

Jacaranda Journal

NEWSLETTER 3 2019

UNIVERSITY OF THE THIRD AGE (U3A) PRETORIA

Email Address:
u3apretoria@gmail.com

Website:
http://www.u3a.org.za/U3A_PTA/PTA.htm

General meetings take place four times a year, 09:00 for 10:00, at NG Kerk Skuilkrans, cnr Cussonia Ave and Jan Alberts St, Val de Grace. GPS S25°44.580 E028°17.494.

Please adhere to the one-way flow of traffic around the church, absolutely essential for our safety!

The dates of the quarterly meetings for the 2019 are 28 February (AGM), 30 May, 25 July and 31 October.

The 2019 annual subscription is R100. Guests are welcome at a cost of R30 per event.

Payments can be made at quarterly meetings, or online (there is an application form on the website).

Banking Details:
Bank: NEDBANK
Branch: HATFIELD
Code: 160245
Acc. Name: U3A PRETORIA
Acc. No: 1602376972

A full list of courses and interest groups will be issued in February with an update in July.

One-day outings take place on a regular basis and longer excursions are also arranged.

You are encouraged to wear a name tag at every U3A event.

Contributions to the letter are most welcome. Please email U3A, subject: Editorial Team. A short English synopsis is requested if another (official SA) language is used.

MESSAGE FROM THE CHAIR

I am sure we all felt so much hope on the day Nelson Mandela became the President of our country 25 years ago, and today possibly struggle to maintain any sense of optimism for the future. Yet there are so many opportunities for us as ordinary South Africans to truly 'make a difference' to other people's lives, and thankfully so many extraordinary people have come forward to do just that.

We have brought our July meeting forward by a week to celebrate Madiba's birthday with a musical performance by Pretoria Boys' High Dixie band. This group of talented young musicians has delighted our community for many years.

We also believe that this is a fitting occasion for all our members to be given an opportunity to support two very special organisations which devote their time and energy to children.

Jumping Kids is a non-profit organisation that helps children who are lower-limb amputees all over South Africa to regain mobility. **Cotlands** aims to provide children from poor families the best possible start in life through the education and training of mothers and caregivers of babies from birth to two years, and further.

We will be placing two suitably decorated boxes (see page 5) on the tea tables after the performance and ask you to make whatever donation you wish to either or both of these exceptional causes as a tribute to Madiba's love for our children. Let us all 'make a difference' to the lives of these babies and youngsters on Thursday, 18 July.

Gill Udai



MUSICAL EVENT: 18 JULY 2019

To celebrate Madiba's birthday we will be entertained by the acclaimed Pretoria Boys' High **Dixie Band** conducted by Dr Niel van der Watt.

REVIEW: TALK 30 MAY 2019

Our speaker at the May meeting was **Karen Swanepoel**, researcher, lecturer, consultant, and coordinator of the Southern African Essential Oils Producers Association. Her title was



MODERN USES FOR ANCIENT HERBS AND SPICES INCLUDING AFRICAN MEDICINAL PLANTS:

How scientific is this for solving current health issues and how sustainable will it be in future?

The talk was intended to address a crucial issue:

'Let food be thy medicine and medicine be thy food.'
Hippocrates

Karen fielded many questions from the captivated audience both during and after the meeting, and at her display of herbs, seeds and products.

See over for a summary of the talk. Photograph taken on the occasion by **Dieter Heinichen**.

SUMMARY OF KAREN'S TALK 30 MAY 2019

In her talk **Karen Swanepoel** demonstrated that there is a trend today to turn back to trusted ancient remedies – modern medicines often have problematic side effects while the symptoms or root causes of the diseases targeted are not relieved.

Examples were discussed from **Native North American** herbal medicine, including *Euonymus Atropurpureus* (Burning Bush), *Grindelia* species (Gumweed), *Sanguinaria Canadensis* (Blood Root) and *Ulmus Rubra* (Slippery Elm bark). Also from **Africa**: including the leaves of *Erythroxylum Coca* (Coca), considered a stimulant. *Cola Vera* nuts and *Erythroxylum Coca* leaves were ingredients of an early form of *Coca Cola*. Barks of the *Cinchona* species acquired in the 1920s were a source of Quinine used to cure malaria.

Examples from **Asia** were Ayurvedic and Chinese Medicine, while from **India** and **South East Asia**, there was *Butea Frondosa* used as a means to achieve enlightenment. Used by Theraveda Buddhists, *Strychnos Nux-Vomica* (Poison Nut) was also used in Ayurvedic and Homeopathic medicinal systems, as were *Cinnamomum species* (Cinnamon), *Glycyrrhiza Glabra* (Licorice), *Cassia* buds and *Senna* pods. Medicinal specimens from the **UK** prior to World War II included a range of herbs: *Arnica Montana*, *Helleborus Niger* (Black Hellebore), *Calendula Officinalis*, *Inula Helenium* (Elecampane), *Chrysanthemum* species and *Prunus avium* (Wild Cherry) bark. After the war, species of importance (from tropical Africa and India) included the *Rauwolfia* species recognised as a source of Reserpine.

Other exotic plants mentioned included Aloe species, *Aloe Barbadosensis*, *Aloe Perryi* and *Aloe Vera*; Eucalyptus species, *Maranta Arundinacea* (Arrowroot); *Ipomoea* species (Sweet potato); *Iris* species (Orris); *Rheum* species (Chinese Rhubarb); *Ricinus Communis* (Castor Oil fruits); Wild Tonka Beans, used in perfumery and as a source of Coumarin; *Derris* species, considered to have laxative and carminative properties and used for arthritis treatment; *Frangula Alnus* (Alder Buckthorn); and *Colubrina Elliptica*, the bark of which is used for a popular drink in the West Indies, Maubi.

Modern challenges are the treatment of cancer, diabetes, Alzheimer's, obesity, fertility issues, HIV/Aids, depression, hyperactivity and arthritis, as well as thyroid, blood pressure and cholesterol problems. These conditions are nowadays seen to be also treated with supplementaries of Classic Parsley, Sage, Rosemary, Thyme, Lavender, Lemongrass, Oregano, Mint, Moringa, Ginger, Cinnamon, Cayenne, Turmeric, Rue, St Johns Wort, Worm Wort, Cannabis, Clove and Milk Thistle.

Indigenous and traditional plant uses are becoming increasingly popular in the treatment of modern diseases as new research is being released. Challenges still exist with the sustainable supply of indigenous plants, while exotic and classic plant production is increasing. Despite biodiversity, commercialisation of the production of plants in Africa remains low due to poor documentation.

Interest continues to grow in indigenous species such as *Rooibos*, *Buchu*, *Hypoxis*, *Kalahari Melon*, *Mongongo*, *Baobab* and *Ximania*, which are used in cosmetics, while there are increasing markets for nuts. Indigenous medicinal plants of interests are *Warburgia*, *Siphonochilus*, *Helichrysum* and *Lippia* yet to be employed on a commercial scale.



Kalahari Melon Fruit, Seed and Oil in formulations

Other applications are in the perfume, flavouring, industrial, agricultural, pharmaceutical, veterinary and aromatherapy sectors. Currently production is located in cottage industries, contract farming, commercial farming and community projects.

Local producers are found in all provinces. Food security is not threatened, the plants being used as companion plants or in the tourism industry.

Northern Cape	Rose Geranium, Lavender
Western Cape	Rose Geranium, Rosemary, Lippia, Helichrysum, Eucalyptus, Buchu, Lavender
Eastern Cape	Rose Geranium, Rosemary, Lemongrass, Moringa, Lippia, Helichrysum, Eucalyptus, Aloe, Cape Camomile
Free State	Rosemary, Helichrysum, Lavender, Rose, Yarrow, Camomile
KwaZulu Natal	Rose Geranium, Rosemary, Lemongrass, Moringa, Helichrysum, Eucalyptus, Tea Tree, medicinal plants
Mpumalanga	Rose Geranium, Rosemary, Lemongrass, Moringa, Lippia, Eucalyptus
Limpopo	Rose Geranium, Lemongrass, Moringa, Lippia, Helichrysum, Eucalyptus, Tea Tree, Passion Fruit seed oil, Marula, Baobab
North-West	Rose Geranium, Rosemary, Kalahari Melon
Gauteng	Rose Geranium, Rosemary, Moringa, Lippia Helichrysum, Tagette

Local products are winning international awards and local engineers are exporting equipment to the rest of the world. Local researchers are well known and there are many international collaborators. We are all still young in the world of disease and cures!

MESSAGE FROM THE COURSE & INTEREST GROUP CO-ORDINATOR

The new list for the second half of the year will be available soon and it contains a number of brand-new courses. We are so fortunate that we have members who are willing to offer their expertise and interest in a great variety of areas for the education and enjoyment of others. But there is space for MORE and I encourage you to think of what you would like to share with others. I've found that I learn a great deal myself when I present a course; it's a win-win situation. So don't be shy! I am here for help and advice. A course can be a one-off or perhaps two to three sessions, depending on your material. Some need four sessions but we have often found that people cannot commit themselves to courses longer than four sessions. Please remember that each course is valuable in its own right no matter its length. Now is the time to start thinking and planning for next year.

We also have three new Interest Groups to add to the growing numbers (Sharing Poetry, French Conversation and Origami) and I'm considering whether there is enough interest to start a Garden Club. I envisage a monthly meeting where members visit a garden, or find an expert to talk to them, or watch DVDs, or simply discuss ideas and problems. As usual, the group would decide how it should function. I'll be putting out a list at the July meeting to gauge its viability. The Photographic Interest Group started in this way, and is up and running now. U3A is like the Universe: it just keeps expanding with ever more ways to make retirement a wonderful period of our lives. You can contact me at davenjen@mweb.co.za or 012-460 8270/ 082-923 7982.

Jenny Janisch

AN INTEREST GROUP IN ACTION

On Tuesday, 30th May at 09:00 about a dozen of the U3A Walking group gathered at the locked gate of the Eugene Marais Park in Groenkloof. Alan Urban, U3A member and also a member of the Friends-of-Groenkloof-Reserve, unlocked and ushered us into the Park and gave us a bit of history of its existence. It covers an area alongside a storm-water run-line, and is a wonderful undisturbed 'snapshot' of the original Bankenveld Biome that existed before the area became a city suburb.

Alan showed and identified the plants, shrubs and trees that 'belong' there, as well as some others that were brought from elsewhere in the RSA. Inevitably, there are also the black-jacks and other undesirable alien flora that need to be weeded out by dedicated and hard-working members of the Groenkloof Friends.

Sadly, access to the park is restricted to prevent fire-risk, squatting and other illegal use of the area. The gate can be opened on request by appointment, or normally each last Saturday of the month and the Sunday after. Any further detail is available at the website naturefriends.org.za/groenkloof/, or contact Alan directly (alan.urban2@gmail.com). Wear walking shoes and use a walking stick for the rough areas. Literature for plant identification will add to the experience.

Richard Clark

Photographs, clockwise from bottom left: The Group, Bud Mite Galls, Alan Urban, Horned Giant Soft-Scale (scale insects).

Helga Nordhoff



EXCURSIONS

• A large group of U3A-ers recently enjoyed a morning in the sun at the **Anton Smit Sculpture Garden** near Bronkhorstspuit. Apart from the many gigantic works placed on the lawns there is also a large indoor gallery adjoining the quirky colourful café aptly named 'Imagine' so we were creatively occupied and entertained for most of the morning before continuing for lunch and a chance to potter around the nearby village of Cullinan. Judging from the happy smiles and chatter on the bus during the return journey everyone thoroughly enjoyed this 'arty' outing!



• Another large bus-load of U3A members made the most of a sunny though chilly day to visit the **Aloe Farm at Hartebeespoort Dam** on 27 June, at the height of the flowering season. Ky, our knowledgeable horticulturalist gave us an interesting talk on the propagation of new species and also answered many questions relating to the care of aloes and the suitability of different varieties for our Pretoria gardens. We had ample time to amble through the bushveld garden and to photograph the magnificent plants in full bloom.



An important part of any excursion is a sociable and leisurely lunch on the way home, the journey taking us across and alongside the scenic waters of the dam. Maggie's Farm, The Home of the Chicken Pie, near Lanseria Airport, managed to feed all 52 of us although their plain chicken pie supplies ran out before everyone had been served. (Fortunately, they were able to supply chicken and mushroom pies to the ravenous!)

Everyone agreed that this outing had been an ideal way of spending a midwinter's day in a beautiful area among U3A friends.

• One of our members, Janet Hughes who is an accredited Tour Guide has offered to take a group on a tour of three **Randlord Heritage Houses** early in August. As only a small number can be accommodated at any one time this excursion is fully booked.

• A visit to the **Walter Sisulu Garden** on 10 September is in the balance depending on the progress of the Eagle chick, which has been deserted by its father. Amazingly, it is still alive at about three weeks. So watch this space!

Gill Udal

COMMUNITY CONSCIENCE: FOCUS ON CHILDREN!

At our General Meeting on 18 July, Mandela Day, you will have the opportunity to donate to either or both of two child-related charities. The containers to receive your donations are pictured below. They were purchased and, in the case of Jumping Kids, decorated with a picture from their website by Gill Udal.



JUMPING KIDS

Jumping Kids is a non-profit organisation which began in Pretoria in the 1990s but helps children who are lower limb amputees all over South Africa. The director, Michael Stevens, is himself an amputee. Children who cannot afford it are identified and helped to be fitted with suitable prosthetics and to learn how to live with them.

Each case is treated individually and the most suitable option for their particular problem is found. The organisation also works to ensure their long-term reintegration as valuable members of society. There is an emphasis on sport as enabling and enjoyable, so sporting opportunities are provided.

Members can see more on www.jumpingkids.org.za.

COTLANDS

Cotlands aims to provide children from poor families the best possible start in life through, firstly, the education and training of mothers and caregivers of babies from birth to two years.

The Early Learning Playgroups teach techniques such as baby massage, offer counselling and parenting education as well as how to make toys from everyday household items. All this is important for physical, language and cognitive development.

Then follows the two- to four-year-old bi-weekly Playgroup, in which children develop gross and fine motor skills as well as social and emotional skills, preparing them to enter grade R with a strong foundation.

The children also receive a healthy meal as well as health check-ups, and have fun at the same time. The CEO of Cotlands is a medical doctor. See <https://www.cotlands.org/>.

Jenny Janisch



BOOK EXCHANGE



Do you have a good book that you've really enjoyed reading and would like to share with other U3A members? Bring it along to the AGM and put it onto the table provided for this purpose. Write your name and contact number inside if you would like it returned to you. You are welcome to take home any other book contributed by members to our new U3A Book Exchange. Please note that this is a reading group and not a venue to dispose of your unwanted book collection!

Gill Udal

DVD LIBRARY

We lend out DVDs to members at every general meeting for a deposit of R50 per series, which is refundable only if the DVDs are returned no later than the next such meeting. You are welcome to make suggestions for new DVD series, or to donate / lend any of your own DVDs to our library.

A new purchase is the mini-series *The Choir*, based on Joanna Trollope's novel, and Mary Drabbe has kindly donated *A Room with a View*, *Sully*, Agatha Christie's *Death on the Nile*, *Finessing the King*, *The Clergyman's Daughter* and another Agatha Christie story, *Why Didn't They Ask Evans?*

John Lambert

TOURS FOR 2019

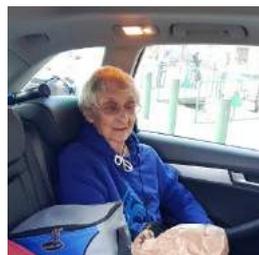
SAKABULA TOURS

Anne Lawrance has made some changes to her proposed tours for 2019. Most of the tours are small groups, allowing for greater flexibility. The cost depends on actual numbers (with a special price for U3A members). Here are descriptions of the remaining tours for 2019.

- **Diamonds, Dunes and Daisies**, 21 August - 3 Sept. Indulge in the scenic diversity of this large area, mainly in the Northern Cape. Discover places like the Robert Moffat Museum in Kuruman, the Mission Station at Pella and, of course the rich diversity of flowers in Namaqualand. We include Clanwilliam, Calvinia, Nieuwoudtville and Carnavon. The stay in Kimberley adds a final flourish to this tour.
- **Mapungubwe and Azaleas**, 9-14 September. Discover one of the earlier Iron Age settlements in SA where the intriguing little gold rhino was found. Learn about the derring-do of the Bushveld Carbineers and others before being bedazzled by Azaleas.
- **Hinterland**, 7-13 October. Enjoy the magnificent Maluti Mountains before exploring some of the Karoo including charming Cradock, graceful Graaff Reinet and Nieu Bethesda with the famous Owl House and Kitching Fossil Exploration Centre. A visit to Philippolis, with the Emily Hobhouse rooms in the museum and the Lourens van der Post memorial, is included.
- **Groot Marico**, 3-6 November. Wander westwards to Charles Bosman territory and revel in his stories. Of course, Mampoer tasting is a must. We've ADDED a stop on the return journey to learn more about the Anglo Boer War battles in this area.

If you are interested in any of these tours, please contact Anne at anne@sakabula.com or 012-460 5251.

Some pictures taken during the recent Music & Mountains tour, 8-14 June:



Clockwise from left: a frozen waterfall in Lesotho; Jenn Hurlin ensconced amongst the padkos; Anne modelling the traditional Basotho blanket; a decorated window in the Anglican Church in Ficksburg; the Sani Pass.

Jacaranda Jottings...

U3A BUNDABERG

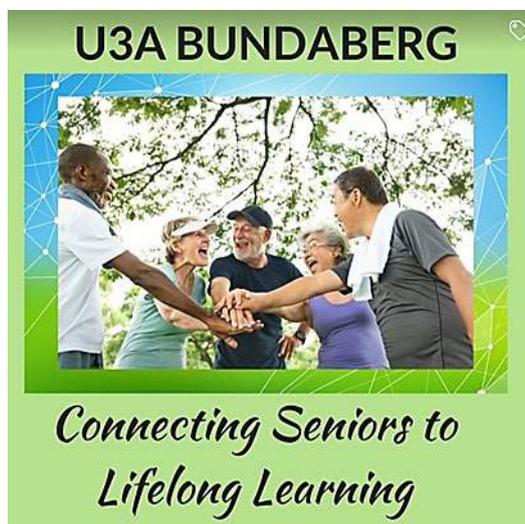
Our first Jacaranda Journal of 2018 carried an article on the growth of U3As around the world. Every branch is autonomous and focuses on the needs and interests of its particular community. We featured the activities of U3A (UA) in China in the recent edition of our quarterly newsletter.

On a visit to Australia I holidayed in Bundaberg, a small Queensland city of around 50,000 people situated near the Great Barrier Reef, 400 km north of Brisbane. It's an agricultural community famed for both its rum and delicious ginger beer, also available in South Africa.

U3A Bundaberg is fortunate to have its own building where many lectures and activities are held in the centre of town, and the published Thursday schedule below indicates both different and similar activities to our own, some also held in private homes. I was interested to see that senior self-defence classes are necessary in this peaceful rural environment! Some days start with water aerobics, with interesting activities such as Shibashi, Chair Yoga and Tai Chi for the more energetic. (Any volunteers from U3A Pretoria to start similar classes in the Botanic Gardens?)

The pictures which follow are from their website (<http://www.u3abundaberg.org.au/>) and Facebook page. As you can see, they are a very spirited group of senior citizens who enjoy life to the full.

Gill Udal



THURSDAY				
TIME	COURSE	CONTACT	PHONE	VENUE
7.00-10.00 am	Tennis	Heather	0427522957	Drinan Park
7.30-10.30 am	Outdoor Sketching	Tony	0428526534	As per schedule
10.00-2.00 pm	Water Colours	Ross Shelley	4152 4056 4152 3001	Walker St Craft Centre
9.00-2.00 pm	Sewing Group	Jan Ann J	0427003909 0427139017	U3A Room B
9.00-Noon	Creating Dolls- Second Thursday and second Saturday of each month	Elaine Dene	4196 0379 4154 8996	Tutor's home
9.30-11.30 am	Tai-Chi and Shibashi- Beginners & Advanced	Teresita Lisa	4152 5384 0435437421	St Mary's Community Hall
10.00 - 11.30 am	Learn Lawn Bowls	Joan Barbara	4152 5279 4153 3700	B'berg Bowls Club Quay St
10.30-11.30 am	Spanish	Mariela	0431178750	Room A
1.00-3.30 pm	Happy Notes U3A Accordion Group	Jenny	4154 4164	Avenell Heights Hall
1.00-2.00 pm	Italian – Beginners	Angela V	4159 0814	St Mary's Community Ctr
2.00-3.00pm	Italian – Continuing			
1.00-3.00 pm	Screen Printing & Fabric Art From 9 May	Carmen	0499909217	Room C
2.15- 3.15 pm	Seniors Self Defence	David	4154 7441	U3A Room B

