



Learning for Life

Volume 17, Issue 5, October, 2024

www.u3anelson.org.nz

Bank a/c # (NBS): **03-1354-0657098-00**

Wendy Cornish (Pres): Ph. 03 544 2794

Email: tonyandwendy@xtra.co.nz

NEW BANK ACCOUNT!! Note our new account number above. We have changed from Westpac to Nelson Building Society.

Our next Members' Meeting will be on Wednesday 23rd October from 10 am till 12 noon at Elim Church, 625 Main Road, Stoke, Nelson. The speaker is Neil Bruce-Miller.

Neil was born in Africa in 1948, and grew up on the family farm in Zambia. After education in Zimbabwe and England, was employed as an agronomist with a major British multinational, spending the next 30 years, focussing on developing small scale farmer schemes in the Third World. This included 13 years in the Congo, formerly Zaire, between 1972-1992 on 3 separate postings and further postings in Kenya, Sierra Leone, Uzbekistan and China, inter alia. Have lived in NZ since 2002. Happily married to Sue since 1970, with 3 adult sons and 9 grandchildren.

My U3A talk will focus on our time in the Congo in the 70's, 80's and early 90's, it's challenges, what we learnt and how we happily survived and brought up our three sons, despite the multitude of difficulties.

Topics covered in this Newsletter:

- Speaker report from August
- President's report
- Group reports
- 5 ways to wellbeing
- Positive Ageing Forum report
- Funnies

Speaker report from the August meeting:

Nigel Costley: Battle for the Babies: How Truby King's 1904 trip to Japan influenced his ideas, and the formation of Plunket in 1907.

For the majority of U3A members Plunket is a New Zealand icon. It was a way of bringing up babies. The regime of four hourly feeds and sleeping demands, the withholding of physical contact became very unfashionable but most of the female audience will remember the Plunket nurse's visits and the comfort they brought to mothers. Plunket adapted to meet the changing needs of parenting and those visits are still ongoing. But there was a lot more to Truby King as Nigel Costley was intent on showing.

His entertaining talk put the founder of Plunket firmly into perspective. Truby King was a man of his times, influenced by current philosophical issues such as eugenics. His focus on health and nutrition stemmed from the inquiries into why the British army had to resort to nefarious means to win the war against the Boers. And his belief in agriculture as a tonic for mental health, when he was medical superintendent of Seacliff Lunatic Asylum, provided valuable therapeutic benefits for many of the inmates.

Nigel skillfully wove the story of Truby and his wife Bella into a social and political context and honoured the father of baby care in New Zealand. His detailed description of the couple's trip to Japan, their love of gardening, King's singular vision for encouraging breast feeding and their overriding concern for the health of mother and baby, were significant contributors to the increase in the health of all New Zealanders.

Thank you Nigel for such an interesting and informative talk.

Ruth Allison

President's Report

Greetings

October already - I guess, like us, you are thinking the year end is fast approaching and our General Meeting on 23 October will be our last for the year. As always, Speaker Organiser, Paul Lunberg has organised another interesting speaker for us.

As per my last message to you all, please note the information regarding our Constitution, a draft copy is on our website - u3anelson.org.nz. If you have any comments on the Constitution, send them to the new email address created especially for this purpose: comments@u3anelson.org.nz.

And also previously mentioned, please note the change of bank from Westpac to NBS and the change of bank account number, showing in the top right corner of this Newsletter. You will need to change your pre-loaded payee information before subscriptions are due next year.

We look forward to seeing you all at our 23 October meeting. To our new members, your name badge will be waiting for you at the Welcome Desk, and to existing members, please remember to wear your name badges.

Cheers

Wendy

These groups have vacancies:

Antique, Vintage & Retro

Over a lifetime we amass quite a few possessions that bring us joy, memories, pride or just a simple appreciation. It's these possessions that we find hard to get rid of when the time comes to (and I hate this word) "down-size". I simply cannot understand the followers of Marie Kondo, and her KonMari Method of "de-cluttering" (another word I hate).

I convene a group that is the antidote to de-cluttering and minimalism. Once a month the Antique, Vintage & Retro (AVR) group meet to "show and tell" their old and not-so old treasures. We've marvelled at old toys, 1920s scrapbooks, 1960s Carnaby Street clothes, old Colonial family memorabilia, jewellery, porcelain & china, paintings, kitchenalia, Nelson memorabilia, mystery objects, etc, etc. Anything goes provided it's *antique, vintage or retro*.

We're not necessarily interested in the value of the pieces, more the history behind them and their meaning to you. Discussion often follows, memories are re-lived and humour abounds. None of us are experts but some have knowledge based on their particular passion for collecting certain items.

In addition to holding our monthly meetings in each other's houses we have the occasional outing. For example, we've had guided tours of behind the scenes at the Theatre Royal, Nelson Museum's research facility in Isel Park, Willow Bank Heritage Village and Broadgreen House. Plus, we have visited private collections and been very honoured to see valuable items that are kept under lock and key and away from the public gaze.

Antique, Vintage & Retro meet on the third Monday of each month at 2.00pm. The group has a couple of vacancies so if you would like to know more, contact; Judy Pittman via email randjpittman@gmail.com or enrol through Steven Shaw by emailing: steven.shaw51243@gmail.com

Judy Pittman, Convenor

Mac computer group

Got a Mac? Love your Mac? Want to get the most from your Mac? The Mac Enthusiasts Group share their experience and knowledge on all things Mac. We meet in Atawhai on the 3rd Wednesday of each month.

Enrol through Steven Shaw by emailing: steven.shaw51243@gmail.com

Roger Pittman, 021 708309, Convenor

Message to all Convenors

Convenors 'Thank You' Afternoon Tea.

Please diary Saturday 30 November 2 - 4 pm

Summerset In The Sun Lounge, Stoke

Please reply to Wendy - tonyandwendy@xtra.co.nz for catering purposes

WANTED, new convenor:- Write Your Life

Our 'Write Your Life group 7' has now ceased. We started in October 2017 and there have been a few drop out and a few enter during this period. We have met once a month in my home – so that's quite a few meetings over nearly 7 years – apart from a break for Covid and a couple of changes due to health problems, and the holiday month of January of course.

I started the group as I had wanted to write about my life but didn't have the discipline to sit down regularly and write, so that's when I began the group and it has worked, for me anyway, and hopefully for the participants. During this time I have written quite a bit – still a few more topics to cover! I have found it a very satisfying experience, looking back over the years and realising I have had quite a full life. This in itself is the most satisfying part of this experience.

I would like to encourage someone to start a new group to help each other get down to write!! It doesn't have to be of literary magnificence (!) but just getting things down on paper/computer is the main aim. There can always be editing at a later date.

In our group we shared what we had written, in confidence of course, but it was always a delight to hear others' stories – and a great way to get to know one another.

If someone is keen to start a new group I am happy to share how we organised ours and some of the ideas you could follow. I am sure Steve Shaw would encourage someone to start a new group.

Here's good luck with recalling your tales.

Angela Greig

The Private Lives of Scientists:

At a recent meeting, we explored the lives of the Nobel Curies.

When Pierre Curie was a young scientist, he fell in love but she died. Pierre swore off romance and dedicated himself to just science. Marya Sklodowska learned science in a secret University of women in Russian dominated Poland. To save money, she became a governess and fell in love with the brother, Kazimierz, of her charges. Because of class differences this was broken up. Humiliated she moved to France with her savings to study science. Pierre let her use some of his space for her studies. He fell for her and would have followed her back to Poland. Rejected as a woman there, she had to return to France for science work. They married and did very good science, earning a Nobel Prize together. When Pierre was killed in an accident she concentrated on science. Her daughter Irene, married her mother's assistant, Frederic, and they went on to get a Nobel Prize together. Marie fell in love with a protege of Pierre, Paul Langevin, who had a bad marriage. The Paris newspapers were horrified and eventually broke up the affair. They had made sure she could not join the French Academy of Sciences before. Her other daughter Eve married a man who won a Nobel Peace Prize for UNICEF work. Marie helped establish a Radium Institute in Warsaw where her first love, Kazimierz, became a mathematician and as an old man was seen to contemplate her statue there in Warsaw. Later in 1948 Marie's Granddaughter Helene married the Grandson, Michael, of her lover, Paul Langevin.

We have vacancies so if you are interested, enrol through Steven Shaw by emailing: steven.shaw51243@gmail.com

Paul Bielecki, Convenor

Antique, Vintage & Retro

The Antique, Vintage & Retro (AVR) group had a behind the scenes tour of the Theatre Royal in August. Theatre Manager, Eliane Polack, explained how the Oddfellow Lodge had the theatre built in 1878 using native timber, corrugated iron on the roof, mud floors and a total of 800 seats.

There have been several refurbishments since the 19th Century including the mud floors being covered and the old wooden benches being replaced by turn-up seats in 1904.

The popularity of the movies led to a decline in amateur and professional theatre and a projector was added to show movies.

In 1944 Nelson Repertory Theatre came to its rescue but in 2005 the curtain came down and the building was deemed unsuitable to operate as a theatre. A redevelopment project began and one of its key aims was to restore the historic atmosphere and reinstate the grandeur of the 1878 auditorium. Original hand-painted wallpaper was uncovered during the restoration and new hand-made paper was created replicating the original Victorian scheme. The seats in the dress circle were restored and four period chandeliers installed.

Undeterred by tales of the theatre's ghost the U3A group were taken backstage for a look at the new three-storey tilt slab concrete structure that forms the stage, fly tower and orchestra pit, plus the dressing rooms and rehearsal rooms.

Long may the curtain rise on performers at the Theatre Royal - the oldest operational wooden theatre in the Southern hemisphere.

Judy Pittman, Convenor



The Antique, Vintage & Retro group members in front of the Theatre Royal's counterweighted scenery flying system.



Members of the Antique, Vintage & Retro group take to the stage. (l-r: Roger Pittman, Tony Gimson, Nan Turner, Phillipa Molloy, Judy Pittman, Iain Clark, Wendy Cornish, Heather Gunning, Rosalie Johnson).

Five ways to Wellbeing

1. **Connect** Talk and listen, be there, feel connected.
2. **Give** Your time, your words, your presence.
3. **Take notice** Remember the simple things that give you joy.
4. **Keep learning** Embrace new experiences, see opportunities, and surprise yourself.
5. **Be active** Do what you can, enjoy what you do, move your mood.

Age-Friendly Approach to Disaster Management: Insights from the Positive Ageing Forum

The recent Positive Ageing Forum featured an enlightening presentation by Dr. Kathleen Brasher titled "An Age-Friendly Approach to Disaster Recovery," followed by comments on the local situation from Kathy King of the Nelson/Tasman Emergency Management Team.

Strengths of Older People in Disasters

Older adults bring invaluable assets to disaster situations:

They often form the backbone of emergency services.

Their local knowledge, understanding of historical weather patterns, and past experiences with disasters are priceless.

They represent a significant economic resource.

Many provide care to others in times of need.

Their moral strength, wisdom, and ability to offer emotional support are crucial during crises.

Vulnerabilities to Consider

While older adults are resilient, they may face unique challenges during disasters:

Pre-existing health conditions requiring daily medications or home help can be disrupted.

Minor illnesses or injuries may escalate more rapidly.

Common age-related conditions can be exacerbated by stress.

The potential loss of aids and equipment can severely impact daily functioning.

There's an increased risk of abuse and neglect in chaotic situations.

An important insight from the presentation was that older adults tend to complain less and under-utilise available resources. This behaviour stems from various factors:

Fear and shame, possibly due to a lifetime of self-sufficiency.

Reluctance to be perceived as a burden on others or the system.

These attitudes can lead to older adults not seeking help when they genuinely need it.

The presentation revealed an interesting pattern in evacuation scenarios. Despite mandatory evacuation orders, many older people chose to determine their own level of risk. They often decided to shelter in place where they:

Felt supported.

Could remain with their pets.

Could limit their exposure to the trauma of evacuation.

Personal Preparedness

Personal preparedness was emphasised for all individuals, regardless of age. Key questions to consider include:

Am I vulnerable in a disaster situation?

Will I evacuate if necessary?

How can I support myself for 72 hours after a disaster?

What will I be doing during and immediately after a disaster?

Where will I go if I need to leave my home?

LINKS

Dr Brasher's Presentation: [Brasher_AgeFriendlyDisasterPresentation-2Sept2024.pdf](#)

<https://www.nelsontasmancivildefence.co.nz/regions/nelson-richmond-motueka/>

10 REASONS WHY ENGLISH IS WEIRD

- 1) The bandage was wound around the wound.
- 2) The farm was used to produce produce.
- 3) The dump was so full that it had to refuse more refuse.
- 4) We must polish the Polish furniture.
- 5) He could lead if he would get the lead out.
- 6) The soldier decided to desert his dessert in the desert.
- 7) Since there is no time like the present, he thought it was time to present the present.
- 8) A bass was painted on the head of the bass drum.
- 9) When shot at, the dove dove into the bushes.
- 10) I did not object to the object.

A guy walks into a lumberyard and asks for some two-by-fours. The clerk asks, "How long do you need them?"

The guy answers, "A long time. We're gonna build a house."

MINUTE AND MINUTE
SHOULDN'T BE SPELLED THE SAME.

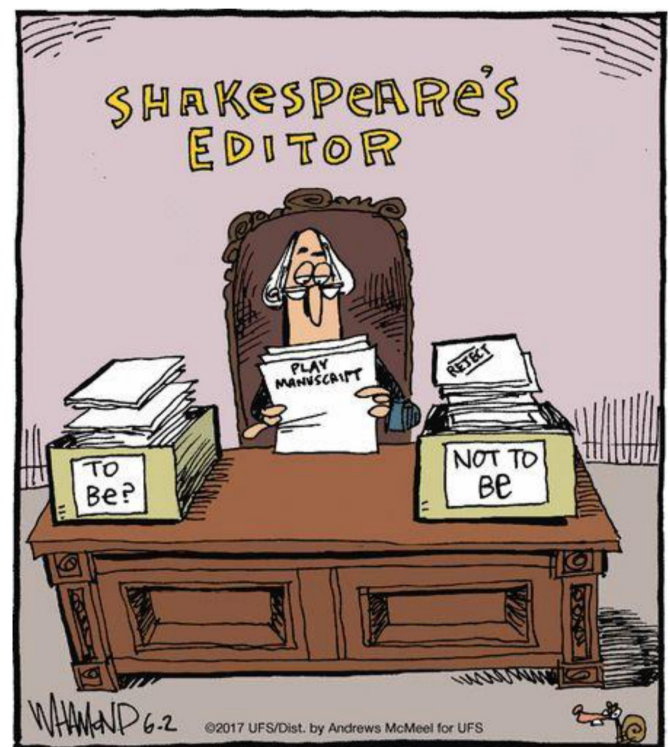
I'M NOT CONTENT WITH THIS CONTENT.

I OBJECT TO THAT OBJECT.

I NEED TO READ WHAT I READ AGAIN.

EXCUSE ME BUT THERE'S NO EXCUSE FOR THIS.

SOMEONE SHOULD WIND THIS POST UP
AND THROW IT IN THE WIND.



Energizer Bunny arrested: Charged with battery.

I didn't like my beard at first. Then it grew on me.

How do you make holy water? Boil the hell out of it!

What do you call a dinosaur with an extensive vocabulary? A thesaurus.

When you get a bladder infection, urine trouble.

What does a clock do when it's hungry? It goes back four seconds.

I wondered why the baseball was getting bigger. Then it hit me!

Broken pencils are pointless.

From the Editor

Thank you to those who submitted articles. Reports from study groups are always welcome, especially if your group has vacancies, as this is a good way to showcase what you do. **Deadline for articles for the December newsletter is Monday 9th December.**

Trevor Lewis