



**NELSON**

## **Learning for Life**

Volume 7, Issue 4, September 2015

**Next Members' Meeting will be on 22nd October 2015 at 10-12 noon.  
Nelson Golf Club 38 Bolt Rd, Tahuna. We begin at 10am so please arrive in  
plenty of time. \$5**

### **From the August Members' meeting**

**Vanessa Taylor** gave us an informative and interesting overview of what to think about, should we consider moving to a **Lifestyle or Retirement Village**.

Vanessa is the manager of the relatively new Lifestyle Village, Olive Estate, in Richmond. She emphasised the importance of the individual being the one in control when making the decision to move and not to be pressured by friends and family.

The difference between a retirement village, and a lifestyle village, seemed to be mostly about personalisation of the type of villa one chose, and altering it to suit also the age factor. Lifestyle villages tend to accept people from 55 onwards whereas people entering retirement villages tend to be older.

She also spoke of inspecting various options in the chosen city or area,

mentioned her own personal experience in moving her mother to a care facility and problems with having to make a hasty choice.

A lot of information was shared, that would be very useful for those contemplating moving in their later years. Our thanks to Vanessa for providing such helpful information.

**Heather Clendon, reviewer**

### **Sally Mason & Don Kelly**

The double-act of Sally and Don recalling their four trips to Eastern Canada, specifically **Newfoundland**, gave us an enthralling insight into the experiences they revealed to the travellers who participated. The literature and history of Newfoundland outlined by Don, told of the harsh environment and lifestyle of the 'Newfies', and the graphic images of 'The Rock' they

call their home were a revelation to most of us. Under Sally's experienced tutelage in creative photography, remnants of old fishing villages, lobster pots, gravestones, icebergs and forests were all brought to life for us.

From the Viking occupation prior to 1000 CE, plus John Cabot's 1496 expedition (on behalf of Henry VII to claim the islands for the British), to James Cook who in 1763 surveyed and mapped Newfoundland and Labrador, we were given a fascinating insight into the early history of this distant land.



**Dulcie Carson, Reviewer**

### **WELCOME TO NEW MEMBERS**

Barbara Nicholas, Jana Bott, Shelagh Lindsay, Ken Horill, Pippa Phelp & Dorian Morrison

### **New Groups**

Preserving Family History on DVD  
Gerard Hueting

### **Groups with vacancies**

Astronomy.  
Children's Literature  
Classical Music appreciation  
Current Affairs I  
Discovering our local birdlife  
Electrical Knitting  
Exploring Nelson Walking Group 2  
Exploring Te Reo and Tikanga Maori  
Genetic Engineering 2015  
Hands in the Garden  
Scrabble  
Strong Women  
TED Talks 1  
TED Talks 2  
Write Your Life 2  
Write Your Life 5

### **UPDATES FROM SOME GROUPS**

#### **Ancient Civilisations**

So far this year we have looked at the beginnings of the Roman Empire using the series 'I Claudius' as a guide. The over-riding conclusion was that becoming Caesar was a sure way to shorten your life. Plotting, poisoning, assassinations were the norm. This series was seen through the writings of the historian and reluctant Caesar, Claudius (who also did not die of old age).

At present we are following The Rise and Fall of the Empire (a BBC production) with Christianity just starting to become a threat to the Roman hierarchy. However, the plotting, poisoning and assassinations continue as aforesaid.

**Caryll Brooker, convenor**

### **The A-Z of Art History**

Our group meets on the 1st and 3rd Monday of the month at one of the members homes in Nelson although we occasionally change venues. This group has been thriving for around 20 years with some of the original members still going strong. We have a very stable membership of 12 folk. We each take an artist or a period of art to research and present, sometimes we change the format a little. This year we are studying different Art Galleries around the world. This has been fascinating as so many of our group have travelled and visited different places so the talk is animated and stimulating. We have many laughs and much food for thought. Art DVD's add to the mix on occasions.

**Jan Thomas, Participant**

### **Red Cross: Save-a-life** **[This was a one-off class]**

Would you know what to do if you came across an accident while driving, or found a person who had collapsed on the ground? Do you always carry your cell phone?

There are new things to learn about resuscitation, and now that most of us carry cell-phones, how essential these can be. The course was a very good mix of videos which illustrated possible accidents or situations and were interspersed with discussion, demonstration and practice.

#### **Remember - DRSABC**

Look for **Danger (D)** to ourselves as well as to those involved. This could be spilt fuel, electric wires, gas or chemicals, oncoming traffic etc. Having checked and made sure the danger is dealt with, check the person to find out whether they are conscious and breathing. **(R)** Do they **respond?**

The cell phone can be used to **(S)** **send** for an Ambulance, Fire Brigade, and/or Police.

If there is no response from the person, their breathing is the first priority. Check by listening and looking to see if their **Airway** is clear **(A)**. We were shown how to place the person in the correct position to allow this, ensuring they can **breathe (B)**.

If there is **no breathing**, resuscitation **(CPR)** is needed immediately to ensure that the blood

is **circulating (C)** so the brain continues to receive oxygen. We were shown the current technique, above and how to use a face protector. If the patient is breathing but unresponsive, place in the recovery position and check for bleeding. Wear plastic gloves or clingfilm for protection. We were shown a defibrillator, told about its uses, and where we might find one. There are an increasing number becoming available in public venues.

The scenarios we were given were very valuable to help us respond adequately in the future.

**Joan Skurr, participant**

### **Ascent of Man Group 1**

The Ascent of Man group has met regularly for more than four years. Considering it was started with the idea of viewing and discussing the thirteen episodes of Bronowski's DVD of the same name, you may well ask "What on earth have you been doing since?" We decided to continue meeting because we were sure we could find many subjects relevant to the ascent of man that would engender even more stimulating discussions. Such has proved to be the case. We have explored the development of language, which led on to several sessions of Melvin Bragg's "The Adventure of English".

We studied the development of music, 'per favour' of Howard Goodall's excellent DVDs. Also we each chose a "book/topics that changed the world", with such subjects as the origin of species, the Magna Carta, the St James Bible, slavery and its abolition, early economics, Faraday's researches in electricity and the development of manufacturing on a large scale. We watched The Incredible Journey fronted by Alice Roberts (2009). This was a five-part "update" of the Ascent of Man.

This year we have watched "Mapping the World" which began in Roman times, another series "The Genius of Design" and have just started "The Ascent of Money". There seems to be no lack of material that fits the title of our group, and we expect to still be together this time next year!

**Jocelyn Lewis, Convenor**

### **Economics**

The British economist, Joan Robinson, said,

"The purpose of studying economics is not to a set of ready-made answers to economic questions, but to learn how to avoid being deceived by economists."

The first thing this group looked at was to try and understand what economics actually is. The answer; different answers according to your academic bias.

We learn that "The economy depends about as much on economists as the weather does on weather forecasters."

We have discussed the types of economic organisation but in our discussions, we do not seem to find many constructive ways forward. We do manage to find faults, but no way forward. The popular discussion of economics seems to overlook the economic position of people in favour of business economics measured in the absurd GDP. From our discussions we manage to learn a lot from each other's real-life experience.

We have discussed the counterfeiting role of banks, the factors of production, the damage created by inequality, globalisation, and so on.

Paul Bielecki, Convenor

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