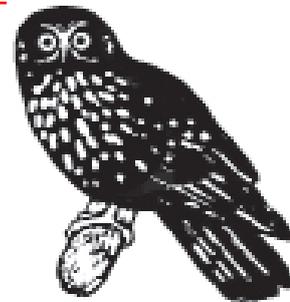


# U3A DUNEDIN Forum



No. 76 - January 2022

## Planning for U3A's busy year

*Kia ora koutou*, welcome to the first of our *Forum* newsletters for 2022. I hope the summer break has been kind to you and you have enjoyed some family time, some rest and relaxation. I look forward to another busy year with U3A, and we will cross each hurdle as we come to it.

Last year was another year of challenges but our exceptional team of talented persons, will come together again and plan alternative educational sessions with our contacts of interesting speakers and interesting topics. Welcome to new members, it will be great to see you interested in our activities in this New Year. We also welcome those who are interested in governance and implementing new courses and generating ideas for these. We have many areas of interest and we will always need new energies of those with contacts from their previous workplaces or professional relationships. Do contact either myself or any committee member for information on assisting here.

### AGM IN FEBRUARY

Our AGM will be held on Thursday February 10th at Salmond Hall from 11am to 12 noon. There is a notice of details in this issue of *Forum*. We welcome all our members to this meeting.

### OUR RELATIONSHIP

Recently, Dr Barrie Peake, Stuart Strachan and I had a meeting with Prof. Tony Ballantyne, to confirm the importance of the relationship of U3A and our



Linda Kinniburgh

continuing engagement with the University of Otago. This was a very positive meeting, and Tony reiterated the continuation and strengthening of this relationship to being of considerable importance to the parties. We will update our MOU with the University of Otago and we have tentatively agreed to the possibility of an inaugural lecture for our members with Prof. David Murdoch, the new Vice-Chancellor when he arrives in Dunedin in February/March this year.

We discussed the request from university researchers for opportunities to access our members to recruit and participate in appropriate projects. Of importance is the ethical approval before we publish such requests on our website. This is an example of the reciprocity of the benefit of our relationship. Do keep an eye on our website for such requests; some projects may be of interest to you.

### TE REO MAORI

Many of us did not have opportunities to learn Te Reo

Maori in our classrooms when we were young but you will have all noticed the gradual transition to a bilingual country. Our children and grandchildren have mostly grown up with more Maori words than we did so as older adults; there are many changes which can be challenging. All languages and cultures are not static but develop and change over time, and a new language is difficult to learn when you are older, I know this from experience. We are seeing and hearing Te Reo spoken at almost all events, on our radios and televisions and social media and I believe this exposure will start to familiarise yourselves with some new words. I intend to continue with everyday words in Te Reo Maori in my communications and I will translate at the same time in order to not leave anyone behind. One of the aims of U3A is continual education and lifelong learning. Our members are in this category.

We move forward into 2022 with positivity, we know there will be challenges, the world is changing from one of excesses to creating a more equal society. We can choose to be generous hearted and to connect with others. We in Dunedin, New Zealand, are very fortunate indeed.

He waka eke noa, (we are all in this together).

Noho ora, kia ora (stay safe and well).

- - Linda Kinniburgh  
Chairperson, Board  
U3A Dunedin

# Better luck this time?

Now that we are Orange, this next time, maybe, just maybe, (Omicron and other variants yet to come permitting), we will finally have a successful series of courses for Autumn.

We think that they have a lot to offer. *Pandemics* is particularly pertinent for the times, taking a broad historical approach from those that swept the Roman Empire through the fourteenth-century Black Death, the Great Plague of 1665 and the lethal 1918/19 Influenza epidemic to the outbreaks of more recent times, including our own Covid. Andre Smith and John Holmes, both new to the Committee, deserve considerable credit for pulling this programme together..

## OTHER COURSES

Following on from the previous well-received history of popular music course, *Music Matters* presented by past and current members of the university's Music Department has intriguing variety—the Beatles, the Pullstring guitar, 1970s commodification of reggae and punk, Indian classical community, life as an international classical music accompanist, and being a conductor. This should help meet the constant demand from members for music and more

music in our offerings. Thank you once more, Rob Burns.

Serious literature, whilst it has never appealed quite as widely, nevertheless has its devotees, and for them we most fortunately have the *The Sonnet* to be given by Emeritus Professor Chris Ackerley. This embraces the whole of its history from its origin in early Renaissance Italy and Provence to the twentieth century of Owen and Hopkins, not forgetting Sidney, Shakespeare and Donne along the way. And, crucially, he is also going to tell us how to distinguish a good sonnet from bad. Who can wait?!

## WINTER COURSES

Interestingly, all three above courses have natural successors in our forthcoming Winter series in the tried-and-true fields of medicine (*Medical Matters*), music (*Six Musical Journeys*) and literature (*R. L. Stevenson*).

Breaking new ground to a degree, will be Brian Miller on *Writing and Publishing a Memoir*, a completely appropriate topic for our demographic. We have all lived through interesting times or had illuminating experiences, and now is exactly the write time to record them in writing,



Stuart Strachan

both for our own sakes and our descendants. This course draws not only on Brian's own knowledge and experience, but also on those of six guest memoir writers.

Looking to present times, first there is the *Whistleblowers* course, an innovative series of presentations developed by two of our Committee, Clare Robertson and Annette Riley, and utilising as so often the case the wide range of expertise available to us from the University of Otago. Current affairs courses always draw wide interest, and this should help satisfy that appetite.

Finally, there is *A Sustainable Dunedin*, organised by Averil Mclean and Barrie Peake, which will examine possible scenarios and options for our fair city in the years to come, covering energy sources, food sustainability, the problem of South Dunedin, habitation, Maori perspectives, and broad strategies generally. Once again, we will have cause to be deeply grateful for university contributions.

Happy New Year from all on the Programme Committee with hopefully Green times ahead.

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

## 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: 476-1848

**Chair:** Linda Kinniburgh, Phone- 473-8443

Registered Charitable Institution - #CC22345

# U3A Dunedin experiment

When it became clear that we couldn't hold the Series 3 last year, the Programme Committee decided to innovate by holding face-to-face talks at Leith Bowling club under the restrictions of Covid-19 level 2.

## What was new ?

The course comprised six talks on unrelated topics. The talks were presented face-to-face to a limited-numbers audience of 80 maximum, and were live-streamed on YouTube. This meant that anyone with internet access, and with the link, which was sent to all members, could watch a video of the talk live or later. At the venue, masks were mandatory and social distancing was required.

## What happened?

Two talks, one on media misinformation and one on the future of South Dunedin were fully enrolled. The average number of enrolments was 58. The average attendance was 39.

This was an interesting "experiment" in which we tested out members' preparedness to attend talks in the midst of a pandemic, although there was no community transmission reported in the South Island at the time. It is clear that there is considerable reticence among many of our members to do so. There is also a number of members who are enthusiastic about the opportunity to attend and socialise at talks, even with social distancing and mask wearing required.

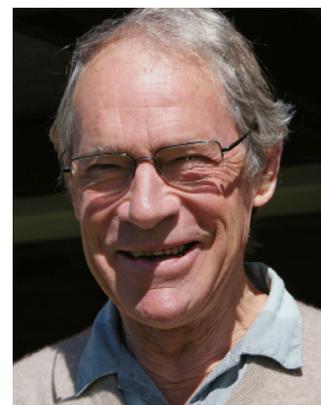
(2021 Covid-19)

## Talks at Leith

The average numbers viewing the streamed video, either live or subsequently was 93. We offered the opportunity to view the live stream to Wellington U3A members and to members in Otago and Southland. Unfortunately it was not possible to ascertain the location of those viewing the streamed video. It was clear from comments in the survey we conducted that there was some confusion over the difference between live-streaming and Zoom. However, most members who viewed the livestream found it a simple procedure to follow.

## Course feedback

Course feedback was collected by Survey Monkey. Comments in the survey reinforce previous surveys that make it clear many U3A members have



**Doug Holborow**  
Course Convenor

commitments and activities that are a higher priority than U3A attendance. As we look to 2022, the Programme Committee has regular series planned. Whether we will be able to proceed with them under the traffic light system, and whether we should use the internet to make them available to all members are questions we and the Board are addressing at present. I wish to thank my co-developers and assistants, Tree Cocks and Phyll Esplin for their support and also Kerin who assisted.

**-Doug Holborow .**  
Course Convenor

## **-AGM NOTICE-**

**The AGM of the Dunedin U3A Charitable Trust will be held on Thursday, 10 February, 2022 at 11:00 a.m at Salmond College (Knox St).**

**Tea/ coffee will be served from 10:30am. Following the meeting a lunch will be served, this incurs a cost of \$37.**

**Notices of motion and/or Board Nominations must be with the Chairperson to the Board by 1 February, 2022.**

**The Agenda and lunch details will be posted January 24- online and by mail.**

**Chairperson: Linda Kinniburgh**

Ph:4738443— 021 735614,

Email:LIndakinniburgh52@gmail.com

# WORD Wonders

by John Hale

## QUIRKY WORDS

**Akimbo.** I have seldom met this word spoken, and now I read it less often than formerly, except in the phrase *arms akimbo*.

Arms placed akimbo, on the hips with the elbows sticking out, signal rebuke or defiance.

I hope the phrase keeps the word alive, because it sticks out expressively (like elbows).

**Courtyard.** A *courtyard* is both yard or court. The tautology courtyard combines French and Germanic names for same thing. Like "River Avon" or "Bredon Hill."

**Flimsy.** From flim-flam, deceptive nonsense; the sound precedes the sense.

**Gang.** Noun from the verb "to go"; a "going" hence gangway or gangplank: and those who go somewhere together. English place-names like *Ingrave* or *Margaretting* have lost the initial "g" but keep the sense of those "going" with their Saxon leader of yore, to settle in England.

Reading is the region of "Hreda's ging or gang.

**Quandary.** Pleasant word for unpleasant situation. Actually the same word by Latinate origin as *conundrum*. A conundrum, put into words by a fan of puzzles, places you in a playful quandary. The labyrinthine connections of the two words in the history of romance languages were worked out in the dazzling study of Leo Spitzer.

**Sycophant.** In ancient Greece, "revealing the figs," one who dobbed people in for shady trading in figs. Hence, an informer, a toady, greaser, conniving with the powerful or the in-group.

**Two-letter words** (If Of Up At So Go...) Why do short words attract long dictionary entries? Because they have been worn down by use to the minimum size, like a knife or an eraser by sharpening?

## Really Short Stories

There's a vogue for really short stories, six words. Here's one: "1968. Met at demonstration. Married. Still Protesting.

## Problems from sleep loss

Three consecutive nights of sleep loss causes your mental and physical well-being to greatly deteriorate. A new study published in *Annals of Behavioral Medicine* looked at the consequences of sleeping fewer than six hours for eight consecutive nights -- the minimum duration of sleep that experts say is necessary to support optimal health in average adults.

Lead author Soomi Lee, assistant professor in the School of Aging Studies at the University of South Florida, found the biggest jump in symptoms appeared after just one night of sleep loss. "Many of us think that we can pay our

sleep debt on weekends and be more productive on weekdays," Lee said. "However, results from this study show that having just one night of sleep loss can significantly impair your daily functioning. The problem steadily got worse, peaking on day three. At that point, research shows the human body got relatively used to repeated sleep loss. But that all changed on day six, when participants reported that the severity of physical symptoms was at its worst.



*We rise to great heights by making a staircase of small steps..*

- Francis Bacon

## Happiness is good for you

New research adds to the growing body of evidence that happiness not only feels good, it is good for your physical health, too. Good health and a happy outlook on life may seem like equally worthy yet independent goals. A growing body of research, however, bolsters the case that a happy outlook can have a very real impact on your physical well-being.

New research published in the journal *Psychological Science* shows that both online and in-person psychological interventions -- tactics specifically designed to boost subjective well-being -- have positive effects on self-reported physical health. The online and in-person interventions were equally effective.

## U3A Email Directory

Sending email correspondence to U3A Dunedin? Using addresses below will take your messages to the appropriate person and have quicker attention.

### General information:

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

### Courses:

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

### Membership:

[membership@u3adunedin.org](mailto:membership@u3adunedin.org)

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

## U3A Phone Directory

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

**Chairperson:** Linda Kinniburgh  
473- 8443

**Board matters** Richard Highgam  
476-1848

**Membership :** Lynda Jackson  
473-6947

**Programme:Committee**  
Stuart Strachan 482-2339

**Discussion Groups:** Trish Irvine  
482 1651

**Courses:** Phyll Esplin 467-2594

## Like a limerick?

The limerick is a humorous poem consisting of five lines. The first, second, and fifth lines must have seven to ten syllables while rhyming and having the same verbal rhythm. As a rule the third and fourth lines should only have five to seven syllables; they too must rhyme with each other and have the same rhythm.

Edward Lear wrote many iconic limericks. Among the most famous is the opening poem from *A Book of Nonsense*:

There was an Old Man with a beard,  
Who said, 'It is just as I feared!  
Two owls and a hen,  
Four larks and a wren,  
Have all built their nests in my beard!

Some modern limericks follow:

There once was a forgetful old gas man called Peter  
Who went poking around his gas heater  
He touched a leak with his light:  
Then blew out of sight,  
And, (as anyone who knows anything about poetry can  
tell you) he also ruined the meter.

There was an old girl of Genoa  
And I blush when I think that Iowa:  
She's gone to her rest,  
It's all for the best,  
Or else I would borrow Samoa.

A wonderful bird is the pelican,  
His bill holds more than his belly can,  
He can take in his beak  
Enough for a week.  
I'm damned if I can see how the helican.

There once was a runner named Dwight  
Who could speed even faster than light.  
He set out one day  
In a relative way  
And returned on the previous night.

## Recent sayings

John Travolta tested negative for corona virus one night. Turns out it was just Saturday night fever.

The World Health Organisation has announced that dogs cannot contract Covid-19. Dogs previously held in quarantine can now be released. To be clear, WHO let the dogs out.

I saw an ad for burial plots, and thought to myself "That's the last thing I'll need."

Intelligence is like underwear. It is important that you have it, but not necessary that you show it off.

Relationships are a lot like algebra. Have you ever looked at your X and wondered Y?

I've finally told my suitcases there will be no holiday this year. Now I'm dealing with the emotional baggage.

A courtroom artist was arrested today for an unknown reason... details are sketchy.

People are making end of the world jokes like there's no tomorrow.

Whatever you do, always give 100%--unless you're donating blood.

What did Snow White say when she came out of the photo booth? Some day my prints will come.

A girl said she recognized me from her vegetarian club, but I'd never met herbivore.

## Millions of free articles

Genealogy website Findmypast.co.uk and British Newspaper Archive (<https://britishnewspaperarchive.co.uk>) in conjunction with the British Library, are making 158 newspapers with over 1 million pages and more than 9 million articles free to search (they cover the period 1720-1880). Over the next four years the number of free pages will increase to at least 2.7 million, and the number of free articles could reach 25 million.

In all the archive holds more than 44 million pages, a number that increases weekly.

Originally launched in 2011, Findmypast and the British Library's partnership has delivered the most significant mass digitisation of newspapers the UK has ever seen. The British Newspaper Archive and Findmypast are currently home to more than 44 million fully-searchable pages from over a thousand regional, national and specialty titles dating from 2009 all the way back to 1699. This ever-growing digital catalogue covers every corner of the British Isles as well as a number of former British territories including Canada, New Zealand, India, Pakistan, Barbados and Jamaica.

# What Google knows about you

Do you use Google+ Search, the Chrome browser, YouTube, Gmail, Google Docs, Maps or any of the other 60+ Google services that Google collects information about your online activities?

Google wants to know everything about you, so it can tell advertisers what you are likely to buy. There is nothing sinister about this; Google is up front about what data it collects, what is shared with advertisers, and how to limit that data collection.

But for many people, it comes as a surprise to learn exactly how much data Google collects and what inferences it draws from the data. You may want to see what Google knows about you, and limit what it can learn. Google makes it easy but not obvious.

Every Google account includes a “My Google Activity” page, but it isn’t easy to find

accidentally. Go to <https://myactivity.google.com/myactivity/> and if you’re not already signed into your Google account, do so. Scroll down and you’ll find that Google lists items you have recently searched for, the date and time you searched for them, what Web pages you viewed, what locations you looked up on Google Maps, and other online activity.

In the middle of this activity page, Google assures you, “You can see and delete your activity using the controls on this page.” The first way to control the scope of data that appears here is the Search box. You can search for an item in your activity, or filter the results by date or product. Google “products” include Assistant, Chrome, Calendar, Gmail, a U3A signpost, Maps, Search, Youtube, and a bunch more. Did I mention there are over 80 of them? (World U3A Signpost)

## More bad news about popular brew

It’s a favourite first-order for the day, but while a quick coffee may perk us up, new research from the University of South Australia shows that too much could be dragging us down, especially when it comes to brain health. In the largest study of its kind, researchers have found that high coffee consumption is associated with smaller total brain volumes and an increased risk of dementia.

Conducted at UniSA’s Australian Centre for Precision Health and a team of international researchers, the study assessed the effects of coffee on the brain among 17,702 UK participants (aged 37-73), finding that those who drank more than six cups of coffee a day had a 53 per cent increased risk of dementia.

Lead researcher Kitty Pham, says the research delivers important insights for public health. “Coffee is among the most popular drinks in the world. Yet with global consumption being more than nine billion kilograms a year, it’s critical that we understand any potential health implications,” she says.

“This is the most extensive investigation into the connections between coffee, brain volume measurements, the risks of dementia, and the risks of stroke -- it’s also the largest study to consider volumetric brain imaging data and a wide range of confounding factors.”

“Accounting for all possible permutations, we consistently found that higher coffee consumption was significantly associated with reduced brain

volume -- essentially, drinking more than six cups of coffee a day may be putting you at risk of brain diseases such as dementia and stroke.”

Senior investigator and Director of UniSA’s Australian Centre for Precision Health, Prof Elina Hyppönen, says while the news may be a bitter brew for coffee lovers, it’s all about finding a balance between what you drink and what’s good for your health.

“This research provides vital insights about heavy coffee consumption and brain health, but as with many things in life, moderation is the key,” Prof Hyppönen says.

“Together with other genetic evidence and a randomised controlled trial, these data strongly suggest that high coffee consumption can adversely affect brain health. While the exact mechanisms are not known, one simple thing we can do is to keep hydrated and remember to drink a bit of water alongside that cup of coffee.

**MONEY TALKS:** A man gets up from his hospital bed and walks out the hospital front door, pulling his drip along, still in his gown. He walks into the pub nearby and says to the barman “I’ll have a double whisky please.” The barman obliges. The man knocks back the whisky in one gulp and says: “Of course, I shouldn’t be having this with what I’ve got.” “What have you got?” says the concerned barman. Man: “10 cents.”

# John Aubrey's 'Brief Lives'

by  
**John Hale**

The "Brief Lives" of John Aubrey (1626-1697) are not called brief because their subjects died young but because he wrote up their lives in brief narratives. He was doing biography by a method new in his own time, with results that make these lives (high and low, important or peripheral) remain vivid, amusing, curious—like someone you know in many ways, not only in one.

## Method in his Madness

The lives did not reach print in his own lifetime, because he could never quite finish. He took notes, added and added, supplied materials for more careful organisers like Anthony Wood, and generally lived amid chaos. Yet he listened, all around him and wrote it all down His Method, if that's the right word for it, was NOT to praise ("panegyrically," like an official funeral oration), but from anecdote, gossip, from his own memory of people or what he heard about them. He went about London with his ears for ever flapping. He wrote down whatever typified his subjects, or distinguished them, for better and worse—for singularity.

## Thomas Hobbes (1588-1679)

Of the great philosopher Thomas Hobbes he records: "In his old age (he lived to 91) he was very bald (which claymed a veneration) yet within door he used to study, and sit bareheaded, and sayed he never took cold in his head, but that the greatest trouble was to keepe-off the Flies from pitching on the baldness." Of this., the exact significance escapes me, yet the picture of the great mind in action is unforgettable.

## Francis Bacon (1561-1626)

We learn that Bacon liked to

do it better than anyone else about him. Bacon was a good poet, but concealed it. Aubrey quotes one poem: "The world's a Bubble, and the life of man/ Less than a span," i.e. a hand's breath, Lovely unequal rhyme-scheme. He had a delicate, lively, hazel eye; Dr Harvey tolde me it was like the eye of a viper. But surely such jottings often don't add up, to a single clear impression? Just like actual people!

## William Harvey (1578-1657)

This Dr Harvey is William circulation-of-the-blood Harvey. He did delight to be in the darke, and told me he could then best contemplate [do his thinking]. So the Doctor was wont to contemplate on the Leads [roof] of the house... Ah! My old friend Dr Harvey— I knew him right well. He made me sitt by him 2 or 3 hours together in his meditating apartment, discoursing...

## Everard Digby 1578-1606

How engagingly Aubrey always writes: beautiful word-order, natural and memorable! Try this, on Guy Fawkes's fellow-conspirator. 'Twas his ill fate to suffer in the Powder-plott. When his heart was pluckt out by the Executioner (who, secundum Formam [according to the custom] cryed, Here is the heart of a Traytor!) it is credibly reported, he [Digby] replied, Thou liest!

## England a Republic

Aubrey lived through the Interregnum, 1649-60, the only time when England was a republic. Restoring the monarchy hinged on which way the army commander, Monck, would opt. Frantic bargaining went on daily in London. Aubrey lived with some of the bargainers. "Every night late, I had an account of all these Transactions in bed, which like a Sott as I was, I did not,

while fresh in Memorie, commit to writing."

## Aubrey, FRS

That one got away from Aubrey! Not so the founding years of the Royal Society. He knew astronomers, mathematicians, physicists, medics, you name it. Every Wednesday they met and swapped ideas, small as well as big. This was when Roman numerals dropped out of maths (overdue!). He knew Boyle of Boyle's Law, Hobbes of course and through him by a stretch, Descartes. He knew Hooke.

## Robert Hooke (1635-1703)

Take a longer look at Hooke. His head is lardge; his eye full and popping, and not quick; a grey eye. His brain too was "lardge," for he anticipated Newton in a theory of gravitation; all coelestiall bodys whatsoever have an attractive or gravitational power towards their own centers. He wrote to Newton about these. Newton did the maths and published, but not at all owning he receiv'd the first intimation from Mr Hooke.

## Fame and Success

Aubrey sided with the unsuccessful and less influential. Great men are the main wheels in this Machine of the World, and if they fall off they make a great alteration; whereas meaner men are as the Dust upon these Wheels. His latest editor, Katie Bennett, comments: "Aubrey minded the dust of meaner men, he pleads for their recognition. *Brief Lives* is a kind of educational process, from which we can derive tips or encouragement, and a historical model of the advancement of learning... but [it is] also a kind of biographical house party." Priceles peepholes, into a stellar house party!



## *Tunnel Beach*

Located to the south of St Clair, Tunnel Beach has sea-carved sandstone cliffs, rock arches and caves. Beyond the beauty of the rugged cliffs, its claim to fame is the tunnel down to the beach that a local politician, John Cargill, son of Captain William Cargill, had commissioned for his family in the 1870s. Local legend was that one or more of Cargill's daughters drowned while swimming at the private beach, but this seems to be just a myth. The beach was a handy coastal walk from the now delapidated Cargill's Castle, built by the family. .

The tunnel itself is rough-hewn. Originally a simple slope, concrete steps were added when it was opened to the public in 1983. It descends 72 steps to the beach, and is dimly naturally lit. The path down is steep and can be very slippery following wet weather.

**COVID-19: a jab well done.**

Did you hear any jokes about the coronavirus? Never mind, we don't want to spread them around —

We could tell you a coronavirus joke now, but then you would have to wait at home for two weeks . . . -

ARE YOU WATCHING **OUR WEBSITE**   
u3adunedin.org.nz

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