



NORTH-WEST

Communications to: Secretary: Alexis Langhorne. Phone 835-2237. Email: u3anwest@gmail.com

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NEWSLETTER NOVEMBER 2021

**OUR NEXT MEETING WILL BE HELD ON MONDAY 8 NOVEMBER
WE WILL BE MEETING VIA ZOOM, NOT IN PERSON**

Closer to the time of the meeting you will receive an email with an invitation to join the meeting.

Once again, if you have a friend or family member who might like to sit in on the meeting, you are welcome to invite them to do so. You will need to forward on to them the email you will receive with the invitation to the Zoom meeting.

Programme

10.00 President's welcome and announcements

10.10 Guest Speaker: John Cowan is a writer, broadcaster, counsellor and speaker who will be speaking on the topic of "Caring Without Getting Crushed: Grand parenting in 2021".

Coming from a background as a scientist and social worker, John speaks and writes on a broad range of topics. His performance skills have been honed by decades of regular television, radio and live audience performances, plus a lifetime of writing magazine articles, courses, manuals and books. People like his style: relaxed, humorous and a way of making tough subjects understandable. His specialty topic is family life, especially opportunities and challenges of grand parenting and parenting adult children.



John was Creative Producer at The Parenting Place for more than twenty years, as a seminar speaker and the author of most of their courses, manuals and material. For sixteen years he has hosted a top-rating interview show, *Real Life with John Cowan* on NewstalkZB. He has weekly slots on a range of radio stations and (until its COVID related demise) was a weekly guest on The Café on TV3.

John currently works as freelance writer, broadcaster and communicator.

A MESSAGE FROM OUR PRESIDENT

Your committee continues to look for ways that U3A can continue to function under the difficult conditions imposed by the lockdown in Auckland. Our first concern is the health and safety of our members attending the monthly meetings or meeting in special interest groups.

I am sure that you will all appreciate that, given the demographics of our membership, there will be those among us with compromised immune systems and with this in mind we have no choice but to restrict membership of U3A to fully vaccinated members.

This decision was not undertaken lightly, but with the impending traffic light system and other directives from Government this will help get us back to the socializing we have all missed.

A printed copy of your COVID Immunisation record can be obtained from The Ministry of Health on their website by first selecting COVID Immunisation Register then selecting “Accessing and correcting your information”. You will be asked to supply personal information including your NHI number. On completion you will be asked to choose if you would like to have the certificate emailed or posted to you.

Other people may choose to wait until the app for smart phones becomes available but many of you may find that a paper copy to be more convenient. Under the traffic light system being imposed many businesses will require either a paper proof of vaccination or the smart phone application before one can access their services. We are hopeful that our first proper meeting will be the 14 February 2022 and all attendees will have to show proof of their vaccination certificates before entry.

Some special interest groups may meet before the general meeting and then convenors may ask group members to confirm that they are fully vaccinated before they meet.

Mike Smith, President

NEW MEMBERS

No new people have joined U3A North-West in this time of lock down, as would be expected. Our most recent new member is Beau Johnstone, who was able to attend some monthly meetings before lock down and it has been good to see her at our Zoom monthly meetings.

ALMONER

Jenny Wilcox is our almoner. If you are aware of anyone who is ill or should be contacted for any reason please let Jenny know. Her email address is jennywilcox@xtra.co.nz and her phone number is 0275382641.

CHRISTMAS LUNCH

At this month's committee meeting it was decided that we could not proceed with arrangements for our usual sit down Christmas lunch given the current uncertainty about when larger gatherings will be permitted under Covid rules. The booking for the Swanson RSA has therefore been cancelled.

Instead, all members are invited to a festive celebration via Zoom on Monday 13 December.

Come all ye U3Aers

Join us for a special Festive Celebration

via Zoom on

Monday 13 December

at 10am



In lieu of our cancelled Christmas luncheon, we are inviting you to join us for a special Zoom session to celebrate the Festive Season. Please join us wearing something festive (Santa hat, antlers, Xmas lights, etc) and be prepared to imbibe some refreshment during the session.

Come prepared to be part of the entertainment. We invite members to share something festive with us. Examples of what you might share are:

- *A Christmas toast*
- *A Christmas message*
- *A funny Christmas anecdote*
- *Tell us about a family festive tradition*
- *Recite a festive poem*
- *Sing a festive song or carol*
- *Perform an instrumental piece*
- *A Christmas reading*
- *Share a favourite Christmas recipe*
- *Show us your special Christmas craft or handiwork*
- *Something else Christmassy*

For those bold enough to volunteer up-front, please email Jude on juderblack@gmail.com so she can plan a programme. There will also be space for people to volunteer spontaneously on the day.

If you know of anyone among our members who has a particular talent, please encourage them to put their name forward.

This will be as much fun as you help make it! Ho-ho-ho!

A Zoom invitation will be sent out nearer the time.

COMMITTEE 2021

The members of the 2021 committee are listed below:

President: Mike Smith, phone 021-1720737, email mike.s@xtra.co.nz.

Vice-President and Study Group Coordinator: Martine McGregor-Reid, phone 021-2113548, email martinem@xtra.co.nz.

Treasurer: John Stagg, 027-2405520, email johnstaggnz@gmail.com.

Secretary: Alexis Langhorne, 835-2237, email alexis@value.net.nz.

Speaker Coordinator: Jude Black, phone 832-4037 and 021-02453347, email: juderblack@gmail.com.

Almoner: Jenny Wilcox, phone, 0275382641, email jennywilcox@xtra.co.nz.

Editor of the Newsletter: Rosemary Stagg, phone 817-4038 and 027-3684843, email Rosemary.Stagg@xtra.co.nz.

Archivist, Publicist: Robert Woolf, phone 816-8899, email: robert.woolf@gmail.com

Database and IT: Arthur Hammond, 948-2095 and 021-422621, email ae.hammond2@gmail.com.

Morning tea roster: Peter Wright, phone 837-0042 and 021-08251083, email wrightpm2@gmail.com.

Morning Tea Coordinator: Bill Whittome, 836-7433 and 021-02515489, email whittw64@gmail.com.

Greeting Coordinator: Jenny Freewalker, phone 022-0670963, email jenny.freewalker@gmail.com.

U3A Network representative: Peter Wright, phone 837-0042 and 021-08251083, email wrightpm2@gmail.com

STUDY GROUPS

Because of the uncertainty surrounding the next few months, groups might like to consider the option of continuing to meet in December and January. This might be especially nice for some of your members.

If we are allowed to meet in greater numbers it may also be possible for groups to organise a picnic or trip to a restaurant in December.

Thank you again to all Convenors and Groups for embracing the available technology so that U3A North West has been able to keep going without interruption. A wonderful achievement! **Martine (Study Group Coordinator)**

COMPUTER GROUP

All our recent group meeting discussions have been taking place on Zoom. The following is a topic that we discussed – How to update Google Chrome.

It might seem surprising, but many persons are not aware that Google regularly updates its web browser – Chrome. Google Chrome is recognised by the following icon.



But first what is Google Chrome?

Chrome is Google's version of an internet browser. Browser is a term you might not recognise – it is used to describe an internet software package that makes it possible for you to explore the internet. We all remember first Internet Explorer. It had this icon.



Google does not send out any notices about its updates so to check if you have the latest version of Chrome you need to do the following. Click on the Google chrome icon to open the browser. In the home page – which is the first web page that you have opened move your mouse cursor up to the top right-hand side of your screen.

Here you will see an icon of three dots arranged vertically. Note this is a small icon. Click on this icon and a drop-down menu opens. On this dropdown menu place your cursor on the item which reads “About Google chrome.” And then click.

You will now see a message that says Google is checking your version and then if an update is needed it will start the update.

Let the process go to the end and you will be updated.

Other news is that we – the group - have taken a decision that in the future we will continue to meet using Zoom. Zoom is an ideal platform for our meetings.

But we have also decided that every alternative month we will – when lockdown allows – meet at a café that has good Wi-Fi. This means we can and would welcome new members. Previously our numbers were limited as I did not have space for more than 6 persons in my home.

Peter Wright, convenor

