NUUSBULLETIN

JANUARIE 2024

NEWS BULLETIN

JANUARY 2024

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1

MAANDELIKSE PRAATJIE

Maandag 29 Januarie 2024 @ 10:00
Die Waenhuis, Jagersbosch

AVONTUUR VAN 'N LEEFTYD NA ANTARKTIKA OP 'N 111 JAAR OUE SEILSKIP.

MONTHLY MEETING

Monday 29 January 2024 @ 10:00
Die Waenhuis, Jagersbosch

ADVENTURE OF A LIFETIME TO ANTARCTICA ON AN 111-YEAR-OLD "TALLSHIP".

Tielman Roos

Tielman Roos vertel aan die hand van foto's en video-grepe van hierdie avontuur, in besonder die ongerepte natuurskoon en dierelewe van Suid-Georgia eiland; die Suidsee met sy ysberge, seelewe en verraderlike dryf-ys; die uiterste weerstoestande en uitdagings van die Antarktika kontinent, en laaste, maar nie die minste nie, die vaart terug noordwaarts via die berugte Drake-deurgang en Kaap Hoorn na Ushuaia, die mees suidelike dorp ter wêreld.

Kort CV van Tielman Roos

Tielman Roos praktiseer vir die afgelope meer as 30 jaar as prokureur in Riversdal. In 2021 het hy "afgetree", o.a. om meer tyd in die natuur en buitelewe te kan spandeer. Hy is 'n ywerige seiler sedert kinderjare; en was skipper van 'n seiljag wat die destydse Kaap-na-Rio resies gewen het. Tielman is ook lief vir kanovaart, die berge, perde en jag.

Sedert sy kinderjare stel hy ook reeds belang in die ontdekkingsreisigers van vorige eeue - Drake, Cook, Magellan, Shackleton en ander, en veral in reise "na die eindes van die wêreld", die Arktiek en Antarktika.

Die praatjie is langer as ons gewone praatjies, maar dit is so interessant dat ons Tielman die tyd gun om sy ervarings met ons te deel.

Tielman Roos

Tielman Roos shares the unforgettable experience as trainee-crew member on the 42 day adventure to Antarctica on board the Europa; the unspoilt beauty and wildlife of South Georgia island; the Southern Ocean with its icebergs, marine life and treacherous drift ice; the extreme weather conditions and challenges of the Antarctic Continent and last, but not least, the return journey via the notorious Drake Passage, Cape Horn and Beagle Sea Strait to Ushuaia, the southernmost town in the world.

Short CV of Tielman Roos.

Tielman practiced as an attorney in Riversdale for the past 30 years. He "retired" in 2021 inter alia to be able to spend more time as nature lover and adventurer. He has been a keen sailor since childhood; and was skipper of a winning yacht in a previous Cape to Rio Yacht Race. Tielman is also a keen canoeist, mountaineer, horseman and hunter.

He has always had an interest in bygone explorers of the previous centuries – Drake, Cook, Magellan, Shackleton and others, very specifically in expeditions to "the ends of the world", the Arctic and Antarctic.

The talk is longer than our normal talks, but it is so interesting that we are giving Tielman the time to share his experiences with us.

2

U3A STILBAAI GROEPE

U3A Stilbaai het verskeie groepe wat aktiwiteite slegs vir lede aanbied. Meer inligting oor die groepsaktiwiteite is op ons webtuiste: www.u3astilbaai.org.

Ons doen weereens 'n beroep op elke groep se leierskap om te verseker dat al hul deelnemers lede is van U3A. Dit blyk dat persone wat nie lede is nie steeds betrokke is by sekere groepe; sommige van dié was vantevore lede wat nie hul lidmaatskap hernu

U3A STILBAAI GROUPS

U3A Stilbaai has several groups offering activities to members only. More information about the group activities are on our website: www.u3astilbaai.org.

We again appeal to each group's leadership to ensure that all their participants are members of U3A. It appears that there are still persons who are not members involved with certain groups; some of these were members but have not renewed their membership. We can also mention that members of

het nie. Ons kan ook noem dat lede van ander U3A's mag deelneem aan ons aktiwiteite met dieselfde voorwaardes as vir ons lede.

Die minimum koste vir deelname aan groepsaktiwiteite is R5 per vergadering of uitstappie. R4 hiervan kan vir groepuitgawes aangewend word en word aangeteken in 'n groepfonds, R1 gaan na algemene U3A fondse. (Nota: alle groepe het nie spesiale fondse nie, hul groepfooie word in U3A fondse inbetaal).

Die fooi kan hoër wees om bykomende koste van 'n byeenkoms te dek.

- **Aandelegroep**: Die aandelegroep hou gereeld samesprekings waar idees oor die aandelemark uitgeruil word. Kontak Deon Grobler by deongrob123@gmail.com indien u wil aansluit.
- **Astronomiegroep**: As u by die groep wil aansluit, kontak Deon by begemannd@gmail.com. Lees meer oor die groep op www.u3astilbaai.org/astronomy.
- **Botaniese Uitstappies**: Hierdie groep bestudeer interessante inheemse plante op uitstappies in die veld. Kontak vir Christina by stilbaai6674@gmail.com as u belangstel.
- **Fotografiegroep**: Enige lid wat belangstel om by die groep aan te sluit kan Richard by rwebb01@gmail.com kontak. Meer inligting op www.u3astilbaai.org/photography.
- **Kunsmatige Intelligensie (KI) Gebruikers-groep**: Kontak Brian by btennett@gmail.com as julle belangstel in hierdie groep.
- **Neurowetenskap & Sielkundegroep**: Die groep vergader elke kwartaal in Die Waenhuis. Die volgende vergadering is 16 Februarie (sien volgende artikel). Kontak Jenni by jennisharkey@gmail.com indien u by die groep en/of die maandelikse Zoom praatjies wil aansluit. Lees meer oor die groep op www.u3astilbaai.org/neuroscience.
- **Stapgroep**: Die groep stap normaalweg op Vrydag oggende. As u by die groep wil aansluit, kontak Karl-Heinz by karl-heinz@wispernet.co.za. Inligting oor die groep is op www.u3astilbaai.org/hiking.

other U3As may participate in our activities on the same conditions as our members.

The minimum cost of participating in any of the groups, is R5 per meeting or outing. R4 of this is used for group expenses and is recorded in the group's special fund, R1 goes to general U3A funds. (Note: not all groups have special funds, their group fees are paid into U3A funds).

The fee could be higher to cover additional costs of a gathering.

- **Artificial Intelligence (AI) User Group**: Contact Brian at btennett@gmail.com if you want to join this group.
- **Astronomy Group**: If you are interested in joining the group, contact Deon at begemannd@gmail.com Read about the group on www.u3astilbaai.org/astronomy.
- **Bird Group**: The Bird Group involves people interested in birds, as well as co-ordinating the SABAP2 project in Hessequa. Contact Krysia at krysiastenvert@gmail.com if you are interested in joining the group. More information is available on www.u3astilbaai.org/birdgroup.
- **Botanical Walks**: This group studies interesting indigenous plants during walks in the veld. Please contact Christina at stilbaai6674@gmail.com if you are interested.
- **Hiking Group**: The group normally hikes on Friday mornings. If you want to join the group, contact Karl-Heinz at karl-heinz@wispernet.co.za. Information about the group is on www.u3astilbaai.org/hiking.
- **Neuroscience & Psychology Group**: The group meets in Die Waenhuis every quarter, the next meeting is on 16 February (see following article). Please contact Jenni at jennisharkey@gmail.com if you are interested joining the group and/or the monthly Zoom talks. Read more on www.u3astilbaai.org/neuroscience.
- **Photography Group**: Any member interested in joining the group can contact Richard at rwebb01@gmail.com. More information on www.u3astilbaai.org/photography.

- **Voëlgroep**: Die Voëlgroep betrek mense wat belangstel in voëls, en koördineer ook die SABAP2 projek in Hessequa. Kontak Krysia by krysiastenvert@gmail.com indien u belangstel om by die groep aan te sluit. Meer inligting is op www.u3astilbaai.org/birdgroup.

- **Shares Group**: The share group holds regular discussions sharing ideas on the share market. Contact Deon Grobler at deongrob123@gmail.com.

3

NEUROWETENSKAP- & SIELKUNDEGROEP VERGADERING

Die Neurowetenskap-groep vergader weer op Vrydag 16 Februarie om 14:00 in Die Waenhuis. Die onderwerp is: "Die persepsie van tyd".

Meer besonderhede sal later verskaf word.

NEUROSCIENCE & PSYCHOLOGY GROUP MEETING

The Neuro-Psych Group meets again on Friday 16 February at 14:00 in Die Waenhuis. The topic is "The perception of Time".

More details will be provided in due course.

4

NAME MOET KORREK GEBRUIK WORD.

Ons let die afgelope tyd op dat ons naam soms foutief gebruik word en ook dat daar verkeerdelik verwys word na ons groepe as "klubs".

1. Ons korrekte naam is U3A STILBAAI (in beide Afrikaans en Engels). Sommige mense verwys na ons as "Stilbaai U3A" – dit is nie korrek nie en moet nie gebruik word nie.

2. Lede moet asseblief nie verwys na ons U3A Stilbaai-groepe as "klubs" nie. ŉ Klub is ŉ onafhanklike entiteit met sy eie grondwet, lidmaatskap en finansiële reëlings.

   Om te verwys na ons groepe as klubs, is verwarrend, want die algemene publiek dink dikwels die betrokke groep is ŉ aparte, onafhanklike organisasie. Dit sal nog meer verwarring skep as daar dalk in die toekoms sulke klubs in Stilbaai gestig word.

NAMES MUST BE USED CORRECTLY.

We noticed that recently our name is sometimes used incorrectly, and that people often wrongly refer to our groups as "clubs".

1. Our correct name is U3A STILBAAI (in both English and Afrikaans). Some people refer to us as "Stilbaai U3A" – this is incorrect and should not be used.

2. Members must please not refer to our U3A Stilbaai Groups as "clubs". A club is an independent entity with its own constitution, financial arrangements and membership.

   Referring to our groups as clubs is confusing as the general public often think that the group mentioned is a separate and independent organisation. It could be even more confusing should such clubs be established in Stilbaai in future.

5

BETAAL U 2024 LEDEGELD NOU!

Ledegeld vir 2024 bly dieselfde (R30 per persoon) as vantevore. Hernu asseblief u lidmaatskap so gou as moontlik. As u nie teen 31 Maart 2024 hernu nie, verval u lidmaatskap van U3A Stilbaai.

Om die samedromming by ons maandelikse vergaderings te vermy (waar u kontant kan betaal), moedig ons lede aan om die ledegeld elektronies in ons rekening in te betaal. Gee asseblief u naam as die ontvanger se verwysing. Dit sal ook help as u die betaling per e-pos aan info@u3astilbaai.org kan bevestig.

Ons bankbesonderhede is: ABSA-bank; rek: U3A Stilbaai; rek nr: 9321 782 429; takkode: 632 005; bedrag: R30 per persoon.

Moet asseblief nie oor die toonbank by ABSA betaal nie – die transaksiefooi alleen is ongeveer R70.

PAY YOUR 2024 MEMBERSHIP FEES NOW!

Member fees for 2024 remain the same R30 per person as for previous years. Please renew your membership as soon as possible; if you do not renew by 31 March 2024, your membership of U3A Stilbaai will lapse.

To avoid the rush at our monthly meetings (where you can pay in cash), we urge members to pay the money into our account electronically. Please give YOUR NAME as the recipient’s reference, it would also help if you confirmed the payment by email to info@u3astilbaai.org.

Our bank details are ABSA Bank; Acc: U3A Stilbaai; Acc No: 9321 782 429; Branch code: 632 005; Amount: R30 per person.

Please do not pay over the counter at ABSA Bank, the transaction fee alone is about R70.

6

DIE ROLAND RUDD VOËLSKUILING.

Die Munisipaliteit het formeel die herstelwerk aan die Roland Rudd Voëlskuiling en die opgradering van die terrein rondom die skuiling en die riool dam goedgekeur. Meer details oor die opgradering is op ons webtuiste, gaan na www.u3astilbaai.org, op die tuisblad is daar skakels deur na die blad in die Voëlgroep seksie van die webtuiste.

Die U3A Stilbaai Voëlgroep het reeds donasies en borgskappe vir ŉ totale waarde van meer as R25 000 van die onderstaande ontvang:

- U3A Stilbaai sentrale fonds
- U3A Stilbaai Voëlgroeplede
- U3A Stilbaai Fotografiegroep
- Stilbaai Bewaringstrust
- Hessequa Munisipaliteit

- Car Care Clinic
- Fynbos Apteek
- Groenewald Konstruksie
- Lanel Design Studio
- Mass Hire
- Namo Health
- Peace of Mind
- Toyota Riversdal
- Wasbalie

- Margie Cairns
- Christo Cronjé
- Johannes Kuhn
- Derick Oosthuizen
- Terry Terblanche
- Rosanne Zuber

Verder het Ronnie Wobben en die Sunset Ponds-komitee gehelp met harde arbeid.

Hartlike dank aan almal vir hul vrygewige bydraes van U3A Stilbaai en die Voëlgroep.

THE ROLAND RUDD BIRD HIDE.

The Municipality formally approved the reparation work to the Roland Rudd Bird Hide and the upgrading of the area around the hide and the sewerage dam. More details of the upgrading are on our website, go to www.u3astilbaai.org, near the top of the home page is are links to the page in the Bird Group section of the website.

The U3A Stilbaai Bird Group have already received donations and sponsorships for the total value of more than R25 000 from the following:

- U3A Stilbaai central funds
- U3A Stilbaai Bird Group members
- U3A Stilbaai Photography Group
- Stilbaai Conservation Trust
- Hessequa Municipality

- Car Care Clinic
- Fynbos Pharmacy
- Groenewald Construction
- Lanel Design Studio
- Mass Hire
- Namo Health
- Peace of Mind
- Toyota Riversdal
- Wasbalie

- Margie Cairns
- Christo Cronje
- Johannes Kuhn
- Derick Oosthuizen
- Terry Terblanche
- Rosanne Zuber

In addition, Ronnie Wobben and the Sunset Pond committee helped with hard labour.

From U3A Stilbaai and the Bird Group our sincere thanks to all for their generous contributions.

7

VOËLKURSUS VIR BEGINNERS

Hierdie populêre kursus oor die identifikasie van voëls word weer hierdie jaar aangebied. Kontak asseblief

BIRD COURSE FOR BEGINNERS

This popular course about identification of birds will again be offered during this year. Please contact

vir Johan van Rooyen van die voëlgroep by rooyenvanjohan@gmail.com as u belang stel. Die kursus word in Afrikaans en Engels aangebied, dit sal Johan baie help as u u taalvoorkeur kan aandui.

Johan van Rooyen of the Bird Group at rooyenvanjohan@gmail.com if you are interested. The course is offered in both Afrikaans and English, it will help Johan if you can indicate your language preference.

8

REKENAAR-WERKSESSIES

U3A Johannesburg herhaal ŉ reeks rekenaar-werksessies wat suksesvol in 2023 aangebied is. Die werksessies word elke Dinsdag om 10:00 via Zoom aangebied en begin op Dinsdag 13 Februarie 2024. Die kursus bestaan uit 38 Zoom-sessies van ongeveer een uur elk. Die sessies word opgeneem en ŉ skakel na die opname- en aanbiedingsmateriaal word ná elke sessie uitgestuur.

Die kursus dek grondbeginsels van rekenaars, die internet, kommunikasie, Kunsmatige Intelligensie, kantoorproduktiwiteit, slimfone, sosiale media, en visuele & oudio-aspekte. Dit is ŉ kursus vir beide beginners en ervare rekenaargebruikers. As u ŉ e-pos kan stuur, is u bevoeg om die kursus by te woon.

U benodig ŉ lessenaarrekenaar of skootrekenaar. Terwyl sommige sessies op die Windows bedryfstelsel fokus, kan u ook Macintosh- of Apple-rekenaars gebruik, of selfs ŉ tablet of selfoon. Deelnemers benodig toegang tot die internet en voldoende data.

Stuur asseblief ŉ epos aan Andrew Pearce by andrewpearce@global.co.za as u wil deelneem.

COMPUTER WORKSHOPS

U3A Johannesburg is repeating a series of computer workshops successfully held in 2023. The workshop is presented by Zoom every Tuesday at 10:00 starting on Tuesday 13 February 2024. The course consists of 38 Zoom sessions lasting about 1 hour each. The sessions will be recorded and a link to the recording and presentation material will be circulated after each session.

The course covers Fundamentals, the Internet, Communications, Artificial Intelligence, Office Productivity, Smartphones, Social Media, and Visual & Audio aspects. It caters for both novice and experienced computer users. If you can send an email, you are equipped to attend the course.

Ideally you will need a desktop or laptop, while some sessions focus on the Windows operating system, attendees can use a Macintosh or Apple computer, or even a tablet or their cell phones. Participants will need internet access and adequate data.

Please email Andrew Pearce at andrewpearce@global.co.za indicating your wish to participate.

9

UITNODIGING OM OP U3A STILBAAI KOMITEE TE DIEN

Ons AJV is op Maandag 26 Februarie 2024. Ons sal binnekort die formele kennisgewing uitstuur, en daarna die voorsitter se verslag en die finansiële verslag beskikbaar stel.

INVITATION TO SERVE ON U3A STILBAAI COMMITTEE

Our AGM is on Monday 26 February 2024. We will soon send out the formal notice, followed by the Chairperson's report and the Financial report.

By die AJV moet die Komitee verkies word; ons is altyd op soek na nuwe lede en sal enige belangstelling waardeer. Kontak ons gerus op info@u3astilbaai.org om ons te laat weet as u belangstel, of kontak een van die dienende komiteelede.

At the AGM the committee must also be elected; we are always looking for new members and will appreciate any interest. Contact us on info@u3astilbaai.org to let us know if you are interested or contact one of the serving committee members.

10

JAGERSBOSCH SOEK DIREKTEURE

Jagersbosch is 'n onafhanklike nie-winsgewende organisasie (Artikel 21-organisasie) wat volhoubare wetlike versorgingsdienste lewer aan verswakte en ouer volwassenes in samewerking met gesinne, vrywilligers, befondsers en ander gemeenskaps-organisasies, met die doel om hulle te bemagtig om so lank as moontlik onafhanklik te funksioneer.

Jagersbosch se Raad van Direkteure is daargestel om ondersteuning te gee aan die Bestuur van Jagersbosch en is daar tans verskeie vakante posisies op die Raad.

Enigiemand wat gewillig is om hulle uit te help en op die direksie te dien, kontak asseblief vir die Algemene Bestuurder, Wessel Linström by manager@ jagersbosch.org.za of 028 754 1934.

JAGERSBOSCH WANTS DIRECTORS

Jagersbosch is an independent non-profit organisation (Article 21 organisation) which provides sustainable care services to older and impaired adults in collaboration with families, volunteers, funders and other community care organisations, with the objective to enable them to function independently as long as possible.

The Board of Directors of Jagersbosch are appointed to provide support to Management. There are currently several vacant positions on the Board.

Anybody willing to help them and serve as a director, please contact the General Manager, Wessel Linström, at manager@jagersbosch.org.za or 028 754 1934.

11

MAANDELIKSE PRAATJIE PROGRAM.

Die voorlopige program vir die volgende maande is as volg,die program kan verander op kort kennisgewing:

Feb 26: **Algemene Jaarvergadering.** Dit word gevolg met 'n praatjie deur Willem Doman "Provinsiale Regering ... Ratte wat draai in die regering."

Mar 25: Johan van Rooyen praat oor hoe damme aangewend kan word vir vloedbeheer.

Ons het sprekers vir die grootste deel van die jaar, maar moet nog bevestiging kry van datums wat hulle

MONTHLY TALKS PROGRAMME.

The provisional programme for the following months are as follows, the programme can change at short notice:

Feb 26: **Annual General Meeting**. This is followed with a talk by Willem Doman about how the provincial governmnet works.

Mar 25: Johan van Rooyen discusses using dams for flood control.

We have speakers for most of the rest of the year, but must still get confirmation for dates that will suit

sal pas. them.

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