



## Always Change

Two messages around for much of my life have been “you never stop learning”, and the only “constant is change”. This is particularly pertinent for us all currently.

Testament to never stopping learning is the amazing perspectives and up to date research many of our Series 3 speakers were able to bring to our courses recently.

Historical, social and psychological interests were part of ‘Pandemics’, ‘Whistle Blowers’ and ‘Sustainability’. We are very fortunate to have such talent, expertise, opinion, and research in Dunedin, ready for our enjoyment and learning.

### LIVING WITH CHANGE

We are living constantly with change, and as older adults we have adapted to many different ideas, concepts, over our lives, and I think about glass containers, the invention of plastics revolutionising our everyday life to now when these changes are reversing.

At the same time the world around, has seen many changes for us to think about and consider. From the recent death of Queen Elizabeth II, the only monarch many of us have



Linda Kinniburgh

known, to watching the unfolding horrors of war in Ukraine, to the women of Iran challenging their acquired status. What about biodiversity, climate change the possibility of different commutes to town or not, carless days (again), perhaps online buying? How do each of us cope with the changes all around us?

We have work hard to keep adapting and thinking in different ways to keep up with the grandchildren. If you are like me, it is great to have them assist with my cell phone.

### NEW LEARNING

Then there is new learning, and U3A, Dunedin with recent successful courses and a proliferation of members joining and forming Interest Groups we have much to add to our knowledge.

Series 2 and 3 courses were very successful. Attendance was compromised by COVID in Series 2 but in Series 3 we managed well with masks and some additional ventilation in our venues. Some days were cooler than others, so wrapping up became our norm.

In alignment with the changes in government policy, we adapted our current policy of compulsory mask wearing, to advocating for mask wearing, given our vulnerable population status, but also respecting your choices.

Your Board and Programme Committee will spend some time in the next month watching the current activity of COVID, and its changing nature and based on best practice we will review our current policy. You can rest assured we have your health and safety as first and foremost in our agenda and discussions. We will communicate with you regularly our discussions and decisions.

Of course, next year may bring further changes and we will be agile and responsive to changes which may affect our groups.

Series 1, beginning the week of the 21st February 2023, as outlined by Averil in the Programme Committee report will be as interesting, exciting and varied as you

expect. We look forward to confirming these courses soon. My message to you is “me ako tonu” keep learning.

### THE IMPORTANT THING

We never stop learning, this along with a certainty of change is truer now than ever before.

Please continue to be kind, it is great to see new members

being welcomed to our courses and interest groups. Meeting new people and stopping to say hi to our newer members makes our organisation a welcoming place to be. We are indeed very fortunate and continue to be grateful for our safety and freedom.

\*

I will finish with a Māori proverb (whakatauki):

**He aha te mea nui o te Ao?**  
(what is the most important thing in the world?)

**He tangata, he tangata, he tangata** (*it is people, it is people, it is people.*)

Noho ora, Kia ora, stay well, keep well.

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

## The End of Winter – Almost!

I write this and reflect on the snow that dusted our hills which meant the only cancellation in our Series this Spring.

Our Series 3 courses are now finished, we had good attendance, great talks and much appreciation of what people have seen and heard.

The expected Omicron wave arrived with winter in the South, along with the flu – which had been held out for the last 2 years, plus the usual colds.

Our members have been vigilant with getting their 2nd booster shot, the flu shot and most have continued wearing masks; so the number of attendees for the Spring Series con-

cluded without too many absences caused by sickness.

Any disruptions to the speakers' schedules were ably handled by some fast thinking and substitution on the part of the convenors. The numbers of weekly Covid infections continues to steadily declining and we look to finish out the year healthy and well and we have enjoyed our face to face meetings.

**Averil McLean**



We are now looking forward to the First Series of Lectures for 2023, which start in late February. Writing your Memoirs that was postponed from Series One 2022 is scheduled along with “Why can't we just get along”, which poses the question uttered by Rodney King during the riots in Los Angeles in 1992, as it looks for explanations and answers.

We have a Pot Pourri course which will cover an interesting, eclectic range of topics; and an ever-popular health topic, which will cover Medical Diagnostics, getting our knowledge up to date on a fast developing field.

The music of Mozart and Haydn will cater to those members interested in Arts and Music – and we round out the offering with a very timely look at the topic of Global Migration.

The next meeting of the Programme Committee for the year will be October 17th when our more trusty scribe, Stuart Strachan returns from Finland; and spring and summer should have settled to some fine weather.

**Averil McLean**  
**Programme Committee**  
**October 2022**

### U3ADUNEDIN CHARITABLE TRUST

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# Japan: some memories

John Hale

I've visited Japan four times, each one memorable. Now that Covid has been keeping me grounded, I relish the most vivid memories of my visits.

## Alarming

In 1986 I was visiting a friend from student days, Toru Nishimura, in Osaka. Because the flight landed in Tokyo, not Osaka, he made sure I did actually reach Osaka, despite my incapacity to read names, and to get out at the right tube station for the Bullet Train. So he lined up a Tokyo friend to escort me. The friend brought his 5-year old daughter and kept me out of trouble. So my first memory is of being unable to read, nor ask questions, nor understand announcements!

## Prehistory

We went to the Museum of Natural History. It looked grandly Victorian, like its South Kensington counterparts, and similarly crammed with dinosaurs and skeletons. But the species were new to me. Sabre-toothed tigers, mammoths and the like, unfamiliar because Asian. I had a vision of those prehistoric times as lived in east Asia; like us, and not.

## Food

I shall never forget Japanese meals, especially one breakfast and one dinner. Toru decreed I should experience a Japanese breakfast. Of its many courses, I remember only a strange grey porridge, and a course comprising one solitary sour plum. It was unbelievably tart. Once the breakfast was over we went next door and had another breakfast, with eggs and bacon. I learnt only then that Toru wanted to see my face when I ate the plum. He was also testing whether Europeans have bigger appetites as well as bigger noses.

## Total Tofu

The other food-experience was at a tofu restaurant. Fifteen courses, all built out of tofu. Great variety and all delicious. Again, I felt the age and richness of this culture, how many cen-

turies of trial and error must underlie such brilliant creations.

## Rock Gardens

The same with rock gardens like Ryoanji. The raked grey stones flow and swirl round the rocks, like a sea. They symbolize eternity.



*General view of Ryoan-ji*



*The rock 'Penlai', symbolizing 'heaven'*

Round the corner, in different monochrome, lay a garden made entirely from mosses. Like green velvet.

*Saiho-ji*



Both are like nothing I have seen before or since.



## Koyasan

Koyasan, unlike the other places I visited, is not a city but a hilltop filled with monasteries. You reach it by a cable car and enter another world.

We stayed the night in one of the temples, sleeping in the traditional way, on the floor. No furniture.

Next day, we walked to a huge cemetery, full of weathered statues from all ages. Under the trees at the far end a vast white monument commemorated some bigwig, larger than life-size, ostentatiously I thought. Beyond on a hillside I saw piles of small drab earthenware pots, from all the ages of the shrine.



*Koyasan -- the main compound on its mountain*

These were the shattered cremation urns of countless nameless nonentities. They made me think of that verse from the Bible. "Some there be, who have no known memorial, who are perished as if they had never been." There, by contrast, "Let us praise famous men." On that day, however, I found those heaped-up remnants of ordinary lives very moving. They showed how old Japan was, and expressed the spiritual richness of Koyasan itself. There were thousands and thousands of the anonymous jars, tumbled together down the slope, outside the perimeter.

## Tea ceremony

The tea ceremony felt unlike our own ones, though we do have them, unnamed and unrecognised.

## Bunraku

Osaka's puppet theatre has a huge wide stage, on which the large puppets are seen being worked by black-clad puppeteers. A shamisen contributes the music, while a virtuoso chants or sings the story, away to one side. It is so long and demanding that the singers do it in three "shifts."



In the play I saw, a brutal warlord orders the killing of the emperor's only son, who is in the care of his philosopher / tutor. This man is made the "recognizer," the person who certifies from the body that the killing has been carried out. The tutor weighs it all up and decides to substitute his own son. He "recognizes," seemingly for the greater good; simulating obedience while suffering agony. Then he and his wife dress in white, the colour of mourning and death, and walk off, unable to live with themselves.

For me, this terrible story resembled Euripides in *Medea*, where a mother kills her children to spite her estranged husband, Jason. A primal atrocity maximizes pity and fear. I have never seen Aristotle's emphasis on these emotions of tragedy more strongly conveyed and balanced, the urge to draw back and the urge to sympathy. I couldn't speak. Then I phoned home to make sure everyone was safe and well.

I have never, ever felt the truth of Aristotle's theory of tragedy so strongly as in that bunraku drama.



# Time to Laugh!

Scenario: a guillotine during the French revolution.

Three men were condemned to die that morning: a priest, a gambler, and an engineer.

When his time came, the priest asked to die facing upwards "So I can see heaven". The blade was released, but it jammed halfway down the slot. The priest was allowed to escape into the crowd.

When the gambler's turn was up, he too asked to face the blade because "I want to see it coming...". The blade was released, and it again jammed. The gambler was, allowed to escape into the crowd.

Finally, the engineer's turn came. He, too wanted to die looking up at the blade "Because I'm an engineer, I want to see the device in action."

The blade was released, and yet again it jammed halfway down the slot. The executioner started to untie the engineer's hands, but he cried out "No, wait... I think I see the problem!"

\*\*

But let's not forget ordinary male preferences:

On January 20, 2025 when his daughter is being sworn in as president of the United States, Dad sits in the front-row seats, beside his wife.

Dad, noticing the senator sitting next to him, leans over and whispers, "You see that woman over there with her hand on the Bible, becoming president of the United States."

The senator whispers back, "You bet I do." Dad says proudly, "Her brother is a fighter pilot!"



# Travel Quiz!

Can you spot the answers to the following questions?

1 What is Fiji's muddy-looking national drink, made when the powdered root of a pepper tree called yaqona is strained through a wooden bowl of water?

- a. Sava
- b. Tava
- c. Kava

2 Meaning 'two rows' in the local language, in which country can you catch an uncomfortable ride in an open-backed red truck called a *songthaew*?

- a. Thailand
- b. Malaysia
- c. Cambodia

3 In which US city can you visit the Hoyt Arboretum in Washington Park and watch the Trail Blazers play basketball at Moda Center??

- a. Portland, Oregon
- b. Cleveland, Ohio
- c. Minneapolis, Minnesota

4 What is Neom?

- a. Brand of luggage
- b. Virgin Galactic spaceship
- c. Smart city under construction in Saudi Arabia

5 In which Indian state can you sit on Fort Kochi beach, munch on a sadhya and enjoy a 'hometown' Ayurvedic treatment???

- a. Uttar Pradesh
- b. Gujarat
- c. Kerala

6 Often marked by processions, in which the kami from the local shrine is carried through the town, in which country can you attend matsuri?

- a. Philippines
- b. Japan
- c. Greece

7 In which country can you see St Catherine's Monastery and the Saladin fortress, visit the Coloured Canyon near Nuweiba and dive on a shallow reef at the Fjord Banana near Taba??

- a. Turkey
- b. Egypt
- c. Morocco

8 What are you most likely to do in a schloss in Germany?

- a. Stay the night
- b. Buy a hat
- c. Drink beer



(Answers on p.9 below...)

# Tech Corner

## Being scammed & hacked!

*Computer crime is increasing in both volume & impact. Last month a pensioner in Invercargill was robbed of his life savings after his bank account was hacked via a stolen phone number.*

*And over the Tasman 10 million personal accounts, many of these containing passport & driving license numbers, were stolen in a single attack on an internet provider.*

*And closer to us here, what follows is the detailed description of an email hack on one of our own U3A executives; who responded to a request purportedly from her email provider, which allowed her mail account to be taken over -- a first step to identity theft.*

*It's a real warning, movingly described, which we reprint in full. And although we realise that we've all seen some of the advice and warnings, a baker's dozen of these follows on the next page!*

## Cautionary Tale...

Towards the end of August, I noticed that I was not receiving any emails at all, which was most unusual as there were normally several each day from various sources. When this continued for the whole weekend I spent several hours trying to find out what was going on. Many people rang me to see if it was indeed I who had sent an offending email requesting they contact me by email or phone and ending with a request to buy an Apple gift card.

One of the first people to contact me read out the email address from which the note had come and it was almost my address but '@outlook.com' was the domain. As most of you will know, the domain of my correct address is '@yahoo.co.nz' so something was definitely amiss. On further searching, we found that on my 'reply' function email, there was a different 'reply to' address which was '@outlook.com'. This explained why I wasn't getting any returned mail from those who had been sent a spam email from the hacker – it was all going to the incorrect address. Any 'ordinary' mail (ie new messages sent to my correct address) were all going straight to the Trash folder.

After another morning spent trying to correct this ourselves, I returned to Harvey Norman (from where we purchased the computer earlier this year) and had their technicians go over it – at a cost of \$149!! – only to find that the machine was indeed 'clean', ie had no virus or malware on it. The young technician did manage to remove a

rogue 'reply to' address which we had been trying to get rid of for a couple of days, however, the problem with the emails was not solved apart from a few emails coming in and going straight into the Spam folder.

On looking at the emails received before 29 August (the last date I had had any before the weekend's dearth of communication) I looked more closely at one I had received, purportedly from Yahoo, telling me to verify my details within 48 hours or my account would be discontinued and all my data lost. Not wishing to lose all the records I have kept for the last 20+ years, I did as asked and verified my details. I now think I inadvertently admitted the hacker myself!

When I discussed this possibility with the young technician at Harvey Norman, he readily agreed that it could indeed have been the case and that one should never take any notice of a time pressure in this way: neither should one respond to any request for money / purchases / etc from a suspect source as the hackers are very sophisticated nowadays and manage to disguise their true provenance extremely well. So, I am grateful to those of you who contacted me to let me know about this questionable email and hope you were not too inconvenienced by it.

At this point, we called on a trusted friend for assistance to see if he could shed any light on the matter. We eventually phoned Yahoo in the States and at long last the matter was sorted by removing a filter which was redirecting all my email to the Trash folder. Huge sighs of relief all round but we were still not completely out of the woods. 120 'undeliverable' emails were returned to me, presumably after the offending 'return to' address had been removed and I then had to proceed to check the addresses to see who had been contacted by the hacker purporting to be me! I recognised very few of the recipients so am completely at a loss as to where the hacker got these addresses from as it certainly was not my contacts folder. Be that as it may, please do take note of how easy it is to fall foul of these very clever, underhanded hackers and use my experience to alert you to the pitfalls that await round every corner.

It must also added just how upsetting I found this whole experience. It was tantamount to feeling that someone had been in the house without our knowledge – a feeling I can only describe as a violation. I do hope this account of my experiences will be both a warning and a solace to any of you who might just have endured a similar 'invasion'.

Lynda Jackson  
Membership Secretary  
U3A Dunedin

## Avoid Being scammed & hacked !



- Use two-factor authentication (2FA) or multi-factor authentication on accounts where possible (a system that requires at least a one-time unique code for login)
- *never* click links in suspicious text messages or emails. If you think the contact is legitimate, find the appropriate phone number or website address and contact them there
- never share passwords or two-factor authentication codes
- use a password manager like BitWarden, LastPass or 1Password, which generates strong passwords automatically for each of your accounts
- Investigate recipients to ensure they are genuine before sending funds
- Never accept money into your account for subsequent transfer to others
- Check your accounts regularly (daily) to ensure money is going to the right places
- Check all your email addresses at <https://haveibeenpwned.com>, to determine if they've been included in any known data breaches – operated by a Microsoft affiliated security professional
- Change user name & password of any email account revealed as breached.
- Consider opening an *encrypted* email account: a very sound one is the CERN spinoff Protonmail.
- Do not download software from 3rd party sites – Microsoft, Google or Apple safest
- *Never* give personal information to convincing phone calls purporting to be from banks or other institutions
- Don't include your mobile number in mail unless that is necessary – 'swishing', the capture of mobile numbers, is increasing exponentially!

## Heroes of Language

John Hale

In slack moments a sports-writers might pick an imaginary team of players, chosen from all over the world and over time too. Such a cricket Top Team would include W. G. Grace (1848-1915) and Don Bradman (1908-2001), team-mates at last. Here is my Top Team of people who have excelled in understanding language. They are my Heroes of Language!

### The Brothers Grimm

(1785-1863 and 1786 to 1859)

I'd open the batting with the Brothers Grimm (two brothers, two landmarks in the history of the understanding of language at work). Their folktales are immortal. Life would not be the same without Rapunzel or Hansel and Gretel. And Grimm's Law propounded how certain stop-consonants sounded, then changed, from before writing, in Proto-European. Teach-taught, tell-told, think-thought.



### William ("Oriental") Jones

(1746-1794)

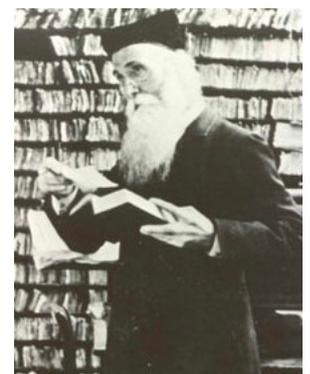
Proto-European was hunted by Jones also, back into and behind Sanskrit. This marvelous linguist preferred Sanskrit to Latin and Greek, and showed that Persian, Slavic, Celtic and Germanic also belong to a single family tree. There is some truth in the story of the Tower of Babel!



### James Murray

(1837-1915)

Murray had method and vision. For the original OED he used a small army of readers, who read books of many kinds and periods, hunting words and senses for him. And he had the enlightened principle that language as spoken outweighs written (educated) usage. Whereas



there were two Latins, one merely spoken and changing, a Latin "vulgar" and not esteemed, and the other literary and eventually moribund. Murray's dictionary kept English as one continuous entity. His *Life* should be read in his grand-daughter's telling, *Caught in the Web of Words*, rather than the flashier *Surgeon of Crowthorne*.

### Iona and Peter Opie

In *The Lore and Language of Schoolchildren* (1959) the "lore" includes language, more than the opposite, but the two serve each other, to explore the last oral culture on earth. Reading the book is a way of dreaming back into your childhood. Take "Truce-terms." How did you in the playground call a halt, for a breather? Pax? Faynites? Barley? And did you have to cross your fingers or not? Read *All About It*, and marvel.



### Joseph Wright (1855-1930)

This inventor and founder of dictionaries of English dialects began work at the age of six as a donkey-boy—working, aptly, in a Yorkshire quarry. He worked his way up to the top, Oxford professor of philology after Max Muller, 'quarrying' words. His *English Dialect Dictionary* tells us so much about the history and spread of a word. Crammed with curiosities, too! Try it out, with snodgoggle or moudi-warp. It's on-line!



### Ferdinand de Saussure

The Swiss linguist propounded that language is a system of differences. This is well seen in colour-words, because languages divide up the same total pool of colours differently. Black is not just one word in Latin, but two: *niger* for shiny black, *ater* for matt. Saussure also distinguished *langue* from *parole*. *Langue* is the word-stock, *parole* is the utterances or speech-acts, the uses we put *langue* to...



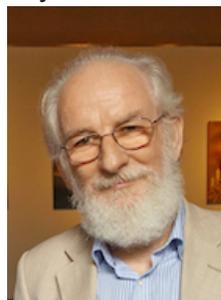
### G rard Genette

... And when *paroles* are uttered in print, more aspects unfold, in what Genette terms 'paratext'. This is whatever surrounds a printed text: titles, headers and footers, marginalia; pagination and paragraphing... and how these paraphernalia affect us as we read. To read a novel without paragraphing or page numbers can be downright upsetting. How does it affect reading when a book has, or has not, got chapter-titles? Sub-headings?



### David Crystal

On language matters of any sort, the Welshman Crystal is the communicator par excellence. Book after book, he opens up one aspect after another. I would award him the Nobel Prize for Linguistics if there was one, for writing up ways of how best to record your own children's early steps in language-usage—bearing in mind that before ten or so they are more creative, and more fascinated, than as they grow older. (Why is this?)



### Lenore Harty and Bede's Cell

Lenore was my dear colleague here who taught Old English. She taught me Old English, in curious circumstances. On sabbatical leave in 1986 I was researching John Milton's use of his (ten) languages. I visited Jar-row on Tyneside, making a pilgrimage to Bede's cell. It had become an industrial wasteland; not only because industry had laid it waste but because Mrs Thatcher had wasted the industries. As the winter sun set (at 3.45pm!) I had a vision of the barbarians invading that ancient and formative region, all over again. Lenore had had the same vision. There was only one thing to do. I did it. I joined her OE classes, to learn some of Bede's mother tongue, at long last.



### Greg Waite:

Lenore's mantle at Otago fell on the broad shoulders of Greg Waite. After her, Greg upheld a full 1000 years of our language, teaching and researching it from OE to EME to ME to Tudor E. Even in retirement he reads the immortal words of Aelfric & Beowulf with anyone willing. He is a great editor of texts and maker of dictionaries, bringing to it his knowledge of neighbour and kindred languages, from Old Norse to Early Irish to Icelandic. My team of heroes—as with the proper appreciation of language—needs a gifted all-rounder!



## Spring Snow in October Otago!

Snow settled in Dunedin and many parts of the South as a cold blast moved up the country.

MetService updated its advisories to include a heavy snow warning for Southland, Stewart Island, Clutha, Dunedin, Central Otago south of Alexandra, the Southern Lakes District south of Queenstown, and Fiordland from Te Anau southwards.

These areas had to expect 20 to 30cm of snow above about 200m, with lesser amounts down to sea level.



By early afternoon, snow was falling to sea level intermittently in Dunedin, with bursts of hail as well as blue sky at times.

### 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](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 appropriate person:

**Chairperson:** Linda Kinniburgh 021-735-614

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**Membership :** Lynda Jackson 473-6947

**Interest Groups:** Trish Irvine 482 1651

### Programme:Committee

Stuart Strachan 482-2339

**Courses:** Phyll Esplin 467-2594

## Members' Notices

*Everyone, this is an area which will appear whenever we have contribution/s for it.*

*It's **your** area, where we'll publish notices, and invitations etc.*

*We have to exclude anything commercial, for products; or paid services — but other charities, or deserving community organisations, are welcome.*

*You've just found the perfect unit but need to share it? This might just be the place to find someone...*

*Here's our first submission!*

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### Belleknowes Golf Club Fundraising

In response to our golf club being demolished in a fire last year, we have organised two fundraising events to be held in November.

The first event is a **Christmas Market on Monday 21st November**, which will be held at the Otago Golf Club, 125 Balmacewen Road. It will begin at 6:30pm. A variety of stalls have been organised so you can buy your Christmas gifts early. Come along and have a fun evening; bring your friends and family and make it a family affair. Tickets are \$10 and can be purchased from any club member.

The second event is a **novel 9 hole 'String Golf Tournament' on Sunday, the 27th November** starting at 12:30pm. There will be a maximum of 36 competitors. Each competitor will be given a metre of string which can be used to reduce the number of shots. The rules will be explained on the day! It's a fun game! The winner is the person who comes back with the lowest score and the smallest amount of string. It's a game of strategy; those who think strategically can do very well. This is a fundraising event so there is a difference to your normal entry. We want every competitor to find a sponsor who will pay \$100 for their entry fee. For this sponsorship, competitors can wear their sponsor's tee shirt and there will be media coverage.

ABBQ and prize-giving will follow the end of the tournament.

Phyll Esplin  
[phyllesplin@gmail.com](mailto:phyllesplin@gmail.com)

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Travel quiz : 1c, 2a, 3a, 4c, 5c, 6b, 7b & 8a

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