



September 2019

## BULLETIN

September 2019

www.u3astilbaai.org

info@u3astilbaai.org

### MONTHLY MEETING

Monday, 30 September 2019 @ 09h30

Die Waenhuis, Jagersbosch, Stilbaai West.

#### EMOTIONAL INTELLIGENCE

**Can it be Learned or Improved?.**

**Jenni Sharkey**

The concept of Emotional Intelligence has become more topical since the evidence of neuroplasticity proves our brain's ability to adapt.

Jenni Sharkey has drawn on her knowledge gained from the fascinating research available on You Tube and published scientific articles, to explain how we acquire and enhance intelligence, and how this becomes relevant to our emotional well-being. She will also explain how our past, and memory impacts on Emotional Intelligence.

We are never too old to learn, and we are never too old to change. Her talk concludes with guidelines - how do we acquire a purpose, and the determination to implement the necessary skills for EI change?

#### EMOSIONELE INTELLIGENSIE

**Kan dit geleer of verbeter word?**

**Jenni Sharkey**

Die konsep van emosionele intelligensie is weer ter sprake weens bewyse van die brein se vermoë om aan te pas.

Uit gepubliseerde wetenskaplike artikels en interessante inligting beskikbaar op You Tube, verduidelik Jenni Sharkey hoe ons intelligensie aanleer en verbeter, en hoe relevant dit is vir ons emosionele welsyn. Sy sal ook die impak van ons verlede en geheue op emosionele intelligensie verduidelik.

Ons is nooit te oud om te leer nie, en ons is nooit te oud om te verander nie. Haar praatjie sluit af met riglyne – hoe om doelwitte daar te stel, en ook om die nodige vaardighede vir emosionele intelligensie verandering te implementeer.

The presentation is in English.

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

Gustav Radloff se uitstekende uiteensetting van die grondregistrasie stelsel in Suid-Afrika en die verskeie pogings tot grondhervorming sedert 1994 was baie interessant en het sedert die praatjie heelwat belangstelling uitgelok. As u belang stel in 'n 'n dokument van sy praatjie, epos ons asseblief by [info@u3astilbaai.org](mailto:info@u3astilbaai.org), en ons stuur dit in pdf formaat aan u.

Membership fees for the 2019-20 year are payable before 30 September 2019. The fees remain R30 per person for the year. You can pay us cash at the monthly meetings, or pay into our bank account by EFT or at an ATM, our bank details are: ABSA Bank; Acc Name: U3A Stilbaai; Acc No: 9321782429; Saving Account; please use your name as a reference and email us at [bank@u3astilbaai.org](mailto:bank@u3astilbaai.org) to confirm payment. Please do not pay cash over the counter – the minimum bank fee for cash payments is R45 per transaction; this means we do not get your R30 and in addition have to pay the bank R15!

Ons soek steeds vrywilligers om te help by ons maandeliksie vergaderings. Ons moet die stoele uitsit in die saal voor die praatjie, en na die praatjie moet ons weer die saal regstel. Ons soek ook hulp by die registrasie tafels.

### **U3A STILBAAI KURSUSSE**

- **Voël identifikasie vir beginners** : Die eerste twee kursusse vir 2020 is vol bespreek, daar is nog plek op die derde 2020 kursus. Kontak vir Johan op [rooyenvanjohan@gmail.com](mailto:rooyenvanjohan@gmail.com). Meer inligting oor die kursusse is beskikbaar op ons webtuiste: [www.u3astilbaai.org/birdgroup](http://www.u3astilbaai.org/birdgroup).

### **U3A STILBAAI GROUPS**

Please note that Group activities are for members only. The following group activities are taking place:

- **Astronomy Group**: The Astronomy Group is doing quite well, their stargazing outings are dependent on weather conditions. Contact Deon at [begemannd@gmail.com](mailto:begemannd@gmail.com) if you are interested.
- **Bird Group** : The group meets every quarter with an interesting programme, but also offers regular bird-watching outings. Contact Krysia at [krysiasiolman@gmail.com](mailto:krysiasiolman@gmail.com) if you are interested in joining the group; more contacts and information are on on [www.u3astilbaai.org/birdgroup](http://www.u3astilbaai.org/birdgroup).
- **Hiking Groups** : The group hikes every Friday morning. Contact Dalene at [daleneo59@gmail.com](mailto:daleneo59@gmail.com).
- **Neuroscience Group** : The Neuroscience Group meets the third Wednesday of each month at 14h00 in Die Waenhuis. Please contact Jenni at [jennisharkey@gmail.com](mailto:jennisharkey@gmail.com) for more information.
- **Photography Group** : The group meets every second Monday of the month at 18h00 in Die Waenhuis. Any member interested can contact Lawrence at [barltrop@vodamail.co.za](mailto:barltrop@vodamail.co.za).
- **Shares Group** : The group is mostly in contact via email, but meets occasionally. Contact Christo at [christoprins208@gmail.com](mailto:christoprins208@gmail.com).

### **U3A UITSTAPPIES**

Die **Leer Stilbaai Ken** uitstappies sal hopelik binnekort hervat word. Ons sal julle op hoogte hou.

Die **Historiese Bergpasse** uitstappie wat in 2017 gehou is, word weer herhaal. Ons het genoeg belangstelling vir twee groepe, maar ons is nog nie seker oor die datums nie. Ons het oorspronklik beplan vir Oktober, maar weens onvoorsiene omstandighede mag dit dalk tot November uitgestel word. Kontak ons asseblief op [info@u3astilbaai.org](mailto:info@u3astilbaai.org) indien u belangstel in hierdie uitstappie, ons sal een of ander tyd die lys moet sluit.

Alle uitstappies is slegs vir lede van U3A.

### **KOMENDE PRAATJIES ...**

Die program vir ons volgende maandeliksie vergaderings is hieronder; neem asseblief kennis dat sprekers en die onderwerp op kort kennisgewing mag verander as gevolg van onvoorsiene omstandighede.

- 28 Oktober 2019: Phil Scheffer se praatjie is "Jazz: Wat en van waar".
- 25 November 2019: Louis Hiemstra gee 'n voordrag oor Leonardo da Vinci.

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*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.*

*U3A Stilbaai verbeter die lewens-kwaliteit van ouer mense, veral afgetredenes, en bevorder die behoud van intellektuele kapasiteit deur middel van stimulerende leer- en onderrig-programme en die sosiale kontak wat daarmee gepaard gaan.*