



THE UNIVERSITY OF THE THIRD AGE

*Learning is forever*

## WARKWORTH Quarterly Newsletter—February 2017

### FROM THE PRESIDENT:

Greetings to all; I trust you are in good health.

On that subject, please let Chris Hoogerwerf, (425 5022) know of any member who is unwell. She is the Almoner and will act on information received; we like to assist, help and comfort when we can.

I am writing this from Sydney where the temperature was 40 deg recently. This is not enjoyable and indeed I had a 'hissy fit' on Friday. Whilst it is great to visit family, it is also great to go home and live in a wonderful environment. But I hope it has rained while I have been away. (more than we've wished – ed.)

On this trip, which was in remembrance of my class entering RMC Duntroon 60 years ago, I could not help but note the number of members who seemed to have nothing to do. When I talked about U3A they became quite animated. There is no doubt in my mind that positive participation in U3A is greatly rewarding and essential for those of us separated from our partners.

### Mid-Winter Lunch:

The Mid-Winter Annual Lunch will be Monday June 12<sup>th</sup> at The Stables. The cost will be about \$30 pp. I will ensure the layout minimizes sound from the kitchen. Admission will be by pre-purchased tickets only to avoid the issues of last year. The Matakantata Singers will entertain.

All the best, Geoffrey

2017

### U3A WARKWORTH COMMITTEE MEMBERS

<b>President</b>	Geoffrey Bowes	425 4639
Speaker Seeker		
<b>Vice President</b>	Mary Miller	425 6301
Membership		
<b>Treasurer</b>	Ernie Gidman	425 9869
Membership		
<b>Secretary</b>	Vivienne Mickleson	902 9207
<b>Group Convenor</b>	Mary-Alice Ryburn	425 0536
<b>Almoner</b>	Chris Hoogerwerf	425 5022
<b>Publicity</b>	Glyn Williams	902 9333
<b>Hospitality</b>	Clare Hamel	425 6729
	Keith Hopner	425 9955
<b>Ex officio</b>		
<b>Newsletter Editor</b>	Glenda Came	283 3453
<b>IT/Subeditor</b>	Alan Spicer	422 2685

### Warkworth U3A Meeting Dates - 2017

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

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



THE UNIVERSITY OF THE THIRD AGE

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



Study Group	March	April	May
All About Plants 10 am 4 <sup>th</sup> Thursday Clare Hamel 425 6729	Eastwood Arboretum A Video Gail Morrison 10 Wilson Rd Warkworth	Herbal Salves Glenda Came 81 Thompson Rd Warkworth	TBA
Ancient History 9.30 am 1 <sup>st</sup> Friday Pam Bosch 425 6384	Genghis Khan and the Mongolian Empire 12 Piper Lane Snells Beach	Bits and Pieces 23 Willjames Ave Algies Bay	The History of Chocolate TBA
Art Appreciation 10.00 am 1 <sup>st</sup> Wednesday Dagmar Kammler 425 9181	Kaipara Sculpture & Gardens. By Bus. Gillian Carlsson carlssonb@orcon.co.nz	TBA	TBA
Book Talk 10.00 am 1 <sup>st</sup> Tuesday Dagma Kammler 425 9181	Clare Hamel 9 Willjames Ave Algies Bay	Judith Larsen 209 Sharp Rd Matakana	Shirley Shirley 46 Ashmore Cres Warkworth
Current Affairs 2.00 pm 3 <sup>rd</sup> Thursday John Patrick 425 0001	John & Sibyl Patrick 5/99 Hauti Drive Warkworth (no cars up drive)	Glyn Williams 2 Heritage Lane Warkworth	Nigel Swaffield 8 Wilson Rd Warkworth
Developments in Medicine 2 pm 4 <sup>th</sup> Thursday Mary Miller 425 6301	Doping in Sport Mary Miller 40 Willjames Ave Algies Bay	Witch Doctors and Stroke Helen Whiteley 45 Ashmore Cres Warkworth	Remote First Aid Diane Parton 441 Mahurangi West Rd
Jazz Listening 2.00 pm 3 <sup>rd</sup> Monday Val Couling 425 5766	Jazz Musicians Who Also Sing Bob Ward 5 Matakana Rd Warkworth	John Presents Part 2 5/99 Hauti Drive Warkworth (no cars up drive)	David Presents Vocalists with the WOW Factor Venue TBA
Local History 10.00 am 4 <sup>th</sup> Tuesday Lorna Laxon 422 3562	Origin of Rodney District Place Names Lorna Laxon 15a Coquette St Warkworth	Anzac Day No group meeting	Colonial Profile Venue TBA
Making the Most of Your Hearing Aids 2 pm 1 <sup>st</sup> Tuesday Elle Glazer 021 2105330	Elle Glazer 20 Awanui Cres Matakana	TBA	TBA
Music Appreciation 1.30 pm 1 <sup>st</sup> Thursday Malcolm Clague 425 9945	The Cello Mary Miller 40 Willjames Ave Algies Bay	Feathered Friends Christine Fieldsend 8 Piper Lane Snells Beach	TBA Colleen Kangwai 1 Hibiscus Ave Snells Beach

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

Study Group	March	April	May
<b>Play Reading</b> <b>9.30 am 2<sup>nd</sup> Tuesday</b> Pam Ellender 422 2493	A Play from our Archives Margaret Ward 5 Matakana Rd Warkworth	National Theatre Live Video Val Couling 25 Gordon Craig Pl Algies Bay	Obolus – a Comedy Spoof Venue TBA
<b>Poetry Reading</b> <b>1.30 pm 3<sup>rd</sup> Wednesday</b> Daphne Cocker 425 0570	Clive James Yolande Carter 19 Panui Tce Snells Beach	Jenny Bornholdt Colleen Kangwai 1 Hibiscus Ave Snells Beach	Emily Dickinson Daphne Cocker 609 Woodcocks Rd Warkworth

#### TITBITS:

**Lake House Arts**, Takapuna have an exhibition March 1<sup>st</sup> – 26<sup>th</sup>, the Inaugural North Shore Notable's Exhibition featuring Paul Woodruffe. Other exhibitions pending are; April, the Auckland Quilt group and exhibitions covering the Peace Poppy theme and in May, NZ Wood Sculpture Live.

Find more at [www.lakehousearts.org.nz](http://www.lakehousearts.org.nz)

For Warkworth U3A, Elle Glazer will offer a short course on **Hearing Aids** and advancing technology in the field. Contact Elle on 021 210 5330 for more information.

For the **General meeting April 10<sup>th</sup>**, the speaker is Alex Smith of Aerospace Technology. He has had a very exciting career, including being involved in NASA.

Sorry to startle you but we need to look ahead to **Friday 29<sup>th</sup> September** - the **2017 U3A in Action** day (put the date in your calendar). See 2 attachments for the details.

**Thanks Valma Gidman for the following item:**

I learned recently that to provide valid verification of your identity for bureaucratic purposes, there had been only 3 acceptable items; a driver's license, a gun license and a passport. I was told of a man applying for a passport who, due to severely limited eyesight, could not obtain a driver's license or gun license which removed 2 options for him.

Now there is another and cheaper alternative - an '18plus' card available from the Post Office for \$45. When applying you need to take a photo of yourself and go with someone who can vouch for your identity. You may wish to pass this information on to others.

If anyone has an idea for a new group please contact **Mary-Alice Ryburn, 425 0536**

**Ina Shaw, our tireless Archivist**, would like photos of each group for her files. Perhaps Group Convenors could ask a member to be 'in charge' of this; that way it spreads the load a little. Also, if you have a photo you would like in the newsletter please send it in.

#### LOCAL HISTORY GROUP: Puhoi to Pakiri

**Thanks Alison MacArthur Grant for this precis.**

The group, which began in 2009, has visited sites from Puhoi to Pakiri, including a guided walk around historic Warkworth. We have talked with historians and locals (those who have always lived here are a superb resource) to learn the background and backbone of the places we visit.

We've learned about the 400 kauri gum diggers on Snells Beach over 100 years ago, a huge variety of long-gone commercial enterprises, Post Offices and their services, transport services north on land and water, dairy factories and the Warkworth Cottage Hospital. We have also studied the occupations and industries of early Maori in the area. We take field trips as needed, meet in members' homes, local halls or the local museum.

Because of the wealth of information to document we work closely with the Archives Department at Warkworth and Districts Museum to ensure the history is not forgotten or lost to future historians of this special, beautiful area.

## **OUR AGING EARS**

### **Thanks Mary Miller for this.**

Dr Ron Goodey's talk at the February meeting covered the anatomy of the ear and how it links with the brain. He discussed possible age-related changes e.g. the loss of 'hair cells' and how this affects our hearing, especially the loss of high frequencies making it harder to hear consonants.

Strategies to ensure we maximise use of our remaining 'hair cells' include paying close attention, ensuring maximum quality of sound and using other sensory inputs such as lip reading. Try to be in front of, or close to, the speaker, exclude background noise to focus on a single input and choose a suitable environment i.e. a quiet restaurant. The following all assist; a high quality amplifier to help with amplification of the source, using teletext on the TV, using texting and email instead of telephone and having modern hearing aids.

Tinnitus is a condition that occurs when sounds are heard without objective noise; nerve activity in primitive pathways is activated causing the sounds. Tinnitus can be reduced by listening to other noise, dealing with jaw, neck or muscle problems and by managing stress.

Dr Goodey also discussed cochlear implants and their function and vestibular issues including problems with balance and benign positional vertigo.

Members were given concise and helpful answers to questions and one member thanked Dr Goodey for personal experience of his surgical skill and caring attitude towards the family.

Elle Glazer thanked Dr Goodey. Elle is convening a course to study the best use of hearing aid technology. Please contact her on 021 2105330 if you are interested in this.

## **MEETING AND MORNING TEA TIMES:**

Our U3A meetings officially begin at 10 am with morning tea from 10 am to 10.30 am. Clare and the team on duty are working until then to provide the delicious food. If you arrive before 10 am, please go into the main meeting room where you can help with arranging chairs or chat with fellow members. The doors to the morning tea area will be opened at 10 am and tea and coffee will be served at that time.

The committee appreciates the extra time and care currently being put into the hospitality for all members and want to make it as easy as possible for those doing the work.

## **NOTE FROM THE EDITOR:**

Well, it has finally arrived. I didn't think it ever would but it has. It sure took its time and waiting for it has been tedious but I think it's here. Summer has showed up in full force just as grandchildren are back at school.

Have other gardeners found it a difficult season? Some things have been rampant for a short time and then very quickly turned their toes up and collapsed. We have been on our property 4 years now and I'm learning what grows and where it likes to be. I'm unsure if it's because we are near native bush but some plants have proved to be very temperamental and the gardener has sulked as much as they have. Garlic has had its very last chance, as have radishes. I planted a packet of radish seeds in desperation and grew a tomato!! The grandchildren were quite intrigued.

Our Air bnb has been very busy; we had a few Americans in and though I had a very firm talk with myself prior to their arrival about topics not to be raised, to my shame I ignored my advice each time. They were very gracious and accepted home baking as an apology.

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

I hope you are all safely launched into 2017 and have managed to be off the road when a fair percentage of the national and international population seem to have been on the highway. We got caught out a few times, vowing each time it would not happen again. We really got the message after one trip from Snells Beach to Warkworth – 50 minutes from Sharp Road to Warkworth on the Matakana road!!

Look forward to seeing you next time. Cheers, Glenda

**AUCKLAND U3A NETWORK WELCOMES YOU TO A DAY OF CELEBRATION**

**St Chad’s Church, Auditorium, 38 St Johns Road Meadowbank.**

Rectangular Snip

**Friday September 29<sup>th</sup> 2017**

**Cutting Edge Speaker. Presentations from U3A Study Groups.**

**Morning tea and lunch – all inclusive - \$20**

Cut here   

**Registration Form**

Please complete and post to: **U3A Network, PO Box 317 025, Hobsonville 0664**

Or attach to an email to: [u3a.network@outlook.com](mailto:u3a.network@outlook.com)

Name	U3A	
Phone	Email	Cross out which does not apply
		I need "mobility" parking
		I do not need "mobility" parking

**Please pay the \$20 fee for the day, by one of the following methods**

- By internet banking. [see next page]
- Make a bank deposit to our account [see next page]
- Mail cheque and form to the address above
- PLEASE REMEMBER TO SEND US YOUR REGISTRATION FORM

**For more information or answers to questions, contact:**

Fay Weatherly (09)473 0324 [[fweatherly@xtra.co.nz](mailto:fweatherly@xtra.co.nz)]

or email us at [u3a.network@outlook.com](mailto:u3a.network@outlook.com)

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

