NEWSLETTER FOR

January 2026

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NEWSLETTER FOR JANUARY 2026

Greetings, U3A members!

The Plett U3A Committee wishes all members a happy New Year. January has almost passed and U3A activities begin early in the first week of February. A full summary is given in the calendar below but at this stage please diarize the presentation by Dr Helm on Wednesday 11 February in which he will discuss the Diabetes Type 2 epidemic.

Our usual Monday video will resume on the first Monday in February at FGV. It will be the first episode in a series by Andrew Marr on the Making of Modern Britain (1900 – 1945).

As in the past, we will send out a reminder every Sunday summarizing the forthcoming events with emphasis on the following week. The Committee decided that in future, these reminders will continue to be put on the WhatsApp group but we will no longer issue email reminders. This is in line with the gradual phasing-out of emails throughout the world so if you are not already on our WhatsApp group, and several members are still not [!!!], then get onto it as soon as possible.

You do this by clicking on the link https://chat.whatsapp.com/J0LhJe7OHct4vzbhlECoH2

Tis very easy.

Best wishes for a wonderful start to the new year!

Jan Hough

DATE			EVENT	TIME	LOCATION
Mon	2	FEB	Andrew Marr: Making of Modern Britain (1900 to 1945) - New Dawn	10 – 11am	Formosa Garden Village
Mon	9	FEB	Andrew Marr: Making of Modern Britain (1900 to 1945) - The Road to War	10 – 11am	Formosa Garden Village
Wed	11	FEB	"Why the Diabetes Type 2 epidemic" - Talk by Charles Helm	10 – 11am	Formosa Garden Village
Mon	16	FEB	Andrew Marr: Making of Modern Britain (1900 to 1945) - The Great War	10 – 11am	Formosa Garden Village
Sat	*21*	*FEB*	*Armed Forces Day*	*All day*	
Mon	23	FEB	Andrew Marr: Making of Modern Britain (1900 to 1945) - Having a Ball	10 – 11am	Formosa Garden Village
Mon	2	MAR	Andrew Marr: Making of Modern Britain (1900 to 1945) - Little Britain	10 – 11am	Formosa Garden Village
Mon	9	MAR	Andrew Marr: Making of Modern Britain (1900 to 1945) - Britannia at Bay	10 – 11am	Formosa Garden Village
Wed	11	MAR	Photojournalism - Talk by Marsel van Oosten	10 – 11:30am	Formosa Garden Village
Mon	16	MAR	South African Shoreline - Gariep to Groenriviersmond	10 – 11am	Formosa Garden Village
Sat	*21*	*MAR*	*Human Rights Day*	*All day*	
Mon	23	MAR	South African Shoreline - Papendorp to Postberg	10 – 11am	Formosa Garden Village
Mon	30	MAR	South African Shoreline - Yzerfontein to Robben Island	10 – 11am	Formosa Garden Village

2 INTRODUCTION

2.1 Welcome to new members

Welcome to the following new members who joined Plett U3A over the holiday season:

Andrew Carlin

Allisone Hahn

Denise and Deon Hugo

Pia Krismer

Jennifer Leibnitz

Cheri Scholtz

Leo v d Merwe

Ian Woods

3 FORTHCOMING EVENTS

3.1 Wednesday 11 February: Why the Diabetes 2 epidemic? … presentation by Dr Charles Helm

Dr Helm will pose the question: "Why are so many of us are sick with diabetes (and what to do about it)? He will then provide the Insights of a family physician / palaeontologist"

He will speak from his combined, unique perspective as a palaeontologist and family physician on the epidemic of Type 2 diabetes. The message is hopeful, in that in many cases remission is possible, and offers an opportunity to understand and push back against societal forces.

And for a very brief CV:

Dr Charles Helm qualified as a physician at UCT in 1981 and as a palaeontologist at Nelson Mandela University in 2023. He has worked in remote northern Canada as a family physician for the past 30 years. He researches dinosaur tracks in Canada and South Africa and Pleistocene tracks (including ancestral hominid tracks) on the Cape south coast. He led the drive for a UNESCO Global Geopark in northern British Columbia in 2014. He retired from clinical practice in 2020 in order to focus on broader health issues, including Health in Geoparks and the potential for remission in Type 2 diabetes using a food-first approach.

3.2 Wednesday 18 March: Diepwalle forest outing

Beth advises that we will have an outing with Dalena Wolmarans to Diepwalle forest outside Knysna, where Dalena will tell us about the history of her family

in the early years of Knysna, interwoven with the story of the Thesen family.
Date: Wednesday 18 March 2026. More information to follow.

Philip M

4 The final word



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