



Kindness and Adaptation

Kia ora koutou, ka mihi mahana ki a koutou, warmest greeting to you all, particularly in the height of some colder and wet weather.

Welcome to our FORUM newsletter. It gives me great pleasure to update you on the activities of U3A Dunedin, particularly after a successful Series Two, the first courses this year.

OUR COURSES

Series Two, at the time of writing, have two courses that continue into this next week. Anecdotally, the feedback I have heard has been extremely positive. You, as members have enjoyed listening to experts on a wide range of topics and themes, sharing morning and afternoon teas and generally being out and about meeting older friends and making new friends. Remember if you see anyone standing on their own, please make them welcome to our groups. The scones at Leith are particularly popular, their reputation is spreading. I have been asked to publish their recipe, however, on asking for this I have been told this is a secret recipe.

Delivering our courses has never been more challenging in this COVID environment. Ensuring social distancing, wearing masks, minimising the 'hopeful' spread of this virus is necessary. This virus, along with influenza, has affected our members, our speakers, and our convenors



Linda Kinniburgh

this Series. Adapting and organising additional speakers, most often at late notice has been exasperating for many. You have enjoyed the outcomes, but do remember, our committee are volunteers who do this work because they are passionate about delivering education to our 'seniors'. This process can be fraught. Please be kind in your evaluations and understand the work, much unacknowledged that goes on behind the scenes.

EVALUATION

Speaking of evaluations, this is your committee's next role. We analyse all feedback provided, we count attendees and this time we will try and estimate those who have been affected by viruses and have needed to isolate. The final reports are tabled at our Programme Committee meeting and then recommendations go to our Board meeting. I am aware of more PowerPoint presentations this Series that had writing that

was too small to read, and too much information on each slide. We will emphasise this aspect more when setting up future courses. You can, of course, access the PowerPoint slides on our website after the course has finished. You can re-read these on your own computer. Thank you to Alan Jackson, our Web Editor who completes this cycle. (Very occasionally a PowerPoint is not available from a presenter.)

Interest Groups, a thriving and growing educationally focussed small groups have increased participation. An excellent and very full newsletter comes into your email 'inbox' monthly with illustrations, photos of activities, obviously enjoyed by many. Thank you to Trish and her team of facilitators for their dedication and perseverance.

TAKING CARE

We are just about to launch Series Three for 2022. Enrolments open soon. I am aware we will need to continue to adapt to disruptions. I am grateful for the numbers immunised in our Southern DHB area, of 97.5% (two doses) (DHB statistics June 2022). For our age group, another booster has been approved. Please access this to mitigate against serious illness, for those who remember the 'polio' epidemic, immunisation wasn't available at the time. We are fortunate to have much enhanced opportunities for herd immunity.

If you are unwell and are isolating, keep warm and hydrated. If you need some assistance, please ask.

Finally, we have a new editor of *Forum*, Bill Stanford. Thank you, Bill, for agreeing to publish this newsletter, we appreciate your willingness to do so.

We also thank Geoff Adams, our previous Editor, who needed to step down from this

role. Geoff was our Editor for many years, he made a huge contribution to our success as an organisation in his role as editor.

Be kind: we are all trying our best in difficult times. This virus will continue internationally for some time yet, reinventing itself. I know many of you really appreciate our efforts, but please for other remember constructive

feedback is preferred to criticisms. We do appreciate your ideas for further courses as well, you may wish to assist us here, please get in touch. More assistance gratefully accepted.

Until Series three: Noho ora mai (stay and keep well).

**Linda Kinniburgh
Chairperson,
Board U3A Dunedin.**

Programme Committee - Towards More Positive Times

Well, with our Series 2 Winter courses the show is now on the road again after many months of dislocated programming. That feels very good indeed, and all now seems normal once more.

But not quite! Seasonal flus, our usual infirmities, and not least the long tail of Covid in never ending variation have all had their say. Within the first two weeks, conveners, presenters and many of those enrolled have, despite all precautions been struck down. Non-availability of presenters is always a risk and can cause particular difficulty as often it is at very short notice. Sometimes the disruption can be overcome by rescheduling with other presenters, or by deferring to a later date. If we are lucky a substitute speaker may be pos-

sible; at worst, however, there can be a cancelled session or even a shortened course. In these situations, conveners have to be nimble and creative,; and by and large we have succeeded.

**Stuart
Strachan**



For two courses, **Vision and Practice**, and **Let There be Light**, substitute presentations were arranged. However, we were unable to withstand the cancellation, for quite understandable reasons of illness, of the whole of one Let There be Light session, leading to a shortened

course. In some instances, Zoom may be a possible alternative, but to be satisfactory this does require advance preparation by both presenter and covenor. We do not always succeed but strive to do our best!

Despite this we have already had some amazing presentations. At the risk of invidious comparison, we would pick out so far: Sian Taylor of Team Green Architects on passive housing, Ralph Miller on playing the trumpet, and Rod Keilor on light and the eye. And there are sure to be others to come.

As ever, we continue to present and plan optimistically, even as we continue to wear masks to minimise risk to all attending courses. Your Programme Committee meet again on the 25th July 2022, and at this time we will consider recent evidence of increasing numbers of those with COVID, numbers of those with second infections, current variations to this virus, and review our U3A Dunedin policy once again to ensure "fit for purpose" in protecting our members.

**Stuart Strachan
Chair, Programme
Committee**

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Geographical Lingo

John Hale

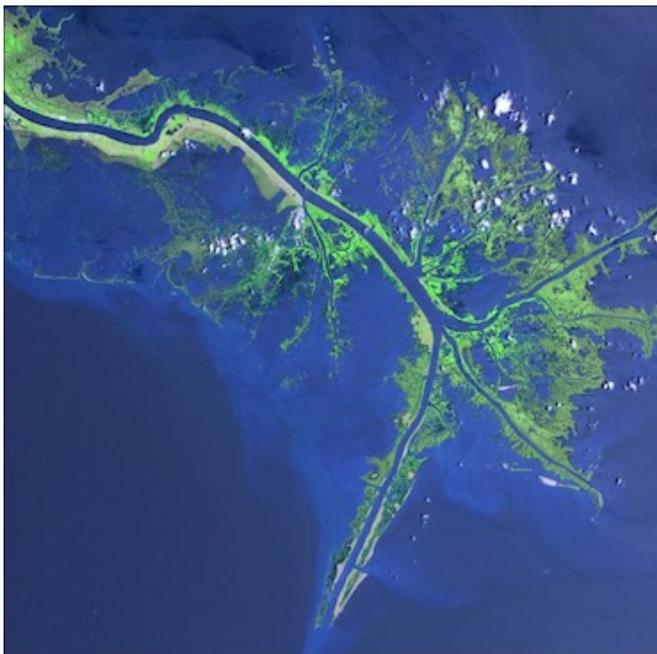
At my school, geography was taught factually, without stirring great excitement. Despite this, I have long loved maps, mapmaking, coastlines and frontiers, and now also geography's lingo. Not so much particular place-names as the general terms by which geographers classify terrains.

Marches

Take marches. The "Welsh Marches" defines the border between Wales and England. I used to picture lots of patrolling soldiers' legs, synchronized. (Why must soldiers march in step?) But No, Marches are found in Italy as well. The word is Frankish, from the tongue of Charlemagne, whose German word came with him into Italy and Italian. It means a "measure" or "mark", like a frontier or border.

Bayous

By contrast, bayou might seem a purely local name from New Orleans. But then again geographers and others speak of "the" or "a" bayou. It does come from Louisiana, first Choctaw then French. It epitomizes the Mississippi Delta, filled with small, slow-moving rivers; almost a swamp with trees, so meaning a "water feature near the outlet of a river." Though there are bayous in other states, they dominate southwards of New Orleans. They make up the Mississippi's delta:



From the air, I saw the d- or Delta (Δ)-shape in the twilight from a plane. Spell-binding.

Levees

Inland from the delta, the Mississippi carries so much water that it needs an embankment, way up above the ground. A levee, the word means "raised" or "elevated" land.

Steppes

A steppe is a dry grassy plain without trees, in Eurasia; elsewhere called a prairie; steppe from Russian, prairie from French from Latin pratum, a meadow.

Tundra

Also tree-less but less hospitable, tundra spreads across northern Europe and Canada. It means treeless upland in Sami, a language from the same family as Finnish, the Finno-Ugric. Tundra is not to be confused with taiga, arctic or "boreal" forest.

Badlands

What's bad about badlands? They are dry and eroding land, often eroding into pinnacles.



Are they "bad" for farming? NZ has no marches or bayous, steppes or tundras, but it does have some pinnacle Badlands in Pitangarua.

'Beware of Badlands'. Is it a settlerdom perspective? You don't plant potatoes on a pinnacle?

The (!)

Many place-names, from "the" Catlins to "the" Waikato or "the" Wairarapa have a "the" introducing them. It seems to indicate the valley surrounding a river, extending the name's coverage by "the." But not in the case of the Catlins. If they extend further than the valley of the Catlins river, the name is an extension of the usual extension. Do they cover all the land which Captain Cattlin bought?

Geology

When you see a badland, geography (which is about how you live on the land), is becoming geology, the under-ground that shapes what we do on the surface.

The two connect constantly. One minor way is in the names, the -ography and the -ology. An arbitrary difference, since merely as names they could have been swapped.



**-ology creating
-ography!**

Or is there a meaningful difference, if -ography means "describing" while -ology means explaining? Geology explains geography yet not vice versa?

PS And if you want a different way to appreciate geography, try Worldle, the on-line puzzle. But beware, it's addictive!

Long-COVID brain fog

Aston Brown is one of those presenting at a long-Covid clinic with ongoing symptoms including brain fog. "If I did any sort of work [after my infection], even if that was just sitting down in front of a computer... I couldn't think straight... all I could do was lie in my bed and look at the ceiling." Aston was double vaccinated when he caught COVID in January. But this didn't spare him the enduring brain fog.

"I just want my old life back and I don't know when I'm going to get that back," says 60-year-old Karen Henry. "I want to be able to go out and go for walks, or go and play golf if I want to play golf, or go and visit friends and go out for dinner. But at the moment, I can't." Karen says long COVID has "really knocked the socks off" her.

Karen has multiple sclerosis and because of allergies is unable to take medication for it. But since she got COVID in January,

she's not even been able to do the things her MS allowed.

Anthony Byrne is a respiratory specialist working in the St Vincent's long COVID clinic in Melbourne. Dr Byrne says COVID is "not just any virus". "It's a really inflammatory virus. It causes systemic inflammation. That inflammation is in blood vessels. They affect the liver, the heart, the kidneys, the brain."

One of the United States's leading long COVID researchers is Ziyad Al-Aly, "Long COVID is...a serious, serious public health crisis," he says... A report from the Centers for Disease Control in the United States found that around 20 per cent of people who had COVID later had symptoms that could be attributed to long COVID.

Patients, like young Aston Brown, are appreciative that their symptoms are being taken seriously. "There's no magic cure for this thing, unfortunately," he says.

U3A Email Directory

Sending email correspondence to U3A Dunedin? Using addresses below will take your messages to the person who can assist.

General information:

contact@u3adunedin.org.nz

Courses:

courses@u3adunedin.org.nz

Membership:

membership@u3adunedin.org

Forum:

newsletter@u3adunedin.org.nz

U3A Phone Directory

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

Chairperson: Linda Kinniburgh
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Board matters Phyll Esplin
467-2594

Membership : Lynda Jackson
473-6947

Interest Groups: Trish Irvine
482 1651

Programme:Committee
Stuart Strachan 482-2339

Courses: Phyll Esplin
467-2594

Film Quiz!

Can you spot the answers to the questions about the following stars?

1 Norma Jeane Mortenson is better known as who?

- a. *Diana Dors*
- b. *Bette Middler*
- c. *Marilyn Monroe*

2 And which of these was Judy Garland's real name?



- a. *Frances Ethel Gumm*
- b. *Joan Alexandra Molinsky*
- c. *Julia Elizabeth Wells*

3 Whoopi Goldberg's real name is?



- a. *Caryn Elaine Johnson*
- b. *Katheryn Elizabeth Hudson*
- c. *Olivia Jane Cockburn*

4 Natalie Hershlag changed her name to Natalie Portman for her first film. What was the film?



- a. *Heat*
- b. *Everyone Says I Love You*
- c. *Léon: The Professional*

5 Michael Caine's original name was?



- a. *Christopher Gatesby Harington*
- b. *Gordon Matthew Thomas*
- c. *Maurice Joseph Micklewhite*

(Answers on p. 7 below...)

Time to Laugh!

A couple are dining at a plush restaurant, and the husband keeps staring at a drunken woman swigging her drink as she sits alone at a nearby table. Noticing this, his wife asks, Do you know her

"Yes," sighs the husband. "She's my ex-girlfriend. I understand she took to drinking right after we split up seven years ago, and I hear she hasn't been sober since."

"Goodness gracious!" says the wife. "Who would think a person could go on celebrating that long?"

Bill and Hillary are in the presidential motorcade just leaving Little Rock Arkansas, heading back to that town's airport. As they pass by a tiny, dingy little garage on the edge of town, Hillary points it out and says,

"You see that garage, Bill? I used to go out with the man that owns that garage."

Amused, the president chortles and says:

"That is amazing, Hillary! Just think, if you had married him, you'd be the wife of a garage proprietor."

"No, Bill," Hillary says firmly. "If I'd married him, he'd be president!"

Word Wonders: Naming Mayhem

John Hale

This time last year the Gang Show performed the musical *Mayhem* at the Museum. What exactly is mayhem? What does this colourful word mean, and what other names does slang give to the "rough stuff"?

Mayhem

Mayhem is kin to maim. In medieval parlance to "maim" meant to disable by wounding, to mutilate or cripple. From vulgar Latin *mahanare*. It hung on in law-talk, because of law-suits resulting. But the word's force dwindled in US usage, to vague "disorder," as in that musical.

Stoush

Stoush for "fight" or "brawl" comes from Aussie slang; or maybe from bonny Scotland, where it means "commotion, rumpus, or row."

Rififi

Rififi was the title of a French film, and comes from the North African tribe, the Rifs, who were in constant conflict. The long fighting was a harbinger of the Algerians' war against France later.

Barney

Barney seems to come from Cockney rhyming slang: Barney = Barney Rubble = trouble. But this Barney arrived in the *Flintstones* (1959). Isn't the expression older than that? It means a fight, or noisy quarrel.

Hubbub

Was once hoobub, as used by Shakespeare in *A Winter's Tale*.

Tohu bohu

Tohu bohu is slang from French again, but originates in the Hebrew of Genesis 1.2. There was tohu wabohu, "formless confusion," before creation began.



Tohu-Bohu, Bernard Thomas-Roudeix, 1971

What's it all about?

The colourful catalogue continues. Ding-dong, donnybrook, punch-up... Why do colloquial names for fighting and violence proliferate, and how come they are so colourful?

Is it that the peaceful majority want to get a handle on this fearsome propensity? Or does the abundance of names come from those who enjoy the mayhem? Or is it to make it more its enduring as well as being perennial, taming by naming as propitiating — like keeping your fingers crossed?

The bad news...

How transmissible are Covid O-BA.4/5?

We measure how contagious a disease is by the basic reproduction number (R0). This is the average number of people an initial case infects in a population with no immunity (from vaccines or previous infection).

New mutations give the virus an advantage if they can increase transmissibility:

- the original Wuhan strain has an R0 of 3.3
- Delta has an R0 of 5.1
- Omicron BA.1 has an R0 of 9.5

- BA.2, which is the dominant subvariant at the moment, is 1.4 times more transmissible than BA.1, and so has an R0 of about 13.3

• pre-print publication from South Africa suggests **BA.4/5 has a growth advantage over BA.2 similar to the growth advantage of BA.2 over BA.1. That would give it an R0 of 18.6.**

This is similar to measles, which was until now was our most infectious viral disease.

How likely is reinfection?

BA.4/BA.5 appear to be masters at evading immunity. This increases the chance of reinfection.

Tech Corner

Force restart your devices!

Your phone or pad is behaving badly. You go to switch it off in the usual way, knowing a restart will correct this. But nothing happens, and now touch isn't working either.

Don't worry, you don't have to take it to the shop, or mail it anywhere. You can 'force restart' it. Here's how:

iPad

If your iPad doesn't have the Home button, do the following:

Press and quickly release the volume button nearest to the top button.

Press and quickly release the volume button farthest from the top button.

Press and hold the top button.

When the Apple logo appears, release the top button.

If your iPad does have the Home button:

Press and hold the top button and the Home button at the same time. When the Apple logo appears, release both buttons.

Android phones or pads

If the standard restart doesn't help, simultaneously press and hold the power and volume down keys

for more than seven seconds. This will force your device to restart.

If this does not work, press and hold the Power button for up to two minutes to shut down the device. Once it has switched off, leave the tablet off for one minute.

iPhone

To force restart iPhone X, iPhone XS, iPhone XR, iPhone 8 or iPhone SE (2nd generation and later) or any iPhone 11, iPhone 12, or iPhone 13: Press and quickly release the volume up button, press and quickly release the volume down button, then press and hold the side button. When the Apple logo appears, release the button.

Force restart iPhone 7:

Press and hold both the volume down button and the Sleep/Wake button at the same time. When the Apple logo appears, release both buttons.

Force restart iPhone 6s or iPhone SE (1st generation):

Press and hold both the Sleep/Wake button and the Home button at the same time. When the Apple logo appears, release both buttons.



Finally... We are meeting again!!



Film quiz answers: 1c, 2a, 3a, 4c & 5c

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