



## NUUSBULLETIN

MEI 2023

## NEWS BULLETIN

MAY 2023

### MAANDELIKSE PRAATJIE

**Maandag 29 Mei 2023 @ 10:00**  
**Die Waenhuis, Jagersbosch**

#### EK HET LAAS NAG GEDROOM

**Rex van Vuuren**

Drome is 'n komplekse onderwerp met vele fasette; die praatjie gaan hoofsaaklik oor die betekenis van drome.

Prof van Vuuren was tot 1999 professor in kliniese sielkunde aan die Departement Sielkunde, Universiteit van Pretoria. Hy verlaat die Universiteit van Pretoria einde 1999 om die posisie van akademiese dekaan by 'n nuwe privaat hoër onderwys instansie, St Augustine College of SA, te vul. Die kollege het meesters en doktorale programme in teologie en die geesteswetenskappe gedurende die eerste tien jaar aangebied, en sedert 2010 ook voorgraadse studies. Einde 2015 tree hy af as dekaan maar bly steeds betrokke met onderrig en opleiding op verskeie vlakke.

Dwarsdeur sy loopbaan het hy op alle voorgraadse en nagraadse vlakke kursusse aangebied, ook in ander fakulteite en departemente, asook supervisie aan 'n groot aantal nagraadse studente. Hy het onlangs 'n taak as supervisor vir 'n PhD van NWU voltooi. In die COVID tyd het hy verskeie voorgraadse en nagraadse modules aanlyn aangebied. Aanlyn werk met studente is besonder uitdagend en uitputtend.

Op grond van daardie twee jaar besluit hy om in 2022 'n paar maande 'n "sabbatical" in Stilbaai te neem, maar sy werk met studente moes voortgaan. Daarby het hy heelwat nuwe vriende gemaak met mense in die Stilbaai gemeenskap.

Rex het tot onlangs gedien op die redaksie van "The Indo-Pacific Journal for Phenomenology" ([www.ipjp.org](http://www.ipjp.org)) en ook op "The Humanistic

### MONTHLY MEETING

**Monday 29 May 2023 @ 10:00**  
**Die Waenhuis, Jagersbosch**

#### I DREAMT LAST NIGHT

**Rex van Vuuren**

Dreaming is a complex subject with many facets; the talk mainly deals with the meaning of dreams.

Prof van Vuuren was professor in clinical psychology in the Department of Psychology at the University of Pretoria.

He left the University of Pretoria at the end of 1999 to take up a position as academic dean at a new private higher education institution, St Augustine College of SA. The College offered masters' and doctoral programmes in theology and the humanities during its first ten years of existence and since 2010 began offering undergraduate degrees. He retired as Dean in 2015 yet continued to contribute not only in teaching but also at management level.

Throughout his career he offered courses at undergraduate and postgraduate levels, as well as in other faculties and departments; including supervising a large number of postgraduate students. He recently completed supervising a PhD from NWU. During the COVID period he presented various online modules for undergraduate and postgraduates. Online work with students is particularly demanding and exhausting.

After those two years he decided in 2022 to take a sabbatical in Stilbaai, but his work with students continued. In addition he made many new friends in the Stilbaai community.

Until recently Rex served on the editorial board of the Indo-Pacific Journal for Phenomenology ([www.ipjp.org](http://www.ipjp.org)). He also served as consulting editor

Psychologist", 'n joernaal van die "Society for Humanistic Psychology" onder beskerming van die "American Psychological Association".

Hy het 'n dubbele registrasie as beide 'n kliniese sielkundige en navorsingsielkundige. Rex woon in Irene waar hy 'n klein privaatpraktyk het as psigoterapeut. Hy spesialiseer in individuele psigoterapie asook egpaar terapie. Rex doen steeds heelwat korporatiewe konsultasies met die klem op persoonlike en leierskapsontwikkeling.

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Rex sal Afrikaans praat, sy PowerPoint is in Engels.

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Besoekers en gaste is welkom by die praatjie

for The Humanistic Psychologist, a Journal of the Society for Humanistic Psychology under the auspices of the American Psychological Association.

He has a double registration as both a clinical psychologist and research psychologist. Rex lives in Irene where he has a small private practice as psychotherapist. He specializes in adult individual psychotherapy, marriage and family counselling as well as individual and group training and supervision of the practices in applied clinical, counselling and psychotherapeutic psychology.

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Rex will speak in Afrikaans, his PowerPoint is in English.

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Visitors and guests are welcome at the talk.

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## PRAATJIES VRAELYS

Die Vraelys om te bepaal watter onderwerpe ons lede graag wil hoor op die maandelikse vergaderings, is nog oop en u kan nog deelneem as u dit nie reeds gedoen het nie. Die vraelys is op 6 Mei 2023 aan ons lede per e-pos gestuur, as u dit nie ontvang het nie, laat ons weet en ons stuur dit weer.

Tot op datum het 17% van ons 349 lede reageer. Ongelukkig was daar ook 'n aantal respondente wie nie hul tellings in die Telling kolom op die lys ingevul het nie, maar by die onderwerp self. Ons kan hierdie nie gebruik nie aangesien die vraelys juis ontwerp is sodat ons net eenvoudig die Telling kolom kopieer en plak in 'n Excel spreistaat om sodoende outomaties vir ons totale tellings te gee.

Daar is ook 'n aantal vraelyste waar die respondente nie tellings aan al die onderwerpe toegeken het nie, net enkele gekose onderwerpe met 3 of 2 tellings. In hierdie gevalle kry die onderwerp sonder telling 'n "0", m.a.w. 'n negatiewe aanslag. Dit kan dalk die resultaat verskeef, en ons besin nog of ons hierdie vraelyste gaan aanvaar of nie.

Ons sal die lys vir nog 'n week of so oop hou, en dan sluit – die resultate sal mettertyd bekend gemaak word.

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## BESTUURSKOMITEE

Pieter du Toit het weens persoonlike redes bedank as lid van ons bestuurskomitee. Ons bedank Pieter vir sy besondere bydraes tot U3A Stilbaai, sy wysheid en lewenservaring het baie bygedra tot sinvolle besluitneming.

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## TALKS QUESTIONNAIRE

The Questionnaire to establish which subjects our members would like to hear at our monthly meetings, is still open and you can still submit it if you have not already done so. The questionnaire was emailed to members on 6 May 2023; if you have not received it, let us know and we will send it again.

To date 17% of our 349 members have reacted. Unfortunately, there were a few respondents who did not type their score in the Score column, but in the Subject column. We could not use these as the questionnaire was designed so that we simply copy the Score column and paste it in an Excel spreadsheet which automatically calculates the totals.

There are also several questionnaires where the respondents did not score all the subjects, only some selected subjects with scores of 3 or 2. In these cases, the subject without a score will get a "0", i.e. a negative score. This may skew the result, and we are still considering whether to accept these questionnaires or not.

We will keep the list open for another week or so before closing it – the results will be announced in due course.

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## MANAGEMENT COMMITTEE

Pieter du Toit has resigned from the management committee for personal reasons. We thank Pieter for his exceptional contributions to U3A Stilbaai, his wisdom and life experience contributed much to meaningful decisions.

Ons wens Pieter alle sterkte toe, en vertrou dat hy nog baie gesonde jare sal geniet en ook nog lank deelneem aan U3A aktiwiteite.

Nina du Toit, wat vir 'n paar maande by haar kinders in Kanada was, is terug. Sy was skaars terug in Stilbaai toe het die komitee haar koöpteer om op die komitee te dien. Sy sal veral verantwoordelik wees vir die koördinerende van die sprekers by ons maandelikse vergaderings.

Nina het vir etlike jare op die komitee gedien, ons verwelkom haar terugkeer.

We wish Pieter the best, may he still enjoy many healthy years and continue participating in U3A activities

Nina du Toit, who was in Canada with her children for several months, is back. She had hardly arrived back in Stilbaai when the committee co-opted her to serve on the committee. She will be responsible for co-ordinating the speakers for the monthly meetings.

Nina served on the committee for several years, we welcome her return.

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## U3A STILBAAI GROEPE

U3A Stilbaai het verskeie groepe wat aktiwiteite vir lede aanbied. Meer inligting oor die groep aktiwiteite is op ons webtuiste: [www.u3astilbaai.org](http://www.u3astilbaai.org).

Onthou asseblief dat die minimum koste vir deelname aan groep aktiwiteite is R5 per vergadering of uitstappie. R4 hiervan kan vir groep uitgawes aangewend word en word opgeskryf in 'n groepfonds, R1 gaan na algemene U3A fondse. (Nota: alle groepe het nie spesiale fondse nie, hierdie groepe se fooie gaan na U3A fondse).

- **Aandele Groep:** Die aandele groep hou gereeld samesprekings waar idees oor die aandele mark uitgeruil word. Kontak Deon Grobler by [deongrob123@gmail.com](mailto:deongrob123@gmail.com) indien u wil aansluit.
- **Astronomie groep:** As u by die groep wil aansluit, kontak Deon by [begemannd@gmail.com](mailto:begemannd@gmail.com). Lees meer oor die groep op [www.u3astilbaai.org/astronomy](http://www.u3astilbaai.org/astronomy).
- **Botaniese Uitstappies:** Hierdie nuwe groep bestudeer interessante inheemse plante op uitstappies in die veld. Kontak vir Christina by [stilbaai6674@gmail.com](mailto:stilbaai6674@gmail.com) as u belangstel.
- **Fotografie Groep:** Enige lid wat belangstel om by die groep aan te sluit kan Richard by [rwebb01@gmail.com](mailto:rwebb01@gmail.com) kontak. Meer inligting op [www.u3astilbaai.org/photography](http://www.u3astilbaai.org/photography).
- **Neurowetenskap Groep:** Kontak Jenni by [jennisharkey@gmail.com](mailto:jennisharkey@gmail.com) indien u by die groep en/of die Zoom praatjies wil aansluit. Lees oor die groep op [www.u3astilbaai.org/neuroscience](http://www.u3astilbaai.org/neuroscience).
- **Stapgroep:** Die groep stap normaalweg op Vrydagoggende. As u by die groep wil aansluit, kontak Karl-Heinz by [karl-heinz@wispernet.co.za](mailto:karl-heinz@wispernet.co.za). Inligting oor die groep is op [www.u3astilbaai.org/hiking](http://www.u3astilbaai.org/hiking).
- **Voëlgroep:** Die Voëlgroep betrek mense wat belangstel in voëls, en koördineer ook die SABAP2 projek in Hessequa. Kontak Krysia by [krysiastenvert@gmail.com](mailto:krysiastenvert@gmail.com) indien u belangstel om

## U3A STILBAAI GROUPS

U3A Stilbaai has several groups offering activities to members. More information about the group activities are on our website: [www.u3astilbaai.org](http://www.u3astilbaai.org).

Please remember that 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 goes into U3A funds).

- **Astronomy Group:** If you are interested in joining the group, contact Deon at [begemannd@gmail.com](mailto:begemannd@gmail.com) Read about the group on [www.u3astilbaai.org/astronomy](http://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](mailto:krysiastenvert@gmail.com) if you are interested in joining the group. More information is available on [www.u3astilbaai.org/birdgroup](http://www.u3astilbaai.org/birdgroup).
- **Botanical Walks:** This new group studies interesting indigenous plants during walks in the veld. Please contact Christina at [stilbaai6674@gmail.com](mailto: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](mailto:karl-heinz@wispernet.co.za). Information about the group is on [www.u3astilbaai.org/hiking](http://www.u3astilbaai.org/hiking).
- **Neuroscience Group:** Please contact Jenni at [jennisharkey@gmail.com](mailto:jennisharkey@gmail.com) if you are interested joining the group and/or the Zoom talks. Read more on [www.u3astilbaai.org/neuroscience](http://www.u3astilbaai.org/neuroscience).
- **Photography Group:** Any member interested in joining the group can contact Richard at [rwebb01@gmail.com](mailto:rwebb01@gmail.com). More information on [www.u3astilbaai.org/photography](http://www.u3astilbaai.org/photography).

by die groep aan te sluit. Meer inligting is op [www.u3astilbaai.org/birdgroup](http://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](mailto:deongrob123@gmail.com).

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## NEUROWETENSKAPGROEP VERGADERING

**Vrydag 26 Mei 2023 om 14:00 in Die Waenhuis**

### VEERKRAG, HOE OM JOU LEWENSKWALITEIT TE VERBETER

Ons ondervind almal uitdagings in die lewe - Veerkrags is die proses en resultaat om suksesvol aan te pas by moeilike of uitdagende omstandighede. Dit vereis geestelike, emosionele en gedrags insiklikheid en aanpassing by eksterne en interne vereistes.

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Bronwen Marsh is 'n sielkundige wat meeste van haar loopbaan betrokke was by die welstand van werknemers. Dit beteken dat sy ondervinding het van trauma en leed, familie kwessies (verhoudinge en ouerskap), depressie en angs, en lewensvaardighede.

Sy het onlangs Stilbaai toe getrek vanuit die Noord-Kaap en sy en haar man is nou in die proses om die genotvolle Stilbaai te leer ken.

Bronwen het ingestem om die vergadering in Die Waenhuis te fasiliteer aangesien dit nie meer prakties is vir Jenni Sharkey om van Ladismith deur te ry nie.

Stel asseblief vir Jenni by [jennisharkey@gmail.com](mailto:jennisharkey@gmail.com) in kennis as u van plan is om by te woon.

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## NEUROSCIENCE GROUP MEETING

**Friday 26 May 2023 at 14:00 in Die Waenhuis**

### RESILIENCE, THE WAY TO ADD QUALITY TO YOUR LIFE.

We all experience challenges in life - Resilience is the process and outcome of successfully adapting to difficult or challenging circumstances. This requires mental, emotional and behavioural flexibility and adjustment to external and internal demands.

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Bronwen Marsh is a psychologist who has worked in Employee Wellness for most of her career. This means that she has experience with trauma and grief, family issues (relationships and parental guidance), depression and anxiety, and life skills.

She recently moved to Stilbaai from the Northern Cape, and she and her husband are now happily discovering the pleasures that Stilbaai has on offer.

Bronwen has agreed to facilitate this meeting in Die Waenhuis as it is no longer practical for Jenni Sharkey to travel from Ladismith. The Zoom presentations will be screened at Die Waenhuis for Stilbaai members.

Please notify [jennisharkey@gmail.com](mailto:jennisharkey@gmail.com) if you plan to attend.

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## LEDEGELDE & NAAMKAARTJIES 2023

Ons wil die groot aantal ondersteuners van U3A Stilbaai bedank vir die hernuwing van jul lidmaatskap vir hierdie jaar, ons ledetal groei steeds en staan nou op 349 opbetaalde lede.

Ons het 'n groot aantal naamkaartjies op hande, kollekteer asseblief jul naamkaartjie by ons maandelikse vergadering by Die Waenhuis, of vra jul groep sameroeper om reëlings te tref om die kaartjies te kollekteer. Lede moet asseblief hul ou naamkaartjie houers hergebruik.

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## MEMBERSHIP FEES & NAME TAGS 2023

We want to thank the many supporters of U3A Stilbaai for renewing their membership this year, our membership is still growing and currently stands at 349 paid-up members.

We have a large number of uncollected name tags, please collect your name tag at our monthly meeting at Die Waenhuis, or ask your group convenor to arrange for the tag's collection. Members must please re-use their old name tag holder.

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## MISTERIEUSE BETALINGS

Ons vra gereeld vir mense om hul name te verskaf as die begunstigde se verwysing wanneer hul ledegelde elektronies betaal. Maar ons kry nog gereeld betalings sonder name as verwysing.

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## MYSTERY PAYMENTS

We regularly ask people to provide their names as the recipients reference when paying membership fees electronically. But we still regularly receive payments without names as reference.

Wanneer u betaal, maak asseblief baie seker dat u naam as die Begunstigde (of ontvanger) se verwysing op die betaling verskyn.

Ons het tans 3 misterieuse betalings op rekord, en ons aanvaar hierdie donasies met dank aan die onbekende betalers.

When you pay, please make very sure that your name appears as the Recipient's reference on the payment.

We currently have 3 mystery payments on record, and we acknowledge these donations with thanks to the unknown payors.

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## 2023 MAANDELIKSE PRAATJIES

Die program vir die volgende maande is:

Junie 26: Naomi van Schalkwyk, bygestaan deur Christina Mars, praat oor "Vreemde, fantastiese inheemse plante."

Julie 31: Brian Tennett sal praat oor ChatGPT, een van die vinnigste groeiende toepassings van kunsmatige intelligensie tegnologie.

## 2023 MONTHLY TALKS

The programme for the next few months is:

June 26: Naomi van Schalkwyk, supported by Christina Mars, talks about "Weird and wonderful indigenous plants."

July 31: Brian Tennett will give a talk on ChatGPT, one of the fastest growing applications of artificial intelligence technology.