



## **MONTHLY MEETING**

Monday 27 March 2017; 09h00 for 09h30  
Die Waenhuis, Jagersbosch, Stilbaai West.

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### **DEALING WITH BEREAVEMENT**

**Sal Carter**

Accepting the fact that grief is a personal experience and that no two people grieve the same way, Sal will be presenting a framework to understand the grieving process and how one can help those grieving.

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Guests and non-members are welcome to attend; admittance is free.

## **THIS AND THAT ...**

### **February Monthly Talk.**

The talk on the historic mountain passes of the Langeberg and Outeniqua's was well-attended, 94 people signed the attendance register. The talk went down well and we have since had a number of requests for more information about the passes, and how to get to those in the vicinity. An article in Afrikaans on the three passes in the Hessequa area is available, please email us at [info@u3astilbaai.org](mailto:info@u3astilbaai.org) if you are interested in a free copy.

### **Jagersbosch Fund**

At the TED talk on 22 February the Fund gained R108 (R4 out of the R5 course fee goes to the Fund); and at the February monthly meeting the raffle yielded R573. The fund now stands at R1,894.57.

For a full list of contributions to the Fund, please view the 'Jagersbosch Fund' page on our website: [www.u3astilbaai.org](http://www.u3astilbaai.org). Our banking details are also on the website if you wish to make a contribution.

### **Membership**

Our numbers just cannot stop growing! At the February monthly meeting we had 9 people joining; our current membership now stands at 158. Welcome to the newbies!

## **U3A STILBAAI COURSES**

Courses are for members only. Stefan Pretorius is the co-ordinator for all U3A Stilbaai courses, he can be contacted at [stefanpretorius877@gmail.com](mailto:stefanpretorius877@gmail.com).

- **Beginners Art** : Meet first Thursday of the month. Contact Julie at [wilson.julie222@gmail.com](mailto:wilson.julie222@gmail.com).
- **Hiking Groups** : The group walks every Friday morning. Contact Cheryl at [cheryl@kmintsa.co.za](mailto:cheryl@kmintsa.co.za).

- **Historical Tours** : Tours of Stilbaai, Jongensfontein, Riethuiskraal & Melkhoutfontein are in the planning phase. Watch this space for news.
- **Cooking Courses** : The cooking courses are very popular, but we have to limit numbers. Please book your place with Stefan at [stefanpretorius877@gmail.com](mailto:stefanpretorius877@gmail.com).
- **Art Appreciation** : Contact Bonnita Davidtsz at [wingover@myconnection.co.za](mailto:wingover@myconnection.co.za).
- **Bird watching for beginners** : The current course has been completed successfully, but another course will be offered later in the year. Contact Johan van Rooyen at [rooyenvanjoan@gmail.com](mailto:rooyenvanjoan@gmail.com); numbers are limited and this popular course is quickly filled.
- **Koki's & Pencils** : "Beat stress with colouring-in for adults". This new course begins in April. Meet in Die Waenhuis, Jagersbosch, every Tuesday from 2pm to 4pm. R5 per session. Pages and equipment will be made available to first-timers. Contact Carol Malan at 028 754 2817.

Please feel free to give us feedback on any of the courses that you have attended, or proposals for any new courses you would like to see introduced to U3A Stilbaai. Email: [info@u3astilbaai.org](mailto:info@u3astilbaai.org).

## **TED TALKS**

The next TED Talk will be on Wednesday 22 March at 09h30 in Die Waenhuis. This is the third, and last of the current series in our talks about psychological issues. Janet Stonier will again introduce the subject, the title is "**Love and Infidelity**". Contact Stefan at [stefanpretorius877@gmail.com](mailto:stefanpretorius877@gmail.com) for more information.

[TED is a non-partisan non-profit organisation devoted to spreading ideas, usually in the form of short, powerful talks. TED began in 1984 as a conference where Technology, Entertainment and Design converged, and today covers almost all topics — from science to business to global issues. More information on [www.ted.com](http://www.ted.com).]

## **OUTINGS**

On Tuesday 14 March a group of 18 spent a most enjoyable and interesting couple of hours at Baleia Wine Cellar outside Riversdale. While enjoying a light lunch, the group tasted their wines produced in the cellar from grapes grown at their farm Dassieklip on the banks of the Duiwenhoks River. Thanks to Stefan for arranging the trip, thanks to those who provided lifts, and thanks to the attendees for joining us!

## **TALKS TO COME ...**

The programme for monthly talks is as follows; but please note that this may change due to unforeseen circumstances.

- 24 Apr 2017: Max Döckel gives us his annual assessment of the government's annual budget and what this means to the man in the street.
- 29 May 2017: Derick Swart talks about adaptations in stock farming in response to environmental changes.
- 26 Jun 2017: Daan Toerien discusses the impacts of fracking in the Karoo on tourism.
- 31 Jul 2017: Petra Daneel tells us more about Jagersbosch.
- 28 Aug 2017: Anna Hattingh will talk to us about Living Wills.

We have had a few requests for talks previously given to be repeated; a list of the talks held in our monthly meetings is attached, if anybody is interested in a repeat "performance" of a particular talk, please contact us at [info@u3astilbaai.org](mailto:info@u3astilbaai.org).

*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 social contacts derived therefrom.*

**VISIT OUR WEBSITE FOR MORE INFORMATION : [WWW.U3ASTILBAAI.ORG](http://WWW.U3ASTILBAAI.ORG)**

**U3A STILBAAI**  
**MONTHLY TALKS ---- MAANDELIKSE PRAATJIES**

	<b>DATE DATUM</b>	<b>SPEAKER SPREKER</b>	<b>TITLE OF TALK TITEL VAN PRAATJIE</b>
1	28-05-2015	Dr Daan Toerien	Products fit for a Queen: Paradokse uit landelike Suid-Afrika.
2	22-06-2015	Prof Max Döckel	Perspective of SA Economy. Perspektief op SA Ekonomie.
3	25-06-2015	Niel van Wyk	Human impact on estuaries, with reference to Goukou River. Menslike impakte op riviermondings, met verwysing na Goukourivier.
4	27-07-2015	Dr Julie Wilson	Rural Revolution: Merinos and the Barrys in the Overberg, 1812-1866.
5	31-08-2015	Willem Botha	The Gouritz Biosphere Project. Die Gouritz Biosfeer Projek.
6	28-09-2015	Johan van Rooyen	The Southern African Bird Atlas Project - aims and results. Die Suider-Afrikaanse Voëlatlasprojek - doelwitte en resultate.
7	26-10-2015	Arthur Clarke	Estate planning – Putting your affairs in order.
8	30-11-2015	Stefan Pretorius	The science behind the LCHF and LFHC diet options - decide for yourself. Die wetenskap agter die LCHF en LFHC dieet opsies – besluit self.
9	25-01-2016	Prof Mike Lucas	Climate Change in South Africa, including implications for the Overberg and Still Bay.
10	29-02-2016	Wendy Wilson	A Sub Antarctic trip to Bouvier Island.
11	28-03-2016	Prof Max Döckel	SA Economy and the Budget. SA Ekonomie en die Begroting.
12	25-04-2016	Dave Carter	A trip to the rock churches in Eastern Ethiopia.
13	30-05-2016	Dr Daan Toerien	Besigheidsontwikkeling in Stilbaai. A serendipitous journey through entrepreneurial space.
14	27-06-2016	Niel van Wyk	The Stilbaai Dunes. Die Stilbaai Duine.
15	29-07-2016	Belinda Gordon	The Siege of Colesberg and the little known victories of the Boer forces under General de la Rey in the area.
16	29-08-2016	Roberto Anastagi	Syria from 12,500 BC up to today. Sirië van 12,500 vC tot vandag.
17	26-09-2016	Jan de Vynck	Human behavioural ecology eases archaeological interpretation: case studies from the South Cape. Menslike gedragsekologie vergemaklik argeologiese interpretasie: studie voorbeelde van die Suid-Kaap.
18	31-10-2016	Gill Simpson	'Wild Rescue': a wildlife sanctuary & nature reserve. 'Wild Rescue': 'n skuilplek vir diere en natuurreserveaat.
19	28-11-2016	Dave Carter	A visit to South America and Antarctic. 'n Besoek aan Suid-Amerika en Antarktika.
20	30-01-2017	Stefan Pretorius	Iran: A Five Year Experience. Iran: 'n Vyf Jaar Ondervinding.
21	27-02-2017	Niel van Wyk	Historic Mountain Passes of the Langeberg & Outeniqua Mountains. Historiese Bergpasse van die Langeberg & Outeniqua berge.