



THE UNIVERSITY OF THE THIRD AGE

Learning is forever

WARKWORTH

Quarterly Newsletter — June 2018

FROM THE PRESIDENT

Have you ever had a fine because of a speed camera? A letter arrives from the police department detailing the date, time, place and speed as well as the fine imposed. You are surprised and shocked. Then you may begin to feel indignant. You know you may have been a bit above the speed limit but you were travelling at the same speed as all the other cars. You were driving safely but what about the car racing past at a speed of at least 120 Km per hour, or the car weaving in and out of the lanes? Some people even begin to feel angry. "This is just revenue-gathering by the police." The system is against you! If the general opinion around is that you deserved it and must just take the punishment, the anger may continue every time you see one of those police cars! However, if friends and relatives are supportive and helpful you begin to feel better and you do keep a closer eye on the speedometer in the future. Someone may even offer to watch the speedometer for you (not always a welcome suggestion!).

Now, imagine you are a young male offender between 18 and 26. You know you have broken the law but lots of others were doing it too. Why did the police pick on you? If the only response is punishment and "you deserve what is coming to you", anger and resentment against the police and "The System" follow. If there are positive initiatives, such as restorative justice or useful programmes in prison, you are more likely to progress to a satisfying life rather than return to a gang or criminal group on release. These programmes may include health-care, literacy, alcohol and drug-recovery programmes, apprenticeships, University education, libraries, anger-management courses, dog-handling and training, market gardening, hospitality, industry

courses etc.

As I understand it, most young offenders, given encouragement and opportunity, will become good citizens. Of course, there are some who seem to have faulty brain-wiring resulting in violence and they need to be kept in prison for the protection of the community. It seems obvious that it is in the interest of us all that young criminals are helped to reform rather than be made permanently angry enemies of the establishment.

The speaker at our U3A luncheon on June 11th is David Mather, a recently retired judge, who is on the parole board and is very interested in the field of restorative justice and criminal justice policy. He will outline the parole system and give us some case studies to stimulate discussion and questions.

Please register for the luncheon before June 4th so you do not miss out. (See the notice below.)

Best wishes
Mary Miller

Mid-Winter Luncheon — 2018

The mid-winter luncheon will be held at the Warkworth Golf Club on June 11th.

- Time: 11.30am to 2.30pm
- The Jazz Group will play for about half an hour as members arrive.
- A full buffet meal with two courses.
- Speaker: David Mather, a recently retired judge.
- Cost: \$30 per person.

Please register and pay before the 4th of June.

Email Ernie Gidman (vegidman@gmail.com) to register.

Payment: either Direct Credit to the U3A account

02-0480-0133880-00

(remember to enter the names of the attendees in the reference) or send a cheque to

U3A Warkworth, PO Box 520, Warkworth

Warkworth U3A Meeting Dates — 2018

June	11 th	Mid-Winter Luncheon
July	9 th	Committee
August	13 th	General Meeting
September	10 th	Committee
October	8 th	General Meeting
November	12 th	Committee
December	10 th	General Meeting and AGM

Note: General meetings are open to all current members of Warkworth U3A and are held in the Totara Park Community Centre from 10am to 12 noon.

Warkworth U3A
PO Box 520
Warkworth
New Zealand



THE UNIVERSITY OF THE THIRD AGE

Study Group Calendar 2018



Study Group and Convenors	June 2018	July 2018	August 2018
All About Plants 10am 4th Thursday Gail Morrison 422 3717 Tonara Cuthell 902 9294	A visit to the Botanical Gardens in Manurewa	The Lost Gardens of Heligan. Venue: Tonara Cuthell 16 Coquette Street Warkworth We have a DVD and Ina Shaw will be talking about the garden as well.	The Myths and Legends of plants Venue: Julie Dowland 1124 Sandspit Road Sandspit
Ancient History 9.30am 1st Friday Pam Bosch 425 6384	The Indian peoples of America (continued) 390 Pukapuka Rd We have been looking at how and when humans came to America, the early sites and the mound builders. Now we will look at the Indian cultures — the Pueblo people and others.	The Viking Invasion 120 Perry Rd	The Peopling of the Pacific 73 Alnwick St
Art Appreciation 1st Wednesday - check for times. Jan Imlach 422 2292 Jacky Whincop 422 9593	Bus trip to Parnell An outing to view the many Art Galleries.	‘Working with Wire’ A talk by Dagmar Kammler about wire-art, with an optional wire-art workshop.	A presentation on the design and construction of a mosque for the government of Kuwait
Book Talk 10am 1st Tuesday Shirley Shirley 422 3712	Ina Shaw 17 View Rd Warkworth	Angela Kissling 18 Melwood Drive Warkworth	Iris Mee Summerset 45/31 Mansel Drive Warkworth
Current Affairs 2pm 3rd Thursday John Patrick 425 0001	Peggy Gillman 99 Sharp Road Warkworth	Judith Larsen 209 Sharp Road Warkworth	Hilary de Hilleran 33 Cotterell St Leigh
Developments in Medicine 2pm 4th Thursday Linda Moore 425 4959	Harmful components in common personal & household products e.g. cosmetics, sunscreen, fly-spray Sue Stevenson 390 Pukapuka Rd	Influenza and Bird Flu Keith Hopner 73 Alnwick Street	Super-foods Helen Whitely 253 Mahurangi East Rd Snells Beach

Study Group and Convenors	June 2018	July 2018	August 2018
Jazz Listening 2pm 3rd Monday Val Couling 425 5766	5 Matakana Road, Warkworth Bring a CD	32 Blue Gum Drive, Warkworth John Patrick to present	25 Gordon Craig Place, Algies Bay Ladies' Choice
Local History 10am 4th Tuesday Lorna Laxon 422 3562	Korero — a conversation with Ron and Eileen Trotter about early settlers in the area. Venue - 15A Coquette Street, Warkworth.	Early transport in the area. Venue - TBA	Textiles through the decades. Presented by Jenni McGlashan, this meeting will be in association with the Museum and open to all interested. Venue - Warkworth and District Museum
Music Appreciation 1.30pm 1st Thursday Chris Fieldsend 425 4685	Spanish Music Colleen Kangwai 1 Hibiscus Avenue, Snells Beach	Life and music of Chopin Valma Gidman 14 Coquette Street, Warkworth	Mainly Brass Lorna Laxon 15a Coquette St Warkworth
Play Reading 10am 2nd Tuesday Pam Ellender 422 2493	Discussion on end of year U3A presentation 5 Matakana Road	Taming of the Shrew 38 Kawau View Road	Taming of the Shrew Venue TBA
Poetry Reading 1.30pm 3rd Wednesday Daphne Cocker 425 0570	Wendy Woodward (Poet) Venue - 69b Wilson Road, Warkworth	Spike Milligan Venue - 32 Blue Gum Drive, Warkworth	Gerard Manley Hopkins Venue - 1 Hibiscus Avenue, Snells Beach

DUTY GROUP ROSTER 2018

June 11 (Mid-Winter luncheon)
August 13 Local History
October 8 Music Appreciation
December 10 Hospice catering

The duty group needs to be at the Totara Park venue before 9.30 am to set out the chairs for the meeting and the tables for morning tea.

They also need to have tea and coffee ready by 9.45am. The food for morning tea will be provided by the committee. (Jean and Mary-Alice.)

After the meeting, the duty team puts everything away again, washes the dishes, vacuums the carpet and ensures the venue is left clean and tidy.

New Members

A warm welcome to our new members who have joined since February.

Jackie Hormann
Mark & Christine Windram
(Membership now stands at 162)

Opinions expressed in this newsletter are not necessarily those of the Committee.



THE UNIVERSITY OF THE THIRD AGE

Presentations at the April 2018 General Meeting

Claire McDonald: Glaucoma

Our U3A committee was approached by the Ophthalmology Department of the University of Auckland, as part of their programme to increase the knowledge about glaucoma in the community.

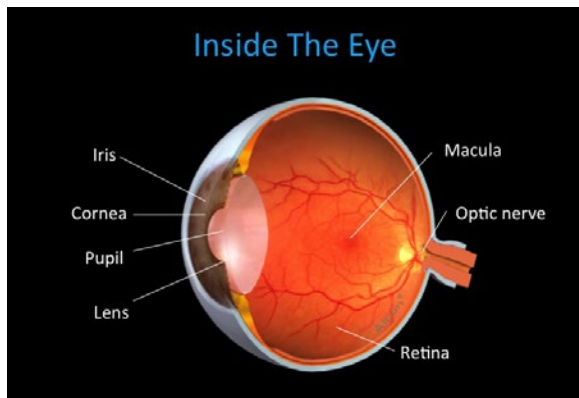
They asked if U3A would be interested in seeing the Glaucoma Society's presentation on glaucoma and suggested Claire McDonald be the presenter on their behalf.



The committee was delighted to take up the offer as the incidence of glaucoma increases with age and our community has a high proportion of people over 65 — our membership would almost all be well over that!

Glaucoma Facts

- Glaucoma is the leading cause of preventable blindness.
- It is estimated that 91,000 people in New Zealand have glaucoma.
- 50% of people with glaucoma do not realise they have it.
- Early detection is key to preventing irreversible sight loss
- 98% of patients who comply with treatment will not go blind.
- It is the second leading cause of blindness in the world.



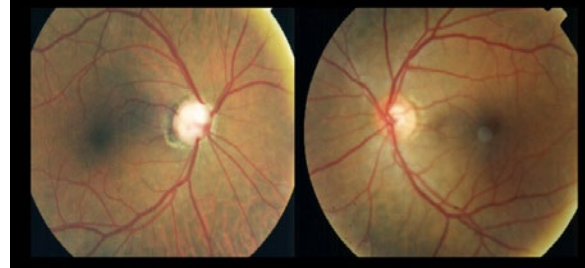
A diagram of the eye. The critical point is where the optic nerves exit the eye so that they can connect to the brain.

What causes the damage?



The damage is frequently caused by excess pressure on the optic nerves from the fluid within the eye. The tiny fibres that fill the nerve die off, then the nerve hollows out and stops working bit by bit.

The result



The optic nerve on the left is completely hollowed out and pale. This eye is blind. The nerve on the right works well and this eye sees normally.

The next two slides illustrate one of the major problems associated with untreated glaucoma.

The brain is a wonderful organ and is quite adept at filling in for the missing part of the image that the optic nerves are not transmitting to it. It is quite capable of interpolating the data from surrounding good data as well as using memorised image data — which is quite likely to be out of date or incomplete.

It may add in a little data from the peripheral vision from the other eye — assuming it's not affected too! *You see what you expect to see!*

(Note: The following two US-supplied images have been flipped to make them replicate the NZ "drive on the left" rule.)



A straight road with no traffic in sight. A bit of a blur mid-left, but nothing specific.



The cyclist was being viewed by the part of the eye where the optic nerves had been damaged by the glaucoma. The brain partially covered for the missing data. If the driver turned their head a little to the side, then the cyclist may be visible in a less-affected region of that eye.

Risk Factors

Claire pointed out that there are several factors that can predispose you to getting glaucoma.

- Raised eye-pressure is a key risk factor.
- Increasing age.
- Family history of glaucoma.
- Short-sightedness.
- Being of African descent.
- Taking steroid medication.
- Being a migraine sufferer.
- Having diabetes.

Diagnosis

Early diagnosis is essential as it enables clinical intervention to manage the problem and minimise permanent damage to the optic nerves.

You need to see an optometrist or an ophthalmologist. In the course of a routine eye-examination, you will have your eye-pressure measured. This will be compared to previous results

to see if it is increasing or changing significantly over time.

If there are warning signs at that point, then a separate “Visual Field” test will be scheduled. This test clearly identifies any “holes” in your vision and prompts the initiation of treatment.

Types of Glaucoma

Chronic Glaucoma is the pernicious progressive onset of glaucoma that is painless and can go unnoticed. Chronic glaucoma is the cause of most of the blindness attributed to glaucoma.

Acute Glaucoma is a sudden onset of glaucoma where the eye becomes red and painful and vision becomes blurry quickly. The vision loss is reversible if treatment is started early.

Treatments

The fluid in the eye is produced in the eye. It circulates around and is eventually drained away via blood vessels in the white of your eye. The drainage path can become blocked and prompt treatment of this blockage is essential to reducing the internal pressure that is damaging the optic nerves.

In parallel to that, the rate of production of the fluid can be lowered.

Eye-drops can be used to lower the pressure within the eye, while laser treatment or surgery can be used to correct blocked drainage.

Lifestyle Factors

Aerobic exercise has some positive effect.

Some types of vegetables, including brassicas, have shown up well in some studies.

Tests of herbal remedies have generally been disappointing.

New Treatments on the Horizon

- New ways of assessing risk through gene markers.
- New diagnostic tests — biological markers for mitochondrial damage may show the earliest signs of glaucoma.
- New medications — a new class of medicine works by opening up the drainage pathways which lowers the eye-pressure.
- Minimally invasive surgical techniques (MIGS)
- New laser treatments to reduce fluid production.

Claire concluded the presentation with a well-received question and answer session. It was evident that a number of our members were already receiving treatment for glaucoma, and had been for some time. ♦♦

The Hidden Treasures of Warkworth — Lorna Laxon

Lorna made a detailed and fascinating presentation on behalf of our Local History group on the linkages between Warkworth Northumberland and

Warkworth NZ.

The choice of the expression “Hidden Treasures” in the title recognised that many of us know some of the many links between but much is still unknown to most.

A few months ago the U3A Committee received an email from U3A Alnwick,



Lorna Laxon

England. Alnwick is a market town (pop. approx. 10,000) near (11km) the village of Warkworth (pop. approx. 2000). They hoped that there could be some on-going communication between the two organisations, building on the twinning of the two Warkworths.

They suggested local history and/or poetry. The committee agreed that as our Local History group is very familiar with much of the history we share, they could be the first to respond. The presentation was sent verbatim to U3A Alnwick.

Tradition has it that when John Anderson Brown sailed up the river which we now call Mahurangi, in 1843, he was reminded of his home town of Warkworth in Northumberland, and that as our settlement evolved, he gave names associated with his home in England.

In fact for its first ten years the settlement was originally named after the Brown's Mill he set up.

Subsequently, the naming of the streets in the growing town drew on the Warkworth Northumberland names.

Neville St — after John Neville, Lord Montague, the Earl of Northumberland.

Percy St — from the Neville family again. Percy was the Earl's son. Shakespeare conveys the death of Percy (Hotspur) to the Earl in Henry IV, part II — “...where swift wrath beat down the never daunted Percy to the earth.

From whence with life he never more sprang.”

Bertram — Sir Bertram of Bothal. Legend has it that he accidentally killed both his brother and

sweetheart, Isobel Widdrington and as an act of penance he hewed out a chapel (the hermitage), where he lived as a hermit for the rest of his life.

Lilburn — A family name pre-dating the Conquest. Robert Lilburn was a signatory to the death warrant of King Charles I!!

Alnwick, Hexham, Morpeth, and Bambro (spelt Bamburgh in Northumberland) are also places named by John Brown, after his home county in England.

Hill — Brown's son-in-law, Carlton Hill. He married Amelia Brown.

The roads named after places lie in an east-west direction, the roads named after people lie in a north-south direction.

Then there is the confusion of Coquette Street. John Brown knew this name as Coquet, pronounced ‘cockit’. His original home town, Warkworth, is situated within an ox-bow bend in the Coquet river. In the last 40 years Coquet has become Coquette here — French for “flirt”.

The Warkworth and Coquet names both have Anglo-Saxon origins.

The names of prominent early settlers in Warkworth account for the names like Southgate, McKinney, Wilson and Pulham.

Lorna then described some of the pertinent things that we can see by strolling around the town. Along the river path, starting at the bridge end, see the new noticeboard that has information on the early history of the town; the video display depicting the arrival of Europeans settlers; the Lucy Moore Memorial Park.

The re-built Kowhai Park has improved walking tracks and the original lime kilns are there too.

The older buildings that are still here - Old Masonic Hall, Riverina in Wilson Rd (originally built for Nathaniel Wilson), plus the treasure trove of material in the Warkworth District Museum.

The artwork installed around the town, including the ornate metalwork installed in front of the Warkworth Service Centre (from the German community that used to be where Northlink Health now is on the main road) and the tiled clock-tower (the mosaic artwork is by Joy Bell).

At the end of her presentation, Lorna asked for members to fill out a form with their favourite places around the town.

“Over 20 members responded to the request for their favourite place in the Warkworth area at the April general meeting, and the clear ‘winner’ was the Mahurangi River; members



appreciated its walks, and its adjoining bush and parks.

Two other popular areas were the art work on the town clock tower, and the three parks around the town - Lucy Moore Memorial, Kowhai and Parry."

One member drew attention to the old post on the riverbank opposite the wharf. This was used by early sailing masters to assist in turning their sailing vessels around for the return trip downstream. ♦♦

General Meeting: June 11

Mid-winter Luncheon

Warkworth Golf Club 11.30am - 2.30pm

Speaker: Judge Mather

Judge Mather has retired from the bench but is continuing to work with the parole processes.

General Meeting: August 13

Mini-Presentation:

Pam Ellender "Beginnings"

Pam's outline of her immigration to NZ and starting a new life here.

Speaker: Chris Hawley "Immigrants in NZ"

Chris has worked with immigrants for 40 years. He runs workshops to help them make the transition to the NZ way of life.

General Meeting: October 8

Speaker: Alan Orange

Alan has recently retired from managing the Puhoi-Warkworth part of the Roads of National Significance (RONS) and will speak about the project.

General Meeting and AGM: December 10

New Venue: Hospice Korowai Room

This is a new conference/meeting room that seats 100 and has all the technical facilities — projector, motorised screen, motorised curtains, air-conditioning, etc., plus its own kitchen. Some of our recent meetings have nudged the maximum of 65 that Totara Park is licensed for, and the December meeting could embarrass us by going over that limit.

The Play Reading group is producing something for the pre-Christmas meeting, but it is being kept secret for now!

U3A Lapel Badges

Auckland U3A Network is commissioning the manufacture of Lapel Badges for U3A members.



Badges will feature the international U3A logo and the words "NEW ZEALAND", as shown.

The concept is similar to Rotary and Probus badges – a wonderful conversation-starter when travelling in New Zealand or overseas, and an easy identifier when on U3A excursions.

The badges will be metal and magnetic, so no pins to damage clothing. Price is \$5 per badge.

Our U3A will collate an order for the badges. We can expect delivery in August.

Ordering: Please email Ernie Gidman (vegidman@gmail.com) to place your order, before June 20th

Payment: either Direct Credit to the U3A account

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(remember to enter the names of the purchasers in the reference) or send a cheque to:

U3A Warkworth, PO Box 520, Warkworth

U3A WARKWORTH COMMITTEE MEMBERS

President	Mary Miller425 6301
Treasurer	Ernie Gidman.....425 9869
Secretary	Vivienne Mickleson 902 9207
Membership	Alison Coates.....425 6408
Group Convenor	Pam Ellender.....422 2493
Almoner	Chris Hoogerwerf ...425 5022
Publicity	Glyn Williams902 9333
Hospitality	Jean Mason425 7164
	Mary-Alice Ryburn..425 0536
General Committee	Keith Hopner425 9955
Editor	Ian Lewis425 7042

EX OFFICIO

Immediate	
Past President	Geoffrey Bowes425 4639
IT/Web/Grapevine	Alan Spicer422 2685



THE UNIVERSITY OF THE THIRD AGE

Around the Groups

Jazz Listening Group



*Professor Joan Chamorro,
Escola Municipal de Musica
de Sant Andreu*

Our April meeting was a video presentation by David Spivey of the work of Spanish teacher Joan Chamorro.

Joan is a Barcelonan music educator at the Musica de Sant Andreu.

He became disenchanted with the established process requiring years of studying, but which did not offer students

the certainty of being able to play “with the same ease as they could read a book”.

He developed his own teaching method to explain tonalities, relationships between notes and other elements of harmony. This teaching programme became instrumental in developing the pupils’ improvisation skills.

The amazing results he has achieved with children from as young as seven through to twenty are quite spectacular. When you see a seven year old holding her own with two great American jazz men then you are seeing something amazing.

As jazz listeners we tend to look backwards at the great Jazz players although most of them are long dead. This presentation entitled “The Kids are All Right” was an attempt to show that we also should be following what’s happening with the up-and-coming players.

This message will be pursued further in the year.

Val Couling

New Group: Antiques and Collectibles

Hilary Lewis has offered to coordinate a new group — Antiques and Collectibles.

Meetings could have guest speakers or be trips to appropriate venues.

Hilary can be contacted at hilary@arcon.co.nz, or by phone, 4257042.

The size of the group will influence whether it can be held in members’ homes or in a larger venue such as Totara Park.

Local History Group

Matakana River Trip



The Matakana River, with Matakana Village at the top. The white specks bottom right are the boats moored opposite and upstream from the Sandspit Wharf.

On Tuesday, 27 March, 20 members and friends of the Local History Group boarded Phil Morris’s boat *Kotiti* for a Matakana River Tour.

We spent a thoroughly enjoyable hour (plus) winding our way from the Matakana Wharf to Sandspit and return. Birds were out in force — herons, spoonbills, shags. We sailed past the remnants of an old hulk, the remains of the old brick works, Morris & James clay paddock and the farms and homes either side of the river.

Nearer Sandspit, the river was its classic beautiful, clear jade colour. At \$20 for Seniors, it was a memorable and worthwhile trip.

Lorna Laxon

Art Appreciation Group

European Calligraphy—Ancient and Modern

For the May meeting Hilary Lewis gave a 40-minute PowerPoint presentation on the history of European Calligraphy.

The talk began with an outline of the work of the medieval scribes working in their scriptoria to produce illuminated manuscripts for use in their religious orders.

The talk covered the techniques for making the various coloured inks, the preparation of quills and parchment, and the gilding of the illuminated letters with gold and silver.

The various scripts used over the centuries were outlined and the changes brought about by historical influences (such as the creation of the Gutenberg Press and the Dissolution of the Monasteries) were examined.

The second half of the presentation outlined some of the features seen today in modern calligraphy with examples shown from the work of overseas calligraphers as well as New Zealand artists.

The presentation was followed by a “hands-on” workshop for members to try their hand at basic calligraphic strokes.

A selection from the PowerPoint slides shown:



The Hereford Cathedral Chained Library where the books are individually chained to the shelves, spine inwards. They can be read on the reading desks without detaching their security chains.



Detail from a Book of Chants, Siena Cathedral, Italy, with gilded illumination.

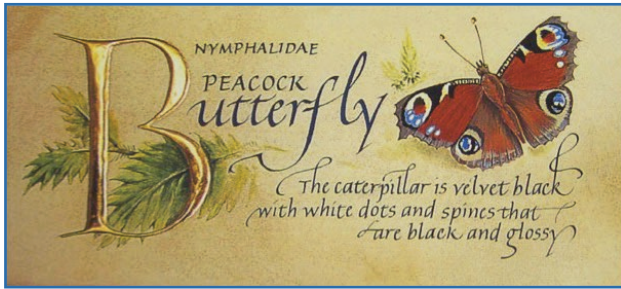


Detail from the 9th century Book of Kells, including typical Celtic knots and a zoomorphic illustration. This is displayed in the University of Dublin.

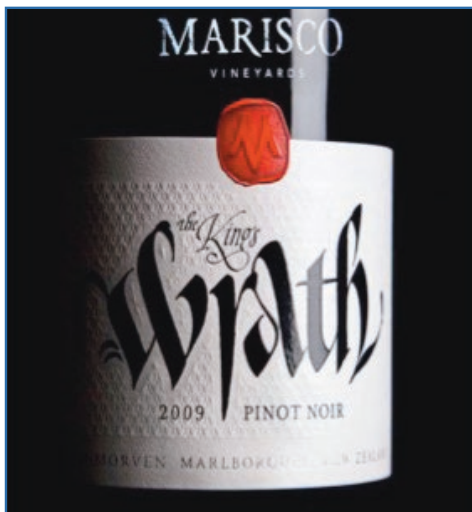


Example of a palimpsest where modern techniques have revealed the original writing beneath the 13th century payer book text.

A further selection of images used to illustrate the talk.



Janet Mehigan — calligraphy using a modern flourished italic script and illuminated initial.



An example of a new script designed by Dr. Peter Gilderdale for the Marisco Vineyards.



Jake Weidman — a modern combination of art and calligraphy.



Daniel Reeves — New Zealand calligrapher whose work featured in Peter Jackson's movies.

Developments in Medicine Group

Breathing - Obstructive Sleep Apnoea

Anne-Marie Brown presented a session for the April meeting on the use of a CPAP device to alleviate obstructive sleep apnoea.

The symptoms of obstructive sleep apnoea include loud snoring, observed episodes of breathing cessation for more than 10 seconds during sleep, high blood pressure, being overweight, waking up frequently for no apparent reason.

It causes loss of sleep, tiredness, irritability, and it increases the risk of heart disease and stroke.

The use of a CPAP machine (Continuous Positive Airway Pressure) can alleviate the problem.

The positive airflow works well to minimise the occurrence of obstructive sleep apnoea so that the user gets a proper night's rest.

Humidity-controlled, temperature and pressure regulated air flows from the small bedside CPAP

machine via light flexible tubing to a mask fitted to the nose. This airflow holds the airways open, allowing the user to sleep properly.



A CPAP unit. There are small, battery-powered portable units as well for travel.

The more sophisticated units will reduce the pressure and airflow while the user is sleeping. ♦♦

Recent Research in Cancer Treatment

For the May meeting, Ian Lewis presented an overview of some of the recent academic journal reports on research on cancer diagnosis and treatment. Some of the topics covered included:

- Full-genome testing to analyse DNA shed into the blood by dying tumour cells. Early results show positive results in about 65% of known infected patients.
- In prostate, lung, colon and breast cancers, the level of calcium in the blood is elevated. A synthetic gene network can be encapsulated in an implant placed under the skin.
Once the calcium level exceeds a threshold for a given time, the implant signals the body to create melanin, creating an artificial mole. This mole appears before the cancer is otherwise detectable.
- New immune therapy is revolutionising melanoma patient care, with long-term survival now possible even for patients with advanced disease. (Auckland Medical Research Foundation)
- Childhood leukaemia is caused by the stepwise accumulation of mutations in DNA causing blood cells to divide and grow excessively. Current research at the University of Auckland is designed to develop new models for leukaemia. How do these mutations

cooperate to initiate and maintain the leukaemia and how is chemotherapy resistance created?

- Biopsied samples from a patient's tumour can be grown into mini-organs ("organoids") in the laboratory. Various chemotherapy drugs can be tested on these organoids.
If the drug works in the organoid, it works 88% of the time in the patient. If it doesn't work in the organoid, it fails 100% of the time in the patient. This can save the patient from undergoing stressful chemotherapy treatments that will fail.
- There were many articles on targeted treatment of the tumour or of the individual cancer cells in the blood. e.g. encapsulating the tumour in a hydro-gel so that the drugs could be confined to the tumour zone or using peptides to carry the drug selectively to a particular type of cell. (Some of these peptides will actually penetrate the wall of the target cell, delivering their payload right there.) Physical ablation or penetration of the target cell can also be achieved with carbon nano-tubes that, once on-site, can be set spinning at high speed and literally boring their way through the cell wall. Similarly, gold nano-particles can be carried to the individual cancer cells, then heated with radio-frequency radiation, so that the targeted cell is destroyed.♦♦

U3A Warkworth Online

The scope of the U3A Warkworth website (U3A.co.nz) is steadily expanding.

Apart from the newsletters (going right back to 2005) it features the following:

- the calendar for the current quarter.
- the list of groups with a description of each .
- two methods for membership applications:
 1. A membership application form as a pdf for downloading for those who prefer to use a conventional printed form for posting.
 2. An online membership application form.

The data from these forms goes to our membership secretary, Alison Coates.

Our website has been in its current form since its inception, so Alan has offered to redesign and rebuild it to modernise it.

U3A Warkworth Situations Vacant

Archivist

Ina Shaw has retired from her position as archivist for the Warkworth U3A. For many years she has maintained the collection of physical photos, clippings etc. in a large book — a resource that members really enjoy browsing through.

The job is very interesting, but not too onerous! Immediate start, but with lots of help and guidance. See Mary or Vivienne.



THE UNIVERSITY OF THE THIRD AGE

U3A Warkworth Committee 2018



**President
Mary Miller**



**Secretary
Vivienne Mickleson**



**Treasurer
Ernie Gidman**



**Group Convener
Pam Ellender**



**Membership
Alison Coates**



**Publicity
Glyn Williams**



**Hospitality
Jean Mason**



**Hospitality
Mary-Alice Ryburn**



**Almoner
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**Technical
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**Editor
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**Ex officio - Immediate
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