



[Havelock North Inc.]

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Newsletter May 2011

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Greetings Everyone,



It seems that every time I write a newsletter there are dramatic weather events. This week, after Easter, the wind and rain are diabolical, which is a real shock after the summery weather of the previous week? Associated with visiting grandchildren hoping to enjoy the Hawke's bay sunshine it has not made for a relaxing time. Walks are out of the question so the children are playing cards, doing jigsaws, reading books, colouring pictures, going to the cinema and visiting the indoor swimming baths. They are enjoying themselves.



I hope that all our members are keeping warm, safe and dry and perhaps doing some of the activities above.



We have our next general meeting on Thursday 19th May; 10-15am at the Havelock North Community Centre as usual. Our speaker this time is **Nicholas Buck** who is the sales and marketing manager at **Te Mata Estate** and chairman of the Hawkes Bay Wine Growers Association.



Te Mata Estate is New Zealand's oldest family winery and is acknowledged as being one of the icon wineries of NZ. Under the direction of John Buck; Te Mata Estate has produced a stunning gold medal array of red and white wines including the famous labels such as Coleraine and Awatea Cabernet/Merlots etc. This should be an interesting meeting. Details of the meeting are on page 2.

I often comment on the health of our age group and was interested to read about a 90 year old study, underwritten by Stanford University, which has shown some surprising results.



Back in 1921 Lewis Terman, one of the USA's most distinguished psychologists wanted to know why some people led long healthy successful lives but others didn't. He selected 1500 eleven year olds and followed their careers to see what factors might predict later success. After his death in 1956 Dr Friedman and Dr Martin continued with the study and have recently reported on the analysis of the now 100year olds with results which fly in the face of conventional wisdom. The best predictor

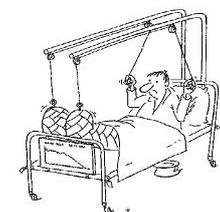


of a long, healthy and successful life was "conscientiousness":- the extent to which a person was prudent, dependable and persistent in working towards goal. Unexpectedly the study showed that you could live longer if you worked hard rather than taking it easy and living a happy-go-lucky lifestyle. Obsessing over food diets, being religious, running marathons and visiting the gym did little to increase longevity.



Wow---tell your grandchildren.

We are certainly living longer and there are countries in Europe panicking about paying pensions at 57 and trying to increase this age against much opposition. Pension payments are not keeping up with tax revenue. As my friend H. McMillan said "You've never had it so good". Pensionable age is too hot a potato in NZ for political parties in NZ to handle and they avoid it.



Reading in the latest report from the Hakes Bay District Health Board it states that the senior citizen population is rising dramatically. Presently there are 22,920 people in H.B. over 65 and 2,860 of these are over 85. Making up 15% of the population the over 65's account for 24% of emergency department attendees and 45% of hospital beds. By 2025 this over 65 population will have increased to almost 36,000 and 5,000 over 85; a 70% increase. Also while sheer numbers are

rising, expectations regarding the extent of medical treatment are increasing too. Who pays? - The taxpayer of course and with a smaller percentage work force medical treatment is facing the "perfect storm" of rising numbers, rising expectations and finite resources. An





interesting comment was that the expectations of family members exceeded those of the old person. Time for me to start saving? So to add to my usual advice for good health I will add “keep up the hard work-(the grandchildren will certainly keep you on your toes)”, walk for an hour a day (except in this howling gale), drink a glass of red wine and take half an aspirin (not at the same time).



Hope the Autumn leaves will not be a problem for you to move.

Best Wishes,
Norris Kenwright
President



U3A May Meeting 2011



Thursday 19th May 10-15 a.m.
Havelock North Community Centre



SPEAKER

Nicholas Buck – Te Mata Estate

**Brunch Refreshments will be again provided by “PURE” Catering
Havelock North U3A financial members will only pay**

\$5 Other attendees will pay \$8



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 9-45 am Meeting 10-15 am Refreshments 10-40 am

Speaker 11-00 am

Things are changing- will we see it happen?

Whether these changes are good or bad depends in part on how we adapt to them. But, ready or not, here they come.

The Post Office. Get ready to imagine a world without the post office as we know it. They are in financial trouble that there is probably no way to sustain it long term. Email and couriers have eaten into the minimum revenue needed to keep the post office alive. Most of your mail every day is junk mail and bills.



The Cheque. Britain is already laying the groundwork to do away with cheques by 2018. It costs the financial system billions of dollars a year to process cheques. Plastic cards and online transactions will lead to the eventual demise of the cheque as a way of receiving & paying bills. This plays right into the death of the post office.



The Newspaper. Many of the younger generation simply don't read the newspaper. They certainly don't subscribe to a daily delivered print edition. That may go the way of the milkman and the laundry man. As for reading the paper online, get ready to pay for it. The rise in mobile Internet devices and e-readers has caused all the newspaper and magazine publishers to form an alliance. They have met with Apple, Amazon, and the major cell phone companies to develop a model for paid subscription services.



The Land Line Telephone. Cell phones will almost certainly take over as they are easy to maintain and don't need the upkeep of wire systems affected by the weather. Satellite coverage is better and will be used in connection with TV.



Music.. This is one of the saddest parts of the change story. The music industry is dying a slow death. Not just because of illegal downloading which has decimated CD sales. It's the lack of innovative new music being given a chance to get to the people who would like to hear it. Greed and corruption is the problem. The record labels and the radio conglomerates trying to maintain a product based in the past are simply self-destructing. Over 40% of the music purchased today is "catalogue items," meaning older traditional music; older established artists. This is also true on the live concert circuit. To explore this fascinating and disturbing topic further, check out the book, "Appetite for Self-Destruction" by Steve Knopper, and the video documentary, "Before the Music Dies."



The "Things" That You Own. Many of the very possessions that we used to own are still in our lives. But what is happening to photos, Cassette tapes, Video tapes and CD's. The old vinyl records are gone, photos used to be printed and are now electronically stored. Floppy discs have gone and CD's are vanishing. Have you seen any adverts for video tape players recently? Many of our treasured possessions such as a wedding video will never be able to be played soon. Many people are transferring these to DVD's—Blue Ray next.



Also there is a trend for you to store your pictures, music, movies, and documents in "the cloud." Today your computer has a hard drive and you store your pictures, music, movies, and documents. Your software is on a CD or DVD, and you can always re-install it if need be. But all of that is changing. Apple, Microsoft, and Google are all finishing up their latest "cloud services." That means that when you turn on a computer, the Internet will be built into the operating system and everything will be on their servers. Let us hope that they don't lose them—it has happened!!

Privacy. If there ever was a concept that we can look back on nostalgically, it would be privacy. That's pretty well gone. There are cameras on the street, in most of the buildings, and even built into your computer and cell phone. Google has imaged your town, street and home from satellites. In some countries face recognition cameras are tied in with computers to check whether you are a criminal as you walk down a street. You can be sure that in the future 24/7, "They" know who you are and where you are, right down to the GPS coordinates which are now part of many new cars, and cell phones. If you buy something, your habit is put into a zillion profiles, and your ads will change to reflect those habits. (Noticed how on your computer New World and Countdown target you with adverts if you have "Fly Buys" or a "One Card").



Never mind the Royal wedding will have taken our mind off all this pessimism

News from the groups

U3A Photography Interest Group

We have an enthusiastic group who've been pushed out of their comfort zone at times exploring alternative ideas and ways of setting up their camera other than on auto. Putting the camera on the floor to record movement was probably the greatest challenge but also the conventional landscape and portraiture playing with depth of field has made us all think and discover more about how digital works in comparison to film



the group is getting slightly less afraid of bringing photos to show and discuss: **Sheila Bowden convenor**

Historic houses and gardens.

We did not start our year till March, but have already visited three wonderful sight in U.K. & Europe, also learned about a young artist who travelled with Capt. Cook.



He left a legacy of drawings of plants and birds and Maori figures. Next month we learn about the rise and fall of castles in England. We have a full group of 14. **Marnie Mackesy**

Cooking with Yeast

Two separate classes of are being held during May/June, each of two sessions. If other people are interested in doing this course later in the year - September/October, please put their names on a waiting list with the secretary or with me **Jackie Crespin Phone 8778372**



Lunch Group 4.

So far we have only had 2 outings, both enjoyable, the numbers have been down a little , but some of our ladies are grape picking! Our next outing next week is at the Puketapu, this will be our 2nd visit and it is always enjoyable.



Sadly Sue Davies who was one of our members passed away suddenly on the weekend, I have spoken to her partner Ian McKay and offered the sympathy of the group to him and to Sue's family.

What terrible weather; had my brother here from Aussie so he was not impressed. Cheers **Betty Boyle**

The Ramble group

We continue happily along - a few more members joining us. In Feb: we did a walk along Hardinge Rd, Ahuriri. Where we watched the little Optimist boats sailing around competently by little people- a lovely day and very refreshing. March saw us walking the Maraetotara Stream - that's a great little walk - again - a beautiful day - and the paths have been greatly improved too - all enjoyed very much.



April saw us walking Endsleigh Rd - we always enjoy this walk, especially in the autumn. Some of us enjoy a coffee together in one of the village cafe's - so it is quite a little social occasion. Best wishes - **Pat Lloyd** of the Ramble group.

Music on Video

We meet on first Tuesday afternoon and at present enjoy a programme selected by Brian Butler. **Wendy Wilks**

Looking at Art with Hugh McKay - Wednesday group 2

Our year began with a study of early Roman Sculpture followed by early Christians, and then, the decorated manuscripts called 'Illuminations'. **Marilyn Belcher**



Gourmet group

Unfortunately there was not sufficient interest to get this group going again; only 3 people signed up for it and to make it viable we need at least 10 / 12 people.

The gourmet group arranges visits to 'foodie' places in Hawkes Bay and has interesting speakers on food, cuisine, catering, meat & poultry as well as getting together to look at recipes from different countries and cultures.

However without a strong 'base' group visits can't be arranged and guest speakers need an audience - so at the moment the group is 'on hold' - if anyone is interested and would like to put their name down again - please contact me. I have lots of ideas for visits and topics - and you are welcome to input your ideas too. Diana Arnold tel 06 8775439 dianaarnold@xtra.co.nz



Looking at Art Wednesday One

Great start to the year we are doing Islamic Art at present, Andalucia last time and the Istanbul mosques tomorrow, we have not done these before and the art is just so interesting. We meet at members homes and really appreciate the effort our tutor Hugh McKay puts in to the sessions. **Di Taylor**



Book Group

We meet on the second Tuesday of the month in the library at 10am and can take some more members if anyone is interested. We take along books we have read and review them for the group and lend them to each other. We are all very good at returning them! **Di Taylor**



The Travel Group

We have 20 members and we meet every 3rd Thursday of the month, usually in the presenter's home...

At our meetings we are transported to places of interest and travel in them through the eyes and experiences of the presenter. Some places we have all been to and so can relive our own travels but others are further off the beaten track and we have our eyes and minds opened... some even make plans to travel there at a later date themselves.



This year we have visited Vancouver Island... there is more there than Victoria and the Butchart Gardens even though they are worth the visit by themselves. We have travelled on the Trans Siberian Railway ... not for those who require a comfortable bed, an ensuite and gourmet food but the cultures experienced and places visited were fascinating. A holiday in Thailand, a family adventure, was somewhere we could all enjoy especially when the weather here is cold and wet...the south rather than the north was selected as the destination.

Each presenter has used photos, brochures and purchases to make the experience more real for the group. We have tried to use our computers for multimedia presentations...some more successful than others but the chance to visit these places has been enjoyed by us all. **Rosemary Duff convenor**



Geography group

The group continues each month with wide ranging talks on countries and cities around the world. We've heard about the widespread variation and complexity of the Philippines with its 7,200 islands and the uniqueness of the Japanese island of Hokkaido and the city of Sapporo. - **John Fitzgerald**

Writing for your grandchildren

We have met three times this year. As members feel more at ease with each other, they are happy to share their writing with a supportive audience. We are drawing inspiration from each other's experiences thus evoking our own memories. **Susan Fitzgerald**



Gardening Group

This enthusiastic group meets once a month at the Green Door gardening Centre in Havelock Road. Gillian Thrum gives lots of good tips and demonstrations on gardening, plant and flower management and members receive informative newsletters on the latest stock and specials available. Well worth joining this group. Phone Lydia **Christie 877-4520**, **Jennifer Howard- 878-3405** or the Secretary.



Computer group

As usual we have a large and enthusiastic group which meets at the Havelock North Bridge Club on the 2nd and 4th Mondays of the month. A talented team including Bill Allen, Margaret Buckley, Sylvia Franklin, and Tony Briggs join with convenor Norris K. to cover a wide variety of topics and to give solutions to computer problems encountered by our members. We now have both XP and Windows 7 computer systems available for demonstration on a large new screen with a new powerful projector.

So far this year we have covered topics like "Essential programs for your computer; capturing You Tube videos to your hard drive; internet connections; Screen shots and the Snipper tool; Word 2010; Recording your voice and narrations for videos and emails; Making videos from your photos and burning onto a DVD to play on a TV and making stationery for emails using Picture It plus much more.



No Sunday Paper:

This is dedicated to all of us who are seniors, to all of you who know seniors, and to all of you who will become seniors.



"WHERE is my SUNDAY paper?"

The irate customer calling the newspaper office loudly demanded to know where her Sunday edition was.

"Madam", said the newspaper employee, "today is Saturday. The Sunday paper is not delivered until tomorrow, on SUNDAY".

There was quite a long pause on the other end of the phone, followed by a ray of recognition as she was heard to mutter, ..."Well, that explains why no one was at church either.

Country Doctor



A young doctor had moved out to a small community to replace a doctor who was retiring. The older doctor suggested that the young one accompany him on his rounds, so the community could become used to a new doctor.

At the first house a woman complains, 'I've been a little sick to my stomach.'

The older doctor says, 'Well, you've probably been overdoing the fresh fruit. Why not cut back on the amount you've been eating and see if that does the trick?'

As they left, the younger man said, 'You didn't even examine that woman? How'd you come to the diagnosis so quickly?'

'I didn't have to. You noticed I dropped my stethoscope on the floor in there? When I bent over to pick it up, I noticed a half dozen banana peels in the trash. That was what probably was making her sick.'

'Huh,' the younger doctor said. 'Pretty clever. I think I'll try that at the next house.'



Arriving at the next house, they spent several minutes talking with a younger woman. She complained that she just didn't have the energy she once did and said, 'I'm feeling terribly run down lately.'

'You've probably been doing too much work for the Church,' the younger doctor told her. 'Perhaps you should cut back a bit and see if that helps.'

As they left, the elder doctor said, 'I know that woman well. Your diagnosis is almost certainly correct, but how did you arrive at it?'

'I did what you did at the last house. I dropped my stethoscope and when I bent down to retrieve it, I noticed the preacher under the bed.'

One liners

I walked into a bar the other day and ordered a double. The bartender brought out a guy who looked just like me.

Time is just nature's way of keeping everything from happening all at once.

It's amazing that the amount of news that happens in the world every day just exactly fits the newspaper.

"The one thing that unites all human beings, regardless of age, gender, religion, economic status or ethnic background, is that, deep down inside, we ALL believe that we are above average drivers.

HAVE A WONDERFUL Day

N.Kenwright editor

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