NUUSBULLETIN

JANUARIE 2023

MAANDELIKSE PRAATJIE

Maandag 30 Januarie 2023 @ 10h00
Die Waenhuis, Jagersbosch

WYSIES WAT ONS ONTHOU.
Die terapeutiese waarde van musiek vir die ouer persoon.

Dr Nina du Toit

Sang en musiek speel 'n belangrike rol in alle kulture en neem 'n natuurlike deel van ons alledaagse lewens en ervarings in. Paul Nordoff (1909-1977), 'n Amerikaanse komponis en musiekterapeut, het aangetoon dat die basiese musiek-elemente, waaronder polsslag, ritme, tempo, toonhoogte en dinamiek, by elke persoon aangebore is. Nordoff se begrip van "musiek-kind" verwys dan ook na die mens wat op 'n natuurlike manier op musiek reageer. Hierin lê die terapeutiese waarde van musiek, veral ook vir die ouer persoon.

In hierdie aanbieding word die rol van musiekbeluistering en belewing vir die ouer persoon van nader bekyk. Die rol wat musiekterapeute kan speel in hulpverlening aan ouer persone met uitdagings, geniet ook aandag.

Dr Nina du Toit het haar loopbaan as onderwyser in Pretoria begin na sy cum laude gegradueer het in die professionele en akademiese veld van Musiek en Spesiale Onderwys.

Sy was een van die eerste musiek terapeute wat 'n Meestersgraad in Musiekterapie by die Universiteit van Pretoria in 2000 voltooi het. Sy doseer deeltyds Sang en Musiek Onderrig in twee Musiek Departemente vir 'n aantal jare. Sy sing ook in die

NEWS BULLETIN

JANUARY 2023

MONTHLY MEETING

Monday 30 January 2023 @ 10h00
Die Waenhuis, Jagersbosch

TUNES WE REMEMBER.
The therapeutic value of music for the older person.

Dr Nina du Toit

Song and music play an important role in all cultures and occupies a natural portion of our everyday lives and experiences. Paul Nordloff (1909-1977), an American composer and music therapist, had demonstrated that every person is born with basic music elements, such as pulse, rhythm, tempo, pitch and dynamics. Nordloff's concept of "musical child" refers to people reacting to music in a natural way. Herein lies the therapeutic value of music, in particular also of the older person.

In this presentation we look closer at the role of listening and experiencing music for the older person. The role music therapists can play in assistance to older persons with challenges, is also discussed.

Dr Nina du Toit started her career as a teacher in Pretoria after she graduated cum laude in her professional and academic degrees in the field of Music and Special Education.

She was one of the first music therapists who completed a Master's degree in Music Therapy at the University of Pretoria in 2000. She lectured part time Singing and Music Education in two Music Departments for several years. She was also part of the Pact Opera choir and was actively involved in the community as a choir master, conductor and accompanist.

TRUK Opera koor en was aktief betrokke in die gemeenskap as 'n koorleidster, dirigent en begeleier.

Nadat Nina 'n PhD in Onderwys Sielkunde (Ondersteuning, Raadgewing en Voorligting) in 2007 voltooi het, is sy aangestel as Hoof van die nuut-gestigde Gestremde Persone Eenheid by die Kaapse Skiereiland Universiteit van Tegnologie in Kaapstad. Van 2008-2016 is sy aktief betrokke by die ondersteuning van gestremde studente, sowel as vir sake ondernemings wat gestremde mense in diens neem.

Sy woon nasionale en internasionale konferensies by waar sy 'n aantal voorleggings lewer oor Ongeskiktheid en Musiekterapie aangeleenthede in samewerking met ander Universiteite. Na sy twee toekennings ontvang het, het sy die geleentheid om na-doktorale navorsing te doen by die Universiteit van Antwerp (2011) en by Ghent Universiteit (2016-2017). Vanaf 2014 is sy Redaksielid vir 'n internasionale akkrediteerde joernaal en het verskeie portuurbeoordeling van artikels uitgevoer. In 2018 kry sy die toekenning van die beste Hersiener van die Jaar. Nina is ook eksterne eksaminator vir verskeie Meesters en Doktorale tesisse.

Sy en haar man Herman vestig in Stilbaai in 2017; hulle het drie kinders en ses kleinkinders.

After completing a PhD (Doctorate) in Educational Psychology (Support, Counselling and Guidance) in 2007, she was appointed as Head of the newly established Disability Unit at Cape Peninsula University of Technology in Cape Town. From 2008-2016 she was actively engaged in supporting students with disabilities, as well as companies who employed people with disabilities.

She attended national and international conferences where she presented a number of presentations on Disability and Music Therapy matters and where she collaborated with other Universities. After receiving two awards, she had the opportunity to do post doctorate research at the University of Antwerp (2011) and at Ghent University (2016-2017). From 2014, she was an Editorial member for an internationally accredited journal and frequently conducted peer reviews of articles. In 2018 she received the reward for the best Reviewer of the Year. She also acts as external examinator of several Masters and Doctoral degrees.

She and her husband Herman moved to Stilbaai in 2017. They have three children and six grandchildren.

LEDEGELDE 2023

Ledegelde vir 2023 bly steeds R30 per persoon vir die jaar. U kan u 2023 ledegelde vanaf Januarie betaal; betaling kan per EFT in ons bankrekening gemaak word [ABSA Bank; U3A Stilbaai; Rek Nr 9321 782 429; Spaarrekening]. Gee asseblief u naam as die Ontvanger se verwysing, maar stuur ons ook 'n e-pos om betaling te bevestig sodat ons dit kan opskryf – info@u3astilbaai.org

U nuwe 2023 naamkaartjie sal nadat u betaal het uitgereik word, die naamkaartjie is op 'n geel agtergrond.

MEMBERSHIP FEES 2023

Membership Fees for 2023 will remain at R30 per person for the year. You can pay your 2023 membership fee from January onwards; payment can be made by EFT into our bank account [ABSA Bank; U3A Stilbaai; Acc No 9321 782 429; Savings Acc]. Please give your name as the Recipient's reference, but also send us an email to confirm payment just to make sure we record it – info@u3astilbaai.org.

Your new 2023 name tag will be issued after you have paid, the name tag is on a yellow background.

ALGEMENE JAARVERGADERING

Die Algemene Jaarvergdering van U3A Stilbaai word gehou 30 Januarie 2023 om 10h00 in Die Waenhuis, Jagersbosch.

Die vergadering sal so kort as moontlik gehou word; dokumente en verslae sal binnekort aan die lede gestuur word, ons versoek u om dit voor die vergadering te bestudeer sodat ons nie alles op die vergadering hoef te lees nie. Die Januarie praatjie sal net na die AJV aangebied word.

ANNUAL GENERAL MEETING

The Annual General Meeting of U3A Stilbaai will be held on 30 January 2023 at 10h00 in Die Waenhuis, Jagersbosch.

The meeting will be kept as short as possible; documents and reports will be sent to members soon, you are requested to study these before the meeting so that we do not have read everything at the meeting. The January talk will be presented immediately after the AGM.

Die dokumente is ook nou beskikbaar op ons webtuiste; klik hier om na die Admin seksie te gaan.

The documents are now also available on our website; click here to go to the Admin section.

U3A STILBAAI GROEPE

U3A Stilbaai het verskeie groepe wat aktiwiteite vir lede aanbied. Meer inligting oor die groep aktiwiteite is op ons webtuiste: www.u3astilbaai.org.

Onthou asseblief dat die minimum koste vir deelname aan groep aktiwiteite is R5 per vergadering of uitstappie. R4 hiervan kan vir groep uitgawes aangewend word en word opgeskryf in 'n groepfonds, R1 gaan na algemene U3A fondse. (Nota: alle groepe het nie spesiale fondse nie, al die groep se fooie gaan na U3A fondse).

- **Aandele Groep**: Die aandele groep hou gereeld samesprekings waar idees oor die aandelemark uitgeruil word. Kontak Deon Grobler by deonenelaine@gmail.com indien u wil aansluit.
- **Astronomie groep**: As u by die groep wil aansluit, kontak Deon by begemannd@gmail.com. Lees meer oor die groep op www.u3astilbaai.org /astronomy.
- **Botaniese Uitstappies**: Hierdie nuwe groep bestudeer interessante inheemse plante op uitstappies in die veld. Kontak vir Christina by stilbaai6674@gmail.com as u belangstel.
- **Fotografie Groep**: Enige lid wat belangstel om by die groep aan te sluit kan Richard by rwebb01@gmail.com kontak. Meer inligting op www.u3astilbaai.org/photography.
- **Neurowetenskap Groep**: Kontak Jenni by jennisharkey@gmail.com indien u by die groep en/of die Zoom praatjies wil aansluit. Lees oor die groep op www.u3astilbaai.org/neuroscience.
- **Stapgroep**: Die groep stap normaalweg op Vrydag oggende. As u by die groep wil aansluit, kontak Karl-Heinz by karl-heinz@wispernet.co.za. Inligting oor die groep is op www.u3astilbaai.org/hiking.
- **Voëlgroep**: Die Voëlgroep betrek mense wat belangstel in voëlkyk, en koördineer ook die SABAP2 projek in Hessequa. Kontak Krysia by krysiastenvert@gmail.com indien u belangstel om by die groep aan te sluit. Meer inligting is op www.u3astilbaai.org/birdgroup.

U3A STILBAAI GROUPS

U3A Stilbaai has several groups offering activities to members. More information about the group activities are on our website: www.u3astilbaai.org.

Please remember that the minimum cost of participating in any of the groups, is R5 per meeting or outing. R4 of this is used for group expenses and is recorded in the group's special fund, R1 goes to general U3A funds. (Note: not all groups have special funds, all the group fees goes into U3A funds).

- **Astronomy Group**: If you are interested in joining the group, contact Deon at begemannd@gmail.com Read about the group on www.u3astilbaai.org /astronomy.
- **Bird Group:** The Bird Group involves people interested in bird-watching, as well as co-ordinating the SABAP2 project in Hessequa. Contact Krysia at krysiastenvert@gmail.com if you are interested in joining the group. More information is available on www.u3astilbaai.org/birdgroup.
- B**otanical Walks**: This new group studies interesting indigenous plants during walks in the veld. Please contact Christina at stilbaai6674@gmail.com if you are interested.
- **Hiking Group**: The group normally hikes on Friday mornings. If you want to join the group, contact Karl-Heinz at karl-heinz@wispernet.co.za. Information about the group is on www.u3astilbaai.org/hiking.
- **Neuroscience Group**: Please contact Jenni at jennisharkey@gmail.com if you are interested joining the group and/or the Zoom talks. Read more on www.u3astilbaai.org/neuroscience.
- **Photography Group**: Any member interested in joining the group can contact Richard at rwebb01@gmail.com. More information on www.u3astilbaai.org/photography.
- **Shares Group**: The share group holds regular discussions sharing ideas on the share market. Contact Deon Grobler at deonenelaine@gmail.com.

2003 MAANDELIKSE PRAATJIES

Ons skop die jaar af met Nina du Toit se interessante praatjie oor musiekterapie. Die voorlopige program vir die eerste paar maande van die jaar is as volg:

2023 MONTHLY TALKS

We kick off the year with Nina du Toit's interesting talk on music therapy. The provisional programme for the first few months of the year is as follows:

Februarie 27: Ilsa Basson vertel van die Wonderwêreld van Lasers.

Maart 27: Martin Groenewald praat oor Toepassingsvelde in die Filosofie.

April 24: Pieter van Rooyen gaan oor Wyn gesels.

February 27: Ilsa Basson explains the Wonderful World of Lasers.

March 27: Martin Groenewald talks about Applications in Philosophy.

April 24: Pieter van Rooyen will be chatting about Wine.

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