u3a Plettenberg Bay

Newsletter
September 2023



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Walks.
Join us to see rock art and artefacts in the Nelson Bay Cave, Robberg Nature Reserve, Wednesday, 4 October

Contact us
https://plettu3a.org.za

Spring 2023

In South Africa the 1st of September is called Spring Day, but it's not actually spring yet. The real start of spring is the Spring Equinox, which was the 23rd of September this year.

A cold, windy, wild and wet spring sprang at us, with stormy seas and flooding along the Cape coastline on the weekends of 16-17 and 23-24 September, which caused much damage and savagely reminded us of the forces of nature. Byron observed that 'Man marks the earth with ruin – his control stops with the shore' and Edmund Burke said 'The ocean is an object of no small terror'.

But, the most beautiful skies come after the worst storms – so enjoy your spring sundowners gazing at the wild blue yonder of the sea and sky.

Best wishes,
Plett u3a committee

Welcome

A very warm welcome to our new members: Mariette Lourens, David Pickering, as well as James and Samantha Pinnell.

Bulletin board

New projector

When we viewed the 'Masterpiece' art series there were many complaints about the dim images. Our techies investigated and found the cause was not simply a matter of a dirty or dusty lens, or the projector's brightness settings. The projector had reached the end of its life. We now have a brand new projector, and the image quality is literally brilliant. Perhaps we may get to watch another documentary of Klimt's gold paintings, so that we can see the gold, instead of a mustard colour!

Interest groups

The **Chess Group** is open to both beginners and advanced players. The beginners **French Group** is full and is making good progress and Ingrid reports that the members are all very enthusiastic. This month the **Poetry Group** explored the poetry of Mario de Andrade (1893-1945), a Brazilian poet, novelist, pioneer of ethnomusicology and one of the founders of Brazilian modernism. October topic: Mary Oliver (1935-) an American poet.

Contact details for our interest groups can be found at the end of this newsletter or on our website: Activities – Plett u3a.

Future events

Our website calendar provides all the information concerning our future events and members are sent emails and reminders regarding these. However, from time to time special upcoming events will also be announced in the newsletter to ensure that our members know about them well in advance.

This month we want to highlight the talk by Charles Helm on Wednesday, 29th November. Charles Helm is a medical doctor, originally from South Africa, who now lives in Canada, where he became interested in palaeontology. He now has a doctorate in palaeontology. Since 2007 Charles has been documenting the wealth of Pleistocene fossil trackways that he and his research team have discovered along a 350km stretch of coastline in the Western Cape. As Charles only visits South Africa once a year don't miss this opportunity to hear him talk about his paleontological research and discoveries of fossilized animal and human tracks along the Garden Route coast, including Plettenberg Bay.

Please remember to use our website programme calendar to find out about our forthcoming events.

Past activities

Documentaries

Russia, a BBC documentary written and presented by Jonathan Dimbleby, was filmed 2006-2008. Russia is the largest country in the world, consisting of 17 million square km with a population of 145 million people, of which 107 million are urban dwellers. Forests cover 50% of the land, of which only 13% is agricultural. The country's rivers and lakes are used extensively for transportation.

Monday 4 September - Russia, E3: Motherland



Dimbleby follows the Volga River – the symbol of Russian patriotism – from above Moscow through the heart of Russia to the Caspian Sea. The Volga — sometimes referred to as "Volga-matushka," or "Mother Volga"— is the longest river in Europe (3 530 km) and the biggest by water flow.



Sarai, near the Caspian Sea, was the capital of the Golden Horde.

Near the port of Astrakhan is a tiny village, Sarai, that was once the great capital of the Golden Horde. Nothing remains of the western capital of Genghiz Khan's massive empire of the 13th and 14th centuries but archaeological excavations which are re-buried after the dig. The forces of Ivan the Terrible (Ivan IV of Russia) destroyed Sarai while conquering the Astrakhan Khanate in 1556. After gaining control over the lower Volga region, Russia established the new fortress cities of Astrakhan in 1558, and Tsaritsyn (now Volgograd) in 1589.

Stalin renamed Tsaritsyn Stalingrad in 1924. Khrushchev changed the city's name to Volgograd (Volga City) in 1961. Stalingrad was the site of the Battle of Stalingrad (one of the most decisive battles of WW II) which is commemorated by a huge statue, *The Motherland Calls*. The 'Red October' factory, a steel plant on the banks of the Volga, was

completely destroyed in the battle, but was restored by 1946, except for the laboratory, the ruins of which are an emblematic landmark. The factory still produces submarines and armaments today.


Volgograd and statue *The Motherland Calls*

Some Volgograd citizens would like the city to be renamed Stalingrad. Although Stalin terrorised his own people and sent millions to labour camps or firing squads, many Russians respect and admire Stalin (see also the Levada poll results of 2019) as a hero, strong leader and symbol of discipline, and because of the victory over Nazi Germany, which made the Soviet Union a superpower.

Samara (known as Kuybyshev until 1991) was the alternative capital of the Soviet Union during WW II should Moscow fall to the invading Germans. To mark its role as a wartime national capital a special Revolution Day parade was held at the city's Kuybyshev Square on November 7, 1941, which has since become an annual event. During the Soviet regime clouds were seeded with silver iodide to prevent rain falling on the parade. When the parade is over people go to cemeteries to share meals over the graves of their loved ones and to thank the dead for helping to create peace.



After WW II the defence industry developed rapidly in Kuybyshev; existing facilities changed their profile and new factories were built, leading to Kuybyshev becoming a closed city (authorisation was required to visit or remain overnight). Now one of Russia's largest industrial cities, its enterprises played a leading role in the development of Soviet domestic aviation and the implementation of the Soviet space program. Dimbleby interviews the editor (often harassed by the police) of *Novaya Gazeta*, an independent newspaper known for its critical and investigative coverage of Russian political and social affairs.


Commemorating ancestors in the cemetery

To overcome young men's aversion to army conscription programmes (Note: this documentary was filmed in 2006) the USA is portrayed as a predatory power intent on seizing Russia's assets and planting missiles on their doorstep. Dimbleby joins a farewell party, where a mother encourages her son to do his duty and defend Russia, although she knows he will be subjected to *Dedovshchina* ('reign of grandfathers'), the historical Russian armed forces practice of brutalising junior conscripts by senior conscripts and officers.


Russian army conscripts

Kazan, the capital of the Republic of Tatarstan (a semi-autonomous region) is the fifth-largest city in Russia and the most populous city on the Volga. The city was founded more than 1 000 years ago. Historically the capital of the Khanate of Kazan (a medieval Tatar Turkic state) the city was conquered by Ivan the Terrible in 1552. He slaughtered the population and destroyed the city, so that no vestiges of the Mongols were allowed to remain. Thereafter Kazan became part of the Tsardom of Russia.



Kazan Kremlin

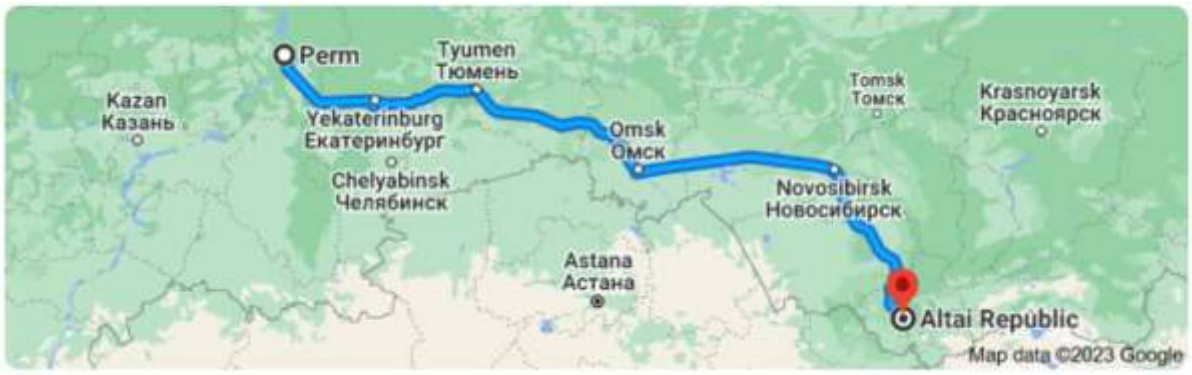
Near the city of Perm and the Ural mountains Dimbleby visits Perm-36, which was a Soviet forced labour colony, part of the large prison camp system established during the Stalin era, known as the Gulag. It operated between 1946 and December 1987. From 1972 the camp was used exclusively for the incarceration of "especially dangerous state criminals", mostly Soviet dissidents. It was preserved in 1994 as a museum of political repression by the Russian NGO called the *Perm-36 Memorial Centre of Political Repression*, most of whose members were former prisoners. It is the only surviving example of a Gulag labour camp.

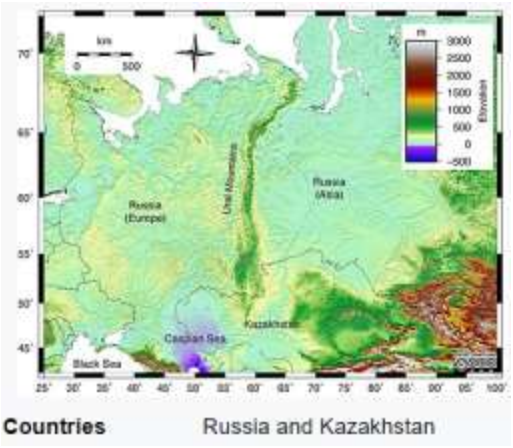


Perm-36

Dimbleby travels to the Urals, a north-south mountain range which forms the conventional boundary between Europe and Asia. Next stop: Siberia.

Monday, 11 September: E04 · National Treasures





The dividing range of the Ural Mountains

Siberia is Russia's treasure chest. It has some of the world's largest deposits of nickel, gold, lead, coal, diamonds, silver and zinc, as well as extensive unexploited resources of oil and natural gas. The Russian conquest of Siberia began in July 1580 when the Cossack Yermak Timofeyevich led a detachment across the Ural Mountains and soon after defeated the forces of the Khanate of Sibir, which enabled Ivan the Terrible to become Tsar of Siberia.


Ekaterinburg

Dimbleby starts this journey in an emerald mine and then boats down the Iset River to Ekaterinburg, a city originally built as a fortress to protect the nearby iron reserves and foundry. Later the city served as the mining capital of the Russian Empire. Here Dimbleby stops off at a nightclub to meet Russia's rock star Vladimir Shakhrin, once as famous as the Beatles. Ekaterinburg is an industrial city with a thriving black market of bootleg liquor made of cleaning liquids and other chemicals, which is deadly - the mortality rate was said to be higher than Africa's. Dimbleby joins a group of volunteers (followed by the police), mostly former alcoholics, who set out to find the kingpins responsible for this trade.


The basement of Ipatiev House,
where the Romanov family was killed

Ekaterinburg is where the last Tsar, Nicholas II, and his family were murdered by the Bolsheviks in 1918. The remains of the Tsar and Tsarina, as well as three of their daughter and four members of their staff, were found in a forest near Ipatiev House. In 2007 Dimbleby visits the excavation of an additional burial site that had just been discovered, which included the partial remains of two more individuals believed to be the missing Romanov daughter (most likely Maria), as well as the only son, Alexei.


Nizhnevartovsk on the river Ob

Dimbleby takes the train to Nizhnevartovsk, previously a small settlement, which since the 1960s has mushroomed into a huge city due to its location beside the Samotlor oil field, the largest oil field of Russia and the sixth largest in the world. After the breakup of the Soviet Union the field was jointly owned by Samotlorneftgaz and TNK-BP (formerly TNK-Nizhnevartovsk). At the time of Dimbleby's visit BP was increasingly being ousted by the government. (Samotlor is now owned and operated by Rosneft.)



Example of wood carving in Tomsk wooden architecture

The journey to Tomsk is by hovercraft on the river, as there are no roads or railways to get there. Founded in 1604, Tomsk is one of the oldest cities in Siberia, with many beautifully preserved wooden buildings with intricate "gingerbread" carved decorations. Tomsk is a notable educational and scientific centre with six state universities.



Tracked vehicles on Siberian forest road

From Tomsk Dimbleby drives by tracked vehicle through thick mud to a Siberian forest logging area, where 750 000 trees are felled in one season. Millions and millions of Siberian trees are cut down each year; illegally felling is said to account for about 6 million trees per annum. This region is ecologically important. It accounts for about half of the world's evergreen forest and buffers global warming by acting as a large sink for carbon. The Siberian bog ecosystem sequestrates 26% (more than a quarter) of the world’s carbon dioxide, a greenhouse gas that otherwise could be released into the atmosphere. The Siberian permafrost is melting, which allows methane, another greenhouse gas, to escape. Once this happens on a larger scale the process becomes irreversible.



Harvested Maral deer antlers

Akademgorodok (“Academic Town”), a scientific research city located near Novosibirsk, is said to house the largest concentration (at its peak 65 000) of scientists in Russia. From there Dimbleby travels to the Altai Republic, which borders on Kazakhstan, Mongolia and China, where 37% of the population is descended from the Mongol invaders of Russia. Dimbleby helps to round up 2 500 Maral (Caspian red) deer. Their antlers are cut off, dried and ground into powder, which is sold to China and South Korea for more than $600 per kilogram, to boost libido and longevity.

Monday, 18 September: E05 · Far from Moscow



Dimbleby continues his journey through Siberia, which is bigger than the whole of the United States and Europe combined. He travels with Valentin, a Buryat shaman, counsellor and healer, who is connected to the past through a chain of priests that stretches back for centuries. To them nature is sacred. They stop to honour a tree growing in a rock.



Valentin Khagdaev,
Buryat shaman

Irkutsk, situated on the Trans-Siberian railway, was known as the Paris of Siberia at the beginning of the 20th century. This capital of eastern Siberia straddles the key trading routes between Russia and Asia. After the Soviet Union opened its borders the increased trade also brought drugs as well as an HIV/AIDS epidemic. The Red Cross actively sought out addicts and prostitutes in an effort to control these problems. Many aristocrats and distinguished Russians were sent into exile in Irkutsk for their part in the Decembrist revolt of 1825, and the city became an exile-post for the rest of the century.



Irkutsk, Paris of Siberia

The train to Chita travels along the northern edge of the south end of Lake Baikal, the world's largest freshwater lake by volume, containing 23% of the world's fresh water, more than all of the North American Great Lakes combined. It is also the world's deepest lake (1 642 m), and the world's oldest lake, at 25–30 million years.



The Circum–Baikal railway was built in 1896–1900 to consolidate the Tsar's empire in the east. Owing to the lack of a flat shoreline all the materials were brought by water to the site of construction, by barge during the summer, and by animal-drawn carts in the winter. It took over six years for 10 000 workers (mainly convicts) to construct the railway and tunnels cut out of the rock, mostly by manual labour. Until the middle of the 20th century the Circum–Baikal railway was part of the main line of Trans–Siberian Railway until a duplicate section of the railway was built.



Circum-Baikal Railway

The city of Chita is located on the Trans-Siberian Railway route (roughly 900 km east of Irkutsk and 500 km north of China). It was originally built as a fort by the Cossacks in 1653. During the Soviet days, a large number of military installations were located in and around Chita and it still has a strong military garrison. Chita is also known as the 'City of Exiles'. Chita became famous when many of the Decembrists—a group of military officers who staged an unsuccessful rebellion in St. Petersburg against the Tsar in December of 1825—were exiled to this distant city. The Decembrists hoped to abolish serfdom in Russia, and, despite their failure, they became national heroes. While in exile, they staged events like concerts and literary readings, which are still held annually as commemorative events, one of which Dimbleby attended. The Decembrists are often credited with bringing the best of European culture to Siberia.



Decembrist Revolt in St Petersburg, 1825

Chita is still one of the destinations for prisoners sent to Siberia for hard labour. Mikhail Khodorkovsky, an exiled Russian businessman and oligarch who championed democracy, spent more than four years at the labour camp YaG-14/10 near Chita. Chita experienced a building boom at the time of Dimbleby's visit. A Russian woman brought in Chinese labourers, because she found them to be more disciplined and hard-working than Russians. Their contracts were for 11 months and their wages were 30% higher than what they could earn in China.



Penal institution YAG 14/10

Pokrovskiy, then Russia's second most productive gold mine, is an open-cast pit mine located in the western part of the Amur region. It was then jointly owned as an Anglo-Russian venture by British businessman Peter Hambro and Pavel Maslovskiy.



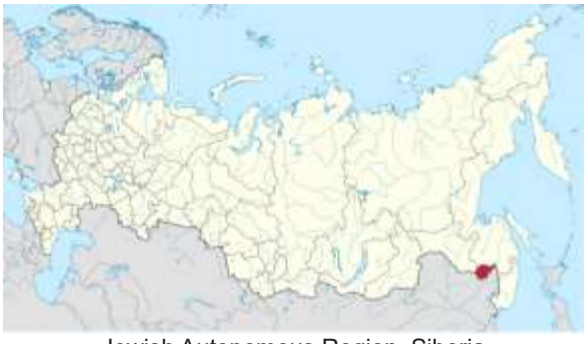
Pokrovskiy gold mine

Blagoveshchensk is the administrative centre of Amur Oblast. It is located at the confluence of the Amur and the Zeya Rivers, opposite the Chinese city of Heihe. Heihe, previously a small settlement, was established as a city in 1980 after a surge in trade with Russia, specifically Blagoveshchensk, whose citizens regularly cross the border to go on all-day bargain shopping sprees in the newly built Chinese shopping malls.



Blagoveshchensk opposite the Chinese city of Heihe

Dimbleby travels to Birodbidzhan, the town and administrative centre of the Jewish Autonomous Region, situated in the far east on the border of China. It was created by Stalin in 1928, as a land without people for people with no land. Yiddish was to be the official language. The Jewish settlers found the land unfit for cultivation. They were plagued by mosquitoes in summer and the winters were harsh, which resulted in an exodus. Twenty years after establishing the Jewish Autonomous Region Stalin started to persecute the Jews there, closing synagogues and burning books. By 1959, its Jewish population had fallen by half, and by 1989, with emigration restrictions removed, Jews made up 4% of its population. Since the year 2000 there has been a resurgence of Jewish cultural and religious traditions.



Jewish Autonomous Region, Siberia

The Jewish Autonomous Region is Russia's only autonomous oblast (region) and is one of two officially Jewish jurisdictions in the world, the other being Israel.



Birodbidzhan

Vladivostok is the largest city in the far east of Russia. During the Soviet era it was naval base and therefore closed to outsiders. Now it is the gateway to the Pacific and the port through which cargo from all over the world is brought into Russia. A lot of countries and cultures meet here. In his discussions with a group of young Russians Dimbleby again hears that Russians do not favour democracy. Russians want their country to be strong and they want to be proud of it, so they need a strong man in government.

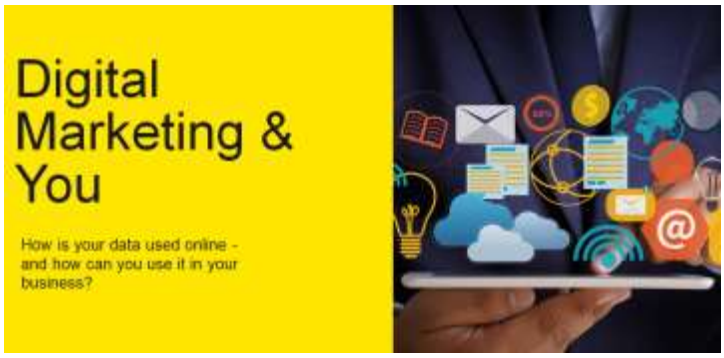

Vladivostok

After travelling 10 000 miles (16 000 km) through Russia Dimbleby reflects on his experiences. He is disheartened that (in 2008) the appetite for democracy is diminishing and that the Russian government is increasingly autocratic and authoritarian. On the other hand he is exhilarated by the places he has seen and the people he has met. With a glass of vodka he toasts Russia: Thank you and goodbye / Spasibo i do svidaniya.


Jonathan Dimbleby and fishermen

Talks

Wednesday 6 September: Catherine Black - Digital marketing and you



What is digital marketing? It's a way of promoting a product or service on the internet and online-based digital technologies such as desktop computers, mobile phones and other digital media and platforms. Some examples are search engine marketing and optimisation, influencer marketing, content marketing, digital PR, banner ads, paid social media ads – and more.

So how does this affect you?

You, as a consumer. 'If the product is free - you are the product'. Companies continuously collect data about you, notably via the use of cookies, which are small files used by web servers that save your browsing information. Your computer stores the cookie on your hard drive so that the information is available every time you return to the website. Why do websites use cookies? (1) To recognise your computer (2) to tailor the website experience to you (3) to track your activity as you navigate the website (4) to analyse your use of the website, and (5) to enhance the website's usability. All browsers have a feature to disable the cookies but there is a catch – websites are often designed in such a way that if users disable the cookies, then most of them won't work properly, or the user will not be able to view the information on that website properly. Also, if you have a smartphone, it's almost certainly listening to you to some extent.

Originally Google was just a search engine. Have you ever wondered why your Google search results seem to be specific to you and your current location, either because products that you were recently interested in are displayed, or you're being offered insurance services for your gender and age group? Many of us use Google's products on a daily basis, such as Gmail, YouTube, Google Maps, Google Drive, Google Home/Alexa, and Google Assistant, which has enabled Google to monetise our data for more than a decade. Ads make up 57.8% of Google's revenue as of 2023. The data collected includes location, gender, age/family status, income level, lifestyle affinities, purchase history and browsing history. Like it or not, Google keeps track of every activity you perform on their apps, devices, and browsers while searching and using the internet. Whenever you watch a video, use Google maps, conduct a search, interact with ads or content, and make a purchase, Google collects and stores that information. Although the use of these tools is ostensibly "free", this isn't really the case. When searching the web using Google Chrome or watching videos on YouTube, you're providing Google with a wealth of data. Google uses this information to create a profile of you for targeted advertising.

So what can you do about it? Although you can decline cookies, realise that everything is being tracked and that the data has already been collected by the time you delete the cookie. Most of the

danger comes when companies (illegally) access private data from password-protected sites. Always be aware of scams: engage only with legitimate companies and beware of phishing emails.

You, as a business owner. How can you use digital marketing for your business? Although the use of digital technology to promote products or services is new, the principles of marketing that have been known and used for centuries still apply: (1) identify who you are marketing to (2) why should they buy your offering over your competitors, and (3) what's your strategy? Using an example of a business that wanted to expand nationally, in Phase I the following digital marketing techniques were used to replace traditional printed (and expensive radio and TV) ads: posts and blogs on Facebook and Instagram, emailed newsletters and SMSes. In Phase II influencer marketing, as well as Google and banner ads were used. Within two years the business had expanded, had a wider brand exposure and customer base and more revenue and equity. It's important to remember that 'content is king': what matters most - more than budget, strategy and reach - is what you are saying. When done right, digital marketing can help you reach the **right customers** to say the **right message** with **limited resources.** This is especially useful and important for small businesses – which is the topic of Catherine's book released in May 2023.

• Been in digital marketing since mid 2000s
• Worked on agency & client side in SA, UK and US
• Moved back to SA in 2009
• Hobbies: fiction writing, exploring small South African towns and road running.
• Founded Rank & Copy in 2010
• Founded Black Mountain in 2012
• Digital content strategist & author. Digital marketing books:
  ○ *Small business, big plans: how to use digital marketing to help your South African business thrive* (May 2023)
  ○ *301 Ways to use social media to boost your marketing* (2010)
 	
Helps companies and brands connect with consumers online
	
	Catherine Black

Additional information

You can drown in the information available on the topics touched on above. Nevertheless, for those who want to know a little more about the trope "they're watching/listening" (which was not the focus of the talk, but it generated a lot of interest and discussion):

- You may want to watch this YouTube video *Google knows everything* (2.33 minutes) https://youtu.be/j-JJx5VbPUs
- Article published 11 September 2023: Google Chrome just rolled out a new way to track you and serve ads. Here's what you need to know (theconversation.com)

For those who want some current statistics on digital marketing: "Digital ads can increase brand awareness by 80%. Consumers are 155% more likely to look up your brand-specific terms after they've been exposed to display ads". Read more: 165 Powerful Digital Marketing Statistics for 2023 -

Wednesday 27 September: Equine Librium talks

Our outing to Equine Librium yielded three surprises. First, the cost for the coffee and cupcakes was reduced from R80 to R60; second, we had two talks instead of one, and last, but not least, Dr Tom Ovendale, Vice Principal, gave us an impromptu tour of the college. A huge thank you to Equine Librium for a wonderful morning.

For those who don't know, Equine Librium College is currently the only institution in South Africa offering training for the qualification of veterinary physiotherapy (BSc in veterinary physiotherapy, four years, full time.) It is also the only such college in the world registered with a veterinary statutory body, namely the South African Veterinary Council. The college is recognised internationally for its excellence and impact on standards and professionalism.

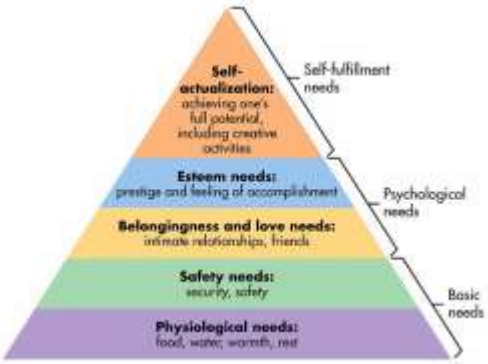
Lorraine Leibbrandt spoke about 'The science of animal emotions'. Jaak Panksepp, a neuroscientist and psychobiologist, coined the term 'affective neuroscience' for the field that studies the neural mechanisms of emotion. Panksepp identified seven primary affective systems:



seeking (expectancy), care (nurturance), play (social joy), panic/grief (sadness), fear (anxiety), rage (anger), and lust (sexual excitement). The first three emotions are regarded as positive, the next three as negative and the last, lust, is neutral. When an animal experiences positive emotions, as reflected in brain scans and blood chemistry, various neurochemicals are released by the body. For example, a mothering animal has high levels of oxytocin and endorphins. A dog that has lost its partner experiences grief and has a high level of cortisol, a stress hormone. Instead of immediately getting a new puppy as a companion, which can cause new stress, the dog should be allowed to grieve for a period of about three months before introducing another dog. Animal behavioural therapists focus on trying to generate positive emotions to counteract negative emotions, such fear/rage and anxiety. Emotions affect the long mood state. In order to reconstruct the memory, ten positive experiences are required to nullify one bad experience. An aggressive dog is often a fearful dog that has been punished repeatedly. Dogs that continually bark are usually severely anxious and suffer from a lack of stimulation. The therapy will always be tailored to the animal's unique circumstances, but will usually include seeking (eg. scattering or hiding food for the animal to find) and play to thereby release the 'feel good' hormones. Only in exceptional circumstances are chemicals (eg. dopamine) administered, as a short-term solution, to help an animal overcome negative emotions.

Professor Sybrand van den Berg talked about 'Altruistic transcendence'.

The psychologist Abraham Maslow created a model for understanding the motivations for human behaviour. He mapped different motivations onto a pyramid, with each level representing different human needs, such as physiological needs, safety, love and belonging, esteem, and self-actualization. Maslow believed that people could not focus on the needs higher up the pyramid until they had mostly satisfied the needs in the lower levels. He also felt that fulfilment in life results from being able to meet the needs in all five levels. For Maslow self-actualisation represented the pyramid's pinnacle, namely how to use your talents to achieve your full potential. Later transcendence was added as the pyramid's top.



Altruistic transcendence enables the fullest form of realisation by giving oneself to something beyond oneself. It's about doing something that matters, doing it well, and doing it in the service of a cause larger than ourselves, without expecting a reward. What would you do tomorrow to improve the world? Some examples could be fixing potholes, removing alien vegetation or planting trees. Or you could choose to help others, for example by treating everyone kindly, encouraging and inspiring, taking people into nature, volunteering and sharing your knowledge. If you cannot actively do these things yourself perhaps your money can help make peoples' lives better, for example by helping abused children, helping provide food and clothes to the needy and assisting those who cannot afford education. Doing good releases 'feel good' chemicals, such as dopamine, in your brain – so you feel happy. It has been proven statistically that volunteers live longer. If you struggle to find your purpose try to write your own eulogy. What did you live for and how will you be remembered?



The philosopher Aristotle used the concept of eudaimonia to describe the highest good humans could strive toward – or a life 'well lived'. George Bernard Shaw said: "This is the true joy in life, being used for a purpose recognised by yourself as a mighty one. Being a force of nature instead of a feverish, selfish little clod of ailments and grievances, complaining that the world will not devote itself to making you happy. I am of the opinion that my life belongs to the whole community and as long as I live, it is my privilege to do for it what I can. I want to be thoroughly used up when I die, for the harder I work, the more I live. I rejoice in life for its own sake. Life is no brief candle to me. It is a sort of splendid torch which I have got hold of for the moment and I want to make it burn as brightly as possible before handing it on to future generations."







Programme calendar

Use our website programme calendar to view our forthcoming events by day, week or month. The calendar is printable. After clicking on a specific event you can click to either invite a friend, RSVP, or copy the event and its details to your online or phone calendar.

Committee

Chair	Jan Hough	084-674-4235
Vice Chair	Lorna van der Merwe	082-784-9903
Secretary	Beth Hackland	072-266-1821
Facebook	Beth Hackland	072-266-1821
Finance & DVD library	Ian Hogan	072 940 7298
Marketing & communications	Felicity (Flick) Grube	082-557-7779
Membership	Peter Grube	083-381-5929
Newsletter	Felicity (Flick) Grube	082-557-7779
Outings	Beth Hackland	072-266-1821
Programme coordinator	Lynette Timme	079-313-9641
Website	Felicity (Flick) Grube	082-557-7779

Special interest groups

Chess	Frank Hollenberg	082-566-2964.
Computer basics	Peter Grube	083-381-5929
French conversation (full)	Merle Decot	084 581 7379
French for beginners	Ingrid James	076-689-5245
German	Doris Engelhardt	082 626 0212
Music (Monday Music Memos)	Peter Grube	083-381-5929
Poetry group	Chrissy Hay	083-648-0306
Science group	Henry Timme	078-877-5829

General enquiries u3aplett@gmail.com



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