

U3A STILBAAI

DIT EN DAT 21 Junie 2020

Wat ons mag en nie mag doen nie.

Sedert die President se toespraak laas Woensdag, het ek probeer uitvind presies wat ons nou mag doen en wat nog verbode is. Al wat duidelik is, is dat die situasie is nog baie verwarrend! Sommige van die opheffing van beperkings vereis nie nuwe regulasies nie, byv. die oor sport aktiwiteite is baseer op regulasies wat op 11 Junie uitgevaardig is en wat die Minister magte gee om geleidelik sport onder streng voorwaardes toe te laat.

Die mees onlangse regulasies is dié oor persoonlike dienste soos haarkappers, masseurs en tattoeër kunstenaars – die voorwaardes waaronder hierdie aktiwiteite mag plaasvind word uiteengesit.

Heelwat van ons lede het gevra of die heffing van die verbod op nie-kontak sport ons stapgroep nou sal toelaat om weer te begin stap. Ongelukkig nee – die sport regulasies van 11 Junie is van toepassing op professionele sport en op sport klubs verbonde aan sekere sport beheerliggame soos gelys in die regulasies. Ons stapgroep val onder die gewone sosiale aktiwiteite wat nog verbode is. Die regulasies wat op ons van toepassing is, is onder dié wat 'n paar weke gelede deur die Noord Gauteng Hoërhof ongeldig verklaar is, die regering het appél teen die uitspraak aangeteken.

Ons sal lede laat weet sodra die situasie verander, intussen hou maar aan glimlag.

Wysiging van die U3A Stilbaai grondwet

Die spesiale stemmery oor die voorgestelde wysiging van die grondwet om ons finansiële jaar te wysig het tussen 1 en 16 Junie plaasgevind. Die resultaat van die stem was 'n oorweldigende meerderheid om die grondwet te wysig. Die wysiging is aangebring en ons huidige finansiële jaar sal nou op 31 Desember 2020 eindig, en nie die einde van hierdie maand nie. Ons volgende Algemene Jaarvergadering is voorlopig vir 25 Januarie 2021 geskeduleer; en jul ledegelde is geldig tot die einde van die jaar.

Daar is 'n skakel vir details van die resolusies en resultate van die stem op die tuisblad van ons webtuiste – gaan na www.u3astilbaai.org.

Voëlgroep hou ons besig

Die Virtual Museum is 'n nasionale projek waaraan u kan deelneem deur foto's van 'n wye reeks diere (en bome) in te stuur. Vir meer inligting en 'n handleiding gaan na Projekte op die Voëlgroep seksie van ons [U3A Stilbaai webtuiste](http://www.u3astilbaai.org).

THIS AND THAT 21 June 2020

What we may and may not do.

Since the President's speech on Wednesday, I have been trying to find out exactly we may do and what is still not allowed. The only thing that is clear, is that the situation is still very confusing! Some of the lifting of restrictions do not require new regulations, e.g. those about sporting activities are all based on regulations issued on 11 June which gives the Minister powers to gradually reintroduce sport under strict conditions.

The most recent regulations published are those for personal services like hairdressers, masseurs and tattoo artists – these set out the conditions under which these activities can take place.

Many of our members have asked whether lifting the ban on non-contact sport will allow our walking group to resume activities. Unfortunately not – the sporting regulations of 11 June apply to professional sport and to sports clubs associated with particular sporting control bodies listed in the regulations. Our walking group falls under normal social activities and is still forbidden. The regulations applying to our activities are amongst those declared invalid by the North Gauteng High Court a few weeks ago, the judgement is being appealed by the government.

We will immediately let members know if the situation changes, in the meantime we just have to keep on smiling.

Amendment of the U3A Stilbaai constitution

The special ballot on the proposed amendment to the constitution to change our financial year took place from 1 to 16 June. The result of the vote was an overwhelming majority to amend the constitution. The change has been made and our current financial year will now end on 31 December 2020, and not at the end of this month. Our next AGM is provisionally scheduled for 25 January 2021; and your current membership will be valid until the end of the year.

There is a link on the home page of our website for details about the resolutions and results of the vote – go to www.u3astilbaai.org.

Bird Group keeping us busy

The Virtual Museum is a national project in which you can participate by sending in photos of a wide range of animals (and trees). For more information and guidance go to Projects on the Bird Group section of our [U3A Stilbaai website](http://www.u3astilbaai.org).

Toekenning aan een van ons lede

Die Stilbaai Sakekamer het in Mei ere-lidmaatskap aan een van ons stigterslede, Dr Daan Toerien, toegeken weens sy uitsonderlike diens en ondersteuning aan Stilbaai Sakekamer en aan Stilbaai. Ons wens Daan baie geluk met hierdie welverdiende eer.

Award to one of our members

In May the Stilbaai Business Chamber awarded honorary membership to one of our founding members, Dr Daan Toerien, for his exemplary service to and support of the Stilbaai Business Chamber and Stilbaai. We congratulate Daan on this well-deserved honour.

Sommer 'n klein glasië geskiedenis

Niel van Wyk

Die voortslepende debat of die verbod verbod op die verkope van alkoholiese drank weer ingestel moet word, het my laat wonder hoe lank alkoholiese drank met ons is. Ek het bietjie navorsing gedoen.

Die vroegste tekens dat mens vrugte en graan vergis het dateer terug na die laat Steentydperk ongeveer 12,000 jaar gelede. Meer definitiewe getuies van vergiste drank gemaak van druiwe en meidoring vrugte in noord China dateer terug 9,000 jaar, kort daarna is heuningbier en rysbier gemaak. In Europa het die produksie van wyn sedert ongeveer 8,000 jaar gelede redelik algemeen voorgekom.

Die distillasie of stook proses om alkoholiese drank te produseer is eerste in die 9de eeu AD deur die Arabiere gebruik, hulle het die proses in detail beskryf. Van die 12de eeu af het die proses van die Middel Ooste na Europa versprei. Argeologiese bevindings dui aan dat stoking in China ook in die 12de eeu gebruik is.

Wyn en ander drank is dus al deel van die mensdom vir 'n baie lang tyd; deur die geskiedenis is drank nie net assosieer met kulturele gebruike nie, Egiptiese hieroglyfiese beskryf wyn as 'n sosiale drank omdat dit mense laat ontspan en goed voel – manuskripte deur die eeue bevestig beide die rituele en sosiale gebruik.

Dit is dus te twyfel of enige regering sal slaag om die gebruik van drank totaal te verbied. Nogtans moet mens saamstem dat die misbruik van alkohol 'n euwel is wat sterk optrede van die owerhede verg.

Ten laaste los ek julle met die Apostel Paulus se wyse advies in sy eerste brief aan die jong Timoteus, hy skryf: *Moenie langer net water drink nie. Gebruik 'n bietjie wyn vir die maag en vir jou herhaalde ongesteldhede* (1 Timoteus 5, 23).

Just a little sip of history

Niel van Wyk

The continuing debate whether to re-instate a ban on the sale of alcoholic drinks, made me wonder how long alcoholic drinks have been around. I carried out a bit of research.

The earliest signs that man fermented fruits and grains dates back to the late Stone Age up to about 12,000 years ago. More concrete evidence of a fermented drink made from grapes and hawthorn fruit in northern China date back 9,000 years, shortly after followed by production of honey mead and rice beer. In Europe the production of wines became common from about 8,000 years ago.

The distillation process of producing alcoholic drink was first used extensively by Arabs in the 9th century AD, who recorded the process in some detail. From the 12th century the process spread from the Middle East to Europe. Archaeological evidence also indicates that distillation was first used in China in the 12th century.

Wine and other drinks have thus been with man a long long time; throughout its history it has not only been associated with cultural rituals, Egyptian hieroglyphics described its social use because it relaxes people and makes them feel good – manuscripts through the ages confirm both the ritual and social use.

It is thus doubtful that any government will succeed in totally banning the use of liquor. However, one cannot argue with the fact that the misuse of liquor is a scourge requiring strong action from the authorities.

Finally, I'd like to leave you with the sage advice the Apostle Paul gave to the young Timothy when he wrote to him in his first epistle: *Drink no longer water, but use a little wine for thy stomach's sake and thine often infirmities* (1 Timothy 5, 23).