



# [Havelock North Inc.]

## Newsletter January 2010



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 Secretary--- Dale Jackson 8776221 [camdale@slingshot.co.nz](mailto:camdale@slingshot.co.nz)  
 Treasurer--- Heather King 8774957 [bhking@xtra.co.nz](mailto:bhking@xtra.co.nz)

Committee: -- Debe Clark 877-8892, Dianne Taylor 875-0307

Joan Sye 876-9380 David Ward 877-7518 Judith Bell 877-4255

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### President's Message

Greetings Everyone,

Welcome to our New Year of 2010 and the wonderful sunshine that Hawkes Bay has to offer us. I hope that you have a summer holiday, no doubt with grandchildren who weren't too much of an energy drain.



Thank you for the very positive comments which I received from many of you after my speech about the hysteria of global warming, due in many respects to the sun's natural cycles. The Northern hemisphere is having one of its coldest winters for 40 years and in a recent conversation with my sister in Lancashire on Skype she reminded me of the winter of 1962-3 there. The snow, she said, was the heaviest for years and at one time the whole UK was blanketed and they were unable to leave the house. After the debacle of the Copenhagen conference the UK

newspapers are taking the global warming scaremongers to task.

However the use of our natural resources will be an ongoing problem and we must certainly preserve and reclaim the mineral and biological resources we use. I note that China has now surpassed the USA in Industrial output and last year produced 13.6 million vehicles (an increase of 46% in one year) compared to 10.7 million in the USA. The cars clogging the Beijing streets, the new coal fired power stations and factories (there are 119 Chinese car makers) are all contributing to China's pollution. China has a vast need for raw materials and minerals and I recently read about Australia's concern over China wishing to buy much of the mining output and companies so they can have access to Australia's resources.



Another article I read was on the increasing demand for power generation to cater for the increasing populations and the desire for these people to achieve a lifestyle that Western countries have achieved over the last 60 years. The demand for housing, household appliances, electronic goods, chemicals and cars is putting a strain on power generation. One can see why China is trying to put a brake on its population growth by restricting the size of families and this could be sensible for stabilisation.



One way of meeting this demand for power would be the development of non radioactive Nuclear Fusion plants which produce vast amounts of power but need the heat of the sun to make them work. Trial plants are under construction in Japan, France and the USA.



So isn't it great to live in NZ where we have a delightful country, resources, a fabulous choice of food, freedom from strife and freedom of speech. We are indeed a lucky country. Our Christmas meeting was a great success with over 160 attending. Wyn Drabble is a talented speaker and entertainer and everyone enjoyed his talk and music. He is a regular contributor to the Hawkes Bay newspaper, a public speaker, debater, chef and internationally acclaimed songwriter. It was a good meeting and the food provided by the caterers "Pure" was excellent. This was a successful meeting.



Our next meeting will be at the Community Centre on Tuesday 23<sup>rd</sup> February. This is our **AGM** and we will have a speaker also. Food will again be provided by "Pure" and the \$8 cost of the Brunch will be heavily subsidised to financial members so they only pay \$2 for the cost of entry.

Voting will take place for the new committee and of course you must attend and be a financial member to vote. Proposal forms for the positions on the new committee are included in this newsletter on page 3. There is also an enrolment form on that page if you have forgotten. Please print and send the completed forms as necessary. Finally Best Wishes for the New Year and I hope that you enjoy the courses on offer in 2010.

**Norris Kenwright**  
(President)

# AGM with Morning Freshments

10 am

## Tuesday 23rd February

### Havelock North Community Centre

After the success of the Christmas meeting: Brunch Refreshments will be again provided by "PURE" Catering

The \$8 charge will be subsidised so that U3A financial members will only pay  
**\$2**

*Partners of attending members will also only pay \$2 ---- other attendees will pay \$8*

**Come along, socialise, meet your friends, vote for your new Committee and listen to our speaker;- Pay at the door BUT:-**

**It is essential you phone the Secretary 877-6221 or President 877-8412 to confirm your attendance for catering**

## Pat Frykberg on "My Travels in Namibia"

**Doors open 10am AGM 10-15am Refreshments 10-45am Speaker 11-15am**

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### Courses for 2010

We have many new courses and study groups arranged for 2010 and the Convenors by now have the names of those members who have joined or rejoined for the coming year. Some courses such as Tai Chi are way over subscribed and hence there is a waiting list. A new Course on a specific form of Yoga for the elderly should attract many who cannot attend Tai Chi. This is detailed below. Please contact our Secretary, Dale Jackson; I am sure that it will be popular.

Note:- To enrol or re-enrol for the HN U3A and to be considered for courses, please fill in the enrolment form on page 3 (or write your details in a letter) and send it to the Secretary, Dale Jackson, 2 Fulford Place, Havelock North. Also enclose your \$10 fee. I feel that this small formality is an important requirement for the renewal of membership.

### YOGA (Iyengar style) with **Sylvia Goff**. [http://en.wikipedia.org/wiki/Iyengar\\_Yoga](http://en.wikipedia.org/wiki/Iyengar_Yoga)

Sylvia is a specialist in this type of Yoga and has trained with teachers from all over the world for the last 18 years. Using these techniques she has rid herself of most arthritic problems which she has encountered and is looking forward to passing on her knowledge.

This style of Yoga aims at reducing the pain and affects of arthritis in specific joints. Sylvia will be covering Asana (posture) in the following:-

- |                   |                   |             |               |
|-------------------|-------------------|-------------|---------------|
| 1. Foot and Ankle | 2. Wrist and hand | 3. Shoulder | 4. Knee       |
| 5. Hip            | 6. Lumber Spine   | 7. Cervical | 8. Sacroiliac |

This is an introductory 8 week course to begin with. starting on Tuesday 2<sup>nd</sup> March until Tuesday 20<sup>th</sup> April. 11-00a.m until Noon at Focus Health in Te Mata Road. There will a small charge to cover room hire and facilities. This should be an interesting and very beneficial course.

This committee will be elected at the **Annual General Meeting** to be held on **Tuesday 23rd February 2010 at 10 a.m.** at the Havelock North Community Centre. The Committee can have up to nine members.

*The nomination form must be signed by all concerned and be in the hands of the Secretary, Dale Jackson, 2 Fulford Place, Havelock North, 4130 Seven (7) days before the Annual General Meeting. All signatories must be financial members of the Havelock North U3A.*

*A member can be nominated for more than one position. If elected to a position they will be withdrawn from any subsequent voting. To vote, you must be a financial member of the Havelock North U3A.*

**Positions on the Committee**

1. **President**
2. **Secretary** (A knowledge of Microsoft Word, Excel and Data bases is needed)
3. **Treasurer** ( Data bases such as Excel are used)
4. **Meetings Secretary** ( to produce and circulate Agenda and Minutes)
5. **Data Recording and Publications** ( There is a need to be conversant with computer programs such as Word, Excel and Publishing)
6. **Assistant Treasurer** ( To work alongside the Treasurer in accounts and subscriptions)
7. **Functions Officer** ( To assist in the organisation of U3A Social Functions and meeting and Speakers)
8. **Newsletter Officer** ( To assist in the production and distribution of newsletters)
9. **Publicity Manager** ( To maintain the data base for leaflets, booklets & Advertising and to communicate with Libraries & Information Centres)

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**Nomination Form**

We wish to Nominate \_\_\_\_\_ for the position of \_\_\_\_\_

Proposer (Please Print) \_\_\_\_\_ Signed \_\_\_\_\_ Phone \_\_\_\_\_

Secunder (Please Print) \_\_\_\_\_ Signed \_\_\_\_\_ Phone \_\_\_\_\_

I hereby accept the nomination \_\_\_\_\_ Nominee to (Sign)

Address/Phone No. \_\_\_\_\_ Date \_\_\_\_\_



**ENROLLMENT FORM**

**If you have not yet re-enrolled please forward this form to the Secretary as soon as possible with your \$10 fee**

Name .....

Address .....

Telephone No. ....Email .....

Course Requests .....

**U3A COURSES and GROUP LEADERS for 2010**

<b>Art 1</b>	Heather van Oostveen	876-0266	Thursdays at 10 am
<b>Art 2</b>	Judy Sanders	877-7009	1 <sup>st</sup> & 3 <sup>rd</sup> Thursdays @ 2pm
<b>Art Interest Group</b>	Athalie Dreadon	870-1588	2 <sup>nd</sup> Thursdays @9-30am
<b>Aspects of Spirituality</b>	Peggy van Asch	877-5294	2 <sup>nd</sup> Thursdays @ 2pm
<b># Basic Video Editing</b>	Roy Campbell	836-7197	To be advised
<b>Books (Tuesday)</b>	Di Taylor	875-0307	1 <sup>st</sup> Tuesday @ 9-30am
<b>Books (Wednesday)</b>	Margaret Bain	877-2454	2 <sup>nd</sup> Wednesday @ 9-30am
<b>Card Making 1</b>	Dale Jackson	877-6221	3 <sup>rd</sup> Wednesday@ 9-30am
<b>Card making 2</b>	Dale Jackson	877-6221	1st Tuesday at 9-30am
<b>Cinema Visits</b>	Sue Davies	876-5745	Tuesday 10am as advertised
<b># Classical Music Videos</b>	Wendy Wilks	877-6221	1 <sup>st</sup> Tuesday @ 1-30 pm
<b>Computer Studies</b>	Norris Kenwright	877-8412	2 <sup>nd</sup> & 4 <sup>th</sup> Mondays at 2pm
<b>Contemporary N.Z. Art</b>	Barbara Holland	877-5926	3 <sup>rd</sup> Wednesday @ 1-30pm
<b># Cooking For One</b>	Jackie Crespin	877-8372	To be arranged
<b>Discussion</b>	Joyce Paton	877-6822	3 <sup>rd</sup> Tuesday @ 9-30 am
<b>Egyptology</b>	Rev.Cherie Baker	877-6725	Saturday 2pm every 2 months
<b>Gardens of the World</b>	Marnie Mackesy	877-2078	3 <sup>rd</sup> Monday @ 9-30am
<b>Genealogy</b>	Dale Jackson	877-6221	2 <sup>nd</sup> Tuesday @ 10am
<b>Geography</b>	John Fitzgerald	877-6603	1 <sup>st</sup> Thursday @ 10am
<b>Gourmet</b>	Kath McIver	878-6629	Every 2 <sup>nd</sup> Thursday @ 2pm
<b>#History of NZ</b>	Dale Jackson	877-6221	To be advised
<b>Italy</b>	Patsy Burns	870-0614	Every 2 <sup>nd</sup> Wednesday@9-30am
<b>Jazz</b>	Barbara Holland	877-5926	3 <sup>rd</sup> Monday @ 9-30am
<b>Light on Music</b>	Lynda & Ray Osborne	877-9430	4 <sup>th</sup> Tuesday @ 1-30 pm
<b>Looking at Art (6)</b>	Debe Clark	877-8892	Contact the convenor
<b>Lunch group 1</b>	Joyce Paton	877-6822	2 <sup>nd</sup> Wednesday @ 12-30pm
<b>Lunch group 2</b>	Judy Scott	877-8363	4 <sup>th</sup> Thursday @ 12-30pm
<b>Lunch group 3</b>	Joan Sye	876-9380	1 <sup>st</sup> Wednesday @ 12-30pm
<b>Lunch group 4</b>	Betty Boyle	876-5438	1 <sup>st</sup> Friday @ 12-30pm
<b># Lunch Group 5</b>	Glenys Fitzpatrick	877-4232	2 <sup>nd</sup> Thursday@ 12-30pm
<b>Mah Jong</b>	Faye Culham	877-1244	Every Tuesday @ 1pm
<b>Media Views</b>	Maire Thompson	873-8435	1 <sup>st</sup> & 3 <sup>rd</sup> Mondays @ 2pm
<b>Medieval History</b>	Margaret Jardine	874-6663	last Friday of month @2pm
<b># Memories of the Past</b>	Chris Hough	873-4486	1 <sup>st</sup> Monday at 2pm
<b>Music Appreciation</b>	Jim Woodward	877-4882	Every other Friday @ 2pm
<b>Pétanque</b>	Joyce Browning	873-7992	Every Tuesday @ 10am
<b>Photography Interest</b>	Contact Secretary	877-6221	4 <sup>th</sup> Thursday@ 10am
<b>Rambling</b>	Pat Lloyd	877-2977	2 <sup>nd</sup> Saturday @ 9-30 am
<b>#Remarkable People</b>	Margaret Clarke	877-3355	To be advised
<b>Rummikub</b>	Glenys Fitzpatrick	877-4232	Every Friday @ 1pm
<b># Scrabble</b>	Joan Sye	876-9380	To be advised
<b>#Shakespeare Studies</b>	Rosalind McKenzie	877-5623	2 <sup>nd</sup> Tuesday @ 2pm
<b>Spanish</b>	Jim Woodward	877-4882	Every Friday @ 9-30am
<b># Tai Chi</b>	Miranda Chan	878-4810	Every Friday @ 11 am
<b>Travel</b>	Rosemary Duff	877-0257	3 <sup>rd</sup> Thursday @ 10 am
<b>#Writing for your Grandchildren</b>	Susan Fitzgerald	877-6603	3 <sup>rd</sup> Wednesday @ 10 am
<b>#Yoga for health</b>	Sylvia Goff	877-2094	Tuesdays @ 11 am

**# Indicates New Courses for 2010**

**Convenors: Please check for errors and then Contact Norris Kenwright 877-8412  
To check on a course availability, or if it is full, you must contact the Secretary 877-6221**

**Some U3A Survey Results**

In 2008 NZ U3A volunteer tutors contributed 54,000 hours of tuition and Administrators 14,000 hrs. In Australia the largest U3A (Canberra) has 3700 members. The median Aussie U3A is 414 members. In NZ the average of the 60 U3A's is 201 with Wellington the highest with 824. The female to male ratio is 3:1 In Australia the most popular courses are Computing, History and Languages. In NZ it is History, Music and Art appreciation. Suitable low cost accommodation remains the most pressing problem. Teaching in members homes is more prevalent in NZ. The success or failure of a U3A group is strongly related to the skills and energy of the leadership.

**AND FINALLY**

**In a survey conducted earlier this week, 1,000 American blondes were asked if they would sleep with Tiger Woods and 89 per cent said:**

**"never again". ...**



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**I am sending this only to my smart friends. I could not figure it out and had to look at the answer. See if you can figure out what these words have in common. (Answer at the meeting)**



- 1. Banana            2. Dresser            3. Grammar            4. Potato
- 5. Revive            6. Uneven            7. Assess

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***Bernice was terribly overweight, so her doctor put her on a diet. "I want you to eat regularly for 2 days, then skip a day, and repeat this procedure for 2 weeks. The next time I see you, you'll have lost at least 5 pounds."***



***When she returned, Bernice shocked the doctor by losing nearly 20 pounds. "Why, that's amazing!" the doctor said, "Did you follow my instructions?" Bernice nodded. "I'll tell you though, I thought I was going to drop dead that third day." "From hunger, you mean?" "No, from skipping all day."***

**Fabulous Trip**



A travel agent looked up from his desk to see an older lady and an older gentleman peering in the shop window at the posters showing the glamorous destinations around the world.

The agent had had a good week and the dejected couple looking in the window gave him a rare feeling of generosity. He called them into his shop and said, "I know that on your pension you could never hope to have a holiday, so I am sending you off to a fabulous resort at my expense, and I won't take no for an answer."

He took them inside and asked his secretary to write two flight tickets and book a room in a five star hotel. Every time the couple tried to say something, the travel agent hushed them and said no thanks was necessary. He just wanted to do something nice for them.



About a month later the little lady came in to his shop. "And how did you like your holiday?" he asked eagerly.

"The flight was exciting and the room was lovely," she said. "I've come to thank you. But, one thing

puzzled me. Who was that old guy I had to share the room with?"



**Forgot Something...**



While on a car trip, the old couple stopped at a roadside restaurant for lunch. Pearl left her glasses on the table, but didn't miss them until they were back on the highway. By then, they had to travel quite a distance before they could find a place to turn around. Old Bud fussed and complained all the way back to the restaurant. When they finally arrived, as Pearl got out of the car to retrieve her glasses, Bud said, "While you're in there, you may as well get my hat, too."