

## Learning for Life

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P.O. Box 1690, Nelson, 7040

[www.u3anelson.org.nz](http://www.u3anelson.org.nz)

**Our next Members' Meeting** will be on Wednesday 25th October at 10 am till 12 noon at the Nelson Golf Club in 38 Bolt Road, Nelson. The speaker is Dr Paul Taylor who will speak on Child Autism.

### FROM THE MEETING ON DATE 23<sup>rd</sup> AUGUST 2017

At the U3A meeting on Wednesday 23<sup>rd</sup> August, the speaker was Heather Thomas from the Nelson Tasman Citizens Advice Bureau. She gave a very interesting and informative address about the work and ethos of the CAB which is there to help anyone with information, confidentially and without charge. They deal with enquiries about a huge range of topics including housing and tenancy matters, employment and employee rights, consumer issues, family, immigration matters and community information. They are also able to assist with filling in official forms, writing letters on a client's behalf and providing translators for immigrants and refugees.



HEATHER THOMAS GIVING HER PRESENTATION

Their basic approach to problems presented is that they will not tell clients what to do but would suggest alternative approaches and encourage the client to make his or her own decision.

Heather illustrated her talk with amusing anonymous examples from her work and tested her audience's knowledge of their rights with two typical questions asked of CAB.

**Gordon Suddaby, Member**

### NEXT MEMBERS MEETING

The next members meeting of U3A Nelson, will be held on Wednesday 25th October from 10am to 12pm at The Nelson Golf Club, Bolt Road Tahunanui, Nelson. Our major speaker at the U3A meeting on Wednesday 25th October. is Dr Paul Taylor FRCPC. Paul is a leading authority on child autism. We were fortunate to have him speak to us in early 2016 where his enlightening and informative approach won him plaudits. Paul will expand on his previous talk as there is so much more for us to learn from him.

## COMMITTEE MEMBER CONTACTS

### FROM THE GROUPS



#### **U3A Exploring Nelson Group.**

You can see that we have a quite large group (some were away) and have lots of fun and talking as we walk. The highlight of the day is the coffee at the end of the walk with more talking.

**Max Robertson, member**

#### **RICHMOND LIBRARY**

The Richmond Library has offered space for publicity and for group meetings, to U3A members. They are happy for groups to make use of their facilities, if they are not already booked.

There is a comprehensive list of contacts on the web site. For those without email, I will include a current list of committee contacts with your posted newsletter.

#### **Active Groups with Vacancies**

- Astronomy
- Australia
- Discovering our local Bird Life
- Forum
- Hands in the Garden
- Luncheon Group
- Naming our Native NZ Plants
- Opera at the Met
- Ramblers
- Social Brunchers
- Successful Gardening. Science not Myth 4

For new members and those of you without email, Phone our Study Group Coordinator, David Turner - 544 3057, or Paul Lunberg , over the holidays, to arrange to join a group.

The U3A committee would urge any members, who have a special interest in a particular topic, to convene a group to enlarge other members' knowledge of that topic. We depend on you. Start a group, it helps us all.

## CONVENORS MEETING

The committee invite the Convenors of Groups to a morning tea on Thursday 23<sup>rd</sup> of November, at 10:30 am at Summerset Village. This is to show our appreciation of the great work and commitment you have shown over the past year.



Following our successful Christmas Lunch in 2016, we plan to do the same in 2017. It will be held at the same venue as last year, and will be on the 6<sup>th</sup> of December, from 1130, with lunch at 1230. Partners welcome. For newcomers, that is The Suburban Club, 168 Tahunanui Drive, Nelson. (Opposite the Bowling Club). This year there will be an increase in cost to \$30 pp. as food has increased in price in the past year. The money can be paid by cheque posted to Treasurer U3A Nelson, PO Box 1690 Nelson 7040. Alternatively by internet banking. To bank identification U3A Nelson 03 0703 0385648 00 with your **Name** and **Xmas Do** for identification. No tickets will be issued this year.

## U3A INVITED TO A SPECIAL SESSION OF "THE LONG GAME"

U3A Vice President Rona Abbott took part in a special Stakeholders session of NCC and TDC's "The Long Game" series, on 27 September. at NCC. This complemented the free general public series, 18 - 27 September, with presentations in both Nelson and Richmond. Billed as a means to planning for age-related issues facing both individuals and communities, the councils invited national experts in housing, mental and physical health, financial planning, work/entrepreneurship and demographic change to speak and encourage audience feedback.

The Stakeholders session for representatives from age-relevant organisations included talks by Dr. Natalie Jackson on Changing Demographics, and Commission for Financial Capability's Troy Churton. on Our Changing World and How to Prepare Financially. Our morning session also included roundtable discussions with Nelson Councillors on four topics: Wellbeing (Cr. Mel Courtney), Housing (Cr. Stuart Walker), Finance and Employment (Cr. Brian McGurk) and Safety (Cr. Ian Baker). All main points were later displayed and representatives were given a chance to mark the two issues we deemed most important overall.

Dr. Jackson told us that Nelson has recently had a crossover with more older people than children. Population ageing is a result of longer lifespan and ageing in place, net migration gain of people of retirement age, and net migration loss of people aged 15-24 years. Nelson City also gains family age migrants and their children, which slows the ageing

rate. This partly explains a younger population than Tasman and Marlborough.

In future Nelson will have New Zealand's 14th oldest population, Marlborough 9th oldest and Tasman 2nd oldest. All three regions have been winners in population growth in recent times but population peaks will come. This raises housing and labour issues as well as competition for workers.

Troy Churton discussed our changing housing choices, particularly concerning retirement villages and future need for retiree rentals and integrated care facilities. Financial realities are sobering: currently 60% of those over 65 rely on national superannuation for 80 to 100% of income, Planning for our financial future has no magic pill, he said, but we have choices for income strands. Retirement spending tends towards a "V" pattern with higher spending for early retirement years' lifestyle, followed by a spending dip and then, in later years, higher spending for support services. Troy discussed the concept of "decumulation" as a pragmatic step for these variations.

Both speakers took part in an afternoon public session. These and earlier talks were recorded and are available for download from the NCC website <http://nelson.govt.nz/council/plans-strategies-policies/the-long-game>.

"The Long Game" was a comprehensive offering, well-planned and presented. Representatives leaving our special session remarked on how worthwhile and encouraging we found it.

### **U3A ATTENDS THE RATA FOUNDATION AGM**

U3A Immediate Past President Peter Sutton and Vice President Rona Abbott attended RATA Foundation's 2017 AGM at

the Trafalgar Centre the evening of Monday September 4.

RATA provide grants to community organisations throughout Canterbury, Marlborough, Nelson and the Chatham Islands and this was their first AGM held in Nelson..

Peter's attendance was particularly appropriate since it was during his tenure as president that a U3A team, led by Kay and Lindsay Hunter, successfully applied for a RATA grant. The \$4000 received has largely funded U3A's expanded and updated database and website.

RATA Foundation fund projects in four categories: Learn, Support, Connect and Participate. The large AGM audience included representatives from a broad spectrum of familiar Nelson Tasman organisations that shared the \$2.2 million dollar total grants for the 2016-17 year. All RATA grants for this period total \$18 million. This has been a year of impact for the trust funds which reached the highest level in the foundation's history, rising by \$20 million dollars for a current total of \$585 million.

The evening's programme, which began with youthful kappa haka performances, featured officer presentations as well as some farewells . The speakers explained the RATA vision "to aspire to be a highly respected community leader, collaborator, facilitator and investor, working for and on behalf of the community".

News of a just announced \$250,000 grant the Nelson Hospice rebuild project demonstrated RATA's mission.

The mantra to Connect, Collaborate and Transform inspired a robust networking  
**Rona Abbott, Vice President**

In February this year, many of you will remember our speaker, Sarah-Jane Weir who is Deputy Chair of the Rata

Foundation. Sara-Jane spoke to us of the beliefs and guiding principles of the Rata Foundation and their work, and we learned a lot.

**Heather Clendon, Editor**

## **INTERNATIONAL DAY OF OLDER PERSONS**

"Stepping into the future: tapping the talents, contributions and participation of older persons in society" Is the theme of the International Day of Older Persons October 2017.

The day is about enabling and expanding the contributions of older people in their families, communities and societies at large. It focuses on the pathways that support full and effective participation in old age, in accordance with old persons' basic rights, needs and preferences. The number of older persons worldwide is set to increase by 56 per cent, from 901 million to more than 1.4 billion. By 2030, the number of people aged 60 and above will exceed that of people aged 15 to 24. It is starkly evident that the need to tap into the often overlooked and underappreciated contributions of older persons is not only essential but also imperative for sustainable development processes. The 2017 theme will explore effective means of promoting and strengthening the participation of older persons in various aspects of social, cultural, economic and civic and political life.

**GREY POWER NN NEWS 6<sup>TH</sup> SEPT 2017**

The above article refers to the International Day of Older Persons, which was on 1<sup>st</sup> October 2017, prior to the publication of this Newsletter. I thought the points expressed were of sufficient interest to publish late.

**Heather Clendon, Editor**

## **U3A BI-MONTHLY MEMBERS MEETINGS**

U3A Nelson holds its General meetings once every 2 months, on the 4<sup>th</sup> Wednesday of the month. The next meeting is on Wednesday 25<sup>th</sup> of October. As mentioned earlier in the Newsletter, we have a very interesting, and entertaining, speaker. We have a membership of around 200, but in general, only about 50 attend the meetings. It is an opportunity to learn of the activities of the organisation and also to socialise over a cup of tea.

We especially welcome new members, who are easily identified by Red Dots on their name badges, and urge others to make them feel welcome. We have had 17 new members in the past 3 months. A request from the committee: Can you please take ownership of your name badges, take them home with you, leave them in your car or handbag. But don't forget to bring them to the meeting and also use them when in your groups. It really helps us to remember others names.

For anyone with mobility difficulties, there is lift access at the Golf Club, to the first floor. Just notify anyone, either at the time, or beforehand by phone or email, and we can assist you.

## **FINAL WORD**

Great to see some photos of our Group activities, and appropriate notes. Also good to have articles relevant to our demographic. There is much interesting material here. (thanks, Rona)

We need to hear more of the many interesting groups operating, so please think about submitting a short piece, telling all of U3A what you are up to. Photographs would also be great and would make the newsletter more interesting and colourful.

**Heather Clendon, Editor**

