

University of the Third Age Plettenberg Bay

Newsletter September 2022

Dear Members

As there are no Plett U3A activities during December we only have three more months of events ahead of us this year. The committee has for some time been discussing the possibilities of different Plett U3A offerings and we need your help to finalise some of our thoughts regarding future programmes.

Events and outings: One of the suggestions was to have multiple activities within one week, namely videos and/or presentations on Mondays and outings on Wednesdays. We have received informal feedback that people do not want more than one Plett U3A event a week, or more than one outing per month. What do you think?

Film club: Prior to the Covid 19 lockdown Plett U3A had weekly showings of Cinema Nouveau-type movies on Monday evenings. Wine was provided and there was an opportunity to discuss the film with other members of the audience. In our survey of members' interests the film club option received a high number of ticks.

As Plettenberg Bay's Popup Cinema now features a movie every Saturday night at Sky Villa, Baron's View Estate (where a full food and beverage menu is available during the film) it seems pointless to duplicate this offering at Plett U3A. However, we are open to suggestions and welcome your thoughts.

Interest groups: We note that some of our members are doctors and professors. We also know that many of you have special interests and substantial knowledge of various subjects. Please let us know whether you are willing to start a Plett U3A group based on your area of expertise or interest, such as music or art appreciation, philosophy, poetry readings, literature, language conversation groups, or any other topic of interest to you – and potentially others amongst us.

Speakers: We welcome any suggestions regarding speakers. Given that most people within Plettenberg Bay are extremely well connected, please consider reaching out to your network to find someone willing to share his/her knowledge or experiences with us.

We welcome your feedback and suggestions regarding our programmes and events. Please either chat to a committee member at one of our events or send us an email: u3aplett@gmail.com.

Best wishes from the Plett U3A committee members

Forthcoming events

COURSE CALENDAR : September – November 2022

NB: All courses start at 10:00 at Formosa Garden Village (FGV) unless otherwise specified

2022	MONDAYS	WEDNESDAYS
SEPTEMBER	5 EarthFlight 1	7
	12 History of Ancient Britain 1	14 Flower Walk with Nature's Valley Trust
	19 EarthFlight 2	21 Marina Niven - Sir Percy Fitzpatrick
	26 History of Ancient Britain 2	28
OCTOBER	3 EarthFlight 3	5 Alex Babich: The Psychology of Money
	10 History of Ancient Britain 3	12
	17 EarthFlight 4	19
	24 History of Ancient Britain 4	26
	31 Shoreline 1	
NOVEMBER	7	9
	14 Shoreline 2	16
	21	23
	28 Shoreline 3	30

Mondays: documentaries (videos) currently alternate between history and armchair travel.

Tuesdays: Currently no activities.

Wednesdays: Devoted to live presentations and outings.

Thursdays and Fridays: Used for U3A special interest group meetings.

Contacts for programme events

Programme calendar	Lynette Timme	079-313-9641
Outings	Beth Hackland	072-266-1821
Bridge	Chrissy Hay	083-648-0306
Computer basics	Peter Grube	083-381-5929
Science group	Henry Timme	078-877-5829
French conversation (full)	Merle Decot	

Past activities

Talks

Wednesday, 3 August – Multicultural counselling, by Henrietta de Vries

Henrietta, a practising psychologist for the past 40 years, spent the last 20 years helping and training UN counsellors around the world. In the process she travelled to more than 60 countries, of which 22 were in Africa. She visited several Arab countries, Turkey, Iraq, Afghanistan, Kyrgyzstan, Russia, Pakistan, Cambodia and East Timor. Lately she 'visited' the following countries online: Syria, Mongolia, Venezuela and the Ukraine.

Henrietta spoke about her experiences in multicultural counselling, which involves therapists demonstrating an understanding of their patients and their struggles with issues such as different cultural and geographic backgrounds, racism, ethnicity, living conditions, religious and belief systems, discrimination, socioeconomic factors and other related experiences. It is important that you don't try to apply your solution to the problem. You first need to understand the patients' circumstances and culture to be able to better address unique challenges and provide more meaningful responses and effective therapy.

Monday 1 August: Prof J. Rufus Fears – The rise of communism in China and Russia

As before, we chose themes for each day's viewing of Prof Fears' lectures on 'Events that Changed History', rather than following the chronological order of the lectures.

This session covered 'Mao Zedong Begins His Long March 1934' and 'One Night in Petrograd 1917.





Bolsheviks seize power in Petrograd - **8 November 1917**
The Maximalists occupied the Central Telegraph Office, State Bank and Marie Palace

Monday 8 August: Joanna Lumley's Greek Odyssey: The Islands ***(Episode 3)***

Joanna continued her journey through Greece. In this episode she explored some of its fourteen hundred islands. The Greek islands are destinations for many British holidaymakers - but beyond the deckchairs and white sands is an ancient culture. Hitching a lift on board a shipping magnate's yacht, Joanna's route began on the ancient island of Crete, where she learned about a way of life that has transcended centuries, spending time with the shepherds in the high, remote mountains of the island. The shepherds played a key role fighting alongside the Resistance against the Nazi occupation of Crete with the British SOE Agent, Patrick Le Femour, whose exploits became the basis for the film, "Ill Met by Moonlight".



Monday 15 August: Prof J. Rufus Fears –1933, the year two different political leaders ascended to power

"Hitler Becomes Chancellor of Germany 1933" and "Franklin Roosevelt Becomes President 1933".

There are coincidences and parallels in Hitler's and Roosevelt's careers. The thirtieth of January was a day of celebration for both of them; the day Hitler became chancellor of Germany (in 1933) was Roosevelt's birthday. Then, in March 1933, they came to power just a day apart, Roosevelt's inauguration coinciding with the Reichstag election that gave Hitler his majority. For twelve years they were the heads of two of the greatest states in the world. For the first six years of their respective leaderships their main achievements were domestic; they pulled their peoples from a great depression. For the next six years they were leaders in a war, bitter enemies. They died in April 1945, eighteen days apart, before the war ended, the war that Roosevelt won and Hitler lost. But their characters, their ideas, their temperaments, their world views could not have been more different.

(Source: The Transatlantic Duel: Hitler Vs. Roosevelt)





Wednesday, 24 August: Presentation by David and Marsja Hall-Green on the Provence



The Provence wine region, located primarily in the Var department, and the appellations of Provence.

In October 1993 David and Marsja spent a month in the Provence to create six short travel programmes for SABC's 'Good morning South Africa' show, which David then hosted. Their films enabled us to share some of their experiences of various unique aspects of the Provence.

The Romans called the region of Provence in southeast France *provincia nostra* ('our province') giving the region its name. Just south of the Alps, it was the first Roman province outside Italy. Provence has inherited a rich legacy from antiquity, boasting some of the best-preserved Roman ruins in Europe, some of which are still functional, such as aqueducts, bridges and theatres.

Wine has been made in this region for at least 2,600 years, ever since the ancient Greeks founded the city of Marseille in 600 BC. Châteauneuf-du-Pape is considered by many to be the benchmark wine producer of the Southern Rhône. It is made up of five communes and there are 320 wine growers in the Châteauneuf-du-Pape syndicate of vignerons. Their vines are not trellised and the plants are mulched with stones to retain moisture and control temperatures.

The Camargue region, one of Europe's largest wetlands, is famous for its rice fields, wild white horses and bloodless bull fights. The Camargue's horses are a special breed, reputedly one of the oldest breeds of horses in the world. While some live in semi-wild conditions, most are used by the Camargue's traditional cowboys, *Les Gardiens,* for herding and rounding up the area's distinctive black bulls used for bull fighting. It's suspected that ancestors of the *Gardiens* may have been the first American cowboys. The traditional garb of a *gardian* consists of moleskin leather pants, coloured floral shirts (one of which David was wearing), and wide-rimmed black Stetsons. The Camargue is famous for its cowboy-style clothing industry. Denim, originally called *serge de Nimes* was created by weavers in Nimes.

Other highlights of the talk:

- Provencal food, which, unlike the north of France, uses olive oil instead of butter
- Provencal ceramics and pottery
- The eclectic décor style of the Provence
- The industries of the colourful Provencal fabrics, known as *Indiennes*

Thank you, David and Marsja, for a fascinating and informative presentation.







Outings

Apologies: We previously advised that we would have a demonstration of cheese-making for the August outing, but we unfortunately were not able to find a suitable venue for our group.

Wednesday, 17 August: Raptor Rescue



Raptor Rescue Plettenberg Bay is a rehabilitation and awareness centre dedicated to birds of prey, which face grave conservation risks. RR provides a sanctuary for injured and orphaned birds. Their mission is to release as many indigenous birds as possible back into their natural habitat in the hope that they can breed and increase wild raptor populations. The grand finale was the flight show. It was thrilling to watch a variety of trained non-releasable birds of prey, including owls, swooping overhead and demonstrating their agility and grace. We would like to thank Mark and the staff at Radical Raptors for a highly informative and entertaining tour.

If you find an injured raptor please contact 073-948-8371.

Brain games

How?





Fido is tied to a tree with a 10 m rope. He wants to get to his food bowl which is 15 m away from him. He simply trots over to the bowl and eats.



Solution will be in next newsletter.

Solutions to August puzzles

Easy	Hard
Hairline	onmlkjih

Easy: Receding hairline

Hard: Backwater