



[Havelock North Inc.]

Newsletter September 2009

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President's Message

Hello Everyone,

I think that we are all pleased that Spring has arrived and the blossoms this year are quite remarkable.

Many people who I have met have commented on their exceptional brilliance, perhaps due to the cold winter.

The Flu epidemic has not made a terrifying impact for there may have been antibodies remaining in our immune system due to an earlier outbreak of a similar strain. As the longer days and warmer weather progresses the risk should diminish and no doubt a vaccine will be added to our annual Flu shots next year. Two of our members that I personally know have been unwell recently. Sheila Bowden who looks after the large computer group with her afternoon teas had a stroke and is now recovering in the rehabilitation unit of the Hastings hospital. Also Past-President Bill Williams recently had a nasty fall outside Hastings New World Supermarket and broke his leg in seven places. Bill has had steel rods and screws fitted and after 11 days in hospital he has just arrived home. Many may know other members who have been unwell and we hope that Bill, Sheila and they can soon be back in circulation to appreciate this lovely weather and scenery. These occurrences bring to mind two aids and hints to keep us well. Sheila had bought a medical alarm the day previous to her stroke and whilst she had hoped it wouldn't have to be used so quickly, she was very grateful that it was available to her when she was unable to move.



Also I have just received in the post information about the prevention of falls which can have many disastrous consequences to us and can easily curtail of future activities and well being. This leaflet from the Ministry of Social Development, the ACC and the HB Health Board says that over 7000 people in Hawkes Bay have falls each year. Most falls are in the home and they give tips on how to minimise the risk of a fall. I hope that you take the time to read it for I believe that it is sent to all households. One tip is to keep up muscle strength by walking and gentle exercise.

This is something that Rita & I take seriously for we walk for an hour each day to keep fit.

It is interesting to that one of the possible groups that has been suggested by Dave Ward is Tai Chi which is practiced around the world as a gentle art for health benefits and we have tutor willing to take a class which I will mention later.

So if I have one message for today is that you consider a controlled program to boost your well being and keep healthy to enjoy the pleasures of the Bay.

Best Wishes,

Norris Kenwright

(President)

At Our Last Meeting:- This was an excellent Midwinter Luncheon at the Community Centre and thanks to all who made it such a wonderful occasion. We have had many very good comments about the venue and meal. Special thanks to Diane Taylor who stepped in when our original speaker was unable to attend. Diane described the exciting tour she made through India with an accompanying slide show giving us images of India that many of us will never see except as pictures.

George Massingham however has been booked again for our upcoming meeting at the Havelock North Club on Tuesday 20th October. He will speak about his experiences in the Forces in Afghanistan which is a very dangerous place we hear. This is all the more relevant now that a contingent of the NZ Army has been posted there recently.

Coffee and Tea Morning

Tuesday 20th October

10-00 AM

**At the Havelock North Club, Campbell Street, H. N.
Guest Speaker George Massingham on his time in Afghanistan**

\$2 charge to H.N. U3A financial members and \$4 for non members

*(Note; - To assist with the catering we have been asked to provide attendance numbers in advance. It is important that you **contact the Secretary or a committee member if Dale is not available**, beforehand to indicate your intention to attend. We would be very grateful for your support in this matter. Telephone numbers are at the top of this page.) There are two parking areas at the club. As you come up the drive way there is a lower parking area on the left just before the upper parking area*

New Courses and the need for Convenors

We are always indebted to our convenors for the work which they do to organise the groups. As time passes there is a time for new blood and for some convenors to relinquish their position so that others can help. This need not be onerous. An interest group can organise themselves to produce a program, find a venue and secure the support of tutors. The committee can help in all of these matters as we have done this year to organise venues such as at the Mary Doyle Centre. Without someone to act as a contact, a group will have difficulty in forming even though there is a committed group of people willing to share a common interest. So we encourage all our members to take an active part in the formation of an interest group.

I note that there are some changes that will be taking place in 2010 and in the next newsletter prior to our December meeting I hope that we will be able to advertise a full programme for 2010 so that you can make the appropriate choices.

The **Wednesday Book Club** which is convened by Susan Fitzgerald will be taken over by **Margaret Bain**. The **Travel Group with Helen Collett** as the present convenor will need a new person and Helen is actively looking for someone to take her place after several years in charge.

We have some new course in the pipeline.

- A **Tai Chi** course with **Miranda Chan**
- **Looking at Shakespeare's** plays with **Rosalind McKenzie**
- **Telling our own Stories** with **Jennifer Howard**. Jennifer has held two workshops this month at the Mary Doyle Centre on this topic and is looking forward to continuing it next year. This is a topic on which I am continually reminded, on how to pass on valuable information to the next generations. This not a genealogy course for we do have one of those.

Always remember that if there are sufficient members that it is often helpful to form two groups and we do have an increasing membership, so the accommodation of members in groups could be at a premium.

Two important notices for Convenors

- **Please submit any accounts you may have for your groups to our Treasurer as soon as possible**
- **The following page is a list that I have of groups that are presently active. I need you all to check that it is accurate. Please follow the instructions on the page.**

Active Courses 2009 -- Courses for 2010

This is a list I have of active course in 2009 and I am now compiling a new list for 2010. Would Convenors please carefully check this list of courses for accuracy and send conformation or corrections for 2010 to our Secretary, Dale Jackson by the end of October. There is a form at the bottom of this list. You can either email, post or telephone conformation with the details asked for on the form.

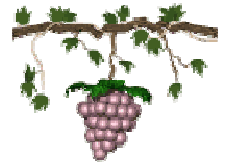
Art	-- <i>Heather van Oostveen</i>	Art Appreciation	----- <i>Warren Clode</i>
Art 2	----- <i>Judy Sanders</i>	Books 1	--- <i>Margaret Bain (2010)</i>
Books 2	----- <i>Diane Taylor</i>	Looking at Architecture	----- <i>Barbara Siers</i>
Card Making	----- <i>Dale Jackson</i>	Cinema Visits	----- <i>Sue Davies</i>
Classic Hits	----- <i>Joyce Paton</i>	Computer Studies	----- <i>Norris Kenwright</i>
Contemporary NZ Art	-- <i>Barbara Holland</i>	Discussion	----- <i>Joyce Paton</i>
Egyptology	----- <i>Cherie Baker</i>	Gardens of the World	----- <i>Marnie Mackesy</i>
Genealogy	----- <i>Dale Jackson</i>	Geography	----- <i>John Fitzgerald</i>
Gourmet	----- <i>Kath McIver</i>	Italy	----- <i>Patsy Burns</i>
Light on Music	----- <i>Ray Osborne</i>	Looking at Art (6 Groups)	----- <i>Debe Clarke</i>
Luncheons (4 Groups)	----- <i>Dale Jackson</i>	Mah-Jong	----- <i>Faye Culham</i>
Media Views	--- <i>Maire Thompson</i>	Music Appreciation	----- <i>Jim Woodward</i>
Pétanque	----- <i>Joyce Browning</i>	Photography	----- <i>Bill Kearns</i>
Photography Interests	----- <i>Dale Jackson</i>	Rummikum	----- <i>Glenys Fitzpatrick</i>
Rambling	----- <i>Pat Lloyd</i>	Spanish	----- <i>Jim Woodward</i>
Telling your own Story	-- <i>Jennifer Howard</i>	Travel	----- <i>Helen Collett</i>
Victorian England	----- <i>Margaret Jardine</i>	Writing Your Family History	----- <i>Judy Sears</i>

Course Name :- _____ Brief Description of the course _____ _____ _____ Day and Time of the course _____ Convenor _____ Telephone No. _____ Email Address _____

Please Contact Dale Jackson, 22 Fulford place, Havelock North, 4130
 Email camdale@slingshot.co.nz
 Phone 8776221

A final comment about our Groups

I do receive comments about members who don't turn up to a group and do not contact the convenor. This can be quite embarrassing for small groups if several do not arrive. Please, if you are unable to attend phone the convenor to excuse your absence. Remember also that if you are not a committed group member there may be someone just waiting for an opportunity to attend that group. Thank You.



Apples and wine



Women are like apples on trees. The best ones are at the top of the tree. Most men don't want to reach for the good ones because they are afraid of falling and getting hurt. Instead, they sometimes take the apples from the ground that aren't as good, but easy. The apples at the top think something is wrong with them, when in reality, they're amazing. They just have to wait for the right man to come along, the one who is brave enough to climb all the way to the top of the tree



Now men . . . men are like a fine wine. They begin as grapes, and it's up to women to stomp the shit out of them until they turn into something acceptable to have dinner with.



Share this with all the good apples you know

A Little Poem for you

Another year has passed, and we're all a little older.
Last summer felt lots hotter, and winter seemed much colder
There was a time not long ago, when life was quite a blast.
Now I fully understand, about 'Living in the Past'

We used to go to weddings, Football games and lunches.
Now we go to funeral homes, and after-funeral brunches
We used to have hangovers, from parties that were gay.
Now we suffer body aches and wile the night away

We used to go out dining, and couldn't get our fill.
Now we ask for doggie bags, go home and take a pill.
We used to often travel to places near and far.
Now we get sore butts from riding in the car.

We used to go to nightclubs and drink a little booze.
Now we stay at home every night and watch the evening news.
That, my friend is how life is, and now my tale is told
So, enjoy each day and live it up...

Before you're too damned **OLD**



Cheers

Norris Kenwright, September 2009