

Learning for Life

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P.O. Box 1690, Nelson, 7040

www.u3anelson.org.nz

Our next Members' Meeting will be on 24th October at 10 am till 12 noon at the Nelson Golf Club in 38 Bolt Road, Nelson. We have two speakers at our next meeting. The first is Stephen Eagar, his subject being Minerals used to Illuminate Manuscripts. He will be followed by Carl Horne, great contributor to U3A, who is leaving Nelson and will give us a short talk about his life.

FROM THE MEETING ON DATE 29th AUGUST 2018

At the members' meeting on 29th August, our guest speaker was retired Family Court and District Court judge, Oke Blaikie. His topic was "The Life and Experiences of a Retired Judge". He treated the audience to an entertaining and informative review of his journey from a rural childhood in Clinton, South Otago, to his retirement from the Dunedin Family Court and his subsequent appointment as an itinerant judge relieving throughout the country.



Judge Blaikie Addressing our Meeting

This journey included attending Waitaki Boys High School, university study at Otago University, graduating with a law degree and practising in Hamilton. During his talk, he described the many tasks of

the family court and the changes in family law it had to deal with. He gave many amusing anecdotes of his experiences in the court situation.

For me, it provided fond memories of my own involvement in the creation of the Court in Dunedin and of the Family Court Association, of the first judge there, Tom Ross, and of university days at Otago in the 1960s dominated by the "mixed flattening" controversy.

I believe that his talk was one of the most successful to U3A in recent times and it helped the audience understand the complexity of family law and the work of humane judges applying the principle that the needs of children should be paramount.

Peter Sutton, Past President.



Socialising over Morning Tea

PRESIDENTS REPORT

You know we have a terrific Committee; our meetings are really quite fun. And I am not saying this just to encourage you to consider joining us. However now it occurs to me, perhaps you should consider joining the Committee! Someone approached me after the last Open Meeting and expressed a willingness to take on the role of Membership Secretary which would be wonderful – but, foolishly, I did not write her name down and have now forgotten who it was. Will you all please consider taking on this role, you could learn the ins and outs while the job is quiet [it never quite stops!] and I will always be there to assist.

Things are ticking along well with a reasonable amount in the bank so that the costs of our catering at the Golf Club is well covered – and weren't those nibbles tasty last time?! Also we have a steady stream of new members who are most welcome. I do hope they are enjoying the groups they have joined.

On that score we will try to get some more publicity for U3A Nelson, not to try and grow but to inform people of our existence and activities. I am adding a history of our organisation for those who do not know of it.

One niggle. Some people arrive late for groups and I believe this is a little rude although, of course, sometimes it cannot be avoided I do feel every effort should be made to arrive a little early.

We have produced a new role for someone on Committee which Gordon Suddaby has taken on for the remainder of this Committee year. It is the role of finding

Speakers for Open Meetings so if you can think of someone who would make an interesting Speaker do let Gordon know. Meanwhile our thanks go to Gordon for taking on this job. [PS you know you can see all the Committee jobs on line on our website]

Paul Lunberg, President

AN EXPLANATION FOR EMAILS TO XTRA ADDRESSES NOT BEING RECEIVED

NZ Herald Tuesday, 25 September 2018

Thousands of Xtra emails have not been sent after two incidents affected the internet service provider in 10 days. Last week, two of three Xtra routers were blacklisted by spam-blocking system Sorbs, meaning thousands of customers experienced outgoing mail delays.

Telecom social media manager Richard Irvine said this had been resolved. However, due to a "technical issue" there had been intermittent delays in email delivery since yesterday morning.

Mr Irvine said he could not expand on what the issue was. There was still a backlog of emails but Xtra was confident the issue had been resolved, he said.

The above may account for some members not receiving the August Newsletter

HISTORY OF U3A AND OTHER MISCELLANEA

U3A began in France in 1973. Since then it has spread to over thirty countries and has several million members. It began at the Faculty of Social Sciences in Toulouse in 1973. It was started by Prof. Pierre Vellas. In France, each most Third Age groups are associated with a local university. This academic model is used in many other countries, in particular in continental European

Originally named The University of the Third Age U3A arose from the idea that life can be divided into three periods: firstly childhood and schooling; next child rearing and work; and thirdly retirement. The third age allows us time, as older people, to listen and learn and gain greater understanding of life.

U3A taps the great reservoir of knowledge, skills and experience to be found in older people.

Guiding Principals

- There are no teachers and no students – all members are equal
- No qualifications to join –life experience and an enquiring mind are all that is needed
- No passing or failing
- No graduation
- No titles
- No course fees
- No evening meetings
- No shortage of knowledge, skill or experience – members have all that is required
- A modest annual subscription

Nelson U3A has been operating since 1991. It is friendly and welcomes all third agers. As well as a wide and changing variety of study groups, we have regular meetings featuring guest speakers, morning tea, study group

presentations and any business items that need attention. There is also an annual lunch with entertainment. There are no compulsory activities although members are expected to join at least one study group each year and are encouraged to attend the regular bi monthly meetings.

Aims and Guiding Principles

The University of the Third Age (U3A) movement is a unique and exciting organisation which provides, through its U3As, life-enhancing and life-changing opportunities. Retired and semi-retired people come together and learn together, not for qualifications but for its own reward: the sheer joy of discovery!

Members share their skills and life experiences: the learners teach and the teachers learn, and there is no distinction between them.

A University of the Third Age is a learning co-operative of older people, which enables members to share many educational, creative and leisure activities. Activities are organised mainly in small groups that meet regularly, often in each other's homes. Members, through sharing their knowledge, skills and experience, learn from each other.

Australia

Australia's first U3A began in Melbourne in 1984. As of 2013, Australia has developed into 250 U3As with approximately 85,000 members. <http://www.u3aonline.org.au>.

A BIG THANK YOU TO THE GROUP CONVENORS

The Committee would like to acknowledge the tremendous task the convenors do in organising the Groups. While we do not want to discourage anyone from convening a new group, or taking over an existing one, U3A Nelson couldn't function without their leadership.

It is not an onerous task, and help is always available from other convenors. Most members volunteer as they have a special interest in, or love of the subject. We understand U3A in other parts of New Zealand may conduct their organisation differently, for instance having regular meetings with a speaker, for all members.

We find our small groups make for greater knowledge exchange in a smaller setting, and a better opportunity to get to know people with like-minded interests. This is great in a small city, where many are new to the area.

About once a year, the committee holds a morning tea to express our appreciation to convenors. A date has yet to be set for this, so a big thank you to all convenors. We need you.

FROM THE GROUPS

GROUP COORDINATOR'S REPORT

Group Etiquette

Members if you wish to bring a friend or relative along to one of your groups as a guest, please check with the Convenor that this is convenient with him/her.

Opera

The Opera group was originally going to be once a month but as we enjoyed the first session so much we have decided to extend to twice a month. We watched a brilliant production, "Becoming Traviata", featuring the French soprano, Natalie Dessay. This covered 6 months of rehearsals showing how the role of

Violetta was refined and honed by Dessay and the production team.

We followed this at our second session with a production of "La Traviata" from the Royal Opera House at Covent Garden starring the Romanian soprano Angela Georgiou.

At our first session in October we hope to enjoy Puccini's "Tosca".

Civilisation

This group has now been together for over two years and still find there is so much to discover and discuss. We have moved beyond the original scope of the classic civilisations (Egypt, Greece and Rome) to cover not only people and cultures of influence in the past but also issues such as climate change past and present.

A recent topic had the group viewing a DVD of an archaeological find from a shipwreck in the Mediterranean. Among the finds on the bottom of the sea floor was a brass "contraption" of wheels and cogs which caused so much speculation as to its original purpose. We marvelled as the researchers and scientists determined the use of the machine which led us to wonder how such precision was constructed over two thousand years ago. This will be the focus for the next session - ancient technology.

David Turner, Group Coordinator

THE THINKING ABOUT JUSTICE GROUP

Our U3A "Thinking About Justice" group was initiated by Kay and Lindsay Hunter and has lately been meeting at my house in Richmond on two Tuesdays every month. We are nearing the end of the excellent video series "Justice: What's The Right Thing To Do?"

<https://www.youtube.com/watch?v=kBdfcR-8hEY>

In a series of 12 episodes Professor Michael Sandel's televised lectures at Harvard University address alternative theories of justice stemming from the great philosophers Rawls, Mills, Kant, Aristotle et al leading us to question the basis of our own moral reasoning. The lectures are accessible and unfailingly interesting on many fronts. Never boring!

Here are comments from three of the members of our group, and a photo of a serious discussion taking place, with, in the background, Harvey the cat who always attends but doesn't usually have much to say on the subject.

Hilary Carpenter, Convenor

"Its a mind opening experience to spend a couple of hours in a warm atmosphere and experience a real-time lecture by a maestro of the art, filmed in a very large auditorium in Harvard University. The topic: Justice. The lecturer: Michael Sandel. The group is one of very interested & interesting peers."

Gwen Sadler

"Thinking About Justice" is for me a great follow up to the U3A Political Science sessions which I benefited from for a couple of years. The university you go to when you're not going to a university! Great stuff, U3A."

Charmian Koed

"While Sandel is a brilliant lecturer, the most memorable feature of our Justice meetings has been watching his handling of his captivated young students. These gifted youngsters are a perfect foil for him and involved us in his inspired dialogue. His dialogue is directed at extracting their questions and answers to the knotty problems raised when we try to achieve Justice with all its complicated facets."

Anne Mitchell



Serious Discussion on Justice

CHRISTMAS LUNCH



The U3A Nelson Christmas Lunch will be held on the November 28th from 11:30, with a cash bar, at The Waimea Club, Queen Street, Richmond. The cost will be the same as last year \$30.

If you wish to attend you can either use internet banking- U3A Nelson 03 07030385648 00 with your **Name** and **Xmas Do** for identification. Alternatively, by cheque posted to Treasurer U3A Nelson, PO Box 1690, Nelson 7040. Or handed to a U3A Committee member at the October meeting, in cash, in an envelope clearly marked with your name and labelled Xmas Do. Catering at the Waimea Club is reported to be very good.

MEDICAL ADVICE

I do not understand why prescription medicine is allowed to advertise on TV or why anyone would think of trying one of the medicines after listening to the laundry list of warnings of possible side effects.

But this is definitely an exception! Do you have feelings of inadequacy?

Do you suffer from shyness?

Do you sometimes wish you were more assertive?

Do you sometimes feel stressed?

If you answered yes to any of these questions, ask your doctor or pharmacist about **Cabernet Sauvignon**.

Cabernet Sauvignon is the safe, natural way to feel better and more confident. It can help ease you out of your shyness and let you tell the world that you are ready and willing to do just about anything.

You will notice the benefits of **Cabernet Sauvignon** almost immediately, and, with a regimen of regular doses, you will overcome obstacles that prevent you from living the life you want. Shyness and awkwardness will be a thing of the past.

You will discover talents you never knew you had.

Cabernet Sauvignon may not be right for everyone.

Women who are pregnant or nursing should not use it but women who would not mind nursing or becoming pregnant are encouraged to try it.

Side effects may include:

dizziness, nausea, vomiting, incarceration, loss of motor control, loss of clothing, loss of money, delusions of grandeur,

table dancing, headache, dehydration, dry mouth and a desire to sing Karaoke.



A WEB SITE TO EXPLORE

<https://vu3a.org/>

The Virtual U3A or vU3A is like a local U3A Group except that its activities take place on the Internet.

An important target group for the vU3a is older people who are isolated through location, illness or immobility - but all are welcome. We have members from around the world.

Members of the Virtual U3A are encouraged to form their own informal learning and discussion groups, choose their own topics and share their experiences in the social areas of the site. It follows the principles of participative learning which have made the U3A one of the most successful educational and social groups for older people.

The vU3A's activities are carried out in writing using a secure, membership only, workspace. The vU3A does not create or deliver formal structured online courses.

U3A NELSON COMMITTEE



From left – Heather Clendon, Allison Robertson, David Wright, Ian MacDougal, Bill Brett, Steve Shaw and Gordon Suddaby. *In absentia*- Anne White, Rona Abbott, David Turner, also Paul Lunberg, who was taking the photograph.

NEWSLETTER

I am resigning from the position of Newsletter Editor after the next issue. We have had no response from our plea for a new editor in the June Newsletter, so I am once again sending out a further request for volunteers.

Many of you will have had far more experience than I have, in this area (and will have a more up to date version of “Word” or even have “Publisher”) but even with limited software, I have managed to put together 18 issues over 3 years.

It is not too difficult and is a challenge, good for the “ageing” brain in the effort to stave off its inevitable decline.

So please think about it and contact myself editor@u3anelson.org.nz or Paul Lunberg at president@u3anelson.org.nz Alternatively, any U3A member will pass on your offer.

Heather Clendon, Editor

FINAL WORD

Please see the item above thanking our Convenors for their sterling work. We really appreciate what you all do, to make U3A successful.

Also thanks to members who submitted articles about their groups. It is great to read what is happening elsewhere, and makes our newsletter more enjoyable. Please think about submitting a short piece, telling all of U3A of the interesting activities and discussions that are going on. Photographs would also be great and would make the newsletter more interesting and colourful.

Heather Clendon, Editor