



U3A WARKWORTH

[www.u3a.co.nz](http://www.u3a.co.nz)

*Learning is forever*

## Newsletter August - September 2010

From our President – Beulah Heaven

What a laugh!

How many times a day do you laugh?

Apparently a child laughs between 200-300 times a day, and yet we are lucky if we reach double figures. What is the matter with us?

A study that has been done by a famous Indian guru has proved that laughter is indeed our best medicine. Whenever we laugh, we relax various muscles about our body. This in turn, releases tension building up in our tissues and leads to relief from stress.

It has long been suspected that stress is the cause of a great many of the illnesses that afflict us as we age.

Q.E.D. At the risk of simplifying science - here's your answer. Laugh, laugh, laugh!!

World-wide, clinics have been established, with names like 'Laugh-ins' and I'm told there are fifteen of these in New Zealand. Associated with exercise, you get to laugh as you get out of bed, pull your curtains, prepare your breakfast, etc. Even if the initial laughter doesn't come across as very meaningful, it is still helpful, and after several hour-long sessions even a gloomy soul should be feeling better. During an hour of laughing, some of it has got to get to be real. Do you know about this? Have you been to a laugh-in? I'm interested.

There's another thing I'd like to know. The door on my chookens' little house is about six inches wide and six and a half inches high and I was worried that my fine full-grown black senioritas would have trouble getting into the house to lay me their eggs. What I want to know is how did my 18kg standard daschund get in there! I certainly know the why - but I couldn't believe my eyes when I followed up a slight disturbance and found her cowered in there!

Everyone knows how infectious a child's laughter is. See if YOU can make three people laugh today.

Beulah

P.S.

Actually, I've got the last laugh - I'm off to sunny Cairns on Tuesday for 10 days!

## *General Members Meeting*

Monday - 10:00 a.m. 9th August 2010

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

### **Duty Group – Poetry Reading**

The hall will be open at 9:30 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:-**

9:30 Duty Group set up.

10:00 General Business

10:20 Diane Parton (new Member)

“Travelling Diane Style”

10:45 Morning tea

11:10 A Senior Warkworth Police Officer

“Policing Warkworth”

*Next Committee Meeting 20<sup>th</sup> September*

at President Beulah's home 9.30.am

From the Editor

Anyone interested in forming a 2<sup>nd</sup> Book Study Group to study one book per month and a Medical History Group (not your own ailments) please mention it to our President who will put you in touch with others interested. The Membership Lady, Treasurer and our President have had a little cull out of people who after 8 months have not paid their fees and they will no longer be sent a Newsletter or welcome in Study Groups.

For those who missed her interesting talk here is a resume from Joan Earl-Daniels.

#### WEDDING AT WESTMINSTER ABBEY

I had never expected to go to a wedding in Westminster Abbey so I felt very privileged to be invited to my grand-daughter's wedding there, and to be asked to do a Scripture reading during the ceremony. The Abbey is a vast place but the Chapel of Henry VII is quite small and is known as one of the most beautiful ecclesiastical buildings in Europe with its fan-vaulting overhead looking like a network of gilded lace, to make it one of the loveliest parts of the Abbey. Above the little Chapel hang the varied brightly-coloured banners of the Knights of the Order of the Bath, and on the altar is a 15th Century painting of the Madonna and the baby Christ, painted on wood.

The recipients of the Order of the Bath have the privilege of having their daughter marry in the Chapel, should they so wish. My son-in-law was granted a C B on retiring as an Admiral from the Royal Navy, in which he served for many years, so my grand-daughter was enabled to take advantage of this. In a lovely dress of cream silk, on the arm of her father, she came through the Abbey to the Chapel, followed by her bridesmaids, to be married by the Dean of Westminster, with a choir of choristers to sing hymns which she and her fiance had chosen, and with the small chapel filled with their guests.

The Abbey has a thousand years of history, dating from the time when St. Dunstan brought some Benedictine monks to the site in the middle of the 10th century. It is a treasure house of painting, stained glass and textiles and the library holds a priceless collection of books and manuscripts which belong to the Dean and Chapter. Many English kings were crowned there, dating from William the Conqueror, and their tombs and monuments stand alongside those of many famous men and women whose stories are stitched into the history of Britain and the rest of the world. It was a very special wedding and quite lovely in such an historic setting.

J. E-D



Joan Earl-Daniels, President Beulah Heaven and Guest Speaker Mona Townson at our last meeting

STUDY GROUP	Convenor	Phone	Time	Date	August	Date	September
Ancient History	Jim McKinlay	422-9063	9:30 a.m.	6 <sup>th</sup>	35 Rivendell Place WW Bits and Pieces	3 <sup>rd</sup>	TBA
Book Talk	Hilary Waymouth	422-6683	10:00 a.m.	3 <sup>rd</sup>	15 Wiljames Ave Algies Bay	7 <sup>th</sup>	40 Pt Wells Rd. Point Wells
Current Affairs	Val Strachan	425-9497	2:00 p.m.	19 <sup>th</sup>	Mahurangi Tech, Inst. Woodcocks Rd	16 <sup>th</sup>	35 Alnwick St WW.
Food For Thought	Anthea McKergow	422-6219	1:30 p.m.	25 <sup>th</sup>	2 Meretai Place Snells Beach Beans	22 <sup>nd</sup>	38 Kawau View Rd Snells Beach TBA
Jazz Listening	Val Couling	425-5766	2:00 p.m.	16 <sup>th</sup>	5 Matakana Rd WW Female Jazz Vocalists	20 <sup>th</sup>	25 Gordon Craig Place Algies DVD Ellington Concert of Sacred
Local History	Lorna Laxon	422-3562	10:00 a.m.	24 <sup>th</sup>	Whangateau Hall Show and Tell	28 <sup>th</sup>	TBA
History	Chris Hoogerwerf	425-5022	9:30 a.m.	20 <sup>th</sup>	9 Hexham St. WW The American Indian	17 <sup>th</sup>	45 Ashmore Dr. WW The Mogul Empire
Music Appreciation	Beverly Tipling	425-9936	1:30 p.m.	5 <sup>th</sup>	26a Alnwick St. WW Bach	2 <sup>nd</sup>	TBA
Art Appreciation	Iris Mee	425-7934	10:00 a.m.	4 <sup>th</sup>	54 Ashton Rd Whangateau Botanical Art	1 <sup>st</sup>	Parnell
Modern Philosophy	Prof. Ray Bradley	422-9222	10:00 a.m.	11 <sup>th</sup>	Herons Flight' 49 Sharp Road Mata.	8 <sup>th</sup>	Herons Flight" 49 Sharp Road
Play Reading	Margaret Krey	4226407	9:30 a.m.	10 <sup>th</sup>	3 Shipwright Place WW Charley's Aunt	14 <sup>th</sup>	TBA Charley's Aunt
Poetry Reading	Colleen Kangwai	425-4333	1:30 p.m.	18 <sup>th</sup>	19 Panui Terrace Snells Beach Robin Hyde	15 <sup>th</sup>	Rodney Rams Hall Whangateau Environmental Poetry



### Music Appreciation Group

The subject for the U3A Music Appreciation Group for June was the life and music of Louis Moreau Gottschalk, not very well known today, but a phenomenally successful pianist and composer during his fairly short life. He was born in New Orleans in 1829 and died in Rio de Janeiro in 1869 and for the hundred or so years following his death was generally forgotten.

He was regarded as a child prodigy with an incredible memory, learning the piano and organ in infancy to such effect that he was able, at age seven, to stand in for the organist at the Cathedral Saint-Louis in New Orleans. His father sent him (against his mother's wishes) to Paris, where his mother had family connections, to study piano with a view to becoming a virtuoso pianist. This ambition was realised as he was soon compared with Chopin and his compositions, based on the music he had heard in the streets of New Orleans in his boyhood became all the rage. His mother's connections hadn't helped with his application to enter the Paris Conservatoire though, as the director refused him even an audition based on the fact that he knew all Americans were barbarians and made locomotives not music. Gottschalk must have drawn immense pleasure later when he was invited onto the jury alongside the same director and also had one of his own compositions selected as the trial piece for the candidates to play!

He toured round Europe very successfully and then spent time in Spain again to great acclaim earning knighthoods from Queen Isabella II.

He returned to America in 1853 touring right across the country and also to the West Indies, where he spent several years soaking up the Afro-Hispanic music that inspired his most engaging works.

His last years were spent in almost self-imposed exile in South America due to him being cited in a scandal involving a young girl in San Francisco and having to hurriedly depart the country for pastures new, only discovering when the ship was underway where it was bound for!

Thanks to Ernie Gidman.



This delightful painting by Bev Taylor is on a set of cards obtained when the Art Appreciation Group made a recent trip to Mangawhai and Kaiwaka. Our groups certainly get around to some interesting places.

Thanks to Iris Mee

More and more of our Members are using the computer these days so I thought I would include for you some websites that could be of interest.

[www.u3a.co.nz](http://www.u3a.co.nz) our own site where you can check information on Warkworth

[www.community.net.nz](http://www.community.net.nz) an internet resource for communities in NZ – a self help informal organisation for those who wish to learn, and those with information to share.

[www.retirement.org.nz](http://www.retirement.org.nz) the official site of the Retirement Commission.

[www.seniors.ms.govt.nz](http://www.seniors.ms.govt.nz) a comprehensive website providing information on your entitlements, understanding your rights, and care and support.

[www.aucklandmuseum.com](http://www.aucklandmuseum.com) has a programme of new events and exhibitions

[www.sorted.org.nz](http://www.sorted.org.nz) This site is full of calculators and help with finances through different stages of your life.

[www.nzherald.co.nz](http://www.nzherald.co.nz) Just to check the news, death notices and importantly the crosswords, codecrackers and suduko puzzles.



The Book Talk Group is very much 'alive and well', the last two meetings in pouring rain didn't deter them and they had almost the full complement of members.