



U3A WARKWORTH

Learning is forever

Newsletter – December 2009

From our President

2009 has been another good year for Warkworth U3A, with increased membership, an additional very active interest group, and a healthy year end financial position; need I say more?

Our next general meeting is, of course, the AGM.

This time we aim to keep the boring business part as short as possible; say a maximum of 30 minutes, then have a festive live jazz performance, with drinks and nibbles, followed by buffet lunch.

All members are welcome to the AGM of course, but pre-booking and payment of \$10 is required for the social afterwards. This fee is well subsidised, so represents excellent value.

By coincidence, all current committee members are retiring at this AGM.

Some of us have spent quite a number of very enjoyable years on your committee and I would personally like to thank all my fellow members for their work and commitment; the pleasant, almost social nature of our monthly meetings was indeed a much appreciated bonus, which I am sure will continue for the new committee.

Members will therefore need to nominate candidates for all positions including the key ones of; President, Treasurer, Secretary, Groups Co-ordinator and Editor.

All these rolls require members with local U3A experience and computer skills, so please have your nominations ready in time for the AGM.

I found the following quotation from Albert Schweitzer particularly relevant to my own experience with U3A; maybe you do too?

“In everyone’s life, at some time, our inner fire goes out. It is then burst into flame by an encounter with another human being. We should all be thankful for those people who rekindle the inner spirit.”

Enjoy your U3A.

Christopher Field, President

Tribute to Graham Ryburn.

It was with deep regret that we in U3A heard of the death of Graham Ryburn. He had been bravely coping with Alshimers for some time, but still managed to come to the Jazz Group right to the end, enjoying the varying aspects of the Jazz music he loved so well.

Graham was, of course, a founder member of U3A and was elected our first President when we began to meet in the RC Church hall. He was a good leader, very enthusiastic, and eager to interest people to come and join us. I had the privilege of becoming the first secretary and the newly formed committee would think up ideas and suggestions. Graham organised things for us and took the trouble to erect speakers when we moved into the Masonic Lodge hall, which were much appreciated by some of us! Our numbers began to grow and it was obvious that it had attracted general interest – we were lucky enough then to have a report in the Rodney Times about our meetings. Graham had saved many of our early newsletters, and also posters and leaflets which we had spread around the town, so when it was suggested we start an archive book we were able to use many of these which he had collected.

Graham’s love for jazz music inspired him to form the Jazz Group, one of the first groups to get going . He had considerable knowledge of jazz history and we learnt much about the very early beginnings of the jazz era among the black folk of the USA. We were encouraged to bring along a CD or DVD of one of our own to play, or

there was an interesting one from Graham's large collection. Sometimes he would play a tune on the piano for us – Gershwin's "Summertime" being a favourite. We are fortunate now to have several jazz musicians, and a jazz singer, in our group and at Christmastime we get together for a delightful impromptu concert!

Graham we shall miss you. Your smile, your gentle humour, and the continued enthusiasm for the U3A at whose birth you were at. Rest peacefully dear friend.

You will always be remembered by U3A.

Contributed by Joan Earl-Daniels

U3A Annual General Meeting and Christmas Luncheon

**Monday 14th December
10:30 a.m.**

**Totara Park Community Hall, Melwood Drive, Warkworth
(Please consider car pooling – parking is limited at Totara Park)**

**Duty Group – Book Club Group
Contact – Mari Layburn, Ph: 423-0308**

The hall will be open at 9:45 a.m. to allow the Duty Group to prepare the room and attend to morning tea. Please also clean up and reinstate the room after the meeting.

Meeting programme:-

- 9:45 Duty Group set up.
- 10:30 Annual General Meeting
- 11:00 Break for drinks and nibbles
- 11:10 Live entertainment by our Jazz Group
- 12:00 Christmas Luncheon – Yummy!

Please note start time is 10:30 am

Christmas Luncheon:

We are pleased to tell you that Jennifer Kirker is catering for us again – I'm sure you will all remember the tasty spread she presented last year!

The subsidised price is \$10 per head.

To finalise catering arrangements we need to know by December 2nd if you are staying for lunch, so please advise either: Your Group Convenor, Elaine Ellison-Smith (Ph:425-9138), or Lorna Laxon (Ph: 422-3562) if you are.

Pre-payment is essential.

Warmest wishes for a Merry Christmas and a Happy New Year.

Last Meeting:

From Dr Anderson's opening announcement "We are all going to die", the audience of U3A members was engaged with every word of his address. His further elaboration of this statement was fascinating in that he gave us advice on how to keep our health, and hence enjoyment of being alive and living fully.

He talked to us about three diseases that could manifest in our later years; cardiovascular, prostate and colorectal cancers. Above all he helped us to understand how these could be prevented.

He stressed that lifestyle modification was essential, and the positive side to that was that we all knew we could do this for ourselves. Dr. Anderson encouraged us to act before symptoms appeared. He talked to us about the importance of healthy diet, plenty of exercise, and very firmly about the dangers inherent in smoking.

Dr Anderson urged us to have an annual screening at the surgery before symptoms began, and to 'be on guard' against these three life threatening conditions.

Finally he told us "do all you can to minimise stress in your lives. It is a big evil"

Rather than feeling depressed by all this medical information people seemed buoyant afterwards. Lorna Laxon put this feeling into words when she thanked the speaker, saying that throughout her life she had always held the medical profession in high regard, and the morning's talk by Dr. Anderson had only reinforced that appreciation. This was followed by an outburst of loud and appreciative applause.

Contributed by Anne Todd

COMMITTEE 2009			
President:	Chris Field	422 2247	cgf@xtra.co.nz
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Speakers:	Full committee		
Almoner:	Monica Boorer	425 8210	

Warkworth U3A, P O Box 520, Warkworth, 0941,
Web: www.u3a.co.nz

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NOMINATION FORM

U3A WARKWORTH - 2010 COMMITTEE

Nominee Name _____

Signature _____

For position of: (tick the appropriate box) President or Committee Member

Nominated by: _____ Seconded by: _____

Name _____ Name _____

Signature _____ Signature _____

Please mail this completed form to:
The Secretary, U3A Warkworth, P O Box 520, Warkworth, 0941.

Completed forms must be received by 11th December 2009.