



U3A WARKWORTH ~ *Learning is forever*
P O Box 520 Warkworth 0910



NEWSLETTER

The Godwits Return Oct ~ Nov 2012

Chats from the Chair

Kena Koutou Katoa

In this chat I would like to pay a special vote of thanks to our two Speaker Seekers, Marilyn Convery and Frances Sullivan for their efforts in finding truly inspirational speakers. Our last speaker, Roland Whyte of the Neurological Foundation provided us with a talk about Dementia and Alzheimer's, not exactly fun topics, but he managed to make it both interesting and informative, and even amusing at times. Who would expect that? I bet he would be surprised to know how many of his audience were in their 80's and 90's and in full control of their faculties (or facilities as my mother's friend used to say). We can all be very grateful for that, can't we?

One of our members was telling me she had recently just finished reading a book written by one of our previous speakers, Rae Roadly, called "Love at the End of the Road". She found it quite riveting, couldn't put down, another testimony to our Speaker Seekers. The book is available from the Library, though I am sure Rae would prefer that you bought your own copy – it is obviously well worth reading again and sharing with friends and family. So thanks again, You Two!

And thanks in anticipation to our Social Secretary, Hilary Waymouth, who is busy organizing our next meeting, the Spring Luncheon. The numbers are good, but room for more if you haven't put your name in yet.

A final thanks from me to those kind people who have been very complimentary about my efforts. I really appreciate the feedback, and you have improved my self-confidence immensely.

Kia Ora,
Valma

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**Welcome** to our new members, Beverley Murray and Sue Mayne. Enjoy your time with us and feel free to contact the convenors of any groups that interest you.

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Silence Please! Somewhat embarrassingly two recent speakers at our general meetings have subsequently commented to committee members that during their presentation the audience was inattentive and even chattering. Please remember that our speakers put thought and time into their presentations and whether they are speaking, showing a visual or playing selected music, this is all part of the prepare presentation and should be respected as such.

GENERAL MEETING:

Monday 8th October 2012
10am Totara Park

Duty Group: Developments in
Medicine

Main Speaker: Faye Robertson -
Published Mills and Boon author.

Spring has sprung and romance is in the air! Come and hear what should be a most interesting and humorous talk. Faye will speak on "From Wuthering Heights to Fifty Shades of Grey - has the Romance Hero changed over the years?"

This meeting is followed by a luncheon so there will not be a morning tea break.

Duty Groups are asked to set up seating and tea preparation before the meeting and to clean up and reinstate the room afterwards.

Our next meeting will be the AGM 10th December and Nominations for your president and committee will be welcomed. A Nomination Form is elsewhere in this newsletter.

Current Affairs will be the Duty Group in December.

RECENT SPEAKERS

We were fortunate to have two informative speakers plus a presentation by the Poetry Group at the August meeting.

Bob Ward, who plays the trombone in a jazz band, explained the skills and ability that a jazz player needs to have in order to participate in creating music in an improvised manner with other members of a group. The musician needs the music in their head all the time as there is no reading of a written music score, just the artistic input, the unique contribution and creation of the sound which has a strong rhythm and beat. Bob who is a member of the New Zealand Jazz Quintet, produced a CD "My Little Suede Shoes", and played a track to the members at the meeting.

The Poetry Group explained how they formulate their meetings. Each month a topic is chosen where members bring examples of the type of poetry under discussion. For example, in February the theme was 'humour', in March – 'Matthew Arnold', and in April – "The poet speaks of Art". It was very enjoyable to hear examples of the Danish technique called a Grook and then to be told by a member that Two pair of shoes need two pair of feet! Obviously a group that not only has fun but learns new vocabulary all the time.

Roland Whyte from the Neurological Foundation of New Zealand presented a wide range of material relating directly to issues that impact on the elderly. He spoke with humour and an understanding of how these problems can impact on each of our lives but also gave us positive

information that each person can use in the care of themselves in order to have a quality of life.

Neurological disorders such as Parkinson's disease, cerebral palsy, epilepsy, Alzheimer's disease, Huntington's disease, motor neuron disease, muscular dystrophy, multiple sclerosis and spina bifida were discussed. If people have a knowledge and an understanding of these many neurological problems they will be better able to cope with assisting people who have a disease, as well as the people who care for them, and the community will benefit from this support.

'Successful Aging' studies continue to emphasize the importance of staying active – mentally, physically and socially. The key is to actively engage the brain in novel ways and learn something new. Do something active on a regular basis and develop an ability to adapt to life's challenges and maintain a degree of independence in and control over one's life. Managing stress and keeping a positive outlook on life is important. More evidence shows that physical exercise, social interactions, mental stimulation and weight control are important to longevity.

GROUP REPORTS

Developments in Medicine



We are a varied group of eleven people, about half having some sort of medical background.

In May we had an excellent talk on gynaecological cancers, their treatments and the personalities and politics around the National Women's "scandal".

July was all about TB. The treatment before drugs were available, the drugs that have proved so successful and the ways the disease can be prevented. We also discussed the possible reasons why the problem is returning.

In August we were given a very comprehensive talk on errors in medicine, the various types and grades of mistake, and how easily they can occur. The New Zealand public is very quick to find other people to blame when things go wrong, and the point was made that medicine is a very complicated team effort, none of them **want** to hurt those in their care, and almost always medical care has a positive result.

There is room for new members- if you are interested phone Sue 4220585

Sue Stevenson

The Art Appreciation Group has a coach trip to Whangarei and Glenbervie Galleries organised for Wednesday October 3rd. There are places available if you should like to join the group. The Coach leaves Warkworth at 9am returning at 3pm and the cost is \$25 for the return journey. Please phone Deb Green 4227785 if you would like to come along.

History

The History Group has joined the Ancient History Group temporarily in order to continue to be active and at the same time have the opportunity and time to grow again. Our monthly meetings from now will be on the first Friday of the month at 10am at the Ancient History Group's venue.

We urgently do need new and interested new members so that we can stand on our own feet again. Please contact me (422 5022). I am looking forward to your phone calls.

I wish to thank the Ancient History Group for their hospitality and offer to keep our group alive.

Chris Hoogerwerf

Spring Luncheon

Following the General Meeting on October 8th

This is a subsidised lunch, the cost to members being \$10. We have fifty-six members booked and if you have not already done so but would like to be included, please phone Iris Mee 4257934. (Final numbers have to be given to the caterer on 2nd October)

MESSAGE FROM THE ALMONER – Please advise Mary-Alice Ryburn in the case of sickness or bereavement so that she can make contact.

NOMINATIONS FOR PRESIDENT AND COMMITTEE – Our December meeting will be our AGM and nominations will be called for the above.

If you feel that you would like to have greater involvement in your U3A, speak to one of the Committee. Please do not think “I have done my bit!” and dismiss the idea. Many of us have “done our bits”, some over and over again - and have found it rewarding. Each member has an area of responsibility but none is onerous and help is always at hand .The Committee meets six times a year on a Monday morning and there is often a lot of laughter while the business is being done.

NOMINATION FORM U3A WARKWORTH - 2013 COMMITTEE

Name of Nominee _____ Signature _____

For position of (circle one) President or Committee Member

Nominated by _____ Signature _____

Seconded by _____ Signature _____

Please mail this completed form to The Secretary, U3A Warkworth, P P Box 520 Warkworth 0941
Completed forms to be received by by Friday 7th December 2012

STUDY GROUP	Convenor	Phone	Time	Date	October	Date	November
Ancient History	Jim McKinlay	422-9063	9:30 a.m.	5th	100 Objects – British Museum	2nd	100 Objects – British Museum
					329 Sharp rd Matakana		57 Willjames Ave Algies Bay
Book Talk	Jenny Noakes	425 8647	10:00 a.m.	2nd	97 Anderson Rd Matakana	6th	1001 Sandspit rd Sandspit
Current Affairs	Val Strachan	425-9497	2:00 p.m.	18th	9 Bennett St Warkworth	15th	12.30pm Leigh Sawmill for lunch then
							2pm meeting 33 Cotterell St Leigh
Food For Thought	Diane Parton	422-0166	1:30 p.m.	24th	10.15 visit to Leigh Fisheries	28th	Shared Lunch -4 ingredient challenge
							441 Mahurangi West Rd Mahu West
Jazz Listening	Val Couling	425-5766	2:00 p.m.	15 th	Bob Ward – My Music Pt 3 (NZ)	19 th	5.30pm Christmas with Live Jazz
					5 Matakana d Warkworth		199 Omaha Flats Rd Omaha
Local History	Anthea McKergow	422-6219	10:00 a.m.	23 rd	Yankie Camps	27th	The Boyhood of T W Wilson
					Warkworth Museum		Warkworth Museum
History	Chris Hoogerwerf	425-5022	9:30 a.m.	5th	See Ancient History Notice	2nd	See Ancient History Notice
Music Appreciation	Mary Miller	425-6301	1:30 p.m.	4 th	Piano Sonata and Concerto	1 st	Band Music
					8 Westpark Glen Warkworth		40 Willjames Ave Algies Bay
Art Appreciation	Iris Mee	425-7934	10:00 a.m.	3rdt	Coach Trip to Whangarei Galleries	7th	Coach trip to Pah Homestead
					Dep. Warkworth 9am		Dep Warkworth 9.30am
Play Reading	Margaret Krey	422-6407	9:30 a.m.	9 th	No Info available	13 th	No Info Available
					Refer to Convenor		Refer to Convenor
Poetry Reading	Lorna Laxon	422-562	1:30 p.m.	17 th	The poet, John Clare	21 st	Guest poet, Hugh Major
					609 Woodcocks Rd Warkworth		8 Kowhai View Warkworth
Developments in Medicine	Sue Stevenson	422-0585	2pm	25 th	History of Insulin	22 nd	Lunch – then Autism
					441 Mahurangi West Rd Mahu West		641 Pukapuka Road Mahurangi West
Shakespeare	Valma Gidman	425-869	2pm	16 th	Cymbeline	20th	Merchant of Venice
					19 Panui Tce Snells Beach		9 Hexham St Warkworth
Creative Writing	Tricia Ketteringham	422-3119	10am	12 th 26th	Neighbours from Hell Light at the end of the Tunnel	9 ^h 16th	The Empty Boat An essay

