



# Havelock North Inc.

P.O.Box 8745 Havelock North  
Newsletter September 2010



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Greetings to you all,

Time has caught up with me this time and I am a little behind schedule for this newsletter to tell you about our next meeting at the Havelock North Community Centre at 10 am on Tuesday 21<sup>st</sup> September. Our speaker will be from "Driving Miss Daisy" franchise of Havelock North; Monique Buurmans (See more below). I hope that we have a good attendance to hear about this service for seniors.



It certainly has been a tumultuous week with the devastating Christchurch earthquake which will bring memories of the Hawkes Bay event in 1931. There was some luck involved in that people were in bed and not on the streets for to be hit by falling masonry which would have caused many fatalities. Noticeably it was the unreinforced brick facades and chimneys which caused the most damage built before a rigorous building code allowed for protection against the rocking, jolts



and swaying of structures in earthquakes. The faults in the ground and the twisted railway lines show evidence of the very strong forces involved. What with the South Canterbury Finance Company collapse and the tragic air crash at the Fox Glacier it has been a devastating week for South Islanders. However many investors will have their money secure by the governments guarantee scheme and will be able to pump some needed refinance into local retailers and industry. The construction industry will be very busy there for a considerable time. Although we see unreal pictures of the damage, the effect on people's lives and the local industries will be ongoing for a considerable time. It does make us realize that insurance and preparation for events such as this is essential.



I think everyone is looking forward for some stable weather as we head into Spring. The early Prunus and Magnolia are as lovely as ever but the strong winds have been whipping the blossoms from the branches. It is amazing too to see how much of the fine yellow pollen from the Pine and Wattle trees is in the air. After a shower of rain you can see the pollen residues as streaks of yellow in the cracks in the paving stones.



Last week I was at a car yard in Hastings and all the cars had this fine coating of yellow. No wonder people have Hay Fever at this time of year.



Finally I must record thanks to our speaker at the last Session, Hilary Stott, who took us on a journey to many distant lands on voyages of discovery. Hilary and husband Robert have certainly travelled the world in style from a dugout canoe to champagne on Concorde.

My Regards to you all and I hope to see you on the 21<sup>st</sup> at our next meeting.  
Norris K.

# U3A Morning Meeting

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## Tuesday 21st September

**Havelock North Community Centre 10-30 am**

Brunch Refreshments will be again provided by "PURE" Catering The \$8 charge will be subsidised so that U3A financial members will only pay **\$2** and *Guests \$5*

**Come along, socialise, meet your friends, 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**

**Monique Buurmans from "Driving Miss Daisy"**



The original Driving Miss Daisy commenced operation in 2002 in Alberta, Canada. It began with a single vehicle with the proprietor's intention to provide a meaningful and rewarding service to seniors in the St. Albert, Alberta area but due to overwhelming demand and interest in this service, the proprietor developed a franchise prospectus and began selling franchises.

Driving Miss Daisy NZ Ltd was incorporated on 3rd November 2008 and now has franchises operating in Hawke's Bay, Wellington, Wairarapa, Gisborne, Auckland and Christchurch with others launching soon.

## Looking Ahead

### Courses and Conveners

As we head towards the final two months of the U3A year it is good to reflect on the progress of our courses and group activities over the past year and how we may keep or modify them for 2011. Most courses will finish in November and then there is a planning stage for new and continuing courses for 2011 and the possibility that some courses won't be repeated. At our meeting on Tuesday 7<sup>th</sup> December we will be receiving your requests to be included in the 2011 courses. Our conveners do a wonderful job in looking after members and we fully appreciate the time and effort they give to making group activities such a success. They will be thinking about their commitments for the coming year and with such a large membership we hope that will have new interest groups to offer. I would be extremely grateful if conveners, prospective conveners or members would help in the planning for 2011 by considering the following points.

- ❖ Will your group continue in 2011 and will it be on the same day and time
- ❖ Please suggest new activities which you would like to support and take part
- ❖ Would you prefer your group to be on a 3 or 6 month cycle with new participants or a full year activity
- ❖ Do you have a request for rooms or places to run your group where we can help

Please send your thoughts on these matters to our Secretary; Dale Jackson 877-6221, 2 Fulford Place, H.N. or [camdale@slingshot.co.nz](mailto:camdale@slingshot.co.nz)

Finally for my last newsletter of the year, to come out in November, I would be delighted to receive by the end of October, your comments and reviews of the last year. What did you do, what was the most enjoyable part of your activities or anything which would be of interest to us all?

Thanking you for your support

Norris K.

[rita-norris@xtra.co.nz](mailto:rita-norris@xtra.co.nz)

## Musings on Language and its changing meaning and its affect on us.

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After reading articles in the “Dominion” and especially one by Karl du Fresne a few weeks ago I realize how our language is changing.

We now appear to have shied away from language which more accurately describes the actions which have taken place. One phrase keeps occurring as a catch-cry for a variety of various offences is “inappropriate behaviour”. Whether it be being evil, wicked, outrageous, immoral, greedy, scandalous, or reprehensible (well that’s accounted for a few words) the in-words are “outrageous behaviour”.



Someone who steals, misuses the company credit card ( and we have had many instances of that), steals from the company, visits porn sites, an athlete who takes drugs or another who cheats on his wife is guilty of the terrible crime of inappropriate behaviour. Is this to save their feelings or to pretend that the action is not really that important, or have we become so accepting of liberal views that we cannot tell the truth?

Illegal kicking in rugby, biting, pretending a goal is scored when it is not (which we saw in the world cup), claiming a try when one is not actually scored is deemed inappropriate. Well actually it isn’t; it is illegal and cheating and we shouldn’t have to avoid hurting someone’s feelings. By not stating what the “crime” is, we encourage it to be done again.

We have the classic case last week where a test match in England was fixed by a betting syndicate paying players to cheat. What is really the point of watching games where the result is fixed prior to the game? It destroys the whole point of it taking place in the first place.

Will we become insensitive to murderers, terrorists, bombers who kill the innocent or blow up planes just by an unwillingness to face the truth of what this terror is? We must be careful that we don’t use words that diminish the gravity of situations and replace them by euphemisms.

And while I am on this rant I sense a growing attitude of “acceptable greed” around where many accept this as something is right – if you can get away with it. Stealing from companies has become somewhat epidemic with the worst case of \$17 million from the Otago Health Board which may be on par with some of the shenanigans in Finance companies. Similar scams have affected the Canterbury Health board. These criminals see their crime as not against people but the fraud diminishes the limited resources for health services and disadvantages those who have the most need for healthcare. Another disturbing aspect of these frauds is that many are carried out by women in their 50’s who have been in positions of trust for companies for many years. Yes I hear the excuses of depression, a traumatic upbringing, family disputes, illness (often feigned or through guilt), lifestyle fantasies or gambling. But many have been there and still don’t create havoc for other peoples lives.

Yes, personal responsibility, morality and good ethical values are a dying breed and many are corrupted by what they believe they have a right to and unfortunately look for excuses to mitigate their responsibility.

**Note; - If anyone wishes to have a say on anything for the newsletter just email it to me.**

**Now for the good news**

**This is Fantastic**

**I knew I was right to eat this**

**Dark Chocolate**

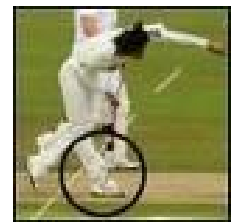


**Science Daily (June 28, 2010)** — For people with hypertension, eating dark chocolate can significantly reduce blood pressure. Researchers writing in the open access journal *BMC Medicine* combined the results of 15 studies into the effects of flavanols, the compounds in chocolate which cause dilation of blood vessels, on blood pressure.

**Science Daily (Apr. 19, 2010)** — Doctors could soon be prescribing a dose of dark chocolate to help patients suffering from liver cirrhosis and from dangerously high blood pressure in their abdomen, according to new research presented April 15 at the International Liver Congress TM 2010, the Annual Meeting of the European Association for the Study of Liver in Vienna, Austria.



It turns out “creative accounting” is a creative term for “white collar crime”.



**Science Daily (Jan. 3, 2006)** — Dark chocolate may stave off artery hardening in smokers, and a few squares every day could potentially cut the risk of serious heart disease, finds a small study in Heart Researchers compared the effects of dark (74% cocoa solids) and white chocolate on the smoothness of arterial blood flow in 20 male smokers.

**Science Daily (Nov. 12, 2009)** — The "chocolate cure" for emotional stress is getting new support from a clinical trial published online in ACS' *Journal of Proteome Research*. It found that eating about an ounce and a half of dark chocolate a day for two weeks reduced levels of stress hormones in the bodies of people feeling highly stressed. Everyone's favourite treat also partially corrected other stress-related biochemical imbalances.



## **WEBSITE NEWS**

[www.u3ahavelocknorth.com](http://www.u3ahavelocknorth.com)

**Have a look at our website for all details about our activities, meeting, todays and past newsletters plus a gallery of photographs around Havelock North. If you have photos around the area or photos of any of our activities please email them to me ([rita-norris@xtra.co.nz](mailto:rita-norris@xtra.co.nz)) so I can add them to the collection. There is even a video there now of a flight over the Palmbrook area.**

Here are website links worth looking at;- ***Tour of the Vatican*** A 360 degree look around the Vatican buildings (**Note - broadband is necessary**)

***I think you will enjoy these panoramic views - . The music is awesome too, so take your time and enjoy.*** After you click on a site below, wait for it to load and select an image and when it appears and clears, HOLD DOWN THE LEFT MOUSE BUTTON AND SLOWLY MOVE THE CURSOR AROUND THE ROOM to view everything- **do it slowly**- amazing images. Zoom control as well on the bottom left of the screen when loaded. These are incredible views.

[http://www.vatican.va/various/basiliche/san\\_giovanni/vr\\_tour/index-en.html](http://www.vatican.va/various/basiliche/san_giovanni/vr_tour/index-en.html)

**Basilica of St John Peter...**

[http://www.vatican.va/various/basiliche/san\\_pietro/vr\\_tour/index-en.html](http://www.vatican.va/various/basiliche/san_pietro/vr_tour/index-en.html)

**To cap it off, there are more Basilica views here including the Sistine Chapel...**[http://www.vatican.va/various/basiliche/index\\_en.html](http://www.vatican.va/various/basiliche/index_en.html)

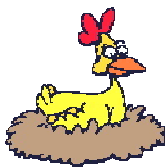
Last laughs.

## ***Wisdom from Grandpa* .....**

Whether a man winds up with a nest egg, or a goose egg, depends a lot on the kind of

**chick he marries .**

**Too many couples marry for better or for worse, but not for good.**  
**If a man has enough horse sense to treat his wife like a thoroughbred, she will never turn into an old nag.**



**When a man marries a woman, they become one; but the trouble starts when they try to decide which one.**

**On anniversaries, the wise husband always forgets the past - but never the present.**  
**A foolish husband says to his wife, "Honey, you stick to the washing', ironing', cooking' and scrubbing'. No wife of mine is going to work."**



**You know you are getting old, when everything either dries up or leaks**

**Old age is when former classmates are so gray and wrinkled and bald, they don't recognize you**

**"OLD" IS WHEN..... "Getting lucky" means you find your car in the parking lot.**

**"OLD" IS WHEN..... An "all nighter" means not getting up to pee**

**"OLD" IS WHEN..... A sexy babe catches your fancy and your pacemaker opens the garage door.**



**"OLD" IS WHEN..... "Getting a little action" means I don't need to take any fibre today.**

**Cheers: Norris Kenwright -editor**