



# NELSON

## “Learning for Life”

Volume 5, Issue 4, Aug/Sept 2013

P.O. Box 1690, Nelson, 7040

Phone 022 392 0100

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

**Next General meeting will be on 20<sup>th</sup> October** at Tahuna Function Centre 10-12 noon. The Speaker will be Maryan Street, MP and the title of her talk will be “End of Life Choice Bill”.

Speaker at 28<sup>th</sup> August General Meeting was Suzanne Busch:

Dr Suzanne Busch of the General Medical Department of Nelson Hospital gave us an excellent illustrated address about the good, the bad and the ugly of Ageing; a very full description of what is ahead of us if we survive long enough. Speaking at breakneck speed Dr Busch told us the principles of ageing, and the misconceptions. How, in the absence of disease we ripen to perfection, and what was, becomes more pronounced. Growing old is inevitable, growing up is optional. Most of us knew only too well the signs of ageing, the thin skin, thick nails, coarse grey hair, a shrinking frame. But add to this a shrinking brain, especially the frontal lobe which effects the speed of learning, decision making, word retrieval, and, a little of the plus side, better judgement. If you were a grumpy young man you will probably become a grumpy old man. It was a bit unnerving to go through Nerves, Muscles, Sleep, Eyes, Hearing, and be reminded how all these are affected, let alone the Heart and Lungs – don't lie down. Bowels, my grandmother's favourite, Bladders, Bones, declining Hormones. Take care gentlemen your sperm is still viable. So, rely on your good genes and don't let ageing get you down; it is too hard to get back up. It was a remarkable coverage of a complex subject. Jill Brathwaite

**U3A Nelson welcomes new member: Clive Rowe**

### **A new group:**

Problems and Solutions – We want to look at logical and mathematical puzzles and computer issues and look at solutions and proceed to social problems and debate what options can be used as solutions. Paul Bieleski

### **FROM THE GROUPS:**

The Flat Earth Walking Group has been a functioning group for about 3 years, and continues to walk every 2 weeks on a Thurs. at 10.00 am for about an hour ending in coffee. Recently Stella Say has begun another walk on the alternating Thurs. This is for a more strenuous walk (hills). It is on a trial basis and includes 2 new members and any of the FEW group who wish to go. The FEW group is full at the moment and Stella is in charge of the Explorers Group. Jill Brathwaite

### Ancient Civilisations.

A long running series, a bit like our topic. We study civilisations from around the Mediterranean also Africa, China, Mayan and Incas. We use Time Life DVD's and information is given by experts in their chosen fields, covering different aspects of the topic. Being on site also aids our understanding. After each session a lively discussion occurs, as many of our number have travelled to the countries studied and our group has gained from their knowledge and experience.

Comparisons between then and now are often eye opening. The opportunities to see where mistakes were made and corruption of power, leads to many interesting discussions. Altogether an interesting and informative subject.  
Ngaire Birch

**Forum:** We meet on the fourth Tuesday of each month. The group consists of three women and six men. A few were born in NZ, all have travelled overseas and a number have also worked in other countries. We do not plan our sessions but let the topics we talk about just happen and this leads to all sorts of amazing discussions. I am not sure we solve the world's problems but we hear all sorts of opinions and in the process learn a lot. Last Tuesday was interesting in that it was suggested that we might consider limiting each speaker's contribution with a time limit. There was also the thought of a "talking stick." Consensus was that we liked our informal approach and if someone was desperate a hand could be raised. I was told one hundred words were sufficient but as with some of our group, I find that impossible. Briefly Tuesday's topics were -cultural prejudice with examples, competition between the US and China in the Pacific, not surprisingly the GCSB bill, chemical warfare as opposed to shells and now napalm, as all result in the death of innocent people. Of course this is only a small example but you get the idea. Sally Warren

**There are vacancies in the following groups:** As at 25th August 2013: Ascent of man 2, Astronomy, Ballet Group 1, Children's Literature (new), Classical Music, Creative Writing, Exploring Nelson Walking Group (new), Flat Earth Walking Group (may form new group), Geology (may form new group in November), History of Jazz 2, Irish Group, Luncheon Group, Opera at the Met, Political Science, Problems and Solutions (new), Revolutionary Thinkers and their Revolutions, Scrabble, Theatre and Film Group, Visual Arts, WEA Book Discussion Group, Website Study Group and Write Your Life 2,3 & 4.

If interested in joining a group phone Sue on 03 5391108 or email her [study@u3anelson.org.nz](mailto:study@u3anelson.org.nz)

#### **From the Committee:**

Our Reserved rows at the front of the venue were trialled at our General meeting. We hope this helped those who have had difficulty hearing at our meetings.

Treasurer's Report: The cost of our U3A website; \$2,869.25

Our Nelson Building Society investment has been transferred to a Westpac cheque account; \$2,322.87

172 subscriptions have been received.

#### **DID YOU KNOW?**

The NZ Education Act (1990) specifically protects the use of the word "university". U3A uses the term in the classical sense (a body of scholars) rather the institutional sense. As a result the consensus has been to use the acronym U3A in any formal statement or publication.

Acknowledgement of extract from "U3A in Auckland" by David Cole.

#### **Reminder to convenors:**

Please remember to keep Sue up to date on who is in your group. The website cannot be kept current if she doesn't know of any changes to groups resulting in interested members missing out.

A Convenors meeting is scheduled for January/February 2014 to help with informing members how to carry out that role.

#### **Offer for Convenors**

Carl Horn has offered to add a mailing list for each group.

Several groups have been successfully trialling this. Contact Carl [website@u3anelson.org.nz](mailto:website@u3anelson.org.nz) and he will set one up for your group. A mailing list allows the group to communicate with each other by email easily and effectively. Carl will set up the list, and Sue will inform him of changes when they occur, so you won't have to do any of the administration, simply enjoy the benefits.

## Guidelines for the Convening of Study Groups

### Starting a new Study Group

You may be an expert in your subject or you may simply wish to join with other similarly interested people to increase your knowledge of the topic. You don't need to be an expert to start a study group. All you need is an interest in the topic and a desire to learn more. Each meeting of the group requires a presenter and a host, and the person who undertakes these roles may change from meeting to meeting. The group also requires a contact person who in most cases is responsible for the day-to-day administration of the group and is the liaison between the U3A Study Group Coordinator (SGC) and the group.

When deciding on venues, consider access difficulties, car parking and numbers that can be accommodated. Other members of your study group may be able to take turns at hosting the group. Or you may consider hiring a public venue and sharing the costs between members.

Avoid regular meetings on the dates scheduled for U3A Nelson General Meetings and Committee Meetings as it precludes members from attending other important U3A Nelson functions. These meetings are held on the second and fourth Wednesday morning of each second month and are listed on the U3A Nelson website.

### Running a Group

It is the group responsibility to ensure that no one member dominates the meeting and that all members have opportunity to have their say. Some groups put a time restriction on the time any single member can talk and a clock in the meeting room can provide a mechanism for moving onto the next speaker.

**HAPPY DISCUSSIONS!!**



A group at the Planning meeting in July 2013

Quote: "Those who teach also learn and those who learn also teach". Acknowledgement to Peter Laslett, Trinity College.

**REMEMBER** to wear your name tags to your study groups – it will help those of us who tend to have frequent 'Senior Moments' and it will help the flow of the group! Thanks.

Welcome home to the President, President Elect and the Secretary from their various travels.

Best Wishes to all.  
Jill D