



## Howick Inc.

PO Box 39035  
Howick 2145  
APRIL 2019

FINAL EDITION



### COMMITTEE 2018-2019

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*Vice President/Membership*

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BEVERLY JOHNSON *Assistant Secretary*

BEVERLY JIN *Ten-Minute Speakers*

### APRIL 8 MEETING

9.30 am, Howick Bowling Club

**GUEST SPEAKER:** Bill Potter – *You Are Not Old*

**TEN MINUTES:** Short Story

**TEA ASSIST:** Anthropology H

### ANNUAL MEETING DEFERRED

THE annual general meeting usually held in April will be pushed back by a month, to May, as President Margaret Nicholls will be out of the country during the pertinent period. Members who would like to serve on the committee for the 2019-2020 term may obtain nomination forms from Secretary Cora Young ([coraj@xtra.co.nz](mailto:coraj@xtra.co.nz), 5348623). Rejuvenation of the committee is essential to keep the management of our club supple, so do step up and be there when the call goes out. Nominations close on May 6.

### STANDBY SPEAKER RESPONSE

WARREN Yardley wishes to thank those who responded to his call for standby speakers to fill in at short notice in the event a scheduled guest speaker cancels late. Two of these member-offers have in fact been added to the working roster of guests (a testament to their choice of engaging topics), so Mr Yardley is still accepting volunteers for standby duty.

Upcoming guest speaker roster: May – Dave Ronson *Howick in the UK*, Geoff Mooney *Marine Search and Rescue*; June – Jane Harding *The Liggins Institute*; July -- Fiona Jeffcoat *Experiences of a Long-distance Walker*; August -- NZ Navy: *History, Involvement and Future* (to be confirmed); September – Alan La Roche *The Founding of Howick*.

### THE MANY LIVES OF BILL POTTER

Guest speaker Bill Potter (picture), who will tease audience members with the admonition that they are only as old as they think and feel they are, has had varied experiences that seem to exceed a lifetime. He was a deputy head at the Miami world HQ of Junior Chamber International, a business network for young executives. Back here he had had senior roles in Lion Breweries and ASB. Outside of the office, he has been a rugby referee at up to international level and still umpires touch football matches in his seventies. In his early years he was in the army, rising to officer. Born in Indonesia he and his mother were interned in Japanese prisoner of war camps. Now let him show how to *think young and be young*.

**NEXT MONTH:** Howick U3A members Dave Ronson and Geoff Mooney will share the guest spot. Mr Ronson's talk *Howick in the UK* is about our district's England namesake, while ex-navy man Mr Mooney's subject will be *Marine Search and Rescue*.



### ***NEW MEMBER***

FRANCES Coe is our newest member, sponsored by Geraldine Rose. Ms Coe's interests are primarily in the performing arts, but also include gardening and ancient history. She plans to join the music and opera groups for a start. Members are encouraged to get friends of varied life experiences to join the Howick U3A, to the mutual benefit of the club and these newcomers. We've had a decent crop of new entrants in recent years but more is always better.

### ***RESIGNATION***

PAMELA McDermott resigned her membership last month.

### ***TEA VOLUNTEER SOUGHT***

BETTY Reid, the tea-break coordinator, and her available volunteer assistants will all be away for the month of June. We need a volunteer to fill the gap for just a month. Gender doesn't matter. Mrs Reid will provide training for the job, which isn't too onerous as the coordinator is assisted by members of study groups on a rotational basis in laying on the tea at the monthly meeting. Approach Mrs Reid ([bettyallan68@gmail.com](mailto:bettyallan68@gmail.com), 5349895) directly. She can show the volunteer the ropes at either the April or May meeting.

### **REPORT ON LAST MONTH'S TALKS**

#### ***ROSAMUND VALLINGS – MANAGING PAIN***

SEVERAL aspects of pain management stood out in our member Rosamund Vallings's talk on the subject last month. Not a few members presumably have personal experience of these, but a refresher coming from an expert on the issue was welcome.

Foremost was what Dr Vallings described as psychological approaches to dealing with pain. There is the commonsensical, such as taking a walk in nature -- let the greenery, grassy scents and the fresh air work their quiet magic -- or playing with your pet -- self-evident, but did you realise stroking the animal works the limb muscle, aids in the circulation and helps release endorphins from the brain, which make you feel good.

Not as well known is laughter therapy, which appears to validate the old saw that laughter is the best medicine. People may feel silly gathering in groups to laugh their heads off, but the release of endorphins does provide pain relief, another way of saying laughing even with friends makes you feel better. The bonus is that the positive effect is both physical and psychological. Dr Vallings said she has tried it in group therapy among professionals and she did feel a beneficial difference, even if she was self-conscious about the activity.

Sleep or the lack thereof is also implicated in chronic pain. Those who sleep fitfully – fragmented sleep – know what it feels like upon waking. Older people are most susceptible. Shift workers and those returning from a long flight are similarly afflicted by body clock disorder. What to do? Medications and supplements help but it was noted that poor quality sleep can be both an accelerant and a side-effect of pain.

Use of anti-depressants and sleep-promoting drugs should be handled with care, she warned. A combination or cocktail of drugs can induce the serotonin syndrome (symptoms include dizziness, mental confusion, agitation) which in rare cases can be fatal. Your primary care doctor will have on database the drugs you have been prescribed, but it's wise to inform other doctors you see of non-prescription medications and supplements you are taking.

Then there is hypnosis and mindfulness exercises, which are the buzz just now. Whatever happened to yoga and meditation? In professional hands these can be helpful but Dr Vallings cautioned against charlatans (hypnosis) or slick salesmanship by exercise salons (mindfulness) which may be more concerned about the fees they receive than the well-being of clients.

Dr Vallings advised caution when using pain medications. Opioids can become habit-forming drugs, which have claimed much attention in epidemiological studies. Some, like the widely prescribed Celebrex, raise blood pressure. She speculated that medical cannabis as a permitted form of relieving acute pain would come to New Zealand before long but as in all forms of managing chronic pain, the key lies in treating the underlying condition.

#### ***ALAN LA ROCHE – HOWICK'S LIVING HISTORY***

AS THE named Howick Historian, one of Alan La Roche's claims to legitimacy is that he actually was born in Howick, in Paparoa Road. He grew up there. Further back, his grandparents had a home in Uxbridge Road. His father had been mayor of Howick borough. You could say young Alan, from his early years as a student at Auckland Grammar followed by the University of Otago, was made for recording with a passion Howick's many pasts. He recalled that he was always sketching old buildings, learning about their history and their significance to the local people, and keeping copious notes. It helped that he took to drawing easily. He retains that interest to this day.

Mr La Roche is of course best known to Howickians and fellow members of Howick U3A as the author of a thoroughly researched book, *The History of Howick and Pakuranga*, published in 1991 for the Howick Historical Society. Twenty years later in 2011 he brought out an expanded local history, *Grey's Folly*, which encompassed surrounding districts as far afield as Maraetai.

What was less known, as he recounted to members in his ten-minute talk last month, was his collaboration with two sitting Manukau mayors, Lloyd Elmore and Barry Curtis, in restoring, preserving and recording the history of Howick and its environs.

From his pioneering start in mobilising community support to save Shamrock Cottage in Selwyn Road from demolition, then replacing the worn weatherboard exterior of All Saints Church, Mr La Roche was to move on to his most ambitious project : the curation of Howick's architectural and societal heritage in what was to result in the much admired Howick Historical Village (picture) located on the edge of Lloyd Elmore Park.

He was a prime mover in saving the old Howick vicarage which was to be a focal point of the recreation of a 19<sup>th</sup> century Fencibles settlement.

To think that Mr La Roche managed to persuade owners of historically notable buildings to offer them to what was a loosely organised public trust attested to the vision and doggedness of Howick's corps of preservationists.

Let Mr La Roche pick up the story: "I wrote to about 20 owners of historical buildings and 13 offered their buildings to us. In 1974 we started preparing the vicarage for removal to the Howick Historical Village and soon we were moving over 30 buildings, each with an important history. These included a Maori school built in 1840, New Zealand's oldest courthouse and many Fencibles cottages" (detail in picture).



The Village is a treasured repository of Howick's past, much visited by tourists and school groups and proud locals. If this was in England it would come under the care of English Heritage Trust, with all the trappings of state patronage and funding that the status grants. In humble New Zealand it was the zeal and foresight of people like Alan La Roche and community volunteers that brought to life and has kept alive a collage of Howick and New Zealand history. In 2007 Mr La Roche was recognised for his long years in historical restoration with the title of 'Howick Historian' conferred by civic groups and Manukau Mayor Barry Curtis. With becoming modesty he merely said all that had been "... a fascinating and rewarding hobby".

### **OUT AND ABOUT**

++ **HOWICK All-Saints Church's** popular **Thursdays@Seven** chamber concert series for autumn concludes on April 11 with a programme of **Chopin** and **Bach** by pianist **Stephen De Pledge**. See [wattsandwatts.co.nz](http://wattsandwatts.co.nz) for programming updates. Performance time 7-8 pm. Entry by door donation.

++ HOWICK U3A members who grew up on a diet of the **Beatles** and **Bee Gees** may be interested in **Operatunity's** April concert headlining **Hits of the 60s and 70s**. Other groups to be featured are the **Monkees**, **Beach Boys** and **Jackson 5**. April 16, 11 am at St Columba Church, Ti Rakau Dr. Single tickets \$35. Bookings [operatunity.co.nz](http://operatunity.co.nz) or call 0508 266237.

++ **UXBRIDGE Arts & Culture Centre** has organised a visit to the **Gibbs Farm** sculpture park in north Auckland on April 11, 10 am to 2 pm. \$80 adults, \$20 children. View the art works on [gibbsfarm.org.nz](http://gibbsfarm.org.nz). Bookings 5356467.

++ SACRED music by **Bach** and **Handel** will feature in the **Auckland Philharmonia's Baroque Easter** concert on April 18, Town Hall at 7.30. Singers include **Sally-Anne Russell**, **Henry Choo** and **James Ioelu**. Conductor **Sofi Jeannin**. Bookings APO Ticketing 6231052 or [ticketing@apo.co.nz](mailto:ticketing@apo.co.nz).

++ SOUTH Korean pianist **Joyce Yang** plays **Brahms's 1<sup>st</sup> Piano Concerto** with the **New Zealand Symphony Orchestra** under **Edo de Waart** at the Town Hall, April 11 at 7.30 pm. **Elgar's Enigma Variations** comes after intermission. Tickets from Ticketmaster or [ticketing@nzso.co.nz](mailto:ticketing@nzso.co.nz).

++ **THE Sound of Music** is playing at the **Harlequin Musical Theatre**, 563R Pakuranga Rd. Season ends April 13. The theatre is behind the Howick/Pakuranga Recreation Centre alongside Howick Bridge Club on Pakuranga Rd. For performance times go to [harlequintheatre.co.nz](http://harlequintheatre.co.nz). Tickets 3611000 or from [iticket.co.nz](http://iticket.co.nz).

<u>Groups (yellow denotes full)</u>	<u>Date</u>	<u>Venue</u>	<u>Topic</u>	<u>Convenor</u>
Anthropology H 3 <sup>rd</sup> Thurs 10 am	Apr 18	Betty Reid's 4A Paton Rd	<i>Skeletons of Sahara</i> DVD <i>Mali Culture</i> H.Patterson	Jennie Leyland 534 4034 Betty Reid 534 9895
Anthropology L 4 <sup>th</sup> Mon 10 am	Apr 22	Cora Young's 55 Rodney St	<i>Immunisation</i> Gill Muggleston	Margaret Heatt 534 9131
Architecture 1 <sup>st</sup> Fri 10 am	May 3	Beverley Luxton's 1 Village Dr, PPV	<i>Monumental China</i> Paul Rush	Malcolm/Dilys Booth 534 3604
Aviation and Aerospace 1 <sup>st</sup> Wed 10 am	May 1	BM Theatre	TBA	Clive Bolt 534 2946
Book Discussion 4 <sup>th</sup> Thurs 2 pm	Apr 25	Margaret Smith's 25 Centre Ct, PPV		Margaret Smith 576 3206
Civilisations 3 <sup>rd</sup> Mon 1 pm	Apr 15	Cora Young's 55 Rodney St	<i>Venice in the 13<sup>th</sup>-15<sup>th</sup> Centuries</i> Cora Young	Cora Young 534 8623
Earth and the Universe 4 <sup>th</sup> Tues 10 am			<b>No meeting in April</b>	Clive Bolt 534 2946
Famous & Infamous 1 1 <sup>st</sup> Tues 10 am	May 7	Nancy Edwards's 17 Masefield St	<i>Nancy Wake</i> Margaret Jones & Brenda Loader	Peter Garrick 535 4085
Famous & Infamous 2 3 <sup>rd</sup> Thurs 2 pm	Apr 18	June Barton's 16 Tui Vale, Cockle Bay	<i>Cleopatra</i> Peter Garrick	Ray Lewis 535 5628
Famous & Infamous 3 1 <sup>st</sup> Thurs 10 am	May 2	Philippa Wilson's 12 Daria Place	<i>Aunt Daisy</i> Philippa Wilson	Gill Muggleston 534 9863
Forum 3 <sup>rd</sup> Fri 10 am	Apr 19	Beverley Luxton's 1 Village Dr, PPV		Beverley Luxton 576 9625
French 4 <sup>th</sup> Fri 1 pm	Apr 26	David Dwerryhouse's 74A Aberfeldy Ave	<i>Le Val de Loire</i> David Dwerryhouse	David Dwerryhouse 534 4829
History 3 <sup>rd</sup> Tues 10 am	Apr 16	BM Theatre	<i>Classical Guitar</i> W. Yardley <i>Underneath London</i> DVD	Judy Lee 535 8547
History of New Zealand 2 <sup>nd</sup> Thurs 10 am	Apr 11	John Peat's 130 Point View Dr	Potpourri	Alan La Roche 534 7366
Literature 3 <sup>rd</sup> Wed 10 am	Apr 17	Judy Wilson's 32 Butley Drive	<i>NZ Myths and Legends</i> Paul Rush	Judy Wilson 576 6340
Nature Walks and Talks 2nd Fri 9 am	Apr 12	Meet Nixon Hall, Sale St	<i>Sale to Keppoch Lodge, Nun's Walk and back</i>	Alan La Roche 534 7366
Opera 1 2 <sup>nd</sup> Tues 9.30 am	Apr 9	BM Theatre	Gounod's <i>Faust (contd)</i> <i>and Operatic Sundries</i>	Jean Denholm 534 6844
Opera 2 4 <sup>th</sup> Tues 1 pm	Apr 23	BM Theatre	Massenet's <i>Manon</i> Anna Netrebko	Geraldine Rose 537 1917
Philosophy 1st Mon 10 am	May 6	BM Theatre	<i>Getting Better At Living Life</i> - Discussion	Christopher Nixon 535 5309
Poetry 2 <sup>nd</sup> Tues 2 pm	Apr 9	Beth Voogd's 1/139 Union Rd	<i>Pam Ayres – Share Your Personal Favourites</i>	Beth Voogd 534 7468
Science 4 <sup>th</sup> Wed 10 am			<b>No meeting in April</b>	Jim Hine 534 4259
Sunday Discussion 2nd Sun noon	Apr 14	Meadowlands Coffee Club		Joan Clarkson 537 6397
Travel 1 <sup>st</sup> Wed 10 am	May 1		TBA	Warren Taylor 534 3482
World of Art 1 3 <sup>rd</sup> Mon 10 am	Apr 15	<b>Depart from BM at 9.30 am</b>	<i>Visit Te Uru and Corban Estate Arts Centre</i>	Garry Law 271 6505
World of Art 2 3 <sup>rd</sup> Tues 1.30 pm	Apr 16	BM Theatre	<i>Renoir</i> DVD	Heather Watson 274 4747
World of Music 4 <sup>th</sup> Wed 1.30 pm	Apr 24	Ngaire Taylor's 6 Stevenson Way	<i>Mendelssohn</i> Dene McConnochie	Ngaire Taylor 534 8538
World War II 2 <sup>nd</sup> Thurs 2pm	Apr 11	Allan Reid's 4A Paton Rd	<i>Living in the Shadow of WWII</i> Allan Reid	Allan Reid 534 9895
Writing 2 <sup>nd</sup> Tues 1.30 pm	Apr 9	Bev Johnson's Apt 144 BM Village	<i>By Candlelight</i>	Marian Heywood 534 1159

