



## U3A NEWSLETTER NO. 114 OCTOBER – NOVEMBER 2023

Dear U3A Members

Spring is here! The coral trees are in bloom – meaning that it's time to plant one's mealies! - and all sorts of beautiful blossoms abound.

Reporter Elaine King wrote a very good article on the University of the Third Age, similar to the one John Stoddard came across in England, in a recent edition of the Weekend Post. In it she says 'the I3A movement which began in France in 1972 now has many hundreds of thousands of members worldwide. It consists of groups of older people from all works of life who come together to spend time with like-minded fellow members to enjoy a wide range of talks, courses and activities, and to make new friends.' How fortunate we are to have a U3A of our own here in East London!

### NEW MEMBERS

A very warm welcome to new members: Janice Rehse, Rosemarie Nethercut, Peter Olivier, John Allwood, Molly Minaar and John Badenhorst.

We are delighted to have you all and trust that you will make new friends, and enjoy the many interesting and entertaining activities at U3A.

### GENERAL MEETINGS

General Meetings are held in the Blue Room at The Valley on the 2<sup>nd</sup> Thursday of the month and start at 10:00. The cost is R5 per member and R10 per visitor.

The singing duo, Gary and Helen Gerber, delighted members with a fine medley of songs old and new in August, and Andrew Monfoort showed the documentary, 'Miracle on the Wild Coast', and gave a riveting firsthand account of the miraculous rescue of those aboard the stricken Oceanos, in September.

Interesting presenters to look forward to in future are:

**19 October:** Mark de Vos on **How the Vikings forged English** – a brief journey through [Old] English

The writing group will be making a short presentation at the General Meeting on 12 October, and selling copies of **Tales V** for R80 each. They are looking forward to U3A support.

**9 November:** Dr Marian Koczur on **Complementary Medicine**

There will be **no** General Meetings in **December and January**. The **first** General Meeting for 2024 will be on the **8<sup>th</sup> February**.

### ANNUAL GENERAL MEETING

The recent AGM was held in the Blue Room at The Valley on 10 August. The Committee Members for the new U3A year are: Jane Potgieter [Chairperson], Sandy Johnston [Secretary], Pat Moodie [Treasurer], John Badenhorst, Angie Carlson, Meg Clark, Peter Dangerfield, Shirley Hartwig, Penny Lindstrom and Gwen Syvertsen.

### U3A EAST LONDON WEBSITE

We update our website every two months with the latest **Newsletter** and **Course Schedule**. Also included are the **monthly guest speakers** and **armchair travel** presentations.

In August John Stoddard took us to Buenos Aires and the Tigre Delta, and in September we had Penny Schultz telling us about her trip to Montecatini in Tuscany. Their photographs will be on the website shortly.

The **Writing Group** is promoting **Tales V** which will make a perfect Christmas gift – on sale for R80. See the tempting excerpt on their webpage.

Helena Archer has 425 followers on her Instagram account [poppetarcher\_helena] and she posts photographs and recipes regularly. I am going to try her Breakfast Casserole, Pear Salad and Fabulous Starter recipes from her latest posts on the **Home Cooking** webpage.

Remember that the website can be accessed on a smart phone as well. The address is: **u3ael.co.za**. It is NOT case sensitive.

Feedback and suggestions can be sent to: [pdfhobson@gmail.com](mailto:pdfhobson@gmail.com)

PAM HOBSON

### COURSES

U3A courses provide members with a wide range of interesting, informative and enjoyable activities to choose from. Details of these courses are available from **Course Leaders** and dates, times and venues are listed on the **Course Schedule**. Sandy's U3A **Newsflashes** are invaluable weekly reminders. Members pay R5 per meeting and visitors, who are always most welcome, pay R10.

The general meeting on the **9<sup>th</sup> November, is the 'sign up' meeting** for those interested in doing courses next year - so sign up and enjoy!

This year's **courses close** at the end of **November**, and resume in **February**.

### ARMCHAIR TRAVEL

Travel talks are held in the Indaba Room at The Valley at 10:00 on the 1<sup>st</sup> Monday of the month.

In September Penny Schultz took us to spectacular and historic Tuscany. On **9 October** we will be venturing to a very different venue with Sheila and Bill Gill as we visit the spectacular Yellowstone and Grand Teton National Park in the USA and, on **6 November**, Helene Archer will be taking us to Finland, the land of her birth.

Course Leader: John Stoddard

### BOOK CLUB

Book Club Meetings are held in the Oak Room at Parklands from 09:45 – 11:30 on the 4<sup>th</sup> Wednesday of the month.

Members of this group meet to discuss and share books with fellow book lovers.

Course Leader: Ellen Ettinger

### THE SEVENTH AGE OF HUMANKIND

Meetings are held in the Indaba Room at The Valley, at 10:00 on the 4<sup>th</sup> Thursday of the month.

Members do personal explorations, make discoveries and gain insights into the 'seventh age' – or final stage of life.

Course Leader: Sandy Johnston

### SONG GROUP

The Song Group meets in the Indaba Room at The Valley at 10:00 on the 4<sup>th</sup> Monday of the month.

The members enjoy singing and have a wide repertoire of enjoyable and uplifting songs. New members are always most welcome – all that is required is a love of singing.

Course Leader: Joy Marshall

### POETRY APPRECIATION

Meetings are held in Ann's flat, [101 Douglas Murray Wing, Stirling Lodge], at 10:00 on the 2<sup>nd</sup> Monday of the month.

Members decide on a theme and meet to discuss the format and content of poems pertaining to that particular theme.

Course Leader: Ann King

### JSE FINANCIAL AFFAIRS

Meetings are held in the Indaba Room at The Valley at 10:00 on the 3<sup>rd</sup> Thursday of the month.

Financial Affairs is about local and international business, covers a wide range of topics that influence investment decisions, and encourages different and challenging outlooks on topical subjects such as electric vehicles and green energy.

Course Leader: John Pearson

## MAHJONGH

Games take place in the Oak Room at Parklands from 09:30 - 12:00 on the Fridays that members will be notified of.

Course Leader: Gill Ansell

## MUSIC APPRECIATION

Music Appreciation is held in the Oak Room at Parklands from 10:00 to 11:00 on the 3<sup>rd</sup> Wednesday of the month.

**18 October:** **A Musical Miscellany** – a mixed bag with something for everyone.

**15 November:** **A Rutter Christmas** – beautiful carols by John Rutter, Britain's foremost carol composer.

**06 December:** An Extra Special **Live Recital** from 15:00 – 16:00 in the Indaba Room at the Valley. Joy Sparg, soprano, accompanied by her mother, Natalie, will sing to us. Please support this recital. The cost is R10. Any proceeds, after paying the hire of the Oak Room, will go to Joy's favourite charity. Everyone is welcome.

Course Leader: Carol Keep

## FILM CLUB

The Film Club meets in the Oak Room at Parklands from 14:00 – 16:00 on the 2<sup>nd</sup> Wednesday of the month.

**11 October:** **The Odyssey** – a film about Jacques Cousteau, his ocean adventures around the world, and the invention of the aqualung.

**08 November:** **Christmas at Home with Andre Rieu** and his orchestra.  
Everyone is welcome.

Course Leader: Carol Keep

## GILBERT AND SULLIVAN

Gilbert & Sullivan shows are held in the Oak Room at Parklands at 10:00 on the 3<sup>rd</sup> Monday of the month.

'The Gilbert & Sullivan shows were almost abandoned after the poor attendance in July but, with the warmer August weather [?], no fewer than 18 came to enjoy a really excellent production of *Iolanthe*, recorded at the Stratford Festival in Canada. The singing and dancing were well up to the standard the same company had set with *The Gondoliers*. In September we had many a chuckle as we watched Gilbert's burlesque, *Patience*, with Sullivan's tuneful accompaniments.

Since there will only be two more U3A Gilbert & Sullivan shows this year I will, by popular demand, show the ever popular *Pirates of Penzance* on Monday, **16 October**. Don't miss it! And then, to round off the year's programme on Monday, **20 November**, we will have a 'double header', with the short *Trial by Jury* followed by a repeat of the excellent version of *HMS Pinafore* that so many of you missed in July. You won't be disappointed!

Course Leader: Dave Donkin

#### SAMBA / CANASTA GROUP

Meetings are held in the Oak Room at Parklands from 09:30 – 12:00 on the 2<sup>nd</sup> Wednesday of the month.

Course Leader: Gill Ansell

#### isiXHOSA, BEGINNERS AND ADVANCED CLASSES

Classes are held in the Lounge of the Douglas Murray section of Stirling Lodge on the 4<sup>th</sup> Tuesday of the month. Beginners' classes 15:45 – 16:45; Advanced classes: 14:30 – 15:30

Course Leader: Nita Laing

#### THE U3A EAST LONDON WRITING GROUP

The Writing Group meets at 13:30 in the Classroom at the EL Museum on the 4<sup>th</sup> Friday of the month.

Meetings encourage self-expression through creative writing, concentrating on plot, character, conflict and setting, and members work on techniques such as dialogue, description, imagery and metaphor. Members share ideas and read their stories/poems aloud, providing valuable feedback for each other. New members, warmly welcomed, are Lorraine Hartwig and Umi Chibba. The **last formal meeting** for the year will be on **27 October**.

Course Leader: Sobhna Poona

#### BIRTHDAYS

An especially 'Happy Birthday' to all those on the birthday lists below. Have a lovely, lovely day.

#### OCTOBER

Elizabeth Anderson 26; Helena Archer 12; Shirley Baxter 1; Penelope Bellad-Ellis 15; Enno Boeke 5; Barbara Gagner 24; Sheila Gill 13; Ingrid Gorham 24; Anita Kowarski 21; Wendy Lake 23; Bernard Lindstrom 15; Penny Lindstrom 27; Maren McCosh 2; Val Pallister 12; John Pearson 14; Sandy Rheeder 10; Anne Roodt 24; Evelyn Stoddard 14; Penny Tyson 26; Dawn White 13; Sandy Wilson 9.

#### NOVEMBER

Joan Barrow 16; Angie Carlson 16; Nico Cloete 8; Shirley Ellis 20; Ian Farr 22; Clare Fowle 27; Bill Gill 6; Alison Horsfall 19; Beryl Keil 17; Keith Marshall 8; Jane Potgieter 11; Jeffrey Sadler 25; David Scheckter 5; Blyth van Niekerk 12; Margie Wainwright 5; Doreen Ward 7.

#### DECEMBER

Neela Dhaya 31; Paul Hammond 27; Raman Khandoo 11; Annette Ludick 6; William Martinson 4; Kathy Naylor 25; Mandy Perks 10; Noelette Sahd 25; Nancy Wainwright 2; Denise Weldon 27; Meg Clark 29; Denny v d Zee 22

#### JANUARY

Roger Barnes 27; Eileen Betteridge 25; Ray Mandy 4; Angela O'Sullivan 7; Kay Poonasamy 6; Colin Raasch 24; Penny Schultz 17; Sandra Ann Sterling 13; Judith Tonkin 16.

We do not have birth dates for: JA Brent; Margaret Brooks; Andrew Burger; Di Grimmer; Engeliene Hartmann; Max Hartmann; Peter Hobson; Janet Johnson; Jenny Nel; Phoebe Pratt; Hildegard Schourmann; Sharon Stap, Norah Wingreen, Margaret Wood. Please email them to: [gwen.syvertsen@gmail.com](mailto:gwen.syvertsen@gmail.com), so that we can update our records.

This will be the **last newsletter** for 2023. The **next one** will be the **February – March** edition in 2024.

Best wishes to you all for peace, joy, good health and happiness in the months ahead.

Until next time

Angie Carlson