



THE UNIVERSITY OF THE THIRD AGE

Learning is forever

WARKWORTH

Quarterly Newsletter — September 2018

FROM THE PRESIDENT

Change

“There is nothing permanent except change” a quotation from Heraclitus, Greek philosopher, c. 535 – 475 BC.

Change is going on around us all the time, but most of the time we do not notice it. Then suddenly, something hits us as different, better or worse. Occasionally good investigative journalism shows us what is happening, sometimes our own experience alerts us and sometimes we discover change through books we are reading.

Examples of bad changes crowd into our minds – extremes of weather with global warming, pollution of our oceans by plastic, increasing traffic on our roads, the alarming power of the internet, the increased cost of living and changes in health of ourselves or loved ones. These can be dramatic or gradual.

Many changes are good — safer motor vehicles, amazing access to knowledge via the internet, improvements in diagnosis and treatment of diseases, increased diversity of races and ethnicities in New Zealand, labour-saving devices, easy-care fabrics, cheaper flights, etc.

Often, however, our reaction to change is negative. We seem to be adjusting to changes all the time and sometimes it is easier to stay with the old technology — the easy-to-use old mobile phone, the book with paper pages rather than the iPad and a map rather than the GPS. However, change is inevitable, and progress in science, medicine and technology only comes through change. We can recognise and welcome good change and use it in our lives. Organisations such

as SeniorNet help us to use new technology.

When we recognise bad changes, such as pollution of the environment, we can study the problem and take action to reduce it, so becoming part of the solution. Some things, such as wars, famine and violence, we need to accept we cannot change ourselves, and we need to rely on our world leaders. On the other hand, we can do something to improve the environment and to reduce the harm being done by modern living. Our speaker at the October meeting, Raquelle De Vine, will be discussing the very important issue of environmental pollution by plastic. When plastic was invented, it was hailed as a miraculous, indestructible material. Now, this material is harming our oceans and marine life. I am sure this talk will be of great interest to us all and will help to equip us with knowledge and ways to improve our environment.

Best wishes,

Mary

Christmas Meeting — 2018

The Christmas general meeting will be held at the Hospice Korowai Room on December 10th. The Hospice team will be providing the catering, as they did last year.

Time: 10.00am to 12pm

The Play Reading group will perform their new play — the details of which are being kept under close wraps!

Access: The conference room is on the main floor of the Hospice building. Some carparking is available down behind the main building (outside the Hospice Shop). Access that from Morrison Drive (signposted) or via a drive down next to the main building entry.

There is a lift to take people from the carpark level up to the main floor where the conference room is. Secondary parking is on the roadside.

Warkworth U3A Meeting Dates — 2018

| | | |
|-----------|------------------|-------------------------|
| September | 10 th | Committee Meeting |
| October | 8 th | General Meeting |
| November | 12 th | Committee Meeting |
| 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.

The December meeting is being held in the Hospice Korowai room.

Warkworth U3A
PO Box 520
Warkworth
New Zealand



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Group Meetings Calendar 2018



| Groups and Convenors | September 2018 | October 2018 | November 2018 |
|---|--|--|---|
| All About Plants 10am 4th Thursday Gail Morrison 027 630 2033 Tonara Cuthell 902 9294 | War of the Roses. Venue: Tonara Cuthell, 16 Coquette St, Warkworth. 902 9294 | Great Gardens of the World Venue: Angela Kissling, 18 Melwood Drive, Warkworth. 422 2336 | Topiary Venue: Prue Dray, 2 Ashmore Crescent, Warkworth. 4258387 |
| Ancient History 9.30am 1st Friday Pam Bosch 425 6384 | More about Indian Tribes Anasazi, Hopi etc. Venue: 12 Piper Lane, Snells Beach | More about Indian Tribes Inuit & others Venue: 23 Willjames Ave, Algies Bay | Viking raids to Moscow and Rome, Fate of Vinland Venue: TBA |
| Antiques and Collectables 10am 4th Friday Hilary Lewis 425 7042 | Warkworth Museum visit. Please report to Jenni McGlashan at the main entry at 10am. | Nigel Swaffield, 8 Wilson Rd, Warkworth. Please bring a small antique (or photo) for group discussion. | Prue and Alan Dray, 2 Ashmore Cres., Warkworth. Please bring a small antique (or photo) for group discussion. |
| Art Appreciation 1st Wednesday - check for times. Jan Imlach 422 2292 Jacky Whincop 422 9593 | A trip out to the home of Joy Bell. Joy lives in an 1880's church. In 1970 the church was moved onto 1.6ha of land and converted into a cottage. Joy has filled the cottage with her art, antiques and collectables. | A bus trip to Mangawhai Visit the Mangawhai Artists' Gallery, the Scarlet Art Gallery, and the Mangawhai Museum. | A bus trip to NZ Sculpture Onshore. The Devonport clifftop site will be transformed into NZ's largest sculpture park featuring over 100 artists from across NZ. |
| Book Talk 10am 1st Tuesday Shirley Shirley 422 3712 | Dagmar Kammler, 99 Anderson Road, Matakana. | Shirley Shirley, 46 Ashmore Crescent, Warkworth. | Jenny Noakes, 65 Anderson Road, Matakana. |
| Current Affairs 2pm 3rd Thursday John Patrick 425 0001 | John and Sibyl Patrick, 5/99 Hauiti Drive, Warkworth. | Nigel Swaffield, 8 Wilson Rd, Warkworth. | Ian Lewis, 44 Edwards Rd, Warkworth. |

| Groups and Convenors | September 2018 | October 2018 | November 2018 |
|--|--|--|--|
| Developments in Medicine 2pm 4th Thursday Linda Moore 425 4959 | Influenza and Bird Flu Keith Hopner, 73 Alnwick Street, Warkworth. | Motor Neuron Disease Jean Mason Venue: Pam Bosch, 23 Willjames Ave, Algies Bay. | A potpourri of topics. Venue: Joan Helliwell, 8 Estuary Close, Warkworth. |
| Jazz Listening 2pm 3rd Monday Val Couling 425 5766 | Sunday, September 16th, 2pm at Matakana Hall — Swinging Jazz Concert with the Mahurangi Ramblers and Jazz Connection — \$10 at door. | 25 Gordon Craig Place, Algies Bay — Nigel presents. | TBA |
| Local History 10am 4th Tuesday Lorna Laxon 422 3562 | Youth Groups in Rodney All memories welcome! Venue: 21 Hampton Mews, Snells Beach | CWI Memories from Joan Ballantine Venue: 2 Ashmore Crescent, Warkworth | Celebrating Christmas, 1750-1950 Venue: 15a Coquette Street, Warkworth |
| Music Appreciation 10am 2nd Thursday Alison Coates 425 6408 | Music of Uzbekistan Venue: Mary Miller, 40 Willjames Ave, Algies Bay. | Music Therapy Venue: Alison Coates, 21 Tamatea Drive, Snells Beach. | Elgar Venue: Liz Hopner, 73 Alnwick St, Warkworth. |
| Play Reading 10am 2nd Tuesday Pam Ellender 422 2493 | Planning & Rehearsal | Planning & Rehearsal | Dress Rehearsal in Hospice Hall. |
| Poetry Reading 1.30pm 3rd Wednesday Daphne Cocker 425 0570 | Robert Service Venue: Gloria Swanson, 15A Coquette St., Warkworth. | Edward Lear Venue: Pam Ellender, 57/31 Mansell Drive, Warkworth. | 'Bouquet of flowers.' Members' own choice of flower poems. Venue: 32 Blue Gum Dr., Warkworth. |

New Group

Antiques and Collectables

Hilary Lewis has started a new group — Antiques and Collectables.

Currently the meetings are being held in members' homes, but the eventual size of the group will influence whether it moves to a larger venue such as Totara Park.

Trips to appropriate venues are also envisaged.

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

Meeting Update

Music Appreciation

The convenor is now Alison Coates and the schedule has changed. The meetings are now at 10am on the second Thursday of the month.



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June 2018 Mid-winter Luncheon

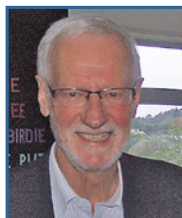


Pre-luncheon entertainment: the Mahurangi Ramblers performed a selection of popular jazz items.

Keyboard: Val Couling
Trombone: Bob Ward
Banjo: Dave Spivey
Clarinet: Mike Nisbet
Bass: Eric Krey

Speaker: Judge David Mather "The New Zealand Parole System"

Judge Mather has recently retired from court work, but is continuing his role in the New Zealand Parole System. His address gave us a very thought-provoking overview of how the parole system works in New Zealand.



Judge Mather

Parole is defined as "the release of an offender from prison to serve the balance of their sentence in the community".

The current Parole Board has:

- a Chair (High Court or District Court Judge)
- 17 Panel Convenors (Judges or lawyers of more than seven years at the bar)
- 23 Members (from a variety of backgrounds)

For a parole hearing, a panel of 3-5 members is established, chaired by a convenor.

The hearing is held at a prison or by audio-visual link to the Parole Board office. They are held each month for each prison. Normally the panel will hear 8-12 cases each day.

A comprehensive dossier of information is provided for the panel. This will include the original judge's sentencing notes, the pre-sentence report, a summary of the parolee's criminal history, psychological and psychiatric reports, parole reports (both prison and probation), plus any prior board decisions, victim submissions and submissions from the offender.

A prisoner becomes eligible for parole, if they were originally sentenced to more than 2 years and:

- they have completed $\frac{1}{3}$ of their sentence or, if they have a non-parole date, when that is reached. (This can be up to $\frac{2}{3}$ of their sentence.)

- they have completed more than 10 years if they have a life sentence.
- they have completed more than 5 years if they were sentenced to preventative detention.

The established hearing procedure means each case takes 30 – 45 minutes. It is an oral hearing. The offender and any supporters, and counsel, plus prison staff will be present.

The written decision of the panel, with reasons, is given after the hearing.

The offender can be released on parole, or parole can be declined with a re-hearing date set for up to two year's time or postponed for up to five years.

A range of conditions can be imposed, including programmes to be done, who to have no contact with, limited internet access, a monitor device to be worn, etc. These conditions can extend up to six months beyond the actual sentence end-date.

The seriousness of the crime, the criminal history, behaviour in prison, community support and employment prospects are just a few of the factors taken into account in the parole application.

The offender can be recalled to prison for a number of reasons, including breaching parole conditions, re-offending or presenting a risk to community safety.

In 2016-7, there were 7739 parole hearings for 4711 offenders. 22% were released on parole, while there were 348 recalls.

Compare that to the prison population of 9622 men and 772 women in December 2017.

Judge Mather concluded by providing a very interesting challenge for us to evaluate three very different parole "applications" and decide whether or not the offender could be released on parole. ♦

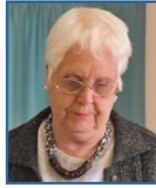
August 2018 General Meeting

Mini-Speaker: Pam Ellender

"Beginnings"

Pam entertained us with her lively account of emigrating to NZ from the UK, with her husband-to-be. Her story had been published in the "Memories" magazine a couple of years ago.

The ship was old and somewhat decrepit. It broke down at sea, so they drifted for a day while repairs were effected. This voyage was to be the ship's last one before being scrapped!



Pam reading her story.

Single women and single men were quartered in separate parts of the ship, in cabins with six bunks in each. Private time was only by arrangement with your cabin mates!

Pam left a dull wet England to eventually sail into Wellington in the middle of a southerly buster.

After leaving the ship, everyone was transported to the Trentham Immigration Centre, and then as quickly as they could, found rental accommodation and a job.

Pam added in a trip to the Registry Office to get married, with Registry staff being the witnesses! ♦

Speaker: Chris Hawley MNZM

"Refugees: Their Contribution to New Zealand — a Personal View"

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

In the Geneva Convention on Refugees, the definition of a refugee begins "A person who, owing to a well-founded fear of being persecuted for reasons of race, religion, nationality, membership of a particular social group or political opinion, is outside the country of his nationality..."

The UN has extended the definition of refugee to include descendants of refugees from just two specific groups: Palestinian refugees and Sahrawi refugees from the western part of the Sahara Desert.

At the end of 2016, there were 65.6 million refugees and displaced persons worldwide, growing at the fastest rate since WWII — at about 4600 per day.

The 5.5 million Syrian refugees have become the largest group, while another 6.3 million Syrians are internally displaced. Turkey hosts the most Syrian refugees (over 2.9 million), whilst Lebanon and Jordan have by far the most refugees per capita, at 25% and 11% respectively.

The UNHCR has estimated that there are 200,000 - 500,000 Rohingya refugees in Bangladesh. Of those only 32,000 have registered.

It is worthy of note that 80% of the world's refugees are actually hosted in developing countries.

In 2016, NZ accepted 750 refugees plus an additional 650 Syrian refugees.



Chris Hawley

A quick overview of the refugee distribution amongst the Anglo-US countries, plus Turkey, is indicative of the impact the refugees have on the social infrastructure of each country.

| Country | Population | Refugees | Locals per refugee |
|---------|------------|-----------|--------------------|
| US | 323M | 268,000 | 1208 |
| UK | 62M | 118,000 | 526 |
| CANADA | 36M | 150,000 | 224 |
| AUST | 25M | 36,000 | 683 |
| NZ | 4.5M | 1,400 | 3284 |
| TURKEY | 78M | 2,900,000 | 40 |

Asylum seekers are another group on top of this and their numbers fluctuate. Currently they are at an all-time peak in the EU.

Germany has over 1 million seeking asylum status at present. The UK has 31,000 applications pending. NZ has around 100-200 in any one year.

The NZ Labour-led coalition government elected in October 2017 has committed to raising the refugee quota from 750 per annum to 1,500 per annum.

The population of NZ reached two million in 1953 and was growing at a little over 2% per year. In 2018, the total population is approximately 4.75 million.

NZ has a long history of accepting refugees from many parts of the world. Post WWII, NZ has accepted:

| | |
|-------------|--|
| 1944 | Polish refugees, including 734 orphans |
| 1949 - 1952 | 5,000 displaced persons from Europe. |
| 1956 - 1958 | 1,100 refugees from the Hungarian uprising |

| | |
|-------------|--|
| 1959 -1963 | 'Handicapped Refugees': NZ became one of the first to accept people with mental or physical disability – 200 families |
| 1962 – 1971 | Chinese refugees from upheaval in China (around 200), coming here from China, Hong Kong and then Indonesia. |
| 1965 | 80 Russian Christians from China |
| 1968 – 1971 | 125 Czech refugees |
| 1972 -1973 | 244 Asians from Idi Amin's Uganda |
| 1974 -1981 | 345 Chilean refugees from the Pinochet dictatorship |
| 1970s – 90s | Soviet Jews and East Europeans, 200 Baha'i refugees from Iran , 140 Assyrian Christians, small numbers of Iraqis |
| 1975 – 1994 | Indochinese refugees: 5200 Cambodians, 4500 Vietnamese (boat people), 1200 Laotians |
| 1992 -2015 | Diverse groups including: 2000 Somalis, 1800 Zimbabweans, 600 Bosnians, smaller groups from: Ethiopia, Eritrea, Iran, Sudan, Afghanistan |
| 2016 | A small intake of 600 Syrian refugees over three years |

Chris was very keen to show that these refugees brought some skills with them, but were generally motivated to learn NZ English and advance their own education.

When they arrive here, they go to the immigration centre in Mangere — originally a WWII American Army camp but currently being rebuilt and expanded. There they are introduced to the social mores of life in NZ. These include:

- Different dress codes
- Male and female relationships
- Racism, prejudice, or suspicion of difference
- Different government systems, (including the Police)

Those that do come with qualifications may well find that they are not recognised in NZ and that they may need to become re-qualified or at least start in a lesser job and be prepared to work their way up.

They are encouraged to carry on learning English after



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their introductory programme at the Immigration Centre, using schools, night-classes, tutors.

The challenges they face will include children and young people adapting more quickly and differences in culture may develop between the parents and their children.

Chris gave us several examples of refugees who have succeeded in adapting themselves to life in NZ, including:

Professor Ahmed Al-Jumaily.

Ahmed is from Baghdad in Iraq, leaving Iraq during the time of the Saddam Hussein dictatorship.

He is Professor of Bioengineering and Founding Director of the Institute of Biomedical Technologies at AUT.



He has supervised more than 90 successful postgraduate students in mechanical and biomedical areas and related fields from more than 26 countries and counts this as one of his greatest achievements.

Omid and Hamid Ahmadi

The brothers, Hamid and Omid, are Hazara Afghan refugees. They saw their parents killed by the Taliban in Kabul, when they were aged 15, and 8 respectively.



Eventually they managed to escape safely down the Khyber Pass to Peshawar in Pakistan, where they survived making hand-made Afghan/Persian carpets for 13 years.

They live in Glen Innes working at labouring jobs with other Persian/Farsi/Urdu speaking people. ♦

Footnote: Coincidentally, we have a request for ESOL volunteers on Page 10.

New Members

A warm welcome to our new members who have joined since June 1.

Jennifer Farley

Ken and Miriam Cutforth

(Membership now stands at 157)

General Meeting: October 8

Speaker: Raquelle de Vine

Twenty years ago, Algalita Marine Research and Education was the first to expose the severity of plastic pollution in our ocean after founder, Captain Charles Moore, discovered the mass of plastic pollution concentrated in the centre of the North Pacific ocean gyre — now known by many as the “Great Pacific Garbage Patch.”

Raquelle has set up Aqualita South Pacific to focus on the South Pacific gyre which rotates anticlockwise south of the equator and between Australia and South America. The circulating ocean currents cause the floating debris to accumulate near the centre of the gyre in giant rafts.

Mini-speaker: Louise van Campfort

Louise spent 5½ years as Howick's first Town Centre Manager. She was employed full-time by the Business Association to start the Howick market, run events and try to offset the effects of the Botany Town Centre on Howick businesses!

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 required 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 potentially 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!

GENERAL MEETING DUTY GROUP ROSTER 2018

October 8 **Play Reading**

December 10 **Hospice Catering Team**

The duty group for the general meetings at the Totara Park venue need to be there 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.

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.

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 with either a magnetic fastener (no pins to damage clothing) or with a pin. Price is \$5 per badge.

Ordering: Please email Ernie Gidman (vegidman@gmail.com)

Payment: either Direct Credit to the U3A account

02-0480-0133880-00

(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 |

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



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Around the Groups

All About Plants

Our last meeting was one of our best attended meetings. In mid-winter we usually have a DVD-based topic.

Ina gave us an introduction about her visits to Britain and how she became interested in the Lost Gardens of Heligan. The 200 acres of gardens were rediscovered just 25 years ago in the Cornwall seat of the Tremayne family, which has been in the family since 1569.



Part of the restored Heligan Gardens

Apart from Heligen the discussions were wide-ranging over other old undiscovered gardens. ♦

Tonara Cuthell

Ancient History: (Not always ancient!)

This year we have mainly been looking at how early man entered North America over the Bering land-bridge (Beringia) and the subsequent development of the different cultures from the mound builders to the different tribes and 150 different Indian languages.

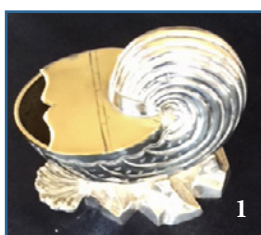
However, we have also looked at Medicine in Ancient Egypt, The Vikings and a palace in Kyoto, Japan where members have been on their travels.

Our programme is never rigid but now we will be looking in more depth at the Indian civilisations and what became of them. It is a rather vast subject. ♦

Pam Bosch

Antiques and Collectables

Since the publishing of the last newsletter two meetings of this newly-formed interest group have been held, where

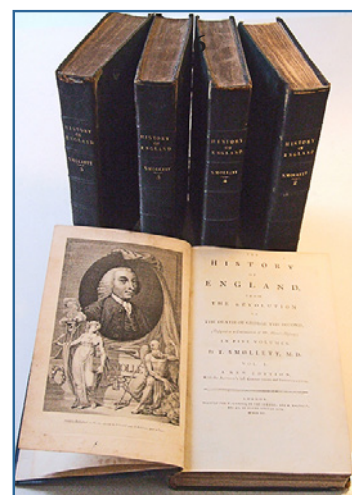
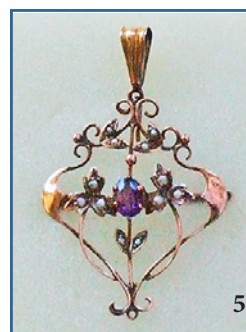


discussion centred around the interesting antique items brought along by members.

At the first meeting, items ranged in variety from a Tunbridgeware napkin ring with floral mosaic-work to a Scottish agate brooch, and also included such interesting items as a miniature wooden bureau complete with tiny inlaid drawers, a silver spoon-warmer (1) shaped as a nautilus shell, two small posy vases (2) and a piece of mourning jewellery containing a photograph of a young Victorian girl on one side and some of her hair woven into an intricate design on the back (3&4). Two photographs of ornately gilded porcelain vases were also viewed as well as a 5-volume set of Smollet's History of England published in 1790 (6).

At the second meeting, discussion centred around another set of interesting pieces: an ivory-handled book page-turner, a Wedgwood ceramic frieze, a South American pottery water-carrier, as well as two pieces of silver cutlery, an early military sword (bought with a small boy's pocket money for 7/6d!), a Victorian rose-gold pendant/brooch(5), and a tiny WW2 item carried as a soldier's 'good luck' charm. ♦

Hilary Lewis



Art Appreciation

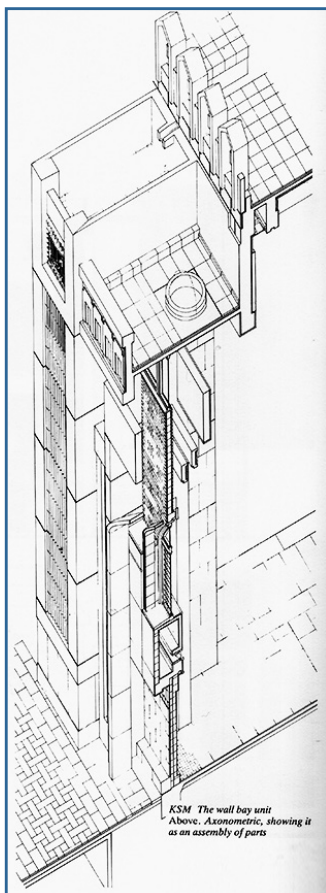
On the 6th of June a bus trip to Parnell Road Art galleries was enjoyed by 35 members.

A selection of galleries was visited and lovely foodie places were enjoyed.

For July, Dagmar Kammler had kindly agreed to give our group an introduction to working with wire. This creative work has become a major part of Dagmar's art interest.

She brought with her several pieces ranging from small flowers to larger models of people. Having discussed how this genre developed, she proceeded to give us a demonstration on the technique necessary to create an attractive flower.

For the August meeting, Nigel Swaffield gave us an entertaining and fascinating talk on his involvement with the building of a Public Mosque in Kuwait. Initially he worked in the architect's London office on the drawings for the buildings. From some of the slides that he showed us the complexity of the said drawings was quite incredible.



Nigel's drawings of one of the mosque's wall-bays.

After three years there he was then asked if he would go and live in Kuwait and help in overseeing parts of the finishings of the buildings. This he did, with his wife, son and daughter, for another three years.

He gave us an interesting insight into life there and shared some of the more memorable experiences with us !

Nigel had two display tables of samples of materials used in the building, which included timber friezes, marble and amazing tiles.

The audience of over 30 also included several members from other U3A groups, and we had a lively question time. ♦

Jan Imlach

Developments in Medicine

In our June meeting we looked at the issue of harmful chemicals in household products including cosmetics and sunscreens.

The Cosmetic Standard has an overall requirement that cosmetic products do not cause harm. Some cosmetics, however, can contain ingredients that are classed as hazardous under the NZ Hazardous Substances and New Organisms legislation (based on the EU legislation).

Even natural, plant-based or organic cosmetics can have hazardous properties.

Nano-technology has introduced a new factor as some of these tiny particles can readily pass through the skin and into the bloodstream.

Sunscreen lotions and creams have also presented a new challenge. Two of the commonly used components, oxybenzone for UVA and UVB protection and octinoxate for UVB protection are classified as endocrine mimics. They are very toxic to embryonic stages of a lot of marine organisms.

One of the Hawain beaches gets around 3000 swimmers per day. They use about 200Kg of sunscreen per day, which washes off and contributes enough of these chemicals to pollute 10 billion cubic metres of seawater to a critical level — and keeps it that way with daily replenishment!

Hawaii has now put a ban in place for sunscreens containing these chemicals, as have other countries, including Mexico.

In August we looked at “Superfoods”. The advertising and marketing industry has made much of this name for various foodstuffs, but the reality is that it is just a marketing name with no evidence to support the claims.

The conclusion was that staying with the practice of including a wide variety of fruit and vegetables in your diet is a much sounder path. ♦

Sue Stevenson and Ian Lewis

Local History

Looking back over the last few meetings, members have been very much immersed in times past.

Firstly, with Eileen and Ron Trotter sharing their memories of running a farm in Matakana which has been family-owned for over 150 years — times were tough back in them days ...

And then we were reminded that hopping on the train or clambering up into the road coach to travel to and from Warkworth, Kaipara Flats and surrounds took patience, lots of discomfort and often delays of varying kinds along the way. ♦

Lorna Laxon

Request for Volunteers

We have received a request to publicise an organisation called “English Language Partners” that trains volunteers to teach English to migrants and former refugees.

The outline of their business on their website:

“Volunteer with English Language Partners and help us provide free English lessons to former refugees and migrants. We will train you to work alongside learners, so you can provide them with the language skills and confidence necessary to integrate and participate in Kiwi life and culture.”

They also offer a Certificate in ESOL Home Tutoring:

“A course for community volunteers who want to become ESOL home tutors. Once trained, tutors provide one-to-one, English-language support to adult refugees and migrants in New Zealand.”

Their website is englishlanguage.org.nz

The contact is Andrew Barron ±
email: andrew.barron@englishlanguage.org.nz

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.



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**Jazz Connection
and
Mahurangi Ramblers**

Matakana Hall

Sunday 16th September, 2-4 PM

Tickets **\$10** at the door.

A great afternoon of swinging jazz



Hello

We have a fantastic opportunity for all the creative people in your community or craft group.

We are still looking for entries for our wearable arts competition, Catwalk Arts, and would love to have some designs from local groups. Be inspired by your favourite materials and media, and see what outrageous, avant-garde or breath-taking creation you can come up with – you might surprise yourself, and you will definitely have fun!

Catwalk Arts will be held in the Orewa Arts and Events Centre on 6th October, with a morning rehearsal followed by a matinee then an evening show and prize-giving. We have held this event 7 times and it has always been heaps of fun.

Kind regards

Lesley

Lesley Ingham

Fundraising Coordinator. Harbour Hospice

Main 09 425 9535 | Mob 021 913 234

www.harbourhospice.org.nz

U3A Warkworth Committee 2018



President
Mary Miller



Secretary
Vivienne Mickleson



Treasurer
Ernie Gidman



Group Convener
Pam Ellender



Membership
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