



MONTHLY MEETING

Monday, 24 April 2017; 09h00 for 09h30

Die Waenhuis, Jagersbosch, Stilbaai West.

THE BUDGET AND OUR ECONOMY

Max Döckel

Prof. Max Döckel presents his annual talk on the budget and the effect of the budget on the South African economy. Last year, several months after Nene-gate, Max discussed the effects of a possible downgrade of the Rand to junk status – this has now happened. With the current political crisis Max's views on what the future holds is important to us all.

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

THIS AND THAT ...

Welcome to Bird Club members.

The Stilbaai Bird Club has disbanded and joined up with U3A Stilbaai. They will be known as the **U3A Stilbaai Bird Group**. We extend a hearty welcome to the members of the Bird Club and invite you to join U3A Stilbaai and enjoy the benefits of our organisation.

The Bird Group will continue with its important work on the SA Bird Atlas Project; the group will organise identification courses; present talks and presentations of general interest; and organise bird outings. While the courses are for U3A members only, the atlas project, talks and presentations are open to all.

The U3A Stilbaai committee co-opted Johan van Rooyen of the Bird Club onto the committee to ensure smooth integration and co-ordination of the group.

March Monthly Talk.

Sal Carter's talk on dealing with bereavement and loss was thought provoking and touched on feelings many people usually prefer to hide. Yet, an effective way of dealing with personal loss is to open up and share your feelings with others. Sal's talk made us understand the processes involved and how to deal with such situations. It also helps us understand how to deal with family and friends that are grieving.

Jagersbosch Fund

The Baleia outing yielded R100 for the Fund; at the TED talk on 22 March the Fund gained R56; and at the March monthly meeting the raffle yielded R315. The fund now stands at R2,365.57.

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

Membership

Membership is now 163; five new members joined during March – welcome to you all.

IMPORTANT NOTICE: Email Notices

We are receiving an increasing number of requests to send out notices to our members for non-U3A related activities. The committee decided that we will NOT send out any email notices that are not about U3A functions or activities. Our concern is that if we inundate you with emails about all kinds of things happening in Stilbaai, you will eventually ignore emails from *info@u3astilbaai.org*. Please note that all emails from *info@u3astilbaai.org* will be about U3A business only.

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* for general enquiries.

- **Hiking Groups** : The group walks every Friday morning. Contact Cheryl at *cheryl@kmintsa.co.za*.
- **Historical Tours** : Hella's next tour of historical Stilbaai is on Wednesday 3 May, starting at 09h00 at Jagersbosch. These tours are extremely popular, but we have to limit numbers as the group visits people's houses. Please contact Hella at *dockel@vodamail.co.za*.
- **Cooking Courses** : The cooking courses are held on the first Friday of every month, numbers are limited. Please book your place with Stefan at *stefanpretorius877@gmail.com*.
- **Bird watching for beginners** : This popular course will again be offered later in the year. Contact Johan van Rooyen at *rooyenvanjohan@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 2 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*.

TED TALK : BAD SCIENCE

Wednesday, 26 April 2017 at 09h30

The next TED Talk will be on Wednesday 26 April at 09h30 in Die Waenhuis, and will be facilitated by Stefan Pretorius.

Bad Science is a TED talk by Dr Ben Goldacre based on his 2008 book with the same name (a top 10 bestseller for Amazon Books), criticising mainstream media reporting on health and science issues. The book was positively reviewed by the British Medical Journal.

The talk covers: Detoxification; Brain Exercises; pseudo-scientific claims by cosmetics manufacturers; Homeopathy; the Placebo Effect; nutritionists; antioxidants; food supplements. The cherry picking of published research to support a favoured view. TV diet gurus and self-styled "doctors" who claim that fish oil capsules make children smarter. "Professor" Patrick Holford. Is "evidence-based" Mainstream Medicine Evil?. How the Media Promote the Public Misunderstanding of Science. Why Clever People Believe Stupid Things. Bad Stats. Health Scares. The Media's MMR Hoax. The Body's Immune System.

Contact Stefan at *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 **T**echnology, **E**ntertainment and **D**esign converged, and today covers almost all topics – from science to business to global issues. More information on *www.ted.com*.

OUTINGS

There are a few outings in the planning stages. One is a U3A weekend get-away to Honeywood Farm adjacent to Grootvadersbosch west of Heidelberg. This is a beautiful area with magnificent forests, one of the largest remaining African montane forests west of George is at Grootvadersbosch.

Another possible outing is a day trip to Gysmanshoek and Plattekloof passes in the Langeberg northwest of Riversdale. This is provisionally planned for late winter when the wildflowers in these mountains are an absolute joy to behold. However, this outing depends on the state of the road into the mountain at the time; we will check on this before finalising the trip.

We will keep you informed of developments.

TALKS TO COME ...

The programme for monthly talks for the next few months is as follows; please note that this may change due to unforeseen circumstances:

- 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.

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