MAANDELIKSE PRAATJIE
Maandag, 28 Maart 2022 om 09h30
Die Waenhuis, Jagersbosch, Stilbaai-Wes

MONTHLY TALK
Monday, 28 March 2022 at 09h30
Die Waenhuis, Jagersbosch, Stilbaai West

Reis in Tibet

Dr. Pieter du Toit

Dr. Pieter du Toit is gebore in die Vrystaat en kwalifiseer in 1963 as geneesheer aan die Universiteit van Pretoria. Na diens in sendinghospitale spesialiseer hy as narkotiseur, en was vanaf 1975 tot 1987 verbonde aan die Universiteit van die Vrystaat as professor in die Departement Geneeskunde. Daarna praktiseer hy privaat, verlaat die land tydelik in 1994 en was vir 11 jaar geneesheer in Kkesh Riyadh Saudi- Arabië. Hy keer daarna terug na Suid-Afrika en hy en sy vrou, Louisa vestig hulle in Stilbaai, vanwaar hy tot in 2018 geneeskundige dienste in sy eie land verrig.

Pieter en Louisa reis in die winter van 2000 na Tibet, wat vir bykans 19 eeue onbekend was in die Weste. Die bergvesting Lhasa, ook bekend as die "verlore stad", is eers in 1980 deur westerlinge betree. Pieter is 'n ywerige fotograaf en sy foto-versameling is onlangs gedigitaliseer om sy foto's van Tibet met die U3A gehoor te kan deel. Die praatjie is in Afrikaans en Engels.

Journey in Tibet

Dr. Pieter du Toit

Dr. Pieter du Toit was born in the Free State and qualified in 1963 as physician at the University of Pretoria. After serving in mission hospitals, he specialized as anaesthetist, and from 1975 to 1987 he was attached to the University of the Free State as professor in the Department of Medicine. He then practiced privately and left the country temporarily in 1994 to practice medicine in Kkesh Riyadh Saudi Arabia for 11 years. He and his wife, Louisa, returned then to South Africa and settled in Still Bay, from where he performed medical services until 2018.

Pieter and Louisa travelled to Tibet in the winter of 2000, a country which remained unknown in the West for almost 19 centuries. The Lhasa mountain fortress, also known as the "lost city", was only set foot on by westerners in 1980. Pieter is an avid photographer and his photo collection was recently digitized to share those taken in Tibet with the U3A audience. The talk is in Afrikaans and English.

Vergadering-reëlings

Vir hierdie vergadering moet daar voldoen word aan Covid-19 regulasies. Die volgende sal van toepassing wees:
Getalle wat in Die Waenhuis toegelaat word is beperk tot 50, maar daar word voorsiening vir meer mense gemaak in die ontvangslokaal.

Alle persone wat bywoon moet maskers dra. Moet asseblief nie kom as u enige Covid-simptome het nie. Indien u reeds 'n naamkaartjie het, moet u dit asseblief dra.

Die wynloting sal wel gehou word. Bring R5 saam vir 'n kans om 'n bottel baie goeie wyn te wen!Die R10 Gin-loting sal weer plaasvind soos in die verlede. Fondse word ge-oormerk vir die Jagersbosch-fonds sowel as die jaarlikse lisensie vir die U3A-rekenaar.

Meeting arrangements

For this meeting we must comply with Covid-19 regulations. The following will apply:
The number of people allowed in the Waenhuis is limited to 50. Provision is made, however, for seating for more in the foyer.

All persons attending must wear masks. Please don't attend if you have any Covid-symptoms. Please wear your name tag if you have one already.

The wine raffle will be held. Bring R5 for a chance to win a very good bottle of wine!The R10 Gin raffle will take place again. The funds are earmarked for the Jagersbosch Fund and the annual payment of our U3A computer licence.

Lidmaatskap vir 2022	Membership for 2022
Lidmaatskap vir 2022 beloop **R30 per jaar.** U kan u ledegeld kontant by die maandelikse praatjie betaal of met EFT. Die bankbesonderhede is: U3A Stilbaai ABSA BANK Rekeningnommer: 9321782429 Bankkode: 632005 Gebruik u voorletters en van as verwysing en stuur ’n bewys van betaling aan info@u3astilbaai.org of ninadutoit1@gmail.com. Vermy asseblief om die betaling persoonlik by die bank te doen.	Membership for 2022 is **R30 per year**. You can pay your membership fees in cash at the monthly talk or by means of an EFT payment. The banking details are: U3A Stilbaai ABSA BANK Account number: 9321782429 Banking code: 632005 Use your inituals and surname as a reference and send proof of payment to info@u3astilbaai.org or ninadutoit1@gmail.com Please avoid making the payment in person at the bank.
Algemene Jaarvergadering	**Annual General Meeting**
Ons AJV vind plaas net voordat die aanbieding begin. ’n nuwe Komitee sal dan verkies word. Ons vra nominasies vir nuwe lede. Persone wat belangstel om op die Komitee te dien, kan ons kontak by ninadutoit1@gmail.com	Our AGM wil take place before the commencement of the presentation. A new Committee has to be elected. People who are willing to serve on the committee can contact us at ninadutoit1@gmail.com
Groepe	**Groups**
Die volgende groepsaktiwiteite vind plaas. Onthou dat groepsaktiwiteite slegs vir U3A- lede is. • **Aandele-groep** Kontakpersoon: Christo by christoprins208@gmail.com • **Astronomie-groep** Kontakpersoon: Deon by begemannd@gmail.com • **Fotografie-groep** Kontakpersoon: Richard by rwebb01@gmail.com • **Neurowetenskap-groep** Kontakpersoon: Jenni by jennisharkey@gmail.com • **Stapgroep** Kontakpersoon: Karl-Heinz by karl-heinz@wispernet.co.za • **Voëlgroep** Inligting beskikbaar op www.u3astilbaai.org/birdgroup	The following group activities are taking place. Please note that Group activities are for U3A members only. • **Shares Group** Contact person: Christo at christoprins208@gmail.com • **Astronomy Group** Contact person: Deon at begemannd@gmail.com • **Photography Group** Contact person: Richard at rwebb01@gmail.com • **Neuro science Group** Contact person: Jenni at jennisharkey@gmail.com . • **Hiking Group** Contact person: Karl-Heintz at karl-heinz@wispernet.co.za • **Bird Group** Information is available on www.u3astilbaai.org/birdgroup

Meer inligting:

Die Voëlgroep het as gevolg van Covid vir twee jaar nie ’n byeenkoms gehad nie. Die volgende byeenkoms is op 6 April 2022 om 19:00 in die Waenhuis by Jagersbosch. Alle lede van die Voëlgroep en ander belangstellendes is baie welkom. Daar sal ’n oorsig gegee word van die aktiwiteite van die Voëlgroep en ’n bespreking sal plaasvind oor wat nog gedoen kan word; ’n aanbieding oor vordering met die atlasprojek in Hessequa; asook ’n aanbieding deur Andre van Tonder met die titel "Voëlfoto's: Kgalagadi toe en terug".

Die **voël-identifikasie kursus vir beginners** het ook weer begin en die eerste kursus vir 2022 is afgehandel. Enige persoon wat belangstel om so ’n kursus by te woon kan Johan van Rooyen kontak by rooyenvanjohan@gmail.com om sy/haar naam op die waglys te kry. Johan neem 'n maksimum van 6 persone op ’n keer en twee kursusse sal in die tweede helfte van die jaar aangebied word.

Neuroscience group (Contact jennisharkey@gmail.com)

On 25 March the group will explore how much choice (Agency or Free Will) we have as individuals, as well as within society.
This month the group will focus on applying the knowledge they gained from their past discussions.

You ROC! With Asset-Based Thinking: Kathy Cramer at TEDxYouth@Indianapolis
https://www.youtube.com/watch?v=RTtK_09CrjQ
Also:
Our future is still in our hands: Katharine Hayhoe,
https://onbeing.org/programs/katharine-hayhoe-our-future-is-still-in-our-hands/
And:
The Power of Human Collaboration and Innovation During and After a Crisis: Nicholas Christakis
During times of plague people search for meaning, and what's important in their own lives and society.

U3A Stilbaai verbeter die lewenskwaliteit van ouer mense, veral afgetredenes, en bevorder die behoud van intellektuele kapasiteit deur middel van stimulerende leer- en onderrigprogramme en die sosiale kontak wat daarmee gepaard gaan.

U3A Stilbaai improves the quality of life of people of mature age, especially retirees, and encourages the maintenance of intellectual capacity through stimulating programmes of learning and teaching and the concomitant social contact