

Learning for Life

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P.O. Box 1690, Nelson, 7040

www.u3anelson.org.nz

Our next Members' Meeting will be on Wednesday 22nd February at 10 am till 12 noon at the Nelson Golf Club in 38 Bolt Road, Nelson. The speaker is Sarah-Jane Weir, Nelson Lawyer and Company Director. She is Deputy Chair of the Rata Foundation.

CHRISTMAS LUNCHEON

On November 30th last year, U3A committee held a Christmas Luncheon, which was attended by 55 of our members. After a short time for socialising, we enjoyed a very nice, festive themed, buffet lunch. Toward the end of our meal, we were entertained by Nelson raconteur, Roger Lusby, with songs and stories and laughter. A door prize of an



iced Christmas cake was won appropriately, with an "unbiased heads and tails" contest, by our President, Peter Sutton. It was a very good way to end another successful year of U3A.

It was so successful, it has been suggested we have another Christmas Lunch, next year.

Heather Clendon, editor

U3A STUDY GROUP LEADS TO RADIO BROADCASTS

Ron O'Reilly and Peter Sutton have, between them, convened the History of Jazz U3A Study Group since its formation in 2012. This has led, indirectly, to their creating an hour long radio programme, once a fortnight, on Fresh FM Access Radio, broadcast to "The Top of the South" from Golden Bay to Marlborough. The programme "Seminal Jazz" is not directly connected with the U3AGroup, but is based upon record collections of its members. It plays recordings of early and traditional Jazz and discusses their origins and their effect on all following popular music.

The programme is broadcast on alternate Sundays at 5pm, repeated the following Friday at noon on FM 104.8. It can also be heard by contacting freshfm.net and clicking "programmes" and searching for "Seminal Jazz"

Perhaps other group convenors may wish to follow their lead?

Peter Sutton, convenor.

FROM TED TALKS 2

TED is a nonpartisan non-profit organisation devoted to spreading ideas, usually in the form of short, powerful talks. TED began in 1984 as a conference where Technology, Entertainment and Design converged, and today covers almost all topics — from science to business to global issues — in more than 110 languages. In November 2001, Anderson's non-profit 'The Sapling Foundation' (motto: "fostering the spread of great ideas.") acquired TED from Future for £4m. In February 2002, Anderson gave a TEDTalk in which he explained his vision of the conference and his future role of curator

So we now meet twice a month at Brian Say's home, on the first and third Thursday to watch some of these terrific talks. We watch perhaps 3 during the morning and between them we discuss aspects of the talk and enjoy Brian's kind hospitality. We all select topics or particular talks and know that whatever the topic is we will enjoy it as these talks are always brilliant.

Do join us.

Contact Kay of course

Paul Lundberg, member.

A man was telling his neighbour;

'I just bought a new hearing aid. It cost me four thousand pounds, but it's state of the art.. It's perfect'.

'Really,' answered the neighbour. 'What kind is it?'

'Twelve thirty'!

RE-RUN OF POPULAR GARDENING COURSE

Improve your gardening skills

How plants grow - requirements for plant growth, propagation, seed raising.

The soil - characteristics, requirements, compost, improving soils, acidity / alkalinity, nutrients, fertilisers.

Watering - water relationship, plant relationship, watering aids, equipment and methods. Pests and diseases - identification, cultural practices to minimise incidence, sustainable and organic pesticides.

Fruit and vegetable gardening - timing and succession, planning, best varieties, observations and husbandary, diseases.

Container gardening - potting mix, fertilising, suitable plants, watering, arranging.

Garden design - planning process, structure, screens, ground covers, colour, texture.

This third course will be starting on 14 March 2017. It will meet at NMIT at a time to be notified later .

Register your interest in this group by contacting Kay at study@u3anelson.org.nz

MESSAGE FROM THE COMMISSION FOR FINANCIAL CAPABILITY

I am pleased to advise that the Commission will deliver another of its successful public education events, **“Thinking of Living in a Retirement Village”** at the St Barnabas Anglican Church, 523 Main Rd, Stoke – on Wednesday 15th March starting at 1pm. I would be very pleased if you could alert your members and networks, and encourage people to register early! This event fills fast in the fortnight beforehand. The event is targeted for people who may be thinking of retirement villages as their future accommodation option, and their support or family members, but may be of interest to others with an interest in retirement villages.

I emphasise the Commission delivers impartial, objective information about some critical personal, legal and financial implications of choosing to become a retirement village resident. It is not a marketing event in any way.

Registered attendees receive materials including our targeted hard copy booklet about living in retirement villages, and are invited to attend early for tea and light refreshments before we start. The seminar lasts around 90 minutes with dedicated opportunities for Q and A through-out.

The seminar is free but people must register. Registration is easily done on-line, at the link below, or by ringing our call centre: 0800 268 269.

<http://www.eventfinda.co.nz/2017/thinking-of-living-in-retirement-village/nelson>

UNIVERSITY STUDY OF SOCIAL ISOLATION OF SENIORS

I have been asked by a team of researchers at the Auckland University Faculty of Medical and Health Sciences, to make members of U3A aware of a project to explore the incidence of social isolation, or loneliness, in over 65 year old seniors. They are aware of the prevalence and negative effects of these conditions on the health and well-being of individuals and have produced a relevant questionnaire. Anyone who wishes may complete it. They hope the information received will assist them to suggest improvements in visiting services for such people.

Anyone who is interested in completing the questionnaire is requested to contact me by email president@u3a.nelson.org.nz by telephone 03 546 9140 or by post c/o PO Box 1690 Nelson, including his/her postal address. I will then post the confidential questionnaire, including a pre-paid for returning it to Auckland University and an information leaflet.

Peter Sutton, President.

COMMITTEE NOMINATIONS FOR 2017/2018 YEAR

With the Annual General Meeting coming up in April, the committee would like to hear from any member who is willing to be nominated for the committee. Also, if you feel you would like to join us, you may put your own name forward. Do give it some thought.

It is good to have new people with fresh ideas and suggestions for other ways of doing things. The committee would welcome you.

From the Study Group Coordinator

A big thank you to convenors for notifying me of the members in your group(s) this year. The group lists on the website are updated and there are lots of options for study, with vacancies in the following groups: -

- Ancient Britain
- Ancient Civilisations 2
- Architecture
- Astronomy
- Australia
- Bookcases
- Civilisation
- Classical Music Appreciation
- Discovering Our Local Birdlife
- Exploring Te Reo and Tikanga Maori
- Irish Group
- Luncheon Group
- Military History
- Musicals
- Musical Renditions
- Naming Our Native NZ Plants
- Opera at the Met
- Ramblers
- Scrabble (*in recess until September, but if you are a keen Scrabble player, you could convene as there are members keen to play*)
- Social Brunchers
- Successful Gardening: science not myth
- TED Talks 2
- Theatre and Film
- Travel
- WEA Book Discussion Group
- Write Your Life 2

For more information about any of these groups, consult our website

www.u3anelson.org.nz 'Groups with Vacancies.'

Several of the groups have only one or two available spaces, so be in fast.

If none of these groups are what you are looking for, look at the 'Active Groups: put your name on the waiting list' page on the website to see what other groups are in action. Then contact me and I shall put you on the list. Vacancies do occur.

Or importantly, if you have an idea for a topic you would like to present in the form of a course or seminar, or a study you would like to undertake with others, contact me and I'll help you to get the group or the course advertised.

I have just one plea to everyone. Please let me, as your study group coordinator, know if you decide to discontinue in a group. Your vacated position, with your convenor's permission, can be re-advertised. That works well for everyone. '*He waka eke noa*' - We are all in this canoe together, no exception!

Kay Hunter, Study Group Coordinator.
study@u3anelson.org.nz

JULIE ANDREWS

To commemorate her 69th birthday of October 1, actress/vocalist Julie Andrews made a special appearance at Manhattan's Radio City Music Hall for the benefit of the AARP. One of the musical numbers she performed was "My Favourite Things" from the legendary movie "Sound Of Music." However, the lyrics of the song were deliberately changed for the entertainment of her "blue hair" audience....

Botox and nose drops and needles for knitting, Walkers and handrails and new dental fittings, Bundles of magazines tied up in string, These are a few of my favourite things.

Cadillacs and cataracts and hearing aids and glasses, Polident and Fixodent and false teeth in glasses, Pacemakers, golf carts and porches with swings, These are a few of my favourite things.

When the pipes leak, When the bones creak, When the knees go bad, I simply remember my favourite things, And then I don't feel so bad.

Hot tea and crumpets, and corn pads for bunions, No spicy hot food or food cooked with onions, Bathrobes and heat pads and hot meals they bring, These are a few of my favourite things.

Back pains, confused brains, and no fear of sinnin', Thin bones and fractures and hair that is thinnin', And we won't mention our short shrunken frames, When we remember our favorite things.

When the joints ache, when the hips break, When the eyes grow dim, Then I remember the great life I've had, And then I don't feel so bad

Ms. Andrews received a standing ovation from the crowd that lasted over four minutes and repeated encores.

FINAL WORD

Once again, as we start up our previous groups, and join with new & different groups, please think about submitting a short piece, telling all of U3A the interesting activities and discussions that are going on. Photographs are great and do make the newsletter more interesting and colourful.

Heather Clendon, editor

