



THE UNIVERSITY OF THE THIRD AGE

Learning is forever

WARKWORTH Quarterly Newsletter—September 2016

FROM THE PRESIDENT:

Greetings to you all and I trust you are in good health or good care.

As I advised in the June Newsletter, Heather has moved and I thank her once again for her work as Editor of our Newsletter. All the best Heather. I am able to advise that we have a volunteer to take over and I welcome Glenda Came as our new Editor. Glenda is a new Member, having moved here from Waiheke where she was editor of a Newsletter. Thank you Glenda and we look forward to working with you.

Last Saturday I attended a brilliant U3A event organized by Valma and others. It was a surprise Birthday Party for Val Strachan. Val had no idea about it. The food was great, wine good and the company outstanding. The U3A Jazz Band entertained us all and as always was excellent. This event to me typifies the sort of thing we can do - looking after and assisting our Members. If any of you have ideas on things we could do, please let the Committee know.

I am still awaiting Members who might be interested in a Military History Group - if you are interested please ring me (4254639). We can always have more groups and one that has been suggested is "heroes and villains" - any takers?

Our next speaker at our General Meeting on 10 October will be Vice President Mary who will cover "Alternative and Complimentary Medicine" which will be an eye opener I think. The December Meeting is the Annual General Meeting and anyone who is interested in being on the Committee should contact Mary Miller or myself.

Best wishes to you all Geoffrey

2016

U3A WARKWORTH COMMITTEE MEMBERS

President	Geoffrey Bowes	425 4639
Speaker Seeker		
Vice President	Mary Miller	425 6301
Membership		
Treasurer	Ernie Gidman	425 9869
Membership		
Secretary	Vivienne Mickleson	902 9207
Group Convenor	Mary-Alice Ryburn	425 0536
Almoner	Chris Hoogerwerf	425 5022
Publicity	Glyn Williams	902 9333
Hospitality	Clare Hamel	425 6729
	Keith Hopner	425 9955
Ex officio		
Newsletter Editor	Glenda Came	283 3453
IT/Subeditor	Alan Spicer	425 2685

Warkworth U3A Meeting Dates - 2017

January	11 th	Committee
February	15 th	General
March	14 th	Committee
April	11 th	General
May	9 th	Committee
June	13 th	General
July	11 th	Committee
August	8 th	General
September	12 th	Committee
October	10 th	General
November	14 th	Committee
December	12 th	General and AGM

Opinions expressed in this newsletter are not necessarily those of the Editor nor committee members.



STUDY GROUP INFORMATION: many thanks to Mary-Alice Ryburn for collating and supplying this information. A huge thanks also to the Convenors; they provide us the opportunity for continuing and enjoyable learning.



Study Group	September	October	November
Ancient History 9.30 am 1st Friday Pam Bosch 425 6384	The Maya 23 Willjames Avenue, Algies Bay	The Aztec 23 Willjames Avenue, Algies Bay	South America continued to Spanish Conquest 12 Piper Lane, Snells Beach
Art Appreciation 10.00 am 1st Wednesday Judy Fisher 425 4510 Gill le Serve 945 0372	Auckland Art Gallery by Bus South American Art Exhibition	Local Artist Joy Bell Ceramic works Totara Park Melwood Dve, WW	NZ Sculpture on the Shore by Bus NB: Date Wed 16
Book Talk 10.00 am 1st Tuesday Dagma Kammler 425 9181	Clare Hamel 9 Willjames Ave, Algies Bay	Judith Larsen 209 Sharp Rd, Matakana	Jenny Noakes 65 Anderson Rd, Matakana
Current Affairs 2.00 pm 3rd Thursday Gail Morrison 422 3717	Geoffrey Bowes 257 Mahurangi East Rd, Snells Beach	T.B.A.	T.B.A.
Jazz Listening 2.00 pm 3rd Monday Val Couling 425 5766	Ladies' Choice 25 Gordon Craig Place, Algies Bay	David Presents 388 Old Kaipara Flats Rd	John Presents 5/99 Hauiti Dve, WW NB: No cars up drive
Local History 10.00 am 4th Tuesday Lorna Laxon 422 3562	History of M and J Pottery Morris & James Matakana NB: 10.30 am	T.B.A.	Hidden Treasures of Warkworth Warkworth District Museum
Music Appreciation 1.30 pm 1st Thursday Malcolm Clague 425-9945	Aaron Copeland & others 73 Alnwick St, WW	Magic of Music 1 Hibiscus Ave, Snells Beach	T.B.A. 8 Piper Lane, Snells Beach
Developments in Medicine 2 pm 4th Thursday Mary Miller 425 6301	Breaking News 390 Pukapuka Rd, Mahurangi West	Nursing London Thalidomide, 26 Christopher Lane, Snells Beach	Nursing Samoa History Health 1 Oliver St, Woodcocks Estate, WW
Play Reading 9.30 am 2nd Tuesday Pam Ellender 422-2493	Hedda Gabler (Yolande & Rita) 27 Alnwick St, WW	A play from our archives Venue T.B.A.	Merchant of Venice DVD 25 Gordon Craig Place, Algies Bay
Poetry Reading 1.30 pm 3rd Wednesday Daphne Cocker 425 0570	Edwina Gately 1 Hibiscus Avenue, Snells Beach	Elizabeth Smithers 12b Amanda Lane, Snells Beach	Hera Lindsay Bird 15a Coquette St, WW

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Study Group	September	October	November
Shakespeare 2.00 pm 3rd Tuesday Valma Gidman 425 9869	14 Coquette St, WW	T.B.A.	T.B.A.
Opera 10 am 3rd Thursday Chris Fieldsend 425 4685 Liz Mitchell 425 9448	Trip to Sweeney Todd NZ Opera Car Pool 2 pm	Peking Opera 14 Coquette St, WW	Not really Opera The Messiah 8 Piper Lane, Snells Beach
All About Plants 10 am 4th Thursday Clare Hamel 425 6729	The Potager Gardens of Ken Diprose Pukapuka Rd, Puhoi	The Paddocks, NZ Trust Garden. Penny & Rowan Wiggins 26 Francis Pl, WW	The Rose 9 Willjames Ave, Algies Bay
The God Question 10 am 2nd Thursday Ray Bradley 021 162 8805	The Impossibility of an Afterlife 35 Rivendell Place, WW	Gobbledygook Gods T.B.A.	T.B.A.
A Story to Tell 1.30 pm 2nd Wednesday Ruth Thomas 422 6700	Chris Curtis talk 35 Grandview Rd, Leigh NB: Date 21st.	Berris Spicer 3 Northwood Drive, WW	Ruth Thomas 18 Hillside Crescent, Matheson Bay



KOWHAI FESTIVAL:

It's hard to believe it's that time of the year – AGAIN - but nevertheless it's true. The Kowhai Festival 2016 is October 8. U3A will have an information stall which will of course need enthusiastic volunteers to smile, distribute brochures and engage with passers-by by to explain what U3A is all about. Each group manning the stall need only give a couple of hours. It's your chance to shine!

Keith Hopner and Ken Winter enjoying a discussion at a morning tea time. U3A is about more than learning; it's about friendship too.

FROM MARY MILLER:

U3A in Action: As members of Warkworth U3A we are all part of an international organisation of people who want to keep learning. The **U3A in action day on Friday 29th July** was a chance to meet with about 200 Auckland U3A members, to hear an inspirational speaker, to listen to mini talks from different groups, to read about all the different interest groups which are going on and to see posters displayed from a number of them.

The **main speaker was Dr Paul Buchanan** who has provided advice to senior US military, intelligence and diplomatic decision-makers in the area of political risk and intelligence analysis. He

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has taught at a number of Universities in the USA, Singapore and Auckland, has held research appointments in a number of countries and is author of 3 books and over 60 scholarly articles. He lives in NZ.

He was a most charismatic and entertaining speaker, mostly about the current USA election process which he called “a clown circus”. He has inside knowledge of the US military and intelligence services, with some of his ex-students now in influential positions. Among his insights is the fact that the US military would probably be responsible for war crimes if they followed through some of Donald Trump’s threats yet they are not supposed to disobey their commander in chief, the office held by the President. Also the intelligence service is not prepared to share sensitive information with Donald Trump as they do not consider him reliable or discrete. You may have heard on TV1 on Saturday evening, someone from the CIA saying they consider Donald Trump an unwitting agent of Russia.

There were **14 mini talks** by U3A members. These included a short story which was a psychological drama read by the author, a humorous movie acted and made by a group from Hibiscus Coast, exceptional photos from North West, a brief history of blood transfusion, and my favourite, “Nothing Changes” Juvenal’s satire III – an ancient Roman author talking about the housing crisis in Rome, exorbitant prices and rents, poor condition of houses and offers of bribes to move out of Rome – with little alterations making reference to Auckland.

The **next U3A in Action** will be in 2 years’ time and I hope we will have a few more members attend from Warkworth. We can learn a great deal from other Auckland groups of which there are now 27 with a total of 3,600 members.

All About Plants: the Plant group that is **NOT** a Garden group!

Ina Shaw gave an informative mini-speech at the August general meeting.

All About Plants began in May last year and meets on the 4th Thursday of the month in members’ homes. Clare Hamel is the convener and leader of the group of about ten members.

All About Plants has many genres but all involve plant life. The topics so far have included Science, medicine, myths, legends and stories, the history of a plant, gardens and more. There are endless ideas.

At one meeting a member showed a video of The Lost Gardens of Heligan. This sparked discussion which has led to the huge future topic of 19th century Plant Hunters; those brave explorers who searched the world for different plant species. Another member gave a very informative talk on the establishment and maintenance of Bonsai.

We have researched the use of plants from Medieval times as well as NZ native plants used as medicine. Julie Dowland opened her workshop for us and shared her knowledge on Plant Dyes to show how she uses them in her felting work.

The September meeting is a visit to a Potager garden, the topic for the October meeting is a NZ Trust Garden and in November the topic is the Rose.

So many ideas, so much enthusiasm! We also hope to visit Snowberry laboratory where the essential oils from NZ Native plants are tested and developed into highly rated skin creams and cosmetics for export.

If you are interested, please phone Clare on 425 6729.

The Art of Tai Chi - as demonstrated by the Warkworth section of the Taoist Tai Chi movement.

Reporter: - Sheilah Jowsey

Tai Chi is a set of health-promoting, formalised body movements ideally suited for the U3A age group. We were privileged to receive a delightful demonstration of this gentle art by the Warkworth group led by Helen Howard, one of their instructors. Helen presented one style of Tai Chi and the benefits gained by learning each individual movement and posture. The benefits are further enhanced by undertaking regular practice of the sequences until one is able to easily co-ordinate these within a dedicated group.

Each 'set' comprises 108 different postures, each posture designed to exercise a specific group of muscles – this in turn promotes balance and flexibility of the whole body. The gentle and fluid nature of these movements, when repeated over time, sharpen and co-ordinate mind and body within a unity of purpose.

We were then given an impressive demonstration by the group, all of whom are clearly well versed in the art, to the point where they went through the various movements in perfect unison. This was followed by some group members telling us how the gentle system of Tai Chi has benefited their health and wellbeing.

Central to a newcomer learning Tai Chi is the non-judgemental approach of trainers; this helps students build their capabilities in a stress-less, pleasurable and non-competitive environment, where everyone learns at their own pace, until each set becomes internalised.

We were then invited into the demonstrating group to participate in sections of the sets. We soon found these quiet movements really required us to think hard while we followed the trainer's moves; excellent exercise for our aging brains.

I know of at least 5 people, including Victor and I, who will be attending the Introductory Tai Chi course, which begins Saturday, November 5th. The classes are held at Mahurangi College Old Gym and the cost for all 7 classes is \$35. It is hoped the low cost will enable a large enrolment.

For further details please contact Jenny, 09 422 3118 or Kirsty, 021 02315556 or email at warkworth@taoist.org.

An item for those interested in our bees which are under such pressure in today's world.

Gardeners and school children are being invited to run the very first "citizen science" survey of bee numbers in New Zealand.

NZ Gardener magazine, [Stuff.co.nz](http://www.stuff.co.nz) and scientists from Plant & Food Research have teamed up to run The Great Kiwi Bee Count, intended to provide a base line for generations of research into the bees that are responsible for pollinating a third of everything we eat and drink.

Throughout September, Kiwis young and old, are encouraged to get into their gardens, parks or neighbourhood, preferably on a sunny day, pick a plant, and count how many bees they see. <http://i.stuff.co.nz/environment/83627978/The-Great-Kiwi-Bee-Count-We-need-to-look-after-bees>

NOTE FROM THE EDITOR:

Hello. It's funny how you can be sitting in a meeting, not thinking about anything in particular, and you suddenly put your name forward to edit a newsletter with little idea of what this might involve. Of course I expected there would be someone more experienced than myself who would step up, but this did not happen. So, please bear with me while I find my feet, or in this case, my fingers, and in the spirit of U3A and lifelong learning, I'll do my best.

A little background as I am a new U3A member. I have been a Rodney local much of my life apart from time farming in Waikato then later living in Auckland, then Waiheke Island and now back to Warkworth where we expect to be forever.

I've worked as a Counsellor, CYFS Social Worker (Child Protection agency), later writing Court reports for the agency, Supervisor for people working in the Mental Health field, and other bits and pieces. One major job I inadvertently acquired was Project Manager and HR Manager for 3 years for the Painted Gypsy Moth and Asian Gypsy Moth projects, at times re-locating up to 160 householders from the spray zone every 10 days or so when the spraying took place. This didn't quite bring me to my knees but very close to it. And I have done a little editing i.e. a book, a thesis and a newsletter on Waiheke Island.

My husband and I live on a bush lot with a daughter and her husband and family and a shared Bearded Collie. We run a Bnb which keeps us busy in summer. We love where we live; it provides privacy, plenty of opportunity for exercise, enjoying nature and trying to keep one step ahead of plant and animal pests.

Thank you to all who have given me such great support. Glenda

THINGS TO NOTE AND REMEMBER:

Meetings:

October 10th

Duty Group – Ancient History

Main Speaker – Mary Miller: Complementary and Alternative Medicine

Mini-Speaker - Art Appreciation, presented by Sylvia and Ken Diprose

December 12th(AGM)

Duty Group - Art Appreciation

Presentation by U3A Jazz Group and a SURPRISE!!

This sounds a very promising session. We will also be celebrating 20 years since U3A began so a real milestone has been reached. Should we wear our party clothes?