



THE UNIVERSITY OF THE THIRD AGE

*Learning is forever*

**WARKWORTH**

**Quarterly Newsletter—September 2015**

**From your President:**

*I think it is fair to say that our Mid –Winter Lunch was a huge success. The speaker was frank, interesting and gave a very good overview of the College and its performance. The food was very good - not one complaint!! And the BAND. The BAND was superb. We really are lucky to have such a good group within our membership. Thanks to all involved. Put the second Monday in August 2016 into your diary now.*

*I once again remind you that U3A Warkworth is YOUR Club. We are only as good as those who are involved are, and we depend on you all for input as to what you want from your membership. We have a good range of Groups but we can always do with more. So if you think you know of an activity/interesting discussion area, please let Chris Hoogerwerf know.*

*At the risk of being “hobbled” by Chris, and because of my background, I would be interested in starting a Military History Group which looked at/discussed battles of the three services. Anyone interested, please contact me (425.4639)*

*Whilst it is only September it is time to think forward to December and ensure we have the right Committee for 2016. If you are interested in being on the U3A Warkworth committee, please let me or any member of the committee know. We can explain how the committee works and what each member does.*

**Best wishes**

**Geoffrey Bowes MNZM**

**2015 Committee:**

<b>President/Speaker Seeker</b>	
Geoffrey Bowes	425.4639
<b>Treasurer/Membership</b>	
Ernie Gidman	425/9869
<b>Secretary</b>	
Vivienne Mickleson	902.9207
<b>Membership/Almoner</b>	
Mary-Alice Ryburn	425/0536
<b>Study Group Convenor</b>	
Chris Hoogerwerf	425.5022
<b>IT/Subeditor</b>	
Alan Spicer	422.2685
<b>Hospitality</b>	
Mary Miller	425.6301
<b>Publicity/Network Rep</b>	
Glyn Williams	902.9333
<b>Ex officio— Newsletter Editor</b>	
Heather Metcalfe	425.9848

## **Reminders for your diary . . . . .**

### **Scheduled General Meetings for 2015 .**

**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.)

### **Report on General Meeting held 8th June 2015.**

#### **Kindly submitted by Mona Townson.**

##### **GYMSPOT**

Angela Hilliam and Tracey Frost from Gym Spot attended the meeting so that they could share the importance of doing exercises in order to prevent falls. Muscle strength is important, as a weakness in the legs can lead to a loss of balance and therefore can often cause a fall. Light weights while exercising can increase the bone density in older people which is of benefit.

A series of simple exercises were demonstrated and many of the audience followed the instructions as they were given. These exercises are repeated as a reminder on Page 4.

Gymspot is located at 9/23 Morrison Drive. Seniors pay a \$15 joining fee then \$12 per week for unlimited visits.

##### **CITIZEN'S ADVICE BUREAU.**

Dianne Taylor spoke of the importance of supporting the Warkworth CAB which is an outreach from the Wellsford CAB. At the moment it is only open on a Wednesday from 10am-1pm at the Council office in Baxter Street. It is important that it is seen to be used if it is to become a permanent service for the local community.

The CAB gives free advice, support and information and helps their clients to know and understand their rights and obligations. They help people to help themselves when they have a variety of concerns such as family matters, renting and flatting issues, employment disputes etc. People need to know that they can go to the CAB to get information on income support, consumer rights and immigration problems and there is a wide variety of brochures aimed to help clients understand the processes needed solve a problem.

Face to face contact is usual but there is access toll-free at 0800 367 222. Online help is also available at [www.cab.org.nz](http://www.cab.org.nz). It would help when you use this service that you indicate that you are from the Warkworth area so that numbers can be collected to make a case for a CAB in our area.

#### **PAT ANGEL— SCIENCE AND ITS APPLICATIONS**

Pat would like to create a new group where, to begin with there would be a general meeting of interested people who would decide how they would like the group to proceed. It is envisaged that there would be guest speakers, visits to various industrial or environmental concerns of interest to the group; and even surveys could be taken on various ecological, environmental and scientific activities. Contact Chris Hoogerwerf at 425 5022 if you are interested.

#### **Mid Winter Christmas Lunch— Stables Restaurant 10th August.**

I wasn't able to attend this function but am told that David McGregor's presentation about the successes enjoyed by Mahurangi College impressed members greatly. Mini-speaker Averill Lovegrove told the gathering about the work of Volunteer Service Abroad.

Good fellowship over a nice meal rounded out another successful mid-winter outing. **Ed.**

#### **From other U3A Groups**

I've been looking through other U3A Group's newsletters and found some subjects you may find interesting as new Study Groups for Warkworth:

- Digital Photography (North West)
- Card & Board Games (Manurewa)
- Stage & Screen (Manurewa)

And from Glyn's Network meeting. . . .

- Inventions and Inventors
- Wonders of the Modern World
- Navigation
- Winston Churchill

As always, ring Chris to register your interest.

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For those of us who love to travel. . .

## China Highlights Tour. . . . .

We have had notice from the St Heliers U3A about the next “China Highlights” tour which will depart on March 20th 2016.

This tour has been especially designed for U3A members and will visit key “must-see” sites as well as enhancing understanding of various aspects of Chinese culture and society.

Full details are available from Wendy Jeffrey of St Heliers U3A Ph 5756401.  
r.w.jeffrey@xtra.co.nz

Wendy tells us she went on the first tour last year and found it a really great experience.

## **This from the North-West (Henderson) U3A.**

*U3A Norfolk has issued an invitation for members to join them on Norfolk Island for some special events. Maybe the 7-day “Bounty Day” occasion 5—12 June 2016? They have arranged good deals with the Norfolk Island Travel Centre that look very attractive.*

Contact [Jacque@travelcentre.nf](mailto:Jacque@travelcentre.nf)

For those of us with a curious mind. .

***Here are various study resources that may be of interest:***

***(To access, go to named website, then follow instructions)***

- [U3A Online](#) then: on Menu across the top click on Our Courses (Study Courses written by U3A members in Australia, low fees)
- [UK Online Courses](#) then: on left hand menu scroll down to Online Courses (From UK Third Age Trust)
- [NSW Study Resources](#) then: at bottom of right hand menus, under Network Related Sources, click Resources Library. (These are NSW U3A Network free study resources)
- [FUTURELEARN](#) a consortium of leading UK and International Universities offering free high-quality online courses, with no compulsory exams or sending in assignments.
- [TED—Ideas worth Spreading.](#) You can access daily video podcasts of the best talks and performances from the TED conference—where the worlds leading thinkers and doers give the talk of their lives in 18 minutes (or less). Look for talks on Technology, Entertainment and Design, Science, Business, Global issues, the Arts and much more.

***Google TEDTalks and take your pick!***

***Good judgement comes from experience—and a lot of that comes from bad judgement!***

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## **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.

Twice a week, the experienced tutors offer members 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

## **It's raining cats 'n dogs . . . .**

If you get to thinking you are a person of some influence, try calling someone else's dog!

Letting the cat out of the bag is a whole lot easier than getting it back in again!



**Stalemate**

## **USE IT - OR LOSE IT**

Exercises to do at home whilst doing the dishes or watching tv—always take care and don't overdo it!

- Stand on one leg at a time and then change to the other leg— then try it without holding on!
- Stand on one leg and pull the other knee up to your waist. Change legs and repeat.
- Stand on one leg and lift the bottom of the other leg up towards your bottom. Change legs and repeat.
- Stand up on tip toes and repeat as many times as you are able.
- Sit on a chair and place leg on another chair in front of you. Swap legs.
- Sit on a chair with both feet on another chair in front of you. Reach towards your toes (bend knees if necessary).

**Thanks to the really friendly staff at GymSpot and Mona Townson for taking notes!.**

## **From the NZ Herald. 10 July 2015**

**Company reveals 3D-printed road-ready car**

An Arizona car company revealed plans for an electric car it hopes to offer for sale next year that will be made on demand with a 3D printer.

If you doubt me—have a look at this

<https://localmotors.com/3d-printed-car/>

**OR**

[https://www.youtube.com/watch?](https://www.youtube.com/watch?v=o8wFs1aipaE)

[v=o8wFs1aipaE](https://www.youtube.com/watch?v=o8wFs1aipaE)

Ed.

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## Group Reports

### All About Plants by Clare Hamel

All About Plants began in May this year and to date we have had interesting discussions on :

Bulbs—both desirable ie tulips, and undesirable, onion weed. Although we discovered the tiny bulb and green leaf of this pesky plant are edible. One would need a great deal of determination to dig up enough to flavour, say a potato salad. But we could produce a recipe if anyone is interested.

Herbs—2 meetings focusing on their history and culinary uses which has inspired me, for one, to grow more herbs and to use them in my day to day cooking.

Most recently, a talk and video on the Lost Gardens of Heligan by Ina Shaw who has actually visited the gardens in Cornwall. This was an outstanding meeting which we all really enjoyed.

Coming up in September, we will be discussing “the History of Fruit Trees” and in November “Plants as Fabric” - cotton, linen, hessian, sea grass, rattan, reeds, and bamboo are just some of the possibilities to discuss.

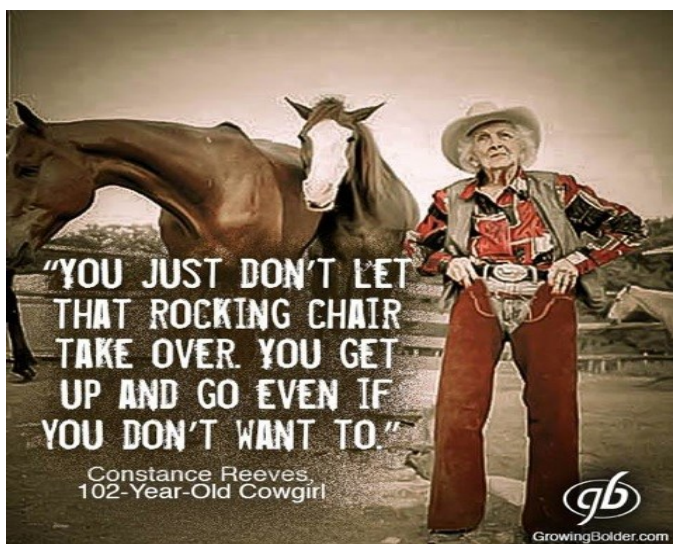
We meet on the 4th Thursday of each month at 10am and one of our members acts as hostess at her home, providing morning tea. We would love to recruit a few more members. We are not Botanists intent on knowing Latin names, just a group of people who have a passion for discussing plants.

### Current Affairs by Val Strachan

*We continue to have lots of lively debates on a variety of topics. It often seems that bad news from around the world predominates so we try to start each meeting with “good “ news if possible. Most of us believe the media should concentrate more on reporting positive events instead of putting crime and disaster at the top of the news.*

*There has been unanimous agreement among those present that New Zealand should increase our quota of refugees, but we were divided over the issue of a possible new flag. In any case, surely we would need only one referendum if our current flag were to be displayed alongside the chosen four in the November referendum. If the majority of people vote for one of these five, that should be the end of the matter, thus saving a few million dollars. Or is that too simple?*

*Several members of the group have been off on their travels over the past couple of months but we look forward to a full attendance—about 18—once Spring is here!*



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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	October	November	
<b>Ancient History – 9:30 am</b> Jim McKinlay, Ph:422-9063	<b>2nd</b> Bits & Pieces 9 Bennet Street WW	<b>6th</b> China Trip 329 Sharp Rd. WW	
<b>Art Appreciation – 10:00 am</b> J udy Wood, Ph:425-8712	<b>7th</b> Modern Art Totara Park, WW	<b>4th</b> Gibbs Farm Meet Totara Park 10am	
<b>Book Talk – 10:00 am</b> Iris Mee, Ph:425-7934	<b>6th</b> 18 Melwood Drive Matakana	<b>3rd</b> 83 Matakana Valley Road, WW	
<b>Current Affairs – 2:00 pm</b> Val Strachan, Ph:425-9497	<b>15th</b> 28 Ashmore Cres Warkworth	<b>19th</b> 641 Pukapuka Rd Mahurangi West	
<b>Food For Thought – 1:30 pm</b> Tessa Marshall Ph:425-5779 Jean Mason Ph:425-4164	In recess	In recess	
<b>Jazz Listening – 2:00 pm</b> Val Couling, Ph:425-5766	<b>19th</b> From my Collection 388 Old Kaipara Rd.	<b>16th</b> Featuring the Trombone. 8 Piper Lane Snells Beach	
<b>Local History – 10:00 am</b> Lorna Laxon Ph 422-3562	<b>23rd</b> Local Pah 54 Ashtons Rd Whangateau	<b>5th</b> TBA TBA	
<b>Music Appreciation – 1:30 pm</b> Malcolm Clague, Ph:425-9945	<b>1st</b> 15a Coquette Street Warkworth	<b>6th</b> Bring a favourite CD 32 Rivendell Place Warkworth	
<b>Medicine Developments – 2 pm</b> Mary Miller, Ph:425-6301	<b>22nd</b> Speaker (Chiropractor) 657 Mahurangi E Road Snells Beach	<b>26th</b> The Development of Pain Relief 3809 Pukapuka Rd Mahurangi West	
<b>Play Reading – 9:30 am</b> Margaret Krey, Ph:422-6407	Contact Convenor	Contact Convenor	
<b>Poetry Reading – 1:30 pm</b> Lorna Laxon, Ph:422-3562	<b>21st</b> Dylan Thomas (CD) 609 Woodcocks Rd WW	<b>18th</b> TBA	
<b>Shakespeare – 2:00 pm</b> Cynthia Purdom, Ph:425-4612	<b>20th</b> King John 25 Bertram Street Warkworth	<b>17th</b> King John 133 Mahurangi East Rd Snells Beach	
<b>Opera – 10.00am</b> Chris Fieldsend Ph:425-4685 Liz Mitchell Ph: 425-9448	<b>19th</b> Modern Opera 8 Piper Lane Snells Beach	<b>16th</b> Metropolitan Opera 16 Schooner Road, Snells Beach	
<b>All About Plants – 10.00am</b> Clare Hamel Ph:425-6729	<b>22nd</b> Plants as Fabric. 21 Tamatea Road, Snells beach	<b>26th</b> Contact Convenor TBA	
<b>New Group Details</b>			