

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 26th of October at 10 am till 12 noon at the Nelson Golf Club in 38 Bolt Road, Nelson. The speaker is Colin Davis, and his topic "Keeping an Active Mind for Mental Health after Retirement"

FROM THE MEETING ON 24th August

At our Members Meeting held at the Nelson Golf Club on the 24th of August, we were joined by Angela Francis, who is the C.E.O. of the Primary Health Organisation of Nelson District Health Board. She outlined her role, and she told us of her wish to be more inclusive of the person at the centre of the community. That is, the citizens of Nelson, but chiefly the young and the old, who rely on this service. These two groups are the biggest consumers of health care in the community.

As Nelson has a very high population of over 65's, she was interested to get our feedback on how people can be made more aware of the services offered. She would like to encourage the mental and physical health of healthy individuals, to prevent them becoming unwell in the first place, the essence of Primary Health Care. Lifestyle diseases, such as diabetes, obesity, smoking related disease and loneliness can all be prevented with good intervention. The audience had a number of suggestions to "get the message out".

Green prescriptions were discussed, and only about 50% of the members had heard of them. The role of groups such as Grey Power, U3A, and other social groups, including exercise classes, was mentioned. The problem can be encouraging older people to join. More publicity via G.P. practices could be an answer. Large advertisements in the local paper were suggested, but apparently this is too expensive for the P.H.O to consider. As always, it's back to cost for all of us.

Angela's talk was interesting and made us aware of the responsibilities of the PHO, and it is hopeful her approach to wellness will make a difference.

Heather Clendon, editor.



FROM THE STUDY GROUPS

Thanks to Karl Horn (Great Discontinuity and Cosmos: A Space-Time Odyssey), Jan Thomas (Exploring Nelson Walking), Bill Brett (Successful Gardening: Science Not Myth), Sally Mason (Bookcases), Cecile Strang (Gilbert and Sullivan Operas), Noeline Lawson (Ireland), and Lindsay Hunter (Political Science). They presented stimulating and informative stories at our open meeting, reminding us of the extensive range of topics that are open to us through U3A Nelson. **These groups currently have vacancies:** -

- Ancient Civilisations 2
- Architecture
- Astronomy
- Bookcases
- Classical Music
- Discovering Our Local Birdlife
- Exploring Te Reo and Tikanga Maori
- Irish Group
- Military History
- Opera at the Metropolitan
- Ramblers
- Scrabble
- Successful Gardening: Science not Myth
- Theatre and Film
- The Normans
- Write Your Life

If you would like to join any of these groups, or suggest another topic for study, contact study@u3anelson.org.nz or phone Kay on 03 5477274

Anyone who stops learning is old, whether at twenty or eighty. Anyone who keeps learning, stays young. The greatest thing in life is to keep your mind young.

Henry Ford

SHARING WITH NZ BRANCHES OF U3A

Recently a member from Christchurch wrote to us and asked if she could join three groups while she was house-sitting in Motueka. The convenors of suitable groups graciously invited her to join them. This worked very well, and she was impressed by the number and choice of learning opportunities Nelson U3A offers.

If any of you are out of town for a reasonable time, why not contact the local U3A, and do the same? Just find their website and send a letter and request to join them. This could make for good networking and an exchange of ideas. Learning from others is always useful.

IMPORTANT

Recently, convenors have been perturbed by people who have expressed interest in joining a group and then failed to turn up. Please notify the convenor, as this will allow a member on the waiting list to take their place if the group is oversubscribed. Obviously, this doesn't apply to a temporary absence, which would just be covered by a phone call, or email, giving apologies.

U3A CURRENT AFFAIRS GROUP

This discussion group began a year ago and has flourished, with attendance varying. We meet on the second Thursday of the month and subjects to be discussed are chosen, with volunteers settled on to lead. The following is a list of topics which have been considered, always with vigour and conviction by the participants!

- Religion
- Media (rather unpopular)
- Obesity
- Sugar tax
- Euthanasia/Mercy killing
- Should we change the flag
- Justice - arm our police?.
- Effectiveness of home detention etc.
- Govt. superannuation- what age and how much?
- Emigration

As you will gather the group has solved the world's problems and it has been pleasant and relaxing!

Rosemary Boyd, member

FORUM

The Forum group meets on the fourth Tuesday of each month. The current group consists of three women and five men. A few were born in New Zealand, all have travelled overseas and a number have 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 opinions and in the process we learn a lot.

I was told one hundred words were sufficient, but as with some of our group, I find that impossible. Generally I keep cuttings from the paper. These can be local or international happenings. Sometimes these are used, other times members of the group bring topics of interest. Often there is just so much going on, we suddenly find it is midday and it is time to close down.

Sally Warren, member

OTHER ADULT EDUCATIONAL GROUPS IN NELSON

Retired folk in Nelson have a plethora of clubs and groups offering learning activities. There have always been painting, woodworking, music, pottery and similar groups and a lot of learning takes place within these. However these are largely hands on activities where people learn a specific manual skill together. This article will concentrate on those groups who offer brain food. These groups are for those wishing to increase their knowledge of the world around us. They are in no particular order. A good place to find details is <http://www.found.org.nz/>. This is the Nelson City Council's FOUND Community Directory which lists Community groups and organisations across the top of the South.

The following is a list of the more well known groups who you may be interested in:

1. U3A Nelson (U3A : University of The Third Age)

We are about 250 mostly retired folk who wish to continue our learning. There are about 50 different groups all applying themselves to learn more in certain areas from history to dance, from geology to gardens. All are welcome.

Find out about all the groups and about U3A at their Website :

<http://www.u3anelson.org.nz/>

Contact Person Peter Sutton (President)

Email secretary@u3anelson.org.nz

2. Nelson Institute

The Institute is NZ's oldest secular community organisation. Founded on board the barque 'Whitby' en route for NZ May 17th 1841. September 24th 1907 the Institute was incorporated by Act of Parliament. Seeks to preserve our cultural identity and history. Organises and promotes lectures and discussions on a range of topics.

What do we do? Regular excellent speakers at the Nelson Library. Typically one every other month and on a Sunday afternoon.

Physical Address: Nelson Elma Turner Library, 27 Halifax Street, Nelson

Contact Person Barbara Rhodes (President)

Phone: (03) 545 1646

3. Nelson Science Society (NSS)

The NSS is a branch of the Royal Society of New Zealand and exists to promote science within the Nelson/Tasman region - we do this by holding regular scientific talks from a variety of experts throughout the year and by promoting science education in schools and colleges.

The Astronomy section is run as an independent constituent of the NSS and maintains its own programme of events (see Astronomy Section pages for full details and newsletter).

Contact : Simon Crase (President Nelson Science Society)
[president@nelsonscience.nz]

Or Robert Rea (Astronomy) 03 544 5241

Website : <http://nelsonscience.nz/>

4. Fresh Focus

Provides a selection of talks on far-ranging topics presented by various people, usually from the Nelson region. The talks are presented between 10am and 11am on 25 Mondays each year. See the Community Notices section of The Nelson Leader, The Nelson Weekly and The Waimea Weekly for details about each presentation. Every senior citizen is welcome to come along. There is an expectation of \$3 gold coin donation and for people to be seated by 9.55am.

Typically about 60 people attend each talk.

5. Nelson Rock & Mineral Club

Club meetings consist of talks about rocks, fossils, micro-minerals, minerals and geological processes covering the broad spectrum of geoscience interests. There are monthly field trips to collect minerals, fossils, do gold panning, view micro-minerals and also look at the geology of an area. We have a shed containing all the necessary equipment to cut and polish rocks and make jewellery.

Contact Person Diane Toole (Secretary)
Phone (03) 540 2240

6. SeniorNet Inc.

Teaching computer related skills to those aged 50 plus in a personal and friendly environment.

Physical Address is Pioneer Park, 11 Hastings Street, Nelson. Opening Hours: February to

November; Weekdays only between 9.30 am & 4.30 pm

Contact Person Irene Thomas Phone (03) 548-9401

Email: contact@seniornetnelson.org.nz

Website: www.seniornetnelson.org.nz

7. Nelson Historical Society

The objects of the Society are:-

– To gather & record the history of the northern part of the South Island in order to educate the public & foster understanding of our heritage

– To promote public awareness of that history by organising meetings field trips & other similar activities

Meetings: Nelson Masonic Hall, 109 Nile Street, Nelson. Second Monday of the month, 7.30pm. Check programme:

<https://www.facebook.com/nelsonhistoricalsociety/> .

8. Nelson Institute For Diplomacy And International Affairs

The Branch in Nelson was set up in August 2011 by Hugo Judd, a former member of the Ministry of Foreign Affairs and Trade and a former Official Secretary to the Governor General. It now has around 110 members.

Meetings are held every 4 or 5 weeks on weekdays at 5.30pm in the Media Centre of the Nelson Marlborough Institute of Technology. Speakers have included diplomatic representatives in Wellington, Members of Parliament, academics, journalists and former New Zealand Ambassadors and High Commissioners.

Contact Chair: Hugo Judd
hugojudd@gmail.com

9. Friends of the Library

The Friends of the Nelson Library was formed in 1991 are a group of people who are interested in supporting and promoting their library and strengthening its links with the community. We hold relaxed committee meetings the third Wednesday of each month (10 am) at Elma Turner Library.

Contact Person Jeannie Woodhouse (Chairman)

Phone (03) 5380969

Paul Lundberg, Vice President

MEETING FOR CONVENORS

The committee plans to hold the annual meeting for U3A Nelson Convenors on 9th November, 2016.

If you are contemplating becoming a convenor next year, you are most welcome to attend.

Please RSVP to study@u3anelson.org.nz before 26th October. Convenors will receive a formal invitation.

Kay Hunter, Study Group Coordinator.

REMINDER

There are many name badges left behind at the 2 monthly meetings. It would be helpful if you could make sure you have collected yours, and to wear it to the meeting. It is better that you retain ownership of the name badge, and bring it to each meeting, and also wear it to your various groups, as it helps us all to address each other by name. Keeping it in your car is a good idea, so it is always with you.

END OF YEAR GATHERING

The Committee is planning to hold a Christmas "Get Together" on the 30th November this year. It will be held at the Suburban Club, Tahunanui, at lunchtime, with a light meal available for a low cost, and possibly a quiz and some entertainment. We are still at the planning stage, and will let you know of the details later. Meantime, make a note of the date in your diaries.

FINAL WORD

Many thanks to the 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

