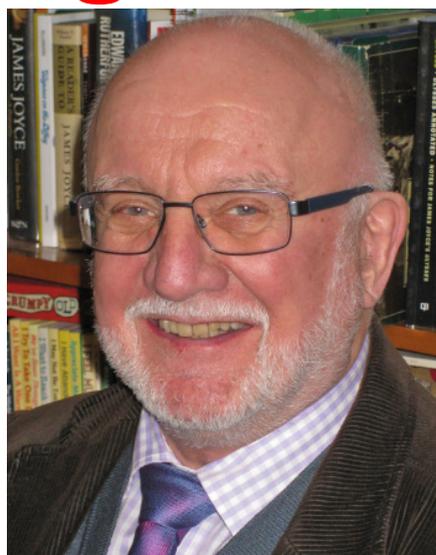


Weathering COVID-19 storm

In April I wrote that “well educated, experienced and highly motivated people such as those who are members of U3A Dunedin are well-placed to weather the storm.” I am really pleased to note that we do seem to have weathered the storm, but there is always the clean up afterwards.

A good many members kept in touch with each other and helped in that way. Some were able to do shopping for others. Some used the internet and programmes such as Skype, Face Time or Zoom to keep in touch. Thank goodness for the ‘phone. We found that lunchtime arrived by the time we finished using it on many days.

Our experiences will all be different and I’m sure we will share them as we begin to circulate again – some have already been shared on our web site, especially in Photo Gallery. We still need to encourage



Alan Jackson, Chair of the U3A Dunedin Board

each other and to be kind as we rebuild our world.

WATCH OUR WEBSITE

We are trying to provide educational stimulus via our web site where we add numerous activities every

week – see “News and Coming Events”.

We are providing a Winter series of 12 lectures using the Zoom software – see “Courses and Resources.”

SERIES 3 PLANNED

We have a regular Series 3 planned now that we know the virus is contained and details will be posted as soon as the winter series is completed.

We have most of the programmes planned for Series 1 2021, including a set of six lectures by the ever popular Prof John Drummond and a novel series on the Greeks – for which some of you might like to do some preparation.

DISCUSSION GROUPS

Discussion Groups are well placed for a speedy return to normal and to expand their range of interest activities

.Despite the disruption we have had about six new people apply for membership, and we look forward to providing them, and all our other members, some things to stimulate the brain cells and provide talking points – however we converse.

Best wishes. - **Alan Jackson**

Success of two Zooms

Our U3A’s experimental use of the “Zoom” technology for live video conferencing is turning out to be very successful. Doug Holborow, a former chair of the U3A Dunedin Board, was the “Host” who controlled the two opening days (June 16 and 18), of the free six-week courses offered to our members. He told *Forum* they went “extremely well.”

There were 80 members at the first lecture (“Nobel Prizes”) and 90 at the second (“What We Missed and More”). The ideal number might be 150 to 160, like the maximum number at our normal live courses, Doug thought.

There were no technical difficulties encountered, and no complaints that he was aware of. Some of the participants obviously tried out some of the Zoom controls on their receiving computers but all seemed happy.

There were no “gate-crashers” and no concerns about security (which were noticed in the early days of the Zoom computer program.). No members reported any password problems. One of the lecturers, Neville Peat, told Doug he “really enjoyed the experience..”

OUR WEBSITE
u3adunedin.org.nz

ON OTHER PAGES

p2: Report on Courses

p3: Expert on John Milton

p3 Lifelong learning for oldies

p4: Music soothes the heart

Zooming away with free courses

Following our shortened Autumn 2020 series and subsequent lockdown mid-March, your Programme Committee and Board were busy debating alternatives to our usual six-course face-to-face Winter presentations originally due to begin 26 May.

After much investigation and discussion one-hour Zoom lectures twice a week, Tuesday and Thursday afternoons, over six weeks from mid-June through July were settled on as practicable in the circumstances.

These, without any charge to members or need to enrol, are now well launched: a series on Nobel Prizes 2018-2019, and a potpourri of other offerings, notably completing the Otago Peninsula course begun in Autumn.

Particular credit is due to Doug Holborow and Barrie Peake for getting these under way, with Gerard Kenny, Annette Riley and Clare Robinson also helping.

At the time of writing approximately 80 were recorded as attending the first Nobel Prize lecture given by Dr Barrie Peake, but the real number is likely to be more as a single screen can have multiple viewers, as many as six in one case.

ADVANTAGES OF ZOOM

While many members will certainly be missing the social side of our usual courses, Zoom lectures do have advantages. They can be viewed by those unable to leave home or prefer not to risk winter driving; they can be accessed or delivered from any location—one potpourri lecture, on cosmic geology, will be coming to us from the Australian National University in Canberra; and without venue costs they also are economical to mount (up to 500 members at once with our current licence).

Recordings, too, can be made for later viewing. Certainly Zoom lectures add another important string to our bow that could well be to our future advantage.

LATE SPRING SERIES

Looking further ahead—now that we are down to Level 1 and much earlier than ever anticipated—normal life will be resumed with a Late Spring series, mid-October to November, when we should be well past any possible viral resurgence. There will be six courses with priority given to those curtailed earlier.



Stuart Strachan and Linda Kinniburgh - Co-Chairs of U3A Dunedin's Programme Committee

Doug Hart will be continuing his very popular series on less well-known artists, *Take Another 12*. Literature will be catered for by the *Medieval World* through its writings to be delivered by Simone Marshall of the university's English Department, while music-lovers can look forward to a course on popular music from the American Civil War to recent times by members of the University's Music Department.

Also from the University (where would we be without it!) will be lectures, mostly scientific, continuing the Nobel Prizes sequence and from Distinguished Sesquicentennial Professors.

Two other Autumn 2020 courses will be completed, each of three lectures: Ron Palenski on *Rise of a Sporting Nation*, and Peter Brook on the history of computing, *From Antikythera to Artificial Intelligence*. Finally, in a much lighter vein, will be *My Hobby 2*, showcasing a variety of interests, ranging from manhole covers, Scottish country dancing to robotics. So, there should be something for most members. Even further out, we have begun to look ahead to Autumn 2021, but that is for the next issue of Forum, when all will be revealed.

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

Cheap medicine

"[Humanity] has unquestionably one really effective weapon: laughter. Power, money, persuasion, supplication, persecution: these can listed as a colossal humbug — push it a little - weaken it a little, century by century, but only laughter can blow it to rags and atoms at a blast. Against the assault of laughter nothing can stand." ~ **Mark Twain**

'Always laugh when you can. It is cheap medicine.' ~ **Lord Byron**

'Time that you enjoy wasting was not wasted.' ~ **John Lennon**

"Among those whom I like or admire, I can find no common denominator, but among those whom I love, I can: all of them make me laugh." ~ **W. H. Auden**

U3A DUNEDIN CHARITABLE TRUST

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Chair: Alan Jackson, 473-6947

Registered Charitable Institution - #CC22345

John Milton's works inspired seven books

Congratulations to our U3A member Dr John Hale, who has been named by the Milton Society of America as Honoured Scholar of the year for his 'notable contributions to Milton scholarship.'

John Milton (1608-'74) is famous for 'Paradise Lost,' widely regarded as the greatest epic poem in English. Together with 'Paradise Regained,' it formed his reputation as one of the greatest English writers. He also wrote prose works and other poems.

Dr Hale retired from the English Department; University of Otago in 2005 as Associate Professor writing books about Milton for many years, continuing since his retirement. The Milton Society hopes to fete him at its next annual dinner in Dublin in April 2021.

The Society's secretary said the award recognizes 'your peerless expertise in languages, everywhere visible in your distinguished career of contributions to Milton scholarship and especially in your outstanding recent edition of *De Doctrina*.'

Two of John's books on Milton: *Milton's Languages* (1997) and *Milton's Cambridge Latin* (2005) have cover designs by Dunedin's Murray



Dr John Hale with the seven books he has written about John Milton. A heavy two-volume set of the 17th century English poet's theological treatise 'On Christian Doctrine,' at top left, was co-edited and translated by Dr Hale for the new Oxford 'Collected Works of John Milton.'

Webb whose cover art also features on Hale's *The Shakespeare of the Comedies* (1996).

His other Milton books are *Milton's Latin Writings* (1998), *Milton as Multilingual* (2005), *Milton and the Manuscript of De Doctrina Christiana* (2007), *Milton's De Doctrina* (with Donald Cullington 2012), and *Milton's Scriptural Theology: Confronting De*

Doctrina (2019).

Although he has written three books on *De Doctrina* John says he has had enough of theological prose in Latin and finds Milton more rewarding as a poet. While he doesn't feel that he knows the man as a person - 'not in all situations, but I do reckon I know his mind when he is arguing.'

Older persons have good right to learn

When we think of learning, school is usually the first thing that comes to mind. Maybe tests, homework and grumpy teachers don't make for a lot of positive memories. As we get older, though, we see the joy our children take in learning new things and we start to find time to dig deeper into things we are curious about.

The concept of lifelong learning is based on the idea from the 1970s that humans' days are full of potential throughout their lives, not just when they're young. We learn informally through others, work, hobbies, volunteering and life experiences. We learn formally through educational institutions or U3As.

Since the 1970s, it's clear that lifelong learning benefits not only individual but also our cities and society.

UNESCO's Institute for Lifelong Learning supports adult learning, continuing education, literacy and informal education projects. Because they are adults, older persons are free to learn about anything for any reason. Older persons usually have the time available to learn new skills or gain knowledge.

Problems are:

1. Physical – location proximity, transportation challenges or physical abilities.
2. Financial – little grants or scholarships for older learners.
3. Ageism – biased views that older persons don't want to learn or can't learn.
4. Information – it's not always clear who is offering what learning.
5. Systems – the way learning is

delivered doesn't support the older brains.

6. Technological – don't have the skill to use a computer or access to one..

U3A promotes informal learning through self-help interest groups and in U3A Dunedin's case lectures and discussion groups. More than 50 universities and colleges practice the 10 Age-Friendly University Principles.

When education and training is within reach, older persons have the fighting chance to live with autonomy, fulfill their aspirations, remain intellectually challenged and participate fully in society. That's why "right to learn" was part of the United Nation's Open Ended Working Group on Ageing meeting in April 2020.

Just think about these

Considering Atheism is a non-prophet organisation.

If man evolved from monkeys and apes, why do we still have monkeys and apes?

I went to a book store and asked the saleslady, "Where's the self-help section?" She said if she told me, it would defeat the purpose.

What if there were no hypothetical questions?

If someone with multiple personalities threatens to kill himself, is it considered a hostage situation?

Is there another word for "synonym"?

What do you do when you see an endangered animal eating an endangered plant?

If a turtle doesn't have a shell, is he homeless or naked?

If the police arrest a mute, do they tell him he has the right to remain silent? Do they actually hold him for questioning?

What was the best thing before sliced bread?

One nice thing about egotists: they don't talk about other people.

How is it possible to have a civil war?

If you try to fail and succeed, which have you done?

Whose cruel idea was it for the word "lisp" to have "s" in it?

If you spin an Oriental man in a circle three times, does he become disoriented?

Can an atheist get insurance against acts of God?

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

Re courses: courses@u3adunedin.org.nz

Re Membership: members@u3adunedin.org.nz

Re 'Forum': newsletter@u3adunedin.org.nz

Music can soothe the heart

Listening to music can be enjoyable, but is it also good for your heart? Patients who suffered episodes of chest pain soon after a heart attack, known as early post-infarction angina, had significantly lower levels of anxiety and pain if they listened to music for 30 minutes a day, according to a study presented at the American College of Cardiology's Annual Scientific Session Together with World Congress of Cardiology (ACC.20/WCC).

Free advice

A doctor and a lawyer were talking at a party. Their conversation was constantly interrupted by people describing their ailments and asking the doctor for free medical advice.

After an hour of this, the exasperated doctor asked the lawyer, "What do you do to stop people from asking you for legal advice when you're out of the office?"

"I give it to them," replied the lawyer, "and then I send them a bill." The doctor was shocked, but agreed to give it a try.

The next day, still feeling slightly guilty, the doctor prepared the bills. When he went to place them in his mailbox, he found a bill from the lawyer.

They said this . . .

"If at first you don't succeed, try again. Then quit.

No use being a damn fool about it."

~ **W.C. Fields**

"Works of art make rules, rules do not make works of art."

~ **Claude Debussy**

"The chief enemy of creativity is good sense."

~ **Pablo Picasso**

"Time that you enjoy wasting was not wasted."

~ **John Lennon**

Nearly 700,000 people survive a heart attack in the U.S. each year, and it is estimated that roughly 1 in 9 heart attack survivors experience subsequent episodes of chest pain and anxiety within the first 48 hours. The new research suggests music, combined with standard therapies such as medications, could be a simple, accessible measure that patients can do at home to potentially reduce these symptoms and help prevent subsequent cardiac events.

There have been very few studies analyzing the effects of music on heart conditions," said Predrag Mitrovic, MD, PhD, Professor of cardiology at the University of Belgrade School of Medicine and the study's lead author. "Based on our findings, we believe music therapy can help all patients after a heart attack, not only patients with early post-infarction angina. It's also very easy and inexpensive to implement." - *Science Daily*



U3A phone directory

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

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473-6947

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