



## NEWSLETTER

*The Festive Season December - January 2012/2013*



### Chats from the Chair

Tena Koutou Katoa - Greetings to you all.

I thought I would take the opportunity this time to do a little ruminating. I have been thinking about my earlier discussion about Future Fears, and just asking people about their concerns for the future and for their children's future. Several issues came up:

- employment and the related issues of education and qualifications
- arms supply and proliferation
- youth suicide
- overpopulation
- the Muslim question
- climate change (much less than I had expected), etc, etc.

Then I began to wonder whether we should be worrying at all. After all the world has gone on for a good few years now, why shouldn't it continue to go on, and is it fair to worry (or expect the younger generation to worry) when perhaps we don't really need to? My next thought was that perhaps it was only because some people had worried and done something about their worries that the world had continued to "go on"? On balance I decided it was right to worry a little bit, but not too much.

I was heartened by the recent item by Christine Rose, in which she discussed the need for hope and the expectation that things will get better. She was discussing environmental issues, but maybe it applies to other things as well. It must be more healthy and happier to expect things to improve, and to trust the new generations to cope and I am sure they will.

So let's not get too depressed – and thinking about that, I would like to pass on a few words of wisdom which I once read about depression. They are supposed to help people recover from depression, but I think they would work well for everybody every day. There are just four little rules:

- 1 Do at least twenty minutes fairly vigorous exercise every day.
- 2 Do something creative every day. (This can include gardening which also covers No.1.)
- 3 Do something for somebody else.
- 4 At the end of every day find something you can be grateful for. Depression cannot live with Gratitude.

I hope it all helps, and thank you for putting up with my ruminating!

Valma Gidman

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From the University of Auckland – see Valma for the details if you would like to be involved.

You are invited to take part in a study which is being conducted by a team of researchers based in the School of Nursing at the University of Auckland. The team also involves staff from Auckland District Health Board (ADHB). You have been selected to take part because you are a member of a community organization. We are keen explore your views in relation to care and treatment priorities in later life and things that you find important now as well as in the future.

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**ANNUAL GENERAL MEETING**  
**Monday 10<sup>th</sup> December 10am Totara Park**

**Duty Group: Current Affairs**

- **Welcome**
- **Apologies**
- **Minutes from AGM 2011**
- **Annual Report**
- **Financial Report**
- **Membership Fees**
- **Election of Officers**
- **Speaker: Ben Dugdale “Wine Making in the Matakana area”**
- **Christmas Morning Tea**

The Duty Group is asked to set up the seating and tea preparation before the meeting and to tidy and reinstate the rooms afterwards.

First meeting in 2013 will be held on Monday, 11<sup>th</sup> February and the Shakespeare Group will be on duty.

**U3A WARKWORTH**

**ELECTION OF OFFICERS NOMINATION FORM FOR YEAR 1<sup>ST</sup> JANUARY - 31<sup>ST</sup> DECEMBER 2013**

Position of: **President, Vice President** or **Committee Member** (Please tick as appropriate)

Nominee name: \_\_\_\_\_ Signature: \_\_\_\_\_

Nominated by: \_\_\_\_\_ Signature: \_\_\_\_\_

Seconded by: \_\_\_\_\_ Signature: \_\_\_\_\_

Please mail this form to U3A Warkworth PO Box 520 Warkworth to arrive by Friday 2<sup>nd</sup> December or bring it to the AGM on Wednesday 30<sup>th</sup> November 2011

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## RECENT SPEAKER

We were entertained by Fay Robertson who traveled from Kerikeri to share her experiences of being an author of romantic stories. She has been published using a variety of methods from self-publishing, digital publishing, and having an agent and being published by Random House.

Fay, who writes under the name of 'Serenity Woods,' has published twenty books. Not all have been romances but she has written drama and at the moment has a sci fi book waiting for approval at a publishers. Racy romance has become popular where the hero is in charge with dominant and arrogant qualities. The heroine needs to be independent, feisty and have a career. The story needs to be all about the relationship with not too many details with a theme which develops the character and leads to internal and external conflict with change in the characters by the end of the story.

Publishers are looking for an author who can tell a good story with a unique voice. Fay likes to use longer sentences with a softer use of language. A writer needs to build up suspense and conflict and have 'cliffhangers' in the chapters. Humour with some realism has its place. However the key to successful writing is the editing process where it might be necessary to change the ending of the book, rewrite different sections, delete many adverbs, develop another approach of writing the facts and make sure the punctuation and grammar are correct. Then when the galley proof arrives which is the final read of the book all should be perfect.

When selling a book how to publish is of concern. Using a publishing house you receive 10% royalties for each book sold, 40% if published digitally, and 70% if self-published via Amazon. There is a three month wait until you start to receive the 'cheque through the mail' when you publish via Amazon. A person pays \$5 per book and you receive \$2.50, and when a book is borrowed you get \$2. It does not take many months if your book is a successful read to earn an income. Your financial reward is much quicker than through the traditional method.

Mona Townson

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**WE WELCOME TO OUR NEW MEMBERS** - Vivienne Mickleson, David and Lynda Spivey

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## REPORTS FROM THE GROUPS



### Poetry

As the year has proceeded, so has the group grown, finishing at 12 in total, with nearly all members coming every month - yes, we are a keen bunch of poetry lovers! And we have covered a wide range of poetry genres, thanks to the diverse interests of members. There have been the theme sessions- humorous verse, poets' quotes - and the poets from opposite ends of the 20th century - Matthew Arnold/ Siegfried Sassoon and John O'Donohue. Then there were the 2 meetings when we studied the influence of art and poetry on each other (with the help of an excellent DVD), a surprise find for some of us learning about John Clare, and perhaps the most fascinating of all, the introduction of Grooks. We look forward to welcoming local poet, Hugh Major to our final November meeting - and I conclude with a couple of grooks (created by the Dane, Piet Hein) for you to enjoy!

He that lets the small things bind him  
Leaves the great undone behind him.

Living is the thing you do  
Now or never - which do you?

Lorna Laxon

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## Shakespeare

Earlier in the year I thought I would ask if anyone was interested in reading Shakespeare, originally, because I have owned a leather-bound copy of the complete works of Shakespeare for at least 60 years and have very rarely used it. It has come in handy for finding quotations or characters to answer crossword puzzles, but that was about all. Well, now I know how neglectful I have been! Luckily some great people joined the group and we have read one play per month – each person making their choice when it is their turn to host the meeting. So far we have studied ten plays. (There are 36 in total – 3 years supply). We also read two sonnets each session. (out of 154)! We have two genuine thespians in the group and their renditions of their parts make each session a treasure to enjoy.

We have learned to appreciate the true genius of Shakespeare - his use of language, the complexity of the plots and the very capable portrayal of his characters.

It seems to have been a time of a general upsurge in interest in Shakespeare and his works also – the Ascension had a wonderful performance last summer of Much Ado About Nothing, playing to full houses both evenings, and I see they are going to do the same again this summer. There have also been plays on at the Matakana Cinema, and I believe Timon of Athens is due soon. We will certainly be going to see that. Our group is really enjoying our efforts.

Valma Gidman

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## AMERICAN ROADIE

In September/October this year, we went to America for our seventh visit, and fourth "roadie" trip in this diverse, stunningly beautiful but incomprehensible country.

Starting in San Francisco where we stayed for four nights, we flew to Denver and then wound our way through the Rockies to Salt Lake City. From there it was south through the vast deserts and rock country of Southern Utah, to Colorado and New Mexico. Driving past arches, balanced rocks, natural bridges and weird rock formations, we were stunned by the beautiful, vivid autumn colours and the very high standard of driving. Many of the old Western movies were set in this area.

Staying at local bed and breakfast accommodation with names such as Casa de Rosie and Sunlight Mountain Inn, we had the opportunity to meet and talk with many articulate, interesting and talented Americans. Tom was one such person. He was involved in many of the Apollo flights and helped design the "figure 8" flight path on the first moon flight.

We also had some fascinating discussions with locals about who should win the presidential election and were greeted day after day by clear blue skies, high temperatures and no humidity! Highlights include attending a rehearsal, then global broadcast of the Mormon Tabernacle choir, a visit to Los Alamos, a tour of an Earthships community and the International Balloon Festival in Albuquerque, New Mexico.

Los Alamos is science city, spread over about 100 sq. km. and spanning the Rio Grande River. The city where the atom bomb was secretly developed is an extremely modern, high tec city devoted to nuclear arms development and nuclear medicine.

The balloon festival was amazing. Before dawn, we gathered with about 300,000 people in cold, clear conditions, to watch 700 balloons of all shapes, sizes and colours, inflate and rise up into the sky. It was incredibly beautiful and we were also wowed by the superb crowd control and extraordinary patience and politeness of the people.

America remains for us, a mystifying and staggering country. So much is wonderful and yet a lot is depressing and awful. Another fabulous adventure!

Marilyn Convery

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