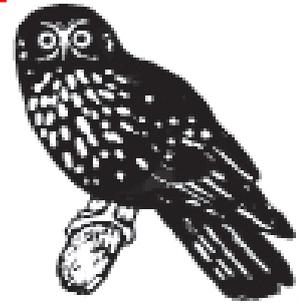


U3A DUNEDIN Forum



Newsletter October 2018

Lanyards for badges

Name badges at conferences these days are usually displayed on lanyards worn around the neck, not requiring a pin or some form of clothing, such as a pocket, on which to clip them.

“We know, from listening to comments at reception desks, that many of our badges have bent pins, and some of our members find them fiddly to attach onto clothes – and there are many who just don’t like having holes in their clothing,” U3A Dunedin chairman Alan Jackson told *Forum*.

“Having a badge with a name is really valuable – being able to address someone by name is far more friendly – and how many of

us forget the names of even close friends from time to time? “

U3A has bought 250 fine lanyards printed in Otago colours. They will be available to members at the start of next year – at the AGM for a start. The money side of things has not yet been finalised but they will be swapped – and old for a new – as part of the deal.

“You can continue to use the old badge if you wish, use a lanyard of your own to carry the U3A membership badge or use one of the new ones,” Alan said. “The choice is yours – but please always wear a badge – it is a gift to others to be able to use your name in conversation.”



Alan Jackson wears his lanyard.

So here hangs a tale



U3A members contemplating wearing a badge lanyard next year as a sensible fashion accessory should know something about its word. The earliest references to lanyards date from 15th century France: “*lanière*” was a thong or strap apparatus. The word then referred to a rope used to secure or raise and lower something such as the shrouds and sails of a sailing ship or a flag on a flagpole. It preceded the late Middle English “*lanier*”, in the general sense ‘a short length of rope for securing something.’

Devices like the “Bosun’s Pipe” are used to whistle people onto a ship, and small knives typically had a lanyard consisting of a string loop tied together with a “diamond knot.” In the French military lanyards were used to connect a pistol, sword or whistle (for signalling) to a

Left: sample U3A lanyard with its blue and gold Otago colours and Ruru the morepork (NZ native owl) symbols.

uniform. Naval officers and cavalry officers used them. A pistol lanyard can be easily removed and placed back by the user, but will stay attached to the pistol whether it is drawn or in a holster.

In the military, lanyards of various colour combinations and braid patterns are worn on the shoulders of uniforms to denote the wearer’s qualification or regimental affiliation. In horse regiments, lanyards were worn on the left, enabling a rider to pull a whistle from the left tunic pocket and maintain communication with his troop. Members of the British Artillery wear a lanyard which originally held a key for adjusting the fuses of explosive shells.

In the 1966 Spaghetti Western *The Good, The Bad and The Ugly*, one of the main characters, Tuco Ramirez, carries his pistol on a rope cord lanyard. Eli Wallach, the actor who played the part of Tuco, reportedly told director Sergio Leone that it was too difficult to put a pistol into a holster without looking, so Leone put Wallach’s pistol on a lanyard.

Positive reactions to our winter series

As I predicted in my column last July, the course assessments for the Winter Series 2 of lectures finishing in mid-July were all generally very positive. They confirmed that our Programme Committee had arranged a programme that was broad in its appeal to a sizeable number of members.

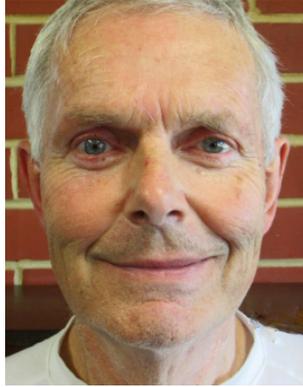
Some people did not particularly like the delivery style of several of the presenters but all appreciated the lecture content. There is little that we can do about that as every presenter has their own style which we must accept.

In a similar vein we had several complaints about the excessive use of laser pointers by some presenters which made the attendees dizzy and even nauseous on occasions. Again we cannot control how a presenter might use a laser pointer and can only suggest that if you start to experience such effects during a presentation, try shutting your eyes – this seems to work for at least some people.

We will however make a clear recommendation to all future presenters that they should try and minimise the movement of the pointer across the screen. What has also seemed to help is the use of a new slide controller with a somewhat different type of laser pointer with its button better separated from the slide advance one.

AVOIDING HOLIDAYS

Arising from several comments made in course assessments for this past Winter Series 2 courses, we are trying to shift the dates of both planned



Barrie Peake
Programme Committee Chairperson

2019 Series 2 Winter and Series 3 Spring courses to minimise, if not completely avoid, any of the overlap that has occurred this year with school holidays. Both course venues need to be available at the new dates and that may not be always possible even with this long lead time.

We will be working at 7am (and in the dark!). So please be understanding of any decision that is made by your Course Convenor – it won't have been taken lightly!

IT'S SNOW PROBLEM!

The Spring Series 3 courses are half-way through as I write this report and again seem to be going well in spite of quite variable enrolment numbers. By far and away the most popular course has been the "Speakers Corner," for which we were just able to accommodate member's first choices only without a ballot.

Just as we thought that there would be no possibility of needing to cancel any of the sessions for adverse weather reasons, snow was forecast one September night to be down to 100 metres in Dunedin — which could

have made access to the following morning's class at the Otago Golf Club problematic. (Fortunately, however that snow never eventuated.)

Even at this early stage, the Programme Committee is planning next year's courses – many presenters need months of lead time to guarantee their availability.

We have another diverse range of topics lined up for at least the 2019 Autumn Series 1 including Researching Local History, Gems of the Romanesque, Food We Eat, Education in the Modern Classroom, Crime Writers, and T.S. Eliot's "*The Waste Land*." Hopefully there will be something here to appeal to all of you.

- **Barrie Peake**

Donations made

Donations totalling \$6,500 were approved by the Board of U3A Dunedin Charitable Trust at its September meeting. Sums given to some of the Departments of the University of Otago that assisted U3A during the year in its presentation of courses were: Political Studies \$500, English \$500, Geology \$500, Religion and Theology \$1000, History \$500, and Music \$1000.

Grants were also made to the University of Otago Foundation Trust (\$1000) — it contributed 11 staff members to the recent course on Nobel Prize winners.

The Bioethics Centre was also voted \$500 and the Otago Medical Research Society \$1000.

Pupil out standing

One day a professor of Psychology was greeting his new college class. He stood up in front of the students and said, 'Would everyone who thinks he or she is stupid please stand up?'

After a minute or so of silence, a young man stood up.

'Well, good morning. So, you actually think you're a moron?' the professor asked.

The pupil replied, 'No sir, I just didn't want to see you standing there all by yourself.'

UNIVERSITY OF THE THIRD AGE CHARITABLE TRUST, DUNEDIN

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u3adunedin.org.nz

Katherine Dolby - Obituary

Katherine Dolby, who died in June, was a pioneer in the formation of U3A Dunedin.

She had trained as a teacher and taught for many years in Dunedin, but later was widely known as the Otago District Law Society secretary for 18 years.

Her husband Prof David McKenzie became involved in setting up our U3A organisation in 1993, and Katherine became actively involved. When the Board was formed in 1994, she was the secretary and treasurer for eight years. During this time she formed

the U3A Dunedin's partnership with lawyer Paul Rodgers, whose firm formerly managed our finances/communications for many years.

In April 2002 she contacted the 18 members living in Mosgiel and a U3A branch was formed after a meeting at Chatswood when 50 people attended.

Known for her bright welcoming personality, she, together with husband David McKenzie, Brian O'Rourke, Lin Phelan, and Prof Alan Horsman were inducted as life members of Dunedin U3A at the 20th AGM celebration.

Changes in Discussion Groups

There have been a few changes to the Discussion Groups. One is that the Art History group decided to call it a day and move on to something else. I would sincerely like to thank Moya for all her hard work during the three years the group has been running.

My helper Bill Stanford and I conducted an online survey asking members of U3A what their preferences would be for future Discussion Groups. We had a significant response, 221 members responding. We now have a firm basis to work from in deciding on new groups. As a result we would like to ask for interest in groups on Science, Films, World History and World Politics.

If you are keen to join a group on any of the above topics please send me an email, ngairemichael@gmail.com, and I will do my best to set it up. A Films group has already begun, which is now full, due to word of mouth, but

THEY SAID IT

To send light into the darkness of men's hearts - such is the duty of the artiste. ~ Robert Schumann

An eye for an eye only ends up making the whole world blind.

- M.K. Gandhi

Isn't it funny how day by day nothing changes but when you look back everything is different. ~ C.S. Lewis

Art, like morality, consists in drawing the line somewhere.

~ G.K. Chesterton

Laughter is timeless. Imagination has no age and dreams are forever.

- Walt Disney

another such group can begin if there is enough interest.

Some of you will also be aware of the very successful Mac computer courses that have been running during September. These have now finished for the year but if there is more interest among members others will be organised next year. Some members may be also interested in furthering their knowledge in this area so please let me know if you would like a follow-up course. - Ngairé Bates

Dance benefits

Physical exercise has an anti-ageing effect on the hippocampus region of the brain -- an area that controls memory, learning and balance. A new study, comparing different forms of exercise (dancing and endurance training) undertaken by elderly volunteers for 18 months, shows that both can have an anti-ageing effect on the brain, but only dancing corresponded to a noticeable difference in behaviour. This difference is attributed to the extra challenge of learning dancing routines. [Science Daily] - World U3A

Reading lists

On one of the recent course feedback forms, a member highlighted the usefulness of the Reading Lists that many lecturers distribute at the start of a series.

When she has some spare moments she pops in to the University Library and pores over some of the suggested texts there. What a great idea and what a brilliant way to spend a few hours.

'Well served'

Your U3A Dunedin is run by a band of about 30 volunteers who have worked in all sorts of roles during their professional lives. There are several associate professors, lecturers, teachers, journalists, senior administrators, archivists and librarians, a surgeon, accountants, and an engineer. Take a moment to think about what hourly rate they may be worth (hint; think of your last bill from the garage, electricians, plumbers) and multiply by 30. Now multiply that by 20 – as that's the approximate number of hours we all spend on one series of courses – and there are three series in each year.

My point is that we are exceptionally well served by a large band of dedicated voluntary people who have a huge range of skills.

We need to add to that mix the superb support the staff at the University of Otago, the museums and art galleries and both city and regional councils willingly provide along with our own 882 members who also have many remarkable skills and hobbies.

No wonder U3A Dunedin is such a rewarding organisation to belong to.

— Alan Jackson

Problem in USA

A report published recently by the US Centres for Disease Control and Prevention (CDC) estimates that the burden of Alzheimer's Disease and related forms of dementia in the United States will double by the year 2060.

According to the Alzheimer's Association, about 5.7 million people in the USA are living with the condition. This neuro-degenerative disease is one of the leading causes of disability and the sixth leading cause of mortality in the country. With annual healthcare costs of more than \$250 billion, the disease puts a significant strain on the American healthcare system.

Ageing in China

China has the world's largest ageing population, by 2050 the number of over-60s will double to 490 million and China's Universities for the Elderly are booming - more than 8 million pensioners enrolled at 70,000 colleges in 2017. Over-50s can learn dancing, English and even online shopping.

. (World U3A)

Examining the mammoth Internet

Since the 1960's, when the Internet started as merely a military experiment, it has grown into a mammoth organism. The World Wide Web started seeing enormous growth almost immediately after its launch and continues to grow to this day.

More than 2.4 billion people out of the 7 billion on our planet use the Internet. There are about 8.7 billion electronic devices connected to the Internet at any given moment, so this huge system requires substantial electricity to run even for just a day. A single email message uses 2 billion electrons to be produced.

More than 10 billion devices are connected to the Internet right now. That includes tablets, smartphones, desktops and laptops, wrist watches, servers, hotspots, TV sets and wireless routers, and car GPS units. Experts expect this number to grow to as many as 40 billion devices by 2020.

Users upload 72 hours of video to YouTube every minute. People all over the world like to post their home-made videos and they don't care if no one wants to watch them.

WORLD-WIDE INTEREST

Considering that the Internet started in the USA, it's no surprise that approximately 89% of people in North America are using it according to 2016 stats. There are 1.8 billion internet users in Asia. More than half of the world's Internet users are located there. The highest adoption rates are in Japan and South Korea, closely followed by India, Hong Kong, China, Malaysia and Singapore.

Media streaming and file sharing account for more than half of web traffic. Media files include video, music and other

similar content. Those files are usually quite large, so it is no surprise that they take up a lot of traffic. File sharing also includes torrent sites that allow P2P sharing of all kinds of files, such as movies, music, software, photos, books and a lot more. Those are the sites that Internet users go to for free software, freebie games and other such things. There are also online TV and radio channels that let you stream their broadcasts. Internet users want to get and share media all the time, which explains the fact that media and file sharing and streaming make up over half of all traffic on the Web.

ONLINE DATING

More than 2 billion dollars is generated by online dating each year in the USA alone. Online dating has definitely gone mainstream and continues to grow at a rapid pace every year. The USA is at the forefront of this trend, with 15% of adults there having used dating sites or apps. Although other countries are significantly behind, it can still be said that the value of the Internet for finding love or friendship has been accepted worldwide, and people are becoming more interested in the idea of spending money on it. This has led to about 2 billion dollars in revenue being generated by the online dating industry in the USA each year. [Source: Lifewire.com]

Weight-lifting made easy

Begin by standing on a comfortable surface, where you have plenty of room at each side.

With a 5-lb potato sack in each hand, extend your arms straight out from your sides and hold them there as long as you can. Try to reach a full minute, and then relax. Each day you'll find that you can hold this position for just a bit longer.

After a couple of weeks, move up to 10-lb potato sacks. Then try 50-lb potato sacks and then eventually try to get to where you can lift a 100-lb potato sack in each hand and hold your arms straight for more than a full minute.

After you feel confident at that level, put a potato in each of the sacks.

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 or Courses:
Barrie Peake 453-3151

PLEASE THE BADGERS



Please

wear your badge to U3A

U3A email directory

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

General information: info@u3adunedin.org.nz

Re Administration: admin@u3adunedin.org.nz

Re courses: courses@u3adunedin.org.nz

Re Membership: members@u3adunedin.org.nz

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



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