



NUUSBROKKIES 11 April 2020

Hierdie skrywe is om u te herinner dat U3A Stilbaai nog hier is, en dat ons nie vergeet het van julle, ons lede, nie.

Die inperking is tot 30 April 2020 verleng. Terwyl ons almal 'n terugkeer na 'n normale gemeenskap sal verkies, besef ons dat die noodsaaklikheid om die verspreiding van Covid-19 aan bande te lê is top prioriteit. Gister het die Wêreld Gesondheidsorganisasie ook gewaarsku dat die vroeë opheffing van inperkings kan lei tot 'n vinnige katastrofiese verspreiding van die epidemie.

Maar kyk na die blink kant – dit gee julle meer tyd om al daardie takies by die huis te doen wat julle uitgestel het met die hoop dat hulle na inperking sal verdwyn.

C-19 Voëlfoto-albums

Die einddatum om foto's van voëls vir die C-19 Voëlfoto-album te neem is nou 30 April. Neem tog kennis dat SLEGS foto's wat by of vanaf u tuiste tydens die inperking (27 Maart tot 30 April 2020) geeneem is, ingedien mag word. Foto's van voor die inperking sal nie aanvaar word nie.

Die foto's is op die U3A Stilbaai webtuiste – www.u3astilbaai.org (klik op Voëlgroep in die top ry, dan op Foto's, en dan op die album wat jy wil oopmaak).

Laat die foto's kom – [stuur hulle na Johan van Rooyen](#).

Neurowetenskap nuus

Jenni Sharkey, sameroeper van die Neurowetenskap Groep, het skakels na TED praatjies en 'n YouTube video gestuur. Sy nooi julle uit om daarna te kyk en dan julle gedagtes in 'n gesprek met haar en ander respondente te deel; [stuur jul gedagtes na Jenni](#). Klik op die titels van die videos om hulle oop te maak en af te laai.

- [How equal do we want the word to be? You'd be surprised. TED Talk by Dan Ariely.](#)

NEWS BYTES 11 April 2020

This notice is to remind you that U3A Stilbaai is still here, and that we have not forgotten about you, our members.

The lockdown was extended to 30 April 2020. While we would all prefer a return to a normal society, we appreciate that the need to curb the spread of Covid-19 is top priority. Yesterday the World Health Organisation also warned that lifting lockdown restrictions too soon, could mean a sudden catastrophic spread of the epidemic.

Look at the bright side – this gives you more time to do all those chores at home that you have been postponing hoping that the end of lockdown makes them go away.

C-19 Bird photo albums

The end date for taking photos of birds for the C-19 Bird Photo Album is now 30 April. Please note that ONLY photos taken at or from your homes during the lockdown (27 March to 30 April 2020) may be submitted. Pictures from before the lockdown will not be accepted.

You can view the photos on our U3A Stilbaai website – www.u3astilbaai.org (click on Bird Group in the top menu, then on Photos, and then on the album you want to view).

Keep the photos coming – [send them to Johan van Rooyen](#).

Neuroscience news

Jenni Sharkey, convenor of the Neuroscience Group, sent a number of links to TED Talks and a YouTube clip. She invites you to view these and then engage in a conversation and share your thoughts with her and other respondents; [send your thoughts to Jenni](#). Click on the titles of the clips to open and download them.

Are you worried that the economic devastation of Covid-19 will add to wealth inequalities? The news of society's growing inequality makes all of us uneasy. But why? Dan Ariely reveals some new, surprising research on what we think is fair, as far as how wealth is distributed over societies ... then shows how it stacks up to the real stats.

● **Are we in control of our own decisions? TED Talk by Dan Ariely.**

Behavioural economist Dan Ariely, the author of Predictably Irrational, uses classic visual illusions and his own counter-intuitive (and sometimes shocking) research findings to show how we're not as rational as we think when we make decisions.

● **Why gender equality is good for everyone – men included. TED Talk by Michael Kimmel.**

Yes, we all know it's the right thing to do. But Michael Kimmel makes the surprising, funny, practical case for treating men and women equally in the workplace and at home. It's not a zero-sum game, but a win-win that will result in more opportunity and more happiness for everybody.

● **Humiliation: Why this little-understood emotion exists. A BBC Ideas clip by Philippa Perry.**

Why does humiliation exist? And can we turn it to our advantage? Psychotherapist Philippa Perry explores this little-understood emotion. Made by BBC Scotland.

Vermaak juleself

Ons het 'n aantal voorstelle gekry vir speletjies wat mens as toeps van die internet kan aflaai – daar is 'n verskeidenheid beskikbaar. Sommige is goeie vermaaklikheid, maar daar is ander wat ernstige denkoefening benodig. Ons het nie enige skakels na hierdie ontvang nie, maar julle sal hulle kan kry op die internet webtuistes waar mens speletjies, ens kan aflaai.

Ter afsluiting

Ons gaan hierdie moeilike tye oorleef, op een of ander stadium sal die wêreld na normaliteit terugkeer – heel waarskynlik 'n normaliteit wat verskil wat ons voor Covid-19 gehad het, maar hopelik 'n beter een. Byt net vas en hou die ou grys selle besig.

Vriendelike groete

Niel van Wyk

Voorsitter: U3A Stilbaai

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Keeping entertained

We have received a number of suggestions for games one can download as apps from the internet – there seems to be a variety available. Some are great entertainment, but there are others that requires some strenuous mental exercise. We did not receive any links to these games, but you can find them in play stores, etc on the internet.

In conclusion

We are going to get through these tough times, at some stage the world will return to normality – most probably a different normality to what we had before Covid-19, but hopefully a better one. Just bite the bullet and keep the old grey cells busy.

Kind regards

Niel van Wyk

Chairperson: U3A Stilbaai

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