. The website will do this by using membership numbers and usernames.

You will need to have your membership number and your username, in order to enrol for a course and pay your course fees.

You will be advised of your username and unique permanent membership number by email or by post (if you don't use email), by January 20, 2016, when enrolments open on the website.

Course brochures will also be on the website. They will not be posted to those with email, and therefore Internet access.

The website enrolment form may appear different from the previous postal version, but you will be able

## Two grants by Board

At its meeting last year the U3A Dunedin board decided to make a grant of \$1,000 to the National Centre for Peace and Conflict Studies at the University of Otago. The Centre plans to use this to facilitate its students to travel to Otago schools to conduct workshops on aspects of Peace Education. It hopes to arrange for students to go to schools early this year.

A grant of \$1,000 was also made to the Otago Museum. Both grants were made in recognition for the help given by the organisations in planning U3A courses and helping a small group.



**Doug Holborow**  
Programme Co-ordinator

to make the same choices, rank your preferences as previously, and additionally advise us if you wish to attend a course only if another particular member also attends that course.

Enrolments will close on February 10 and you will be advised in due course by email, or by post (if you don't use email), of the outcome of the ballots for places.

The course schedule for Series 1 is on the website. For new members, the six-session series includes another *Off the Beaten Track*. We had two requests for every available seat in the first programme. *Speakers' Corner* will run along with a programme on New Zealand poets, arranged by our member Alan Roddick, a previous editor of *Landfall*. Jock Allison, a past director of Invermay Agricultural Research Station, with Bill McKinlay has organised the course on *New Zealand Agriculture*. The series is rounded out with a course on *21st Century China* and a course on *Advances in Medical Imaging and Diagnosis*.

You will note that venues have already been allocated, as there was no

difficulty in making those decisions. Use of the Otago Golf Club is a new venture for our courses. It worked well for our anniversary gathering last year, and we believe it will suit our purposes well for courses, especially



**Otago Golf Club, the new U3A course venue in Balmacewan Rd — a bus stop is near and the drive up from this entrance leads to a large carpark.**

as it means more places are available for the very popular courses.

I hope that you will find the process of enrolling for Series courses is straightforward.

Enrolment for *Encore* is different only in that you enrol for individual monthly sessions. You can enrol for one or more of these at any time. You pay no course fee when enrolling. The \$10 fee is paid in cash at the door. The website will advise if a particular *Encore* session is fully subscribed.

What is planned for Series 2? For those who like variety, there will be a course where presenters describe unusual or interesting places where they have worked. We will take a look at the issues surrounding ownership, restoration and maintenance of Dunedin's heritage buildings. We will examine the human senses; we will travel to the heavens with a course on astronomy; there will be art, and the media. Choosing will be difficult.

## Small Groups - contacts

**Art gallery group.** Contact: Jane Higham [email: [rhigham@ihug.co.nz](mailto:rhigham@ihug.co.nz) phone: 476 1848].

**Current Issues group.** Contact: Gretchen Kivell [email: [gretchen.kivell@xtra.co.nz](mailto:gretchen.kivell@xtra.co.nz) phone: 473 0031]. Looking for up to three more members, to meet mornings, third Tuesday of month.

**Otago Museum: A look beyond the exhibits.**

Contact: Doug Holborow [email: [bdholborow@ihug.co.nz](mailto:bdholborow@ihug.co.nz) phone: 477 4573].

**Peace Education Programme.** Contact: Nola Walker [email: [nolacw@xtra.co.nz](mailto:nolacw@xtra.co.nz) phone: 455 3176].

A new group, will meet at the Public Library, see U3A Dunedin website for details.

**Poetry Appreciation Group.** Contact: Judith Cowley [email: [jcowley@clear.co.nz](mailto:jcowley@clear.co.nz) phone: 471 0026]. This group is currently full.

## UNIVERSITY OF THE THIRD AGE CHARITABLE TRUST, DUNEDIN

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

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**Chairman:** Jane Higham

Registered Charitable Institution - #CC22345

## Take a walk on the wise side

Swapping just one hour of sitting with walking or other physical activity each day decreases your chance of an early death by 12% to 14%, according to a University of Sydney study of over 200,000 Australians.

The study, published in the *International Journal of Behavioral Nutrition and Physical Activity*, examined the impact on mortality of swapping time spent on activities like sitting, standing, sleeping or walking. It reveals that swapping even one hour of daily sitting with standing is linked to a five percent reduction in the risk of premature death.

Lead author Associate Professor Emmanuel Stamatakis, said previous research established the benefits of adequate physical activity or sleep and the risks of too much sitting, 'but this is the first to look at what happens when we replace one activity with an equal amount of another.'

### INACTIVITY CHALLENGE

"The results show that inactivity is an even bigger public health challenge than we initially thought. With the average person sitting watching two to three hours of TV a day, there is definitely scope for people to get off the couch and be more active.

"Finger-pointing at people because they do not do the right thing has not solved any health problem to date and it is not going to solve the problem of inactivity either."

The study used statistical modelling of health-related data from more than 200,000 randomly sampled middle-aged and older people from New South Wales who took part in the '45 and Up Study' over a four-year period.

### SLEEPING v. SITTING

The researchers found that replacing one hour of sitting with sleeping each day, for those who aren't getting enough sleep, was linked to a 6% decrease in risk of premature death.

However, risk of an early death was increased by between 13% and 17% when one hour of daily walking or exercise was substituted with equal amounts of sitting or any other sedentary activity.

"The important thing for people to remember is the more you move the better, even if this movement is incidental or at a light intensity," said

Prof Stamatakis. It doesn't have to be formal exercise in a gym, it can be as simple as going for a walk in the neighbourhood instead of watching another hour of TV, or walking your dog for an extra half an hour a day.

The study is led by the University of Sydney in collaboration with University College London, San Diego State University and the National Cancer Institute, USA.

**On the wild side:** The late Mahatma Gandhi walked barefoot most of the time, which produced an



impressive set of caluses on his feet. He also ate very little, which made him rather frail and, with his odd diet, he suffered from bad breath. This might make him [take cover] a 'super callused fragile mystic hexed by halitosis.'

## Not 'too late' for seniors to start

Is it too late for seniors to start looking for benefits from walking or other exercise? Research done in the US at Oregon State University suggests that doing something is dramatically better than doing nothing, says a co-author, Dr Hyo Lee. 'For the average, everyday person, that is a much more palatable message than the current guidelines that emphasise moderate to vigorous exercise.'

The study (published in the *American Journal of Health Promotion*) found an easy walk, slow dancing, leisurely sports such as table tennis, household chores and other light-intensity exercise may be nearly as effective as moderate or vigorous exercise for older adults -- if they get enough of such activity.

### LIGHT EXERCISE

The research indicates that 300 minutes a week of light exercise provides some significant health benefits for people over age 65. 'You get a nice array of health benefits by doing five hours of light physical activity per week,' said Prof Cardinal, a national expert on the benefits of physical activity and a co-author of the study. 'There appears to be some real value in devoting at least 3% of the 168 hours available in a week to these light forms of physical activity.'

Current medical recommendations suggest that all adults engage in 150 minutes of moderate exercise each week. The researchers wanted to know whether exercise of less intensity, done more often, would produce similar health benefits. Light exercise is more appealing to people over 65, and such activities do not

generally require the approval of a physician,

Older adults who participated in light intensity exercise activities for 300 minutes or more were 18% healthier, overall, than peers who did not log that much light activity. They had lower body mass index, smaller waist circumference, better insulin rates and were less likely to have chronic diseases.

**More wildness:** There is a man who decided to change calling the bathroom 'the John' and renamed it 'the Jim'. (He feels so much better saying 'I went to the Jim this morning'.)

## Quick quiz

Six questions for people who know everything! [Answers: page 4.]

1. Name the one sport in which neither the spectators nor the participants know the score or the leader until the contest ends.
2. What famous North American landmark is constantly moving backward?
3. Of all vegetables, only two can live to produce on their own for several growing seasons. All other vegetables must be replanted every year. What are the only two perennial vegetables?
4. What fruit has its seeds on the outside?
5. Name the only vegetable or fruit that is never sold frozen, canned, processed, cooked, or in any other form except fresh.
6. Name six or more things that you can wear on your feet beginning with the letter 'S.'

# All washed up?

Washing those dreadful dishes after a long day may seem far from relaxation. But is it? Student and faculty researchers at Florida State University have found that mindfully washing dishes calms the mind and decreases stress.

Published in the journal *Mindfulness*, a study looked at whether washing dishes could be used as an informal contemplative practice that promotes a positive state of mindfulness -- a meditative method of focusing attention on the emotions and thoughts of the present moment.

'I've had an interest in mindfulness for many years, both as a contemplative practitioner and a researcher,' said Adam Hanley, a doctoral candidate who was one of the study's authors. 'I was particularly interested in how



the mundane activities in life could be used to promote a mindful state and, thus, increase overall sense of well-being.'

After conducting a study with 51 students, the researchers found that mindful dishwashers -- those who focused on the smell of the soap, the warmth of the water, the feel of the dishes -- reported a decrease in nervousness by 27% and an increase in mental inspiration by 25%. The control group, however, did not experience any benefits.

## Looking for a million free books?

The Online Books Page at University of Pennsylvania (<http://onlinebooks.library.upenn.edu/>) lists more than two million free books online. Many of them are available in the form of scanned page images maintained by the HathiTrust, which began in 2008 as a collaboration of the universities of the Committee on Institutional Cooperation and the University of California system to establish a repository to archive and share their digitized collections.

The initial focus of the partnership has been on preserving and providing access to digitised book and journal content from the partner library collections. This includes both in copyright and public domain materials digitised by Google, the Internet Archive, and Microsoft, as well as through in-house initiatives. [World U3A]

See China's 10 most wonderful highways at [worldswondersfacts.com](http://worldswondersfacts.com) — and many other pictorial gems. .

The human production line involved in the manufacture of Model T Fords , a blast from the past, is shown at <http://safeshare.tv/w/ShbgvwazCZ>

Have easy fun and surprises with your drawing skills with stickmen at [www.drawastickman.com](http://www.drawastickman.com)

**YOUR WEBSITE**  
[u3adunedin.org.nz](http://u3adunedin.org.nz)  
**WAY TO KEEP BEING CONNECTED**

Increasingly we are using internet websites for information and business transactions. Our U3A has been moving in that direction for the last few years. If you use a computer, go to our U3A website <http://u3adunedin.org.nz/> and mark it as a 'Favourite' so there is just one button to push when you need to look at it.

This last year we have used the site to advise of last-minute course changes about four times as well as listing course brochures, follow-up articles and photos, our newsletter, etc. We are also using it to advertise other courses and tours which we think might be of interest to our members.

Next year we shall use it for all of that, as well as booking for some courses. Please do try to get into a habit of looking at the site each week — especially in the weeks before courses start and during the courses themselves.

Alan Jackson (Webmaster)

## Tasty bite?

The Kit Kat Club was a late 17th century political and literary club, which met in a London pie shop owned by chef Christopher Catling — hence the abbreviations as the club's name. Something to chew on if you like that chocolate bar?

## Grim grammar

The past, present and the future walk into a bar. It was tense. . .

*'There is a major difference between intelligence and stupidity; intelligence has its limits. ~ Albert Einstein.*

## U3A phone directory

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

**Board matters:** Marion Potter  
453 4721

**Membership:** Lynda Jackson  
473 6947

**Programme/Courses:** Doug Holborow  
477 4573

*Edited by Geoff Adams*

Phone: 467-2278

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

## Two too few

Calvin Coolidge (1872-1933), 30th President of the USA was regarded as being very reserved and not keen on public speaking. He is said to have once been challenged at a White House dinner by an attractive young lady who said 'Mr President, I've got a bet that I can get at least three words out of you tonight.' Coolidge smiled as he looked at her and said: 'You lose.'

## Answers to Quiz (p3)

1. The one sport in which neither the spectators nor participants know the score or the leader until the contest ends: Boxing.
2. The North American landmark constantly moving backward: Niagara Falls. The rim is worn down about two and a half feet each year because of the millions of gallons of water that rush over it every minute.
3. Only two vegetables that can live to produce on their own for several growing seasons: asparagus and rhubarb.
4. The fruit with its seeds on the outside: Strawberry.
5. The only vegetable or fruit never sold frozen, canned, processed, cooked, or in any other form but fresh: lettuce.
6. Six or more things wearable on feet beginning with 'S': shoes, socks, sandals, sneakers, slippers, skis, skates, snowshoes, stockings, stilts.