



[Havelock North Inc.]

PO Box 8475 Havelock North 4157

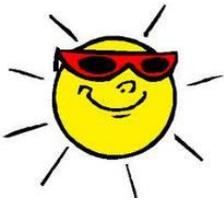
Newsletter January 2011



President--- Norris Kenwright 877-8412 rita-norris@xtra.co.nz
 Secretary--- Dale Jackson 877-6221 camdale@slingshot.co.nz
 Treasurer--- Judith Bell 877-4255 jmbell@xtra.co.nz

Committee: -- Dianne Taylor 875-0307, Margaret Buckley 844-6393, Joan Sye 876-9380
 David Ward 877-7518, Bobbi Allen 870-0281, Garth Thornton 877-5343

Best Wishes to you all for 2011,



I hope that you have had a wonderful Christmas and New Year and that you are well and coping with the hot summer weather. (It is 34°C as I write this on January 19th). I am sure that many of you will be out this evening watering the pots, tubs and gardens in the cool of the evening.



Our January newsletter is to remind you of the upcoming AGM on Wednesday 16th February at the Community Centre at 10-15 a.m. Full details are set out lower in the newsletter. Catering again is by "Pure Catering". Our Christmas meeting was a great success being attended by 160 members and we had excellent entertainment by the "Ah-Men" singers.

Enclosed in the newsletter is a form where you can nominate members for the 2011 committee. These nomination forms must be with our Secretary Dale Jackson no later than 7 days prior to the AGM. As I remarked in my last newsletter, both Dale and Di Taylor will not be seeking re-election to the committee. Also please ensure your membership is up to date and pay your sub for 2011. The new data base will take effect from Feb 16th and you will not receive newsletters if you are not enrolled.



I mention the heat wave for it brings into perspective how the world can throw up such variance in temperatures. Speaking on a video link on Skype to my sister in Lancashire I saw pictures of the deep freeze they have had for the second year running with deep snow, temperatures down to -10°C and an average temperature of -3°C over the last month. She goes out to the local lake each day to break the ice so that the ducks and swans have some water. She scorns my suggestion of global warming and says that it has by-passed the UK. But the earth continues with global upheavals.

Certainly 2010 has had its fair share of disasters. Close to home we have been severely affected by the Canterbury Earthquake and the Pike River mining disaster but other countries will see these as minor to the 950 major disasters throughout the world. These have killed 300,000 people in floods in Pakistan and China Brazil and Sri Lanka, forest fires in Russia, and earthquakes in Haiti and Indonesia. We are lucky that the government can step in and help but in countries such as Haiti and Pakistan there is



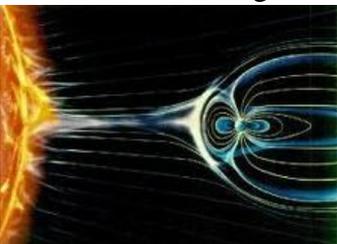
virtually no insurance or government availability and they depend on world donations. Recent floods in Australia have been devastating on homes, crops and infrastructure. Seasonal flooding has been widespread and disastrous. Cyclones came along with the El Niño effect, and dumped even more water on Queensland, NSW and Victoria. Hundreds of thousands of people in an area the size of France and



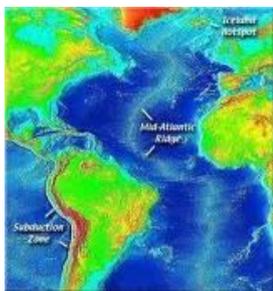
Germany combined are now affected. One major cause of flooding is the removal of forests to absorb rain which causes flash floods and building in recognised flood plains.



And we mustn't forget the nasty Icelandic volcano which wiped out 3 years of carbon credits in one eruption.



An odd thing which recently happened too was 5000 blackbirds falling dead from the skies in Beebe Arizona; Jackdaws falling dead in Sweden and 1000 Turtle doves falling from the skies in Faenza, Italy. Conspiracy theories abound about Death rays, Aliens and X-Files on the internet at the moment. But the world and sun are a dynamic duo and after two years of unprecedented no sun spots, the sun is now back to spectacular solar flares and the earth is flexing its muscles.



This of course is nothing new for our whole countryside is due to geological change. If you consider that the coast of America adjoined Africa before the Mid-Atlantic ridge forced them apart; Antarctica was tropical and that the limestone rocks at the top of Everest once lay below the sea you can see how violent this Earth has been.



New Year is the time of sales and the discounts this year are amazing – how do retailers make a profit or are their profit margins too large. But you never see the discounts on the real items of value: - “Milk 60% off”, Bread 3 for \$1, Cheese- half price. Now that would make the public rush to New World or Countdown. The experts are concerned too that we spent 4% less this year than last year. Well what do they expect?? They have been telling us all year that we should save more and when we do –or can’t afford to buy more, they complain. Also more disposable spending is probably going on basics food items and petrol. Certainly we buy our vegetables at the market garden shop in Lawn road and the Strawberry farm rather than the inflated prices in the supermarkets.



These massive discounts though are not really good for retailers if they are cutting margins so much. We will expect these to be the norm and refrain from buying unless we see a heavily discounted item. Unfortunately too the people sucked

into these deals are they are often the ones who can least afford it. As we get older I have noticed that we don’t buy anything like we used to. Certainly my TV of Three years is still as good as I need and I won’t be investing in the 3-D versions- won’t even watch those films for they are too stressful for the eyes.

Talking about films, we saw a film called “The Social Network” which was all about the global internet phenomena called “Facebook”. This social network site was developed by a young 19 y.o. university student Mark Zuckerberg while at Harvard University in 2004. He was the “Times person of the year” in 2010. Within 6 years this network has over 600 million subscribers, is worth \$50 billion and Zuckerberg has a personal fortune of \$14 billion. Zuckerberg has resisted all efforts to sell the company and it is challenging Google as one of the world’s large internet companies. He is one clever guy and shows what enterprise can do. (*I don’t use it for it did have some problems with sharing all your personal details with people you don’t know*). The film is worth seeing though.



The weather has cooled since I started writing this but in England they are waiting for the Thames to freeze over for the second time in 300 years. The Brits seem as crazy as ever with Sir Hercules Elton John (born Reginald Kenneth Dwight) and partner (David Furnish) buying their latest fashion accessory. After mansions in Atlanta, Nice, London and Venice, grand pianos, cars such as a Jaguar XJ220, (the most expensive) and several Ferraris, Rolls-Royces, and Bentleys cars and a football club, these two guys have their latest acquisition –actually a baby (*Zachary Jackson Levon Furnish-John*). It is reported that they paid \$200,000 to a surrogate mother in California. Well poor little guy, not my idea of a baby stripped of



the ability to have a real genetic family life and to be brought up by a self indulgent person who will be 80 when the boy is 16. Odd people!

But I must congratulate the Brits on one thing. They did thrash the Aussies at cricket in the recent Ashes series, perhaps somewhat better than we can do!

So back to the garden and garage for me with my planes which buzz around the sky. You can see my latest Video on You Tube of the planes flying over the Craggy Range Winery and Te Mata Peak by clicking on this Internet link. http://www.youtube.com/watch?v=8-z6v_9NXrY .



Before the AGM we will have a big family reunion in Wellington before getting down to the business of U3A 2011.

Take Care, It’s dangerous out there, Keep well.

Norris Kenwright

AGM with Morning Refreshments

Wednesday 16th February

10-15 am

Havelock North Community Centre

After the success of the Christmas meeting: Brunch Refreshments will be again provided by "PURE" Catering
Havelock North U3A financial members will only pay

\$5

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



SPEAKER

Reg. Phillips

Growing up in London during the war and Blitz



Doors open 9-45 am AGM 10-15am Refreshments 10-50am Speaker 11-15am

I Knew This

According to the results of a [new study](#), (*This is a link to read the full article*) walking five miles a week may help slow the cognitive decline associated with Alzheimer's disease in adults. The study also suggests that walking could help those suffering from Mild Cognitive Impairment (MCI), a condition that is similar to Alzheimer's, yet not as severe.

The Study

This was a long, ongoing study that lasted twenty years. It consisted of a total of 426 people, including 299 healthy adults with an average age of 78, as well as 127 cognitively impaired adults with an average age of 81. The cognitively impaired group breaks down to 44 adults with Alzheimer's disease and 83 adults with MCI.



During the 20-year study, Dr. Cyrus Raji from the Department of Radiology at the University of Pittsburgh in Pennsylvania analyzed the relationship between physical activity and brain structure for both groups of adults. Dr. Raji observed how far each of the patients walked every week. After ten years, all the patients in the study underwent 3D MRI exams to get a better look at their brain volume. Brain volume is a vital sign of how healthy your brain is. When brain volume decreases, it means that brain cells are dying off. When brain volume remains high, it means that brain cells are not dying and optimal brain health is maintained



(*Actually my friend's grandmother said 20 years ago that to stay healthy she would walk 5 km every day. Amazing that she actually did it- Unfortunately they haven't located her yet*)

If you have not done so, ***"Please complete your Subscription Form and course choices as soon as possible and send them to the Secretary. (Address as above). Committee nominations are also due"***

The forms are included with this Newsletter

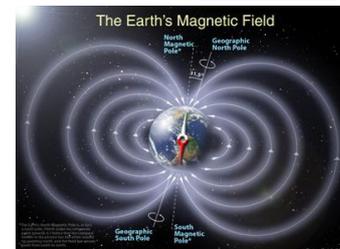
Health Chip Gives Instant Diagnoses *ScienceDaily (Jan. 7, 2011)* — Soon, your family doctor will no longer have to send blood or cancer cell samples to the laboratory. A little chip will give her test results on the spot. Today, a blood sample whose protein content, genes and so on are to be read needs to be submitted to a series of complex processes, such as centrifugation, heat treatment, mixing with enzymes and concentration of disease markers. This means that samples are sent to central laboratories for analysis, and weeks may pass before the results are returned. The EU's Micro-Active project has developed an integrated system based on micro technology and biotechnology, which will enable a number of conditions to be diagnosed automatically in the doctor's own office. The new "health chip" looks like a credit card and contains a complete laboratory. The EU project has used cells taken to diagnose cervical cancer as a case study, but in principle the chip can check out a number of different diseases caused by bacteria or viruses, as well as various types of cancer.



Good Bacteria WASHINGTON, Jan. 6, 2011 (Reuters) — Bacteria ate nearly all the potentially climate-warming methane that spewed from BP's broken wellhead in the Gulf of Mexico last year, scientists reported on Thursday. Nearly 200,000 tons of methane -- more than any other single hydrocarbon emitted in the accident -- were released from the wellhead, and nearly all of it went into the deep water of the Gulf, researcher David Valentine of the University of California-Santa Barbara said in a telephone interview. Bacteria managed to take in the methane before it could rise from the sea bottom and be released into the atmosphere.



Earth's Magnetic Field Shifts, Forcing Airport Runway Change. The magnetic north pole is currently hovering over the North Sea and moving toward Siberia. This means two Florida airports are renumbering their runways. The Earth has an iron core, and movement within its outer part is likely responsible for sustaining [a magnetic field](#), which constitutes much of what we measure at the Earth's surface. As a result, the Earth resembles something of a giant magnet with two poles: magnetic north and magnetic south. However, its field is not perfectly symmetrical and has undulations that are always moving around, according to Jeffrey Love, a research scientist with the U.S. Geological Survey's Geomagnetism Program. The magnetic poles don't line up with the geographic ones, and the difference between them is an angle called declination. As if this wasn't enough of a nuisance for navigators, the Earth's magnetic field drifts. For long-distance air travel, an error of only a couple of degrees could translate to arriving in the wrong airport; Love said "Right now, the magnetic north pole is drifting generally north-northwest toward Siberia at about 55 kilometers (34.2 miles) per year. While aviation in the United States hopes to move toward a satellite-based system; presently it still relies on ground-based radar, and runways calibrated to the magnetic poles.



Texting for Seniors—Essential shortcuts that Teenagers don't know

- Since Seniors are texting and tweeting, there appears to be a need for a STC (Senior Texting Code).
ATD: At The Doctor's **BTW:** Bring The Wheelchair **BYOT:** Bring Your Own Teeth
CBM: Covered By Medicare **CUATSC:** See You At The Senior Centre
DWI: Driving While Incontinent **FWB:** Friend With Beta Blockers **FWIW:** Forgot Where I Was
WTP: Where's The Prunes **GGPBL:** Gotta Go, Pacemaker Battery Low!
IMHO: Is My Hearing-Aid On? **LMDO:** Laughing My Dentures Out **SGGP:** Sorry, Gotta Go Poop
ROFL..CGU: Rolling On the Floor Laughing... And Can't Get Up **TTML:** Talk To me Louder
WAIT: Who Am I Talking To? **WTFA:** Wet The Furniture Again **HGBM:** Had Good Bowel Movement
"Hello, and welcome to the mental health hotline"

If you are obsessive-compulsive, press 1 repeatedly ***** If you have multiple personalities, press 3,4,5, and 6 ***** If you are co-dependent, please ask someone to press 2 for you ***** If you are paranoid, we know who you are and what you want. Stay on the line so we can trace your call ***** If you are delusional, press 7 and your call will transferred to the alien ship above you ***** If you are schizophrenic, listen carefully and a small voice will tell you which number to press ***** If you are manic depressive, it doesn't matter which number you press, no one will answer ***** If you have a nervous disorder, please fidget with the hash key until someone comes on the line. ***** If you have short-term memory loss, press 9. If you have short term memory loss, press 9. If you have short term memory loss, press 9. If you have short term memory loss, press 9 ***** If you have low self esteem, please hang up. All our operators are too busy to talk to you.

Be Careful out there-----Cheers
Norris Kenwright

U3A COURSES and GROUP LEADERS for 2011 (please contact convenors for the start date)

Art 1	Heather van Oostveen	876-0266	Thursdays at 10 am
Art Interest Group	Linda Ryan	877-6651	2 nd Thursdays @9-30am
Books (Tuesday)	Di Taylor	875-0307	1 st Tuesday @ 9-30am
Books (Wednesday)	Margaret Bain	877-2454	2 nd Wednesday @ 9-30am
Card Making 1	Dale Jackson	877-6221	3 rd Wednesday @ 9-30am
Card making 2	Dale Jackson	877-6221	3 rd Tuesday at 9-30am
Cinema Visits	Sue Davies	876-5745	Tuesday 10am as advertised
Classical Music Videos	Wendy Wilks	877 6611	1 st Tuesday @ 1-30 pm
Computer Studies	Norris Kenwright	877-8412	2 nd & 4 th Mondays at 2pm
Contemporary N.Z. Art	Barbara Holland	877-5926	3 rd Wednesday @ 1-30pm
Cooking with Yeast	Jackie Crespin	877-8372	Starting April
Discussion	Joyce Paton	877-6822	3 rd Tuesday @ 9-30 am
Egyptology	Rev. Cherie Baker	877-6725	Saturday 2pm every 2 months
Historic Houses & Gardens	Marnie Mackesy	877-2078	3 rd Monday @ 9-30am
Gardening	waiting for a time to be arranged by Oderings-		details will be sent out
Genealogy	Dale Jackson	877-6221	weekly for 6 weeks Tuesday 10am
Geography	John Fitzgerald	877-6603	1 st Thursday @ 10am
Gourmet Cooking	Diana Arnold	877-5439	2 nd Thursday @ 2pm
History of NZ	Garth Thornton	877-5343	1 st Thursday at 10 am
Italy	Patsy Burns	870-0614	Every 2 nd Wednesday @9-30am
Jazz	Barbara Holland	877-5926	3 rd Monday @ 1-30pm
Light on Music	Lynda & Ray Osborne	877-9430	4 th Tuesday @ 1-30 pm
Looking at Art Wed1	Dianne Taylor	875-0307	Every three weeks
Looking at Art Wed2	Marilyn Belcher	877-2283	Every three weeks
Looking at Art Thurs1	Elizabeth Murray	873- 8467	Every three weeks
Looking at Art Thurs2	Caroline Moorhead	877- 8893	Every three weeks
Looking at Art Fri 1	Jill Wilson	877- 6525	Every three weeks
Looking at Art Fri 2	Louise Ross	877- 6559	Every three weeks
Lunch group 1	Joyce Paton	877-6822	2 nd Wednesday @ 12-30pm
Lunch group 2	Judy Scott	877-8363	4 th Thursday @ 12-30pm
Lunch group 3	Joan Sye	876-9380	1 st Wednesday @ 1-00pm
Lunch group 4	Betty Boyle	876-5438	1 st Friday @ 12-30pm
Lunch Group 5	Glenys Fitzpatrick	877-4232	2 nd Thursday @ 12-30pm
Mah Jong	Faye Culham	877-1244	Every Tuesday @ 1pm
Media Views	Joyce Browning	873-7992	1 st & 3 rd Mondays @ 2pm
Medieval History	Margaret Jardine	874-6663	last Friday of month @2pm
Memories of the Past	Chris Hough	873- 4486	1 st Monday at 2pm
Mosaics & glasswork	Valency Stirling	845-1293	Starting April
Music Appreciation	Jim Woodward	877-4882	Every other Friday @ 2pm
Pétanque	Joyce Browning	873-7992	Every Tuesday @ 9 am
Philosophical Studies	Graeme Davidson	8776749	Wednesdays 10-11 am
Photography Interest	Sheila Bowden	877-5765	2 nd Friday @ 1.30pm Mary Doyle
Rambling	Pat Lloyd	877-2977	2 nd Saturday @ 9-30 am
Remarkable People	Margaret Clarke	877-3355	3 rd Thursday @ 2pm
Rummikub	Glenys Fitzpatrick	877-4232	Every Friday @ 1pm
Scrabble	Joan Sye	876-9380	Fridays 1 st & 3 rd 2pm
Shakespeare Studies	Rosalind McKenzie	877-5623	2 nd Tuesday @ 2pm
Spanish	Jim Woodward	877-4882	Every Friday @ 9-30am
Studies of the Inner self	Peggy van Asch	877-5294	1 st Thursday @ 2pm
Theological Issues	Graeme Davidson	877-6749	2 nd Thursdays 10-30am
Travel	Rosemary Duff	877-0257	3 rd Thursday @ 10 am
Video Editing	Roy Campbell	836-7197	members to be advised
Writing for your Grandchildren	Susan Fitzgerald	877-6603	4 th Monday @ 9.30 am

Possible courses: **Patchwork;** **Needlework:** At present these topics have only two members each. If we can attract just a few more members then we can add the courses to the above list.

Convenors will receive the group lists from the Secretary shortly. We still have about 150 who have not re-enrolled

Convenors and members: Please check for errors and then contact Norris Kenwright (877-8412) if necessary so adjustments can be made.

U3A Havelock North Group Meeting Times 2011

Monday am	Tuesday am	Wednesday am	Thursday am	Friday am	Saturday am
<p><u>Historic Houses & Gardens</u> 3rd Monday of the month at 9-30am</p> <p><u>Writing for your Grandchildren</u> 4th Monday at 9-30am</p>	<p><u>Books 1</u> 2nd Tuesday of the month at 9-30am</p> <p><u>Cinema Visits</u> 10 am as advertised</p> <p><u>Discussion Group</u> 3rd Tuesday of the month at 9-30 am</p> <p><u>Genealogy</u> 2nd Tuesday of the month at 10am</p> <p><u>Card Making 2</u> 3rd Tuesday of the Month at 9-30 am</p> <p><u>Pétanque</u> Every Tuesday at 10am</p>	<p><u>Books 2</u> 2nd Wednesday of the month at 9-30am</p> <p><u>Card making 1</u> 3rd Wednesday of the month at 9-30 am</p> <p><u>Italy</u> Every other Wednesday at 9-30 am</p> <p><u>Lunch Group 1</u> 2nd Wed of the month at 12-30pm</p> <p><u>Lunch Group 3</u> 1st Wed of the month at 1-00 pm</p> <p><u>Looking at Art</u> W1 & W2 10am</p> <p><u>Philosophical studies</u> 9 am</p>	<p><u>Art 1</u> Every Thursday at 10 am</p> <p><u>Art Interest</u> 2nd Thursday at 9-30 am</p> <p><u>Geography</u> 1st Thursday at 10 am</p> <p><u>Travel</u> 3rd Thursday at 10 am</p> <p><u>Lunch Group 2</u> 4th Thursday at 12-30 pm</p> <p><u>Lunch Group 5</u> 2nd Thursday at 12-30 pm</p> <p><u>History of NZ.</u> 1st Thursday at 10am</p> <p><u>Theological Issues</u> 2nd Thursday at 10-30am</p> <p><u>Looking at Art</u> Th.1 & Th. 2 at 10 am</p>	<p><u>Spanish</u> Every Friday at 9-30 am</p> <p><u>Lunch Group 4</u> 1st Friday of the month at 12-30pm</p> <p><u>Looking at Art</u> F 1 & F2 at 10 am</p>	<p><u>Rambling</u> 2nd Saturday of the month at 9-30 am prompt</p>

Monday pm	Tuesday pm	Wednesday pm	Thursday pm	Friday pm	Saturday pm
<p><u>Computer Studies</u> 2nd and 4th Mondays of the month at 2 pm</p> <p><u>Media Views</u> 1st and 3rd Mondays of the month at 2 pm</p> <p><u>Jazz</u> 3rd Monday at 1-30 pm</p> <p><u>Memories of the Past</u> 1st Monday of the month at 2pm</p> <p><u>Gardening</u> 1st Monday of the month at Oderings 4pm (Start date to be confirmed)</p>	<p><u>Light on Music</u> 4th Tuesday of the month at 1-30pm</p> <p><u>Mah Jong</u> Every Tuesday at 1 pm</p> <p><u>Shakespeare Studies</u> 2nd Tuesday of the month at 2 pm</p> <p><u>Classical Music Videos</u> 1st Tuesday of the month at 1-30pm</p>	<p><u>Contemporary NZ Art</u> 3rd Wednesday at 1-30pm</p> <p><u>Cooking with yeast</u> 2nd Wednesday at 4-00pm (Starts in April)</p>	<p><u>Studies of the Inner self</u> 1st Thursday of the month at 2 pm</p> <p><u>Gourmet Cookery</u> Every 2nd Thursday at 2 pm</p> <p><u>Remarkable People</u> 3rd Thursday of the month at 2pm</p>	<p><u>Rummikub</u> Every Friday at 1 pm</p> <p><u>Medieval History</u> The last Friday of the month at 2 pm</p> <p><u>Music Appreciation</u> Alternate Fridays at 2 pm</p> <p><u>Scrabble</u> 1st and 3rd 2pm</p> <p><u>Photography Interest</u> 2nd Friday at 1.30pm (Mary Doyle Centre)</p>	<p><u>Egyptology</u> Every 2 months at 2 pm at St Luke's Hall</p>

Other Courses: - **Mosaics and Glasswork** (Starting in April); **Video Editing** (Roy Campbell) – by arrangement; **Patchwork** and **Needlework** awaiting more numbers.

Please contact your convenor for the venue of the course and confirmation of times. The list of convenors is on a separate sheet or can be seen on our website www.u3ahavelocknorth.com

Nomination form for the Havelock North U3A Committee 2011

This committee will be elected at the **Annual General Meeting** to be held on **Wednesday 16th February 2011 at 10.15 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, PO Box 8475, Havelock North 4157, **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 data bases)
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)

Nomination Form

We wish to Nominate _____ for the position of _____

Proposer (Please Print) _____ Signed _____ Phone _____

Seconder (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. Note; Mah Jong (\$25) and Computing (\$15) have additional fees.

Name

Address

Telephone No.Email

Course Requests

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Please note that financial membership for 2010 expires on the 16th February 2011