

# HAVELOCK NORTH



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Treasurer:	John Tait	873 7977	johnphyl@waspnet.co.nz

It's U3A newsletter time again! Welcome to the first newsletter of the U3A year for 2014. Group meetings are now well under way with our 38 groups in operation. A big thank you goes to all our Convenors who do a wonderful job collating and organising all their members. Many of our groups are now full and wait lists do apply in some instances.

This newsletter brings details of our next General Meeting to be held on Thursday 22<sup>nd</sup> May. Our guest speaker is Ali Shapland, Support Services Manager at the Disability Resource Centre (HB) Trust in Hastings. Ali will be speaking to us about the various services the Centre provides and there may be opportunities for U3A members to get involved in a volunteering capacity.

### ***From our President:***

As of 17<sup>th</sup> April we have a membership of 341. I hope your groups are functioning well and fulfilling the purpose of "meeting old friends, making new ones, sharing interests and developing new skills". Don't forget if you have a talent to share think about starting a new group with like minded people. Your committee is keen to be of assistance.

Judging by your positive comments our last guest speaker at our AGM - Michael Deslandes from Cinema Gold - talking on changes to the cinema projection screening scene gave a lot of food for thought.

Wishing you all a productive, enjoyable membership of U3A .

*Joan Sye* - President, Havelock North U3A

**Our committee for 2014**

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**U3A Havelock North**

**May General Meeting**

**To be held at the Havelock North Function Centre**  
(formerly known as the Community Centre)

**Thursday 22 May 2014 at 10.00 a.m.**

**We are fortunate to have an excellent speaker**

**Ali Shapland**

**Support Services Manager  
Disability Resource Centre, Hastings**

\$10.00 p.p. payable at the door  
Includes morning tea  
Spot raffle prizes for members.

The caterers need numbers so if you are coming please ring  
or email our secretary by Tuesday 20<sup>th</sup> May

**Trish Loye - Phone 878 5920 or**

**Email: [pals.bkh@xtra.co.nz](mailto:pals.bkh@xtra.co.nz)**

## **News from some of our very active groups:** **Travel Group - with Pat Burden - Convenor**

The Travel group has a new Convenor in Pat Burden and has changed their meeting day to the 3<sup>rd</sup> Wednesday of the month at 10am. We have now had three meetings, the first a morning tea where members introduced themselves, telling us something about themselves and their travels, and the second meeting where Pat told of the highlights of her 3 ½ year Round-the-World travels (aka OE). At our recent meeting Pat asked everyone to bring an item from their travels and tell us a bit about them, which was very interesting.

There are no vacancies at the moment and a wait list will apply for anyone wishing to join the Travel group.

## **Art1 - with Jackie Crespin - Convenor**

We have an active group of 12, meeting at each other's house weekly. Recently Helen Caley and Jackie Crespin have been demonstrating techniques they have learnt at workshops and classes recently, and the group is getting quite adventurous with trying them out.

## **Geology - with Norris Kenwright - Convenor**

We have a very enthusiastic group in Geology and we started by looking at the formation of the Earth and its “origin” rocks and Geological timeline. Then we examined the structure of the Earth; - Its Crust, Mantle and inner cores which have been discovered through Earthquake waves and the type of rocks within.

The motion of the continental plates due to “Continental Drift” and “Sea Floor Spreading” show us where the active zones on the Earth occur for Volcanic Activity and Earthquake events.

Folding and faulting of rocks due to changes in Earth movement were the next topics and how the hot lava seeps up from the Mantle into and onto the Crust as lava fields and volcanic activity.

Moving on to different rock types we have covered the wide variety of Sedimentary rocks such as Sandstones, Limestones and Travertine etc. and how quartz as a mineral component is so dominant. Varieties of Quartz such as Amethyst, Citrine, Rose and Smoky Quarts and Cats Eye were seen and handled.

We have always seen a wide variety of all the rock types from our collection and visits to local Hawke’s Bay sites (and buys from EBay too). Excellent videos have accompanied the meetings and a video of our Sedimentary Rocks is posted on YouTube.

<https://www.youtube.com/watch?v=NzPy3Ls8bkE>



### Scrabble Group - with Joan Sye - Convenor

A happy group of 7 'wordaholics' meet twice a month to test their skill. It is amazing the words that turn up and are challenged, but the dictionary does not lie!!

We have a place for one more player - please contact Joan on 876-9380 to express your interest.

### Lunch Group 3 - with Joan Sye - Convenor

Our lunch group is strong with 19 members on the munch! We have been to Peak House on a beautiful day with a wonderful vista in February. Had a very relaxed and enjoyable meal at Unwined Café at Unison Winery. Our April lunch was at St. George's Winery and was eagerly anticipated and enjoyed. Eating together is a great social time.

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One of our members - Beryl Grayling loves to feed the Tui's in her back garden in Havelock North.

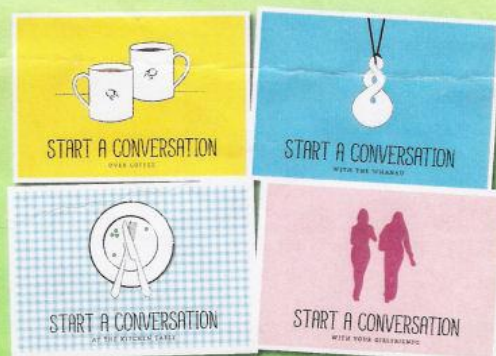


Joan recently attended a seminar on end-of-life care and has supplied the following information for those that might be interested.

Start a conversation that counts. To learn more about Advance Care Planning Please visit: [www.conversationshatcount.org.nz](http://www.conversationshatcount.org.nz)

**It's not easy to talk about planning for your future and end-of-life care, but it is important.**

Maybe you could start a conversation with your partner, a mate, with the girls over lunch, or around the barbie. Talk about what's important to you as you get older, how you want to live the rest of your life and your future healthcare needs.



These conversations are part of Advance Care Planning which is a process of thinking about, talking about and planning for future health care and end of life. To help break the ice and start one of these Conversations that Count we have designed some postcards.

### *In praise of U3A*

*At u3a we can find a new friend  
Our groups are varied and we can blend  
At History and Art and Geology too  
A chance to learn and study anew  
Book groups to encourage to read  
Ensures the old brain does not go to seed  
Computer classes to keep up with the play  
A trip to the movies to brighten the day  
Egyptology a delve into the past  
Cycling on the walkways never go too fast  
Mahjong, rummikub and scrabble test the skill  
Simple interesting times and lots of real good will  
Lunch groups are a social time with many a tasty treat  
Being involved helps our members feel replete*

*Joan Sze April 2014*

### ***Other local U3As***

As a member of the Havelock North U3A, you are eligible to join groups held by other U3As in our area provided that they have vacancies in the course you may wish to join. Details of courses run by the Hastings U3A may be obtained from their Secretary, Lyn Bowyer [lynbowyer@gmail.com](mailto:lynbowyer@gmail.com) and courses run by the Taradale U3A may be obtained from Secretary, Joan Fitzmaurice Ph: 835 5510 or [joanfitz@xtra.co.nz](mailto:joanfitz@xtra.co.nz)

Please, just a reminder that all course, membership and general enquiries should be directed to our Secretary, Trish Loye.

Phone 878 5920      Email: [pals.bkh@xtra.co.nz](mailto:pals.bkh@xtra.co.nz)

Lastly – don't forget about our excellent Morning Tea and General Meeting on the 22<sup>nd</sup> May, with an interesting and informative speaker.

Advise Trish by the 20<sup>th</sup> May if you wish to attend, as we require your numbers for catering purposes. See you there.



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