



[Havelock North Inc.]

PO Box 8475 Havelock North

Newsletter August 2011



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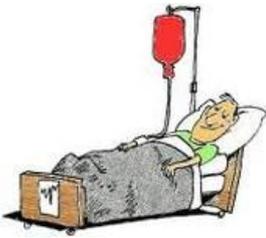
Greetings Everyone,



It has been an eventful winter so far with sunny days; cyclonic winds, heavy frosts and snow to the nearby hills. Our Family has been lucky to have missed the coldest of days as we have been re-cooperating on the Sunshine Coast with grandchildren.



It has been an eventful few weeks which has brought me to the realisation that I am far older than I thought and things are wearing out. Our minds disguise this fact when we have always been active in doing and learning and living at a pace which belies our age. You tend to think that you are younger than you are.



Then suddenly after never being in a hospital in your life, being in four times within a week is a shock; a mental Christchurch earthquake of my own. I am sure this has been experience of many of our members but a shock none the less. Happily now back (less a few bits) and thanks to the medical advances I was able once more to go travelling and enjoying the company of the children.



As I sat recovering I started to take stock of the things around me and realised; "What an awful lot of junk I have collected". We used to move house regularly and this was always a good time for a clear out for I have always been a hoarder of "I may need that some time" and usually do the day after I throw it away. However we surround ourselves with items which are part of our memories; the places we have visited and mementos collected. But they are special to us and may be of little relevance to others. All our treasured baubles will one day pass to someone else and they will be unable to visualise how precious they were to us. Their memories of us will not be of what we owned but who we were. Our hopes, ambitions, plans, to-do lists, grudges, and frustrations etc will disappear. Family and friends will value your real treasures of integrity and how you shared your time with them have empowered others to follow your example. What will matter is how your family and friends will feel a loss of someone who gave rather than collected.

Well obviously I have sat in this chair too long and before I become too morbid I must make an effort to rid myself of some of the clutter and look to getting back to what really matters and the happenings of the day. Since that last newsletter we have had the usual media stories of teenage misbehaviour and tragedies. Socrates complained about them so what has changed. Perhaps the only change is that we make excuses by blaming the schools for the problems. You would think that they set out to encourage drunkenness, pregnancies, drug culture, truancy, bullying, boy racers etc. A good whipping boy; but what about peer, parental and family responsibilities and a media which idolises fashionable role models of screen and music who set appalling examples- and even laud them when they die. I should also throw in irresponsible laws and attitudes which allow access to drugs and alcohol to those who do not have the experience or mental acumen



acquired by responsibility and age. I have a strange feeling that there could be some law changes after the world cup – or am I being cynical.

Another disconcerting attitude I find increasing is the ability to use the expanding communication media such as twitter, Facebook, and social websites which are now part of a mechanism to give individuals and splinter groups far more importance than they are entitled to. There are attacks on individuals and people and these attacks usually use in vogue insults such as "sexist", "racist", "human rights", carbon creators, climate destroyers. No time to have rational



discussion and address the substance of issues for it is far easier to spray invective and shout people down knowing that the silent majority will not react in such a way for they are afraid of being pilloried for their

moderate views. The internet media confers anonymity and gives courage to cowards. It also gives a platform for those of radical views to believe they have a wide audience who are sympathetic to their twisted view of life and to know that their eventual appalling acts of violence could even encourage other followers. It is an unfortunate way of how free speech can be stifled when the extremists want their say. We must carefully be aware that the new media gives far more opportunity to those who want to dictate what we think, to stifle debate and dissent for this is bad for democracy. Also the media itself should not be complicit in stoking outrage and vilification for the sake of headlines and viewers.

Time to get down from my soap box and to tell you about an article in the Guardian which caught my eye. A survey asked people if they wanted the best health care, superannuation, fantastic child care leave facilities, wonderful social services, bail outs for financial problems and investments, a super paid public service. "Absolutely" they said, "It is our human right". "So are you willing to pay the tax increases to bring this about?" "Absolutely not" was the answer. Perhaps that is why Greece with a retirement age of 57 and a public train service where the union has workers on \$130,000 a year is in such financial strife.



Cheers

Norris Kenwright

U3A August Meeting 2011

Thursday 18th August 10-30 a.m.

Havelock North Community Centre

Special Speaker

Ex-Air traffic control officer-"Telling pilots what to do"

This meeting is taking place instead of our usual winter lunch

We will have an extended brunch menu with deserts

Several free raffles for members

\$10

Pay at the door BUT:-

It is essential you phone the Secretary 878-5920 or President 877-8412 to confirm your attendance for catering

Doors open 10-00 am Meeting 10-30 am Refreshments 10-45 am

Speaker 11-15 am

Artist of the Month

The artist of the month at the Havelock North Community Centre is one of our own members; Margaret Walmsley. Margaret is a brilliant painter of Ceramics and has turned to watercolours over the last couple of years with a similar talent. Many have benefitted from the classes Margaret takes at her home in Palmbrook.



Others will know Margaret from her skills as a gardener for she has won the Hawkes Bay "Small Garden of the Year" prize and the garden is on the tourist route for gardening groups touring in Hawkes Bay.



If you visit over Christmas you also see Margaret's house and garden decorated with hundreds of Christmas lights. Have a look at Margaret's Paintings displayed in the foyer.

Marriage is good for you (Mostly)

On April 29th, two billion people worldwide watched prince William marry Catherine Middleton on TV. However last year just 20,000 couples got married in NZ – an all time low. Put simply many think that marriage doesn't matter but on that basis civil unions matter even less-only 273 last year.



Should we be concerned? The declining marriage rates may be one of the most important social issues we are facing. A report from the Institute of public research in Great Britain (a Left leaning group and not a moralist Right wing group) said that the breakdown of the traditional family was at the root of teenagers being involved in violent acts, taking more drugs, drinking more and being pregnant at an early age. Other statistics were that married couples with children are 10 times more likely to stay together than de facto ones and in 2006 75% of married couples were together at their child's 16th birthday compared with 7% of de facto relationships. A recent report by the NZ Institute of Economic Research estimated that the fiscal cost to

tax payers of marriage breakdown is \$1 Billion dollars per year. The Justice Ministry's 2006 Survey noted that domestic violence for legally married couples was 11 per 100; rising to 31 per 100 for de facto relationships and single parent families to 50 per 100.

The US Department of Health said that on average children living with biological parents had the best outcomes in health; education and future income and lowest involvement in crime. In the 60's when we were married, all our friends were too, and still are.

Marriage isn't perfect but it appears to give the best outcomes for all.

(Secrets of a Happy Marriage)

An old woman was sipping on a glass of wine while sitting on the patio with her husband and she says, "I love you so much, I don't know how I could live without you."

Her husband asks, "Is that you or is it the wine talking?"

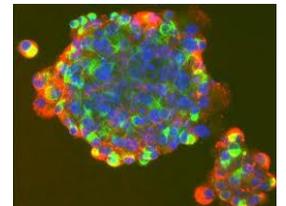
She replies, "It's me talking to the wine."



Stem Cells-A future for the old

Something that the younger generation can look forward to, and probably the greatest medical breakthrough for the future, is **stem cell research**. Your heart is packing up? Never mind we can grow you another one. Well not today but could easily be true in the not-too-distant future.

These wonderful cells found in our bodies can mimic the re-growth of everything in our bodies from muscles, blood, skin, bones, nerves or even hearts and eyeballs. Scientists can harvest them from up your nose. At Minnesota University chemical engineers have grown new lungs and hearts of rats and transplanted them back into the rat donors. This of course completely does away with rejection from another host body where patient



must take a daily cocktail of drugs to stop rejection. A Swedish man and a Spanish woman have already been given new trachea replacements from their own lab grown cell stems. Other recipients have been given new bladders and veins. A doctor Robert Langer is growing new ears for soldiers who have lost theirs in Afghanistan. There is not a human organ that somebody somewhere is not trying to grow in a lab. In NZ medical schools and hospitals are experimenting with stem cells to treat blood disorders, degenerative diseases or repairing injuries. There is research to use stem cells to reconnect the nerves and spinal cord injuries to give people feeling in their lower body.

It may not be too long before we can have our own replacement parts available for our own bodies in case of cancers, injuries or disease.

Mind you, I reckon it will be hideously expensive and blow-out the health budget unless taxes rise-Oh Dear-don't say only the rich can afford it!

3-D Printing- a revolution of technology

We are all knowledgeable of how our printers can give us wonderful photos from our cameras and well laid out letters and documents but now a new printer is on the block and being widely used. It prints in 3 dimensions and in plastic, and a metal printer has just been produced. How does this affect industry? Perhaps there is no need now how to stock spare parts. All you need is a 3 dimensional scan of the original object and give the printer the information.



One area where it is envisaged is in Dentistry. What if, instead of waiting days or weeks for a cast to be produced and prosthetic dental implants, false teeth and replacement crowns to be made, your dentist could quickly scan your jaw and "print" your new teeth using a rapid prototyping machine known as a 3D printer?

Here is a website which has a video of how a perfect adjustable wrench is made and immediately used to tighten a bolt. Just click on the link for those receiving this by email.

<http://www.youtube.com/watch?v=ZboxMsSz5Aw>

Another company are starting to print body parts with similar technology using stem cells!

This is another website where 3-D printing is using stainless steel.

<http://www.popsoci.com/diy/article/2009-08/3-d-printing-now-stainless-steel>

The future is accelerating!



From Acorn to Oak tree video

Amazing video captures oak tree growing from an acorn over 8 months. It's nice to stop and appreciate the little things from time to time. Take oak trees for example. Oaks produce acorns, and each acorn contains one seed that takes months to mature. Waiting for a tree to sprout from an acorn can take a while, but photographer and plant aficionado Neil Bromhall captured the 8-month-long process

<http://www.geek.com/articles/geek-cetera/amazing-video-captures-oak-tree-growing-from-an-acorn-over-8-months-20110726/>

From Around the Groups.

Some group information received after the last newsletter.

Remarkable People group.

We are having a good year with many interesting and diverse subjects: Lawrence Lowry, Mary Shelley, Lang Lang, Fred Hollows, Bismarck, Amy Bock and others.

We have enjoyed the company of Ann Stephens a U3A member from Plymouth England during her stay in Hawkes Bay.... Margaret Clarke

Our Looking at Art with Hugh McKay Wednesday Group 2

We now have a vacancy. Is there someone on a waiting list whom I could make contact with to fill this gap? Marilyn Belcher, convenor of the above 8772283

Art Interest Group

Again this year we have a variety of speakers which includes three members of our group. The result is an interesting diversity of subject .The aim is not only to view artists work but to put that work and artist in the context of time.

So far we have looked at some of the Pre Raphaelites (Graeme Dreadon), Piet Mondrian (Linda Ryan) and NZ landscapes looking at the circumstances or the time when painted. (Roy Dunningham).

Regards Linda Ryan, 8776651

JAZZ

Our Group has grown to 17. We meet on the third Monday of the month at 1.30 at the home of our tutor Neil Totty. Then, after the selection has been explained, we listen to some of his vast range of music collected over many years. These selections cover a huge range of styles. A highlight is when Neil plays piano for us. Last year we had just for us, an end of year Concert by a special Quartet which was fantastic. The same Quartet will play in the H.Nth. Community Centre on June 1st. Barbara Holland

CONTEMPORARY NZ ART

This is an informal group of 32. We visit various exhibitions with our very knowledgeable Tutor Roy Dunningham. Roy chats to us, opening our eyes and minds to new experiences. Our most recent visit was to the H.B. Invitational Exhibition at the Hastings City Gallery.

Cheers Barbara Holland

Rummikub Group.

We meet every Friday and all e joy a few games of Rummikub and afternoon tea afterwards.. Many thanks to those who have hosted the games at their place when I have been away. We all enjoy this afternoon and it helps us to keep our fingers nimble, counting skills up to date and utilising our brains. Glenys Fitzpatrick.

Lunch Group 5

Have had many enjoyable lunches out this year so far. The venues have been Serendipity, The Coffee Club, and The Opera Kitchen. We are looking forward to going to different restaurants in Napier over the coming months. Glenys Fitzpatrick

Last Laughs

Tommy and Will were playing when Will said, "Boy, my dad works twelve hours a day to give me a nice home and good food. My mom spends the whole day cleaning and cooking for me.

I'm really worried." Tommy said, "What have you got to worry about?" Will replied

"What if they try to escape?" said Tommy

"Veni, Vidi, Velcro" --I came, I saw, I stuck around.

The really frightening thing about middle age is the knowledge that you'll grow out of it.

Nothing cures insomnia like the realization that it's time to get up.

Strange insurance claims

I pulled into a lay-by with smoke coming out of my engine. The car was on fire so I pulled the dog from the back seat and smothered it.....

Going to work I drove out of my drive straight into a bus which shouldn't have been there because it arrived 5 minutes early.....

I had been shopping for plants all day and was on my way home with a car full of them. As I reached an intersection a hedge sprung up in front of me obscuring the other car.

Bumper Stickers About Men

All Men Are Animals, Some Just Make Better Pets

Few women admit their age. Few men act theirs.

Grow your own dope, plant a man.

Women who seek to be equal to men lack ambition.



Drivers

..... You are driving in a car at a constant speed. On your left side is a 'drop off' (The ground is 18-20 inches below the level you are travelling on), and on your right side is a fire engine travelling at the same speed as you. In front of you is a galloping horse which is the same size as your car and you cannot overtake it. Behind you is another galloping horse. Both horses are also travelling at the same speed as you. What must you do to safely get out of this highly dangerous situation?

Sober up and get off the merry-go-round.

This morning on the way to work I looked over and there was a woman in a brand new car doing 65 mph with her face up next to her rear view mirror putting on her eyeliner. I looked away for a couple seconds! And when I looked back she was halfway over in my lane, still working on that makeup.



As a man, I don't scare easily. But she scared me so much, I dropped my electric shaver, which knocked the donut out of my other hand. In all the confusion of trying to straighten out the car using my knees against the steering wheel, it knocked my cell phone away from my ear which fell into the coffee between my legs, splashed, and burned Big Jim and the Twins, ruined the damn phone, soaked my trousers, and disconnected an important call.

Damn women drivers!! *****

The End is near

A Catholic priest and a Methodist pastor from two local churches are standing by the side of the road, feverishly pounding a handmade sign into the ground with a large rock.

The sign reads: **The End is Near! Turn Yourself Around Now Before It's Too Late!**

As a car speeds past them, the driver yells, "Get a life you religious Nuts!"

From the curve just ahead they hear screeching tires and a big splash. The Pastor turns to the priest and asks,

"Do you think the sign should just say "Bridge is broken?"



Thanks to Tony Briggs for the links

Best Wishes

Norris KenwrightEditor