



**NORTH-WEST**

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## NEWSLETTER OCTOBER 2021

Our September meeting was held using Zoom and it ran very successfully. Jude Black kindly hosted the meeting and Mike Smith, our president, chaired it. We had an excellent speaker in Professor Michael Belgrave, who was very comfortable with using Zoom. Seventy-seven people logged into the meeting and there were obviously quite a number more who were also listening in.

**OUR NEXT MEETING WILL BE HELD ON MONDAY 11 OCTOBER  
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.**

You will also receive another copy of the instructions for using Zoom that were sent out prior to the September meeting in case you would like to refer to them again.

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 receive with the invitation to the Zoom meeting.

### **Programme**

**10.00 President's welcome and announcements**

**10.10 Guest Speaker: Robyn Moore**



**Robyn Moore** from Dress For Success Auckland.

The mission of Dress For Success is to empower women to achieve economic independence by providing a network of support, professional attire, and development tools to help women to thrive in work and in life.

In addition to describing the Dress For Success skills and support programme, Robyn will be talking about the implementation of their Resilience Programme at the Auckland Region Women's Correctional Facility.

She will also be talking about how women can access their services and how people can get involved.

## OUR NEXT MEETING

Our next meeting will be on Monday 8 November 2021. Our speaker will be broadcaster John Cowan, who will speak on Caring Without being Crushed – Grandparenting in 2021.

## CHRISTMAS LUNCH

It may seem rather early to be thinking about Christmas but people's diaries fill up quickly in December. So please note that U3A North-West's Christmas lunch will be held on **Monday 13 December** this year. It will be held at the Swanson RSA again this year. Further details will be announced nearer the time.

## 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](mailto:jennywilcox@xtra.co.nz) and her phone number is 0275382641.

## COMMITTEE 2021

The members of the 2021 committee are listed below:

**President:** Mike Smith, phone 021-1720737, email [mike.s@xtra.co.nz](mailto:mike.s@xtra.co.nz).

**Vice-President and Study Group Coordinator:** Martine McGregor-Reid, phone 021-2113548, email [martinem@xtra.co.nz](mailto:martinem@xtra.co.nz).

**Treasurer:** John Stagg, 027-2405520, email [johnstaggnz@gmail.com](mailto:johnstaggnz@gmail.com).

**Secretary:** Alexis Langhorne, 835-2237, email [alexis@value.net.nz](mailto:alexis@value.net.nz).

**Speaker Coordinator:** Jude Black, phone 832-4037 and 021-02453347, email: [juderblack@gmail.com](mailto:juderblack@gmail.com).

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**Morning Tea Coordinator:** Bill Whittome, 836-7433 and 021-02515489, email [whittw64@gmail.com](mailto:whittw64@gmail.com).

**Greeting Coordinator:** Jenny Freewalker, phone 022-0670963, email [jenny.freewalker@gmail.com](mailto:jenny.freewalker@gmail.com).

**U3A Network representative:** Peter Wright, phone 837-0042 and 021-08251083, email [wrightpm2@gmail.com](mailto:wrightpm2@gmail.com)

## STUDY GROUPS

Study Group coordinators have been asked to ensure that they stay in touch with the members of their group and see whether they need any assistance from U3A.

## **The What is Wisdom Study Group (U3A online)**

A group of us have been studying this U3Aonline, 6 unit course. Each month we read the next unit of work and then we independently research the material and questions raised. Following this we meet at The Falls Restaurant in Henderson, where they have been happy to supply our orders for tea and coffee in their library room. Each person present reports back on the issues raised and any research undertaken. The open discussion always results in aspects of the unit and our research being debated and carefully considered. We have all thoroughly enjoyed the course and our discussions, so much so that we are planning to study another online course next year.

We encourage others to study this topic in 2022.

**Martine McGregor-Reid**

## **The San Diego Wisdom Scale**

Martine has supplied this excerpt from an article about the San Diego Wisdom Scale and a link to a TED talk by Dilip Jeste, the geriatric psychiatrist who leads the research team.

**Is it possible to define, measure and even increase how wise a person is? Psychiatrist Dilip Jeste is attempting to answer those questions.**

To assess our health, we weigh ourselves, measure our blood pressure, and check our cholesterol. But one scientist is trying to figure out the connection between our well-being and something much more difficult to quantify: wisdom. A team led by UC San Diego geriatric psychiatrist Dilip Jeste is seeking a scientific understanding of the trait — defining it, locating it in the brain, even measuring it. Their ultimate goal? To learn how a person can boost their wisdom, just as a patient might improve their cardiovascular health.

Here are the questions from the San Diego Wisdom Scale. **This is not a scoreable test, but you can look at the statements, think about how they apply to you, and what you might work to improve.**

*Factor: Social Advising*

1. I am good at perceiving how others are feeling.
2. Others look to me to help them make choices.
3. Others say I give good advice.
4. I often don't know what to tell people when they come to me for advice.

*Factor: Decisiveness*

5. I have trouble making decisions.
6. I usually make decisions in a timely fashion.
7. I tend to postpone making major decisions as long as I can.
8. I would rather someone else make the decision for me if I am uncertain.

*Factor: Emotional Regulation*

9. I have trouble thinking clearly when I am upset.

10. I remain calm under pressure.
11. I am able to recover well from emotional stress.
12. I cannot filter my negative emotions.

*Factor: Insight*

13. I take time to reflect on my thoughts.
14. I avoid self-reflection.
15. It is important that I understand the reasons for my actions.
16. I don't analyse my own behaviour.

*Factor: Pro-social behaviour*

17. I have a difficult time keeping friendships.
18. I avoid situations where I know my help will be needed.
19. I would stop a stranger who dropped a twenty-dollar bill to return it.
20. I treat others the way I would like to be treated.

*Factor: Tolerance for divergent values*

21. I enjoy learning things about other cultures.
22. I am okay with others having morals and values other than my own.
23. I generally learn something from every person I meet.
24. I enjoy being exposed to diverse viewpoints

[Dilip Jeste](#) ([TEDMED](#) Talk: [Seeking wisdom in graying matter](#))