



THE UNIVERSITY OF THE THIRD AGE

Learning is forever

WARKWORTH

Quarterly Newsletter—June 2015

From your President:

Greetings to you all and I hope you are in good health and if not, that you have a speedy recovery.

MidWinter Lunch 10th August (See details below)

10.30-11.00 Assemble and Jazz Band plays

11.00-12.00 Meeting and Speaker

12.00-12.30 Jazz Band plays—drinks at your cost

1230 Lunch 4 choices

Mr Macleod will be speaking about future developments for the college.

This is always a very popular event, and I urge early registration with Ernie Gidman (ph 425 9869).

New Groups: Well done Chris Hoogerwerf for setting up two new groups (See Page 3 Ed.) and many thanks to new Convenors Chris Fieldsen and Clare Hamel. If you have any ideas relating to new Groups, please contact Chris Hoogerwerf.

Convenors: I am very conscious that successful groups are dependent on Group Convenors. I am also aware of the time commitment these volunteers have to put in. I want to thank all our Convenors for the sterling work that they do!

Continued. . . .

Speakers: We depend on having good speakers for our two-monthly General Meetings. We have a list to cover the rest of the year but if anyone knows of a good speaker who can introduce us to a new and though provoking matter, please let me know.

Geoffrey Bowes MNZM

2015 Committee:

President/Speaker Seeker

Geoffrey Bowes 425.4639

Treasurer/Membership

Ernie Gidman 425/9869

Secretary

Vivienne Mickleson 902.9207

Membership/Almoner

Mary-Alice Ryburn 425/0536

Study Group Convenor

Chris Hoogerwerf 425.5022

IT/Subeditor

Alan Spicer 422.2685

Hospitality

Mary Miller 425.6301

Publicity/Network Rep

Glyn Williams 902.9333

Ex officio— Newsletter Editor

Heather Metcalfe 425.9848

Mid-Winter Lunch

**Monday 10th August
At Stables Restaurant,
Matakana Country Park.**



Menu choices:

Fish of the Day/Sirloin Steak/Chicken Breast/Vegetarian

**COST: \$10 FOR CURRENT MEMBERS (SUBSIDISED BY U3A) IF PAID BY 3RD AUGUST.
NON MEMBERS OR MEMBERS PAYING AFTER THAT DATE — \$25.00**

Pay and advise menu choice to Ernie Gidman, PO Box 520, Warkworth, by 3rd August. (Ph 425 9869)

Guest Speaker:

**David Macleod, Principal,
Mahurangi College.**

**Music by our own Jazz
Group**

Our Treasurer reports that there are still 16 membership subscriptions outstanding. Ring him if you want to check that you aren't one of them.

Ernie Gidman 425 9869

Reminders for your diary

Scheduled General Meetings for 2015

June 8: Representative from C.A.B. (See Page 4)

Mini Speaker: Fall Prevention

(Duty Group Music Appreciation)

August 10: Mid winter lunch, Stables Restaurant

Speaker David Macleod, Principal Mahurangi College.

October 12th: Representative from SeniorNet

Mini Speaker: Mary Miller—local Medical facilities

(Duty Group: Medicine)

December 14th: John Clarke, Household Cavalry

(Duty Group: Play Reading.)

General Meeting held 13 April

Iris Mee chaired the meeting in Geoffrey's absence.

Heather Metcalfe presented a brief glimpse of her life as a Drama Queen!

Iris then introduced Deborah Battell, the Banking Ombudsman, who preceded her address with a potted history of her background.

Always encouraged by her parents to get a good education, Deborah had an interesting mix of career changes while picking up degrees along the way. This culminated in a MBA from Victoria University and led eventually to the Commerce Commission where she found a great interest in Fair Trading, and was then appointed to her present position.

Deborah concentrated on three areas of banking which may cause pitfalls for the older person.

1. **Guarantees for family loans.** Be aware that other future lending could be included in any guarantee, so request that a limit to be set. Make sure that you totally trust the family member to whom you are giving your guarantee.

2. **Online/Telephone banking/PINs.** Any PIN used for banking should not to be used for anything else. Do not share PIN with anyone. If you have a joint account with your spouse, use separate login/PINs. If these simple measures are ignored, banks may refuse to refund in case of loss. Be aware that some phones can retain digits entered and restore by using the redial function.
3. **Fraud.** If it sounds too good to be true, it probably is. Do not respond to any tempting emails/letters offering large sums of money unless you personally know the benefactor. If you suspect fraud you can report it to Financial Service Providers Register (www.fcsl.org.nz)

The NZ Banking Ombudsman has, for 23 years, been investigating and resolving disputes between banks and their clients. Most major banks are part of this scheme, which is self-funded but governed by an independent Board.

Damages/losses are limited to \$200,000.

The use of cards has become so prevalent that, surprisingly, NZ is one of the most cashless societies in the world. This can mean opportunities for the dishonest amongst us.

In almost every situation of loss, banks will only refund if reasonable security measures have been taken. Check with your own bank what they expect of you.

Its no news to us that banking is changing. To be safe and secure in this new banking world, it is necessary to be vigilant, sensible, and informed.

DON'T BE CAUGHT IN THE MONEY TRAP!



OUR GRATEFUL THANKS TO THE LOCAL HISTORY GROUP FOR PROVIDING MORNING TEA AT THE APRIL GENERAL MEETING.



Opinions expressed in this newsletter are not necessarily those of the Editor or members of the committee.



Are you interested in General History?

We have a member interested in forming a General History Group. If you are interested too, contact Group Co-ordinator Chris Hoogerwerf. 425 5022

Do you own a computer, tablet/iPhone, or Smartphone?

Have you thought about joining SeniorNet—a National organisation which caters for those over 55 who want to learn more about the increasing amount of technology available.?

The Warkworth Branch, which has nearly 600 members, is now situated conveniently at the RSA, in Neville Street, Warkworth. Volunteer tutors offer a wide variety of instruction including deciding which device is best for you; photo-editing; Facebook; Genealogy; maintenance of your device; and using all current operating systems. In fact, everything you need to know to get the best out of this technology.

Once a week, the experienced tutors offer a Help Day when you can expect one-on-one help for any problem holding up your progress.

All this for a very small annual subscription. Call one of the friendly team at 425.9643

NEW GROUPS

Our thanks to Group Co-ordinator, Chris Hoogerwerf, who reports that two new groups are up and running:

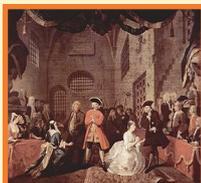
Opera:

Convenors: Chris Fieldsend 425.4685
Liz Mitchell 425.9448

All About Plants:

Convenor: Clare Hamel 425.6729

Travel Group: There are 8 people interested in a Travel Group and we will advise details when they are available.



Are you thinking of moving to a Retirement Village?

There's an excellent government website - www.cffc.org.nz - offering all sorts of information to clarify a lot of myths and perhaps make your decision easier.

Planning a trip to UK in 2016?

The Corpus Christi Lifelong Learning Summer School promises to be a wonderful opportunity to experience Cambridge college life (in the University's sixth oldest college; founded in 1352) and to meet some extraordinary lifelong learners from around the world.

More information available on their website www.corpus.cam.ac.uk/lifelong-learning

If you would like to receive a brochure or learn more information, contact Dr Nick Godfrey, Co-ordinator at ncgodfrey@gmail.com

There are spaces available this year (30.8—12.9) with registration by 15 June but it may be worth contacting Dr Godfrey anyway.



Welcome to our new Members :

Clare Hamel

Sally Murphy

Elle Glazer

Margaret Needham

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Developments in Medicine Group

contributed by Mary Miller.

Can we Beat the Bugs?

Our group recently considered our battle against the bugs which cause human illness, including bacteria, viruses, parasites and fungi. There are all around us and can cause infections of any of our systems. They can also cause congenital defects, result in autoimmune diseases and some are associated with malignancies.

We have many natural defences, including intact skin, cellular immunity and antibodies in our blood. We can also prevent infections by hand washing, safe drinking water, efficient sewage systems and healthy housing. Immunisation is an important weapon in the prevention of disease. Unfortunately civil wars, famine, natural disasters and poverty all cause the breakdown of these preventive measures and result in the spread of diseases.

Treatment of infections by antibiotics and other drugs has been a wonderful boon. However, bacteria can develop resistance to antibiotics by a number of mechanisms. Antibiotics are the only drugs which lose potency with excessive use. To overcome this resistance we need more careful control of antibiotic use, great care in preventing hospital acquired infections and incentives for drug companies to develop new antibiotics rather than more profitable types of drugs.

Hope is on the horizon with the development of several new anti-staphylococcal drugs and another drug which cures most patients with Hepatitis C. Drug companies are also researching new ways to interfere with the way bacteria communicate with each other, and ways of disarming bacterial toxins when these cause the harm. Of course, improving social conditions and putting an end to civil wars would be a major advance!



NEXT GENERAL MEETING—8th JUNE

Totara Park, 10.00am.

Citizens Advice Bureau (CAB), Warkworth—what it does

Speaker: Diane Taylor

We have to use this service which is new to Warkworth—or lose it!

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Many thanks to Chris Hoogenwerf for collating and supplying the Study Group information. Also a huge thank you to the Convenors for making themselves available so that we can enjoy our learning.

Study Group	July	August	September
Ancient History – 9:30 am Jim McKinlay, Ph:422-9063	3rd Slavery 45 Ashmore Cresc. WW	7th Bits@Pieces 12 Piper Lane, SB	4th TBA TBA
Art Appreciation – 10:00 am Judy Wood, Ph:425-8712	1st TBA Hope Gibbons Gallery 209A Sharp Rd, WW	5th Ceramics Totara Park. WW	2nd DVDs 85 Pt Wells Rd, Pt Wells
Book Talk – 10:00 am Iris Mee, Ph:425-7934	7th 65 Anderson Road Matakana	4th 46 Ashmore Cres Warkworth	1st 1 Moana Terrace Snells Beach
Current Affairs – 2:00 pm Val Strachan, Ph:425-9497	16th 641 Pukapuka Rd Mahurangi West.	20th 2 Heritage Lane Warkworth	17th 23 Earlsway Warkworth
Food For Thought – 1:30 pm Tessa Marshall Ph:425-5779 Jean Mason Ph:425-4164	22nd Mid Winter Meal TBA	26th Pacific Foods TBA	23rd TBA TBA
Jazz Listening – 2:00 pm Val Couling, Ph:425-5766	20th Doggin Around 199 Omaha Flats Road Omaha	17th The Trombone 8 Piper Lane Snells Beach	21st TBA TBA
Local History – 10:00 am Lorna Laxon Ph 422-3562	28th TBA TBA	25th TBA TBA	22nd TBA TBA
Music Appreciation – 1:30 pm Malcolm Clague, Ph:425-9945	2nd Sad Music 40 Willjames Ave Algies Bay	6th Bring a favourite CD 32 Rivendell Place Warkworth	3rd Composer Delius 1 Hibiscus Ave Snells Beach
Medicine Developments – 2 pm Mary Miller, Ph:425-6301	23rd Nanoparticles 38 Kawau View Ave Snells Beach	27th The Thyroid Gland 44 Summerset Falls Warkworth	24th Achiroptractor(guest speaker) 257 Mahurangi East Road Snells Beach
Play Reading – 9:30 am Margaret Krey, Ph:422-6407	14th Contact Convenor	11th Contact Convenor	8th Contact Convenor
Poetry Reading – 1:30 pm Lorna Laxon, Ph:422-3562	15th Thomas H TBA	19th Poems of our Childhood TBA	16th Contact Convenor
Shakespeare – 2:00 pm Cynthia Purdom, Ph:425-4612	Inactive	Inactive	Inactive
Opera – 10.00am Chris Fieldsend Ph:425-4685 Liz Mitchell Ph: 425-9448	20th Cavaleria Rustica- na and I Plaghiacci 5 Victoria Street, WW	17th A recent tour of Opera in Europe. TBA	21st TBA TBA
All About Plants – 10.00am Clare Hamel Ph:425-6729	23rd Herbs, culinary uses etc. 5 Matakana Road, WW	27th TBA TBA	24th TBA TBA
New Group Details			