



THE UNIVERSITY OF THE THIRD AGE

Learning is forever

WARKWORTH Quarterly Newsletter—December 2016

FROM THE PRESIDENT:

Greetings to you all and I hope you are all in good health and getting ready for the festive season ahead. I have, in another part of this newsletter, outlined the events for our Xmas and AGM Meetings.

I am pleased to say all the current committee will stand for the 2017 U3A Committee. I have been asked and agreed to do another year as President. This does not preclude others from standing; you will find Nomination forms in this newsletter. It is important you attend the AGM to hear from the Committee as well as ask questions of them. As an incentive you will be given a number on arrival and will go in the draw for the "floor prize" during the Meeting on 12 December.

I am pleased to say we have made a small surplus for the financial year ending 31st October 2016. The Committee will be recommending no increase in the subscription, though any member may recommend an increase!!!

I want to remind you that we have a Welfare Officer (Almoner) who is Chris Hoogerwerf. (425 5022) PLEASE, PLEASE tell her about people who may need help or are in poor health. She can only act on information provided to her.

As ever, I am available to talk about matters germane to U3A at any time. (425 4639). If I am out please leave a message.

I take this opportunity to thank all the Members of our Committee for their hard work and dedication to U3A.

Finally I wish you all a joyous Festive Season. Please be careful out there.

Best wishes to you all, Geoffrey

Please see the back page for the Financial Statement.

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 Meetings - 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 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	DEC	FEB 2017	MARCH
A Story to Tell 10 am 2nd Wednesday Ruth Thomas 422 6700	No Meeting	Bring Your Ideas to Build a Story Venue TBA	TBA
All About Plants 10 am 4th Thursday Clare Hamel 425 6729	The Rose 9 Willjames Ave, Algies Bay	Video of Eastwood Arboretum 10 Wilson Road Warkworth	
Ancient History 9.30 am 1st Friday Pam Bosch 425 6384	Xmas party 120 Perry Road Warkworth NB. 11am Bring a plate for lunch	Visiting authority on South .America 329 Sharp Road or Bits and Pieces Matakana	
Art Appreciation 10.00 am 1st Wednesday Judy Fisher 425 4510 Gill le Serve 945 0372	Maurice Kirman Antique Road Show Totara Park	TBA	
Book Talk 10.00 am 1st Tuesday Dagma Kammler 425 9181	NB: 12 noon Xmas lunch Hillary Waymouth 33 Cotterell St, Leigh	TBA	
Current Affairs 2.00 pm 3rd Thursday John Patrick 425 0001	TBA	John Patrick 5/99 Hauiti Drive Warkworth	TBA
Developments in Medicine 2 pm 4th Thursday Mary Miller 425 6301		Something about Teeth 73 Alnwick Street Warkworth	Doping in Sport 40 Willjames Avenue Algies Bay
Jazz Listening 2.00 pm 3rd Monday Val Couling 425 5766	Sorry, unable to get information	Sorry, unable to get information	
Local History 10.00 am 4th Tuesday Lorna Laxon 422 3562	No meeting	Ian Ferguson 150 year history of the A & P Show Warkworth Museum	Lorna Laxon Origin of Warkworth district place names 15a Coquette St
Music Appreciation 1.00 pm 1st Thursday Malcolm Clague 425 9945	Picturing the Music 23 David William Place Warkworth	Another Voice 23 David William Place Warkworth	
Opera 10 am 3rd Thursday Chris Fieldsend 425 4685 Liz Mitchell 425 9448	In Recession		

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Study Group	DEC	FEB 2017	MARCH
Play Reading 9.30 am 2nd Tuesday Pam Ellender 422 2493	Presenting at U3A meeting	TBA	
Poetry Reading 1.30 pm 3rd Wednesday Daphne Cocker 425 0570	No meeting	Summer Poetry 69b Wilson Road Warkworth	
Shakespeare 2.00 pm 3rd Tuesday Valma Gidman 425 9869	Group Discontinued		
The God Question 10 am 2nd Thursday Ray Bradley 021 162 8805	Group Discontinued		

WELCOME, WELCOME, WELCOME:

The following joined U3A in 2016; we hope it is an enjoyable and worthwhile experience for you.

Sandy and Brian Angus	Barbara Austin	Raymond Bradley
Glenda Came	Kerrill Challinor	Helen Crombie
Gordon and Eileen France	Jan and M Imlach	Hilary Lewis
Dianne and Kevin Hawken	Michael Malanot	Pat Mangham
Diane Mason	Anne Moffat	William and Rosalie Robertson
Ellen Rowntree	David Ryan	Len Thompson
Des Vize	Tony and Jacky Whincop	Patte Williams
Myrie Wotherspoon	Gerard Zwier	

A VERY IMPORTANT ISSUE:

There has been discussion about the time morning tea is served at regular meetings; should it be pre-meeting or post-meeting?

Clare Hamel who prepares the feast, would prefer that morning tea be served at 9.45 am. The meeting starts at 10 am so there is a need to be brisk with getting your drink and goodies.

COMPLEMENTARY AND ALTERNATIVE MEDICINE: a summary of Mary Miller's talk at the October meeting.

Mary explained that Conventional and Complementary medicine practices have scientifically proven benefit. While Alternative medicine has no scientific basis, some people may benefit from their placebo effect. Also, now, some people 'consult' the internet to self-diagnose; take care if doing this.

Though Complementary health options are often based on natural products it is important to remember 'natural' does not always mean safe. Complementary health options also promote mind and body practices.

We must approach our health care using scientific evidence to support the practices we choose. It would be foolish to ignore modern medicine's amazing developments.

After graduation from medical school, the Dean said, "In the practice of medicine have compassion in your heart and science at your elbow." We ignore science at our peril.

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WHAT IS YOUR STORY TO TELL?:

Your family tree written as a story, a humorous poem, your youthful travels translated from the Dutch, a memoir of a full life, a piece of imaginative fiction based on a true happening but somewhat embroidered, a novel based on a member's life ...

These are some of the stories members of the 'Story to Tell' group have been working on this year, understanding the need to write their story down so it is not lost forever. As well as writing down their story, members do a writing exercise and share with the group the challenges and delights of writing.

The 'Story to Tell' group meets the second Wednesday of the month at 10 am. See the schedule for the next meeting.

Below

Chris Hoogerwerf and Mary Miller enjoying the Kowhai Festival.



U3A SCRAPBOOK ARCHIVES: PHOTOS NEEDED:

Ina Shaw is appealing for current photos to establish an on-going record of group activities. You may get to see yourself in the Archive book which is on display at each meeting! That should not be a deterrent from sending in photos!

AND FOR BOUQUETS:

Many thanks to conveners who have lead groups which are now finished or in recess; Raymond Bradley - The God Question, Valma Gidman – the Shakespeare group and Judy Fisher and Gill le Serve who are stepping down as conveners for Art Appreciation. Without the hard work of people like you there would not be groups to attend.

Hands up anyone who would love to kick 2017 off as leader/s for Art Appreciation. If you contact the current Conveners or Mary-Alice you will be able to find more of what is involved.

CHRISTMAS MEETING AND 20 YEAR CELEBRATION:

Totara Park, 10 am, 12 December 2016

10.00 am	Assemble and Play Reading
10.30 am	AGM
10.45 am	Memories – members share a brief memory (3 min each) about U3A Warkworth
11.00 am	Morning Tea and the U3A Jazz Band
11.30 am	Mildred Hooper draws the Floor Prize
11.45 am	Wind up

FEBRUARY MEETING – Speaker Dr Ron Goodey:

Dr Ron Goodey, retired ENT surgeon, will be the main speaker at the meeting on February 13th 2017 speaking about 'Our Aging Ears'.

He graduated from Otago Medical School and trained at the Australasian College of Surgeons and in the UK and USA. He was involved in developing surgical techniques to treat middle ear disease for 40 years, attending at NZ's first cochlear implant operation in 1986. He has a special interest in patients with tinnitus. He was awarded Companion of the NZ Order of Merit in 2009.

We are fortunate to have Ron speak to us; let's ensure there is a good attendance.

NOTE FROM EDITOR:

Please remember: Deadline for copy is 24th of the month of the newsletter. Of course feel free to send it in before then as it helps get the newsletter underway. If your group monthly meeting is on or after the 24th please send your information in asap after the meeting. It's just that if EVERYONE sends in their information at the end of the month, I'll get very cranky and you definitely want to avoid that!

Please ensure you let Mary-Alice know if your group has a change of Convener. Also I've noticed that a monthly meeting time may differ from the time shown in the column on the left of the schedule; this is not a problem if I know whether it is a permanent change of meeting time or a one-off for that particular meeting. It would be great if you let someone know.

I've been assured that summer is just around the corner though I think we have had little evidence of that. Still, I'm sure it won't be long before I at least will be complaining about how hot it is and 'couldn't we do with some rain'.

I don't know about you, but every year in November I vow I'll not get caught up in all the stuff around the 'festive season'. While we personally have pared back hugely with Christmas gifts and food (how much fun is it lying around like a stuffed thing on Boxing Day ruing a devastated bank balance?), it's still difficult to avoid much of the extra activity and perhaps becoming stressed and tired.

I sincerely hope you are able to enjoy stress-free festivities and step into 2017 feeling refreshed and eager to get into U3A activities again.

PS: I apologise that there may be information missing from the group schedule this newsletter. Due to circumstances, Mary-Alice was unable to contact group Conveners but I'm sure all will be in hand for the next newsletter. Thanks for your understanding.

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U3A Warkworth Financial Statement for the year ending 31 October 2016

Year 2015		Year 2016	
\$	Income	\$	\$
107.00	Raffles (receipts \$136 less costs \$100)		36.00
2935.00	Subscriptions		3395.00
1.60	Interest Nett – Chq. Acc.	2.31	
66.82	- Rapid Save	<u>52.27</u>	<u>54.58</u>
3110.42	Total Income		3485.58
	Less Expenditure		
172.44	Computer Records	172.44	
679.43	General Meetings	485.71	
200.00	Hall Hire	300.00	
220.28	Miscellaneous	313.29	
284.93	Newsletter	355.70	
155.00	PO Box Fee	160.00	
197.50	Presentations	179.98	
10.45	Stationery & Postage	<u>96.79</u>	2063.91
	Mid-Year Function		
1775.00	Costs - The Stables	2380.00	
200.00	- Donation to Speaker		
781.00	Less Sales	<u>1544.00</u>	
1194.00	Net Cost		<u>836.00</u>
3114.03	Total Expenditure		2899.91
-3.61	Excess/Deficit of Income		585.67
	Members Equity		
-3.61	Increase or Decrease of Equity		585.67
3452.06	Add Balance at 31 October 2015		<u>3448.45</u>
			4034.12
	Represented by		
625.96	BNZ Current Account	1039.36	
2822.49	Rapid Save Account	<u>2994.76</u>	
3448.45	Total Assets as at 31 October 2016		4034.12

Auditors Report

I have checked the accounts of U3A Warkworth for the year ending 31 October with such accepted procedures as I have considered necessary. All explanations I have requested have been given to my complete satisfaction. The small nature of the organisation prevents full internal control procedures being undertaken. Subject to this qualification it is my opinion that the above U3A Warkworth Financial Statement gives a true and fair view of transactions for the year and the result of activities as at 31st October 2016.

B. P. Russell Hon. Auditor

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