



Supporting Lifelong
Learning

Howick Inc.
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October 2024



COMMITTEE 2023/2024

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DOROTHY VILJOEN
LYNETTE UPSHIRE

General Meeting:
October 14, 9.30am
Howick Bowling Club, Selwyn Road, Howick
**Speaker: Nicola Garland: Spirit of
Adventure**
Ten-minute speaker: Gardenz
Tea team: Writing/Anthropology
Group reports A to K

President's Report

Well it has been a great month for so many of us. Some were away on lovely holidays but many of us were here to join trips such as the one Graeme Diver organised for a trip around the ports of Auckland which was so interesting. Sue Townson organised a trip to Pukorokoro Miranda bird sanctuary to see the newly arrived Godwits recovering from their long flight from Alaska. We think a week to recover from jet lag is bad enough so no wonder those godwits need quiet time to recover. Another group was organised by Linda Stubbs to visit the amazing Hamilton Gardens. So thank you Graeme, Sue and Linda. We are delaying our short general meeting until November. The plan is to add an amendment to the constitution so the subscription for someone joining shortly before the end of the financial year can be adjusted. We are collecting any donations for our Christmas raffle, we hope to put together a large hamper and maybe a small one too, so any donations will be welcome.

June Poole

Editorial: There has been a lot of talk about the economy these days. I recently read an opinion piece, re taxation, in which the writer described tax as theft of his hard-earned money. He suggested a sugar tax would have the double advantage of improving the government coffers and reducing costs to the health system. I'd like to think his comments were tongue-in-cheek, but who knows. Anyway, having worked for the government all my life, I suppose I have been paid entirely out of the taxes of others, including myself. So I started to think about how money works, which seems to me incredibly confusing. Easy enough to think I go and buy a cup of coffee and spend five dollars. But where does that money actually go? GST, upkeep of the café, wages, coffee beans etc. When multiplied by all the transactions that take place each day, money flies around all over the place. And at the other extreme what happens to the three billion dollars spent on building a new hospital. Sounds eye-wateringly large – but where does the money go? Loan interest, which is reinvested by the lenders, wages, which are then spent, and taxed, imported materials, and various other monies to contractors and advisors and the like. So my image of money is this kind of nebulous stuff which flies around hither and thither and yet is so important to us. I have no idea how it works. All I can do is be grateful that, unlike many, I have enough of it to live my (albeit modest) life without having to think of it too much.

October speaker: Nicola Garland : Empowering Young People: The Spirit of Adventure Trust's journey to unlocking potential



The Trust has gained and maintained a reputation in New Zealand as a highly respected youth development organisation providing a unique environment for youth development, where the focus of learning is on team-work, developing skills of communication, self-leadership, self-reliance, self-discipline, self-esteem, resilience, confidence and leadership. Learning to sail a tall ship is only a small part of the programmes offered.

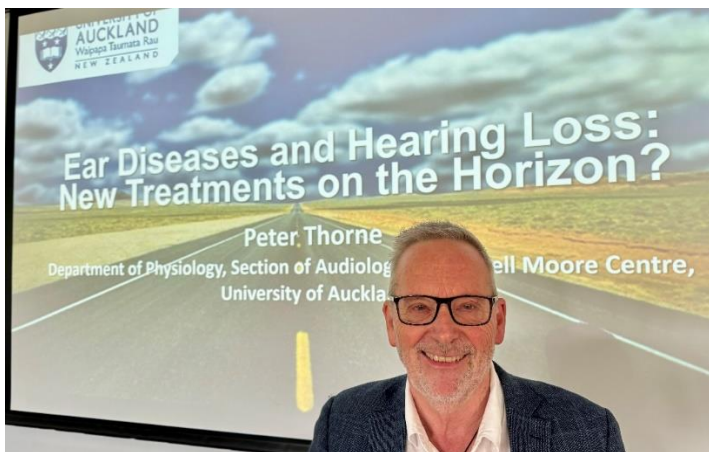
We've taken tens of thousands of young New Zealanders on voyages of personal discovery on board our tall ship, Spirit of New Zealand. Although we're described as a sail training organisation, our main objective is to develop positive qualities in our young people. Today, Spirit of New Zealand is believed to be the world's busiest youth ship, sailing around ten months of the year.

Nicola Garland Spirit of Adventure



Originally from the UK, Nicola made New Zealand home more than 20 years ago after multiple trips here where she fell in love with the country as well its rugby! Despite some time in retail management with Marks and Spencer's in the UK and then what was Woolworths over here in NZ her passion has always been for the not-for-profit sector. She has had a variety of fundraising roles with both small and large charities. Starting with the Meningitis Trust, then MS Auckland, Blind Low vision NZ and Heart Kids NZ. Nicola has now been at the Spirit of Adventure Trust for just over three years and loves working for an organisation dedicated to helping our young people.

September Speaker: Professor Peter Thorne



Professor Thorne's informative talk gave hope for the future of hearing loss. Hearing researchers are on the cusp of a revolution. While we currently rely on hearing aids, we may eventually be able to regrow parts of the inner ear, which is where the magic happens - when sounds are converted into electrical signals in the brain.

1.5 billion people are affected by hearing loss, eight hundred thousand in New Zealand. Hearing loss is generally age-related, especially with noise exposure when younger. Fifty percent start with mild hearing loss but this is

progressive. With mild loss you don't notice in quiet situations but have difficulty in noisy environments. Ears can generally block out surrounding sound but this gets worse with age.

What new therapies are being trialled? There was a story published in guardian where scientists replaced a gene inside the middle ear of a child whose ear does not convert sound into nerve signals. Audiograms showed low hearing level before treatment. After treatment it was almost 100 percent. This trial is still at the safety stage but shows promise.

How does hearing loss happen? When thinking of hearing loss, we generally focus on the ear but really the brain integrates all functions including learning to speak. Two ears work together to find where sound is coming from. This allows us to focus on speech. Even loss in one ear can be disabling.

There are three parts to the ear – outer, middle and inner. The Eustachian tube equalizes pressure. The cochlear is a balance organ. Nerves link the ear to the brain. Sound moves tiny bones in the ear and nerves link the ear to the brain.

There are different types of hearing loss. Conductive loss such as glue ear stops the sound reaching inner ear. Sensorineural hearing loss can be caused by injury, infection, ototoxic drugs, noise, or be sudden and idiopathic. Processing problems such as tinnitus starts in the ear but tinnitus is created by the brain.

In the inner ear vibrations flood over hairs and sensory cells. The spiral detects high and low frequency sounds so the ear detects pitch. The brain puts it all together to detect pitch and speech. These cells can't be replaced if damaged by noise, vascular disorders, inflammation or oxidative stress. Scientists are now targeting preventing problems but hearing aids and cochlear implants are still the main methods to preserve hearing.

Animal studies are being done in a new clinical trial using drugs, which may transfer into human therapies in future. Perhaps it will be possible to regenerate new cells? But because the inner ear is encased in bone, this cannot be done surgically. A device tiny using high frequency sound is being developed. It causes vibration which allows compounds to get into cochlear. We have made good progress in animals, now hope cross to humans. Hopefully in future we will have developed new therapies which will reduce the need for hearing aids.

From the convenors:

We had eight U3A members visit the PMSC for a guided tour of this precious RAMSAR site. The day was luckily dry although the wind was cold.

The attraction for us at this time of the year was the return of the godwits from Alaska with a non-stop flight back to their favourite feeding grounds. They will fatten up over our summer for the return flight to Alaska to breed next March. There are already 6000+ godwits here and that is before the young ones start to arrive. It is hard to describe the obstacles they have to overcome to be successful in producing another generation. As well there are red knots from Siberia and the Pacific Golden Plovers-all 'international' birds with the 'national' birds of South Island Pied Oystercatchers and the dainty wrybills both of which return to the South Island to breed each year. Our 'resident' birds include pied stilts, dotterels and white-faced herons to name a few. Tansy, our guide for the day, has a wealth of knowledge relating to the area. She talked about the geological formations that gave rise to this unique area over millions of years, the local Maori story, the industrial story and much more. We visited the three bird hides each with a different vista and we had several telescopes as well as binoculars for close up viewing. The best viewing is 2 hours either side of the high tide when the birds come in to roost.

We headed home via the Miranda coffee shop which luckily was next door to a new art display ready for viewing with paintings by artists inspired by the land and birds of the area. Definitely worth a visit.

There will be another chance to visit the Centre with a U3A group on Wednesday 23 October. There are four on the waiting list so there are places available. Contact me - Sue Townson if interested suetownsonnz@gmail.com or 0212147408

Failing that take a visit over the summer conscious of the tide times and visit the Shorebird Centre for more information and spend a leisurely day soaking in this very special place we treasure.



Gardenz Group.

Linda Stubbs organised the Garden Group's visit to the Hamilton Gardens on Tuesday, 1st October. It was well worth the modest \$20 they are charging out-of-towners to help with the upkeep and development of this amazing place.

We were all keen to record the colourful sights and took many photos. It will be a great day out in the coming Spring months. The Garden group plan to return in the Autumn.



From the committee:

Photos from Past-President's Trip



Newsletter Editor

We are looking for a new Newsletter editor. The role could easily be divided into two, with one person managing the emails and compiling group timetable each month, and the other compiling the newsletter, which could be kept basic, now that we have our U3A website. If you think you might be interested, contact Mary Kennedy on 02102250341, or talk to anyone on the Committee.

U3A Howick website: To become a follower on our website, just google u3ahowicknz.co.nz and then click on the bottom right corner of the home page where it says Follow and enter your email address.

U3A Facebook page: Join this facebook group (u3ahowick) for interesting information and updates.

Notice of Special general meeting November 11 0930

7.2 The fixing of annual subscription shall be made by the members at the AGM

The addition to this has been agreed by the committee and we would like to add:

The committee has the authority to vary this fee for members joining later in the year, at the discretion of the committee.

Christmas meeting

We are starting to plan our Christmas meeting which we hope everyone will enjoy. We plan this year to cater a Christmas morning tea which will come halfway during the meeting.

Could you let us know any special requirements such as gluten free? We will put out the programme for that meeting in early November.

Out and about:

- Uxbridge Theatre: Paul Ubana Jones : Live acoustic music 7.30pm 30 November. Book through Uxbridge.org.nz
- British and Irish Film Festival 2024 24 October to 13 November. You can find information on britishfilmfestival.co.nz or there may be booklets available at the library or the Monterey Theatre
- Evita is being performed at the Playhouse Theatre on 12 October, 15 Glendale Road, Glen Eden. Book through Eventfinda
- Arias: Puccini's Operatic greats. Auckland Town Hall 26 October. Book through www.nzso.co.nz.
- Midsummer Night's Dream - Pop up Globe, Q theatre October 7 to 26. Book at access@gttheatre.co.nz
- Baroque and Beyond: Colours of Brass 7.30pm Thursday 31 October, Holy Trinity Cathedral, Parnell. Book through eventfinda.
- A guest speaker from NZ Maritime Museum will be giving an overview of the NZMM and a talk on Woolies called "Tough men Delicate Work" about hardened sailors who created embroidered ship portraits. Howick Library. Friday 1st November 2024 at 10.30am.

Groups(yellow=closed * members welcome)	Date 2024	Venue	Topic	Convenor
Anthropology 3 rd Thurs 10 am	October 17	1/73 Frank Nobilo Drive	Mayan and Aztec culture	Betty Reid 534 9895
Architecture 1 st Fri 10 am	October 4	15 Gillett Place		June Lamborn 535 8069
Book Discussion 4 th Thurs 1.30 *	October 24	3 McMillan Place	Books	Sue Townson 0212147408
Civilisations 3 rd Mon 1 pm	October 21	1/73 Frank Nobilo Drive	Out of Africa – migrations	Linda Stubbs 0272975601
Comparative Religions 4 th Monday 1.30pm	October 21*	Howick Baptist Care Home Lounge	Christianity – reformation and expansion	Margaret Nicholls 021344083
Current Affairs* 2 nd Wed 1.30pm	October 9	11 Shelly Beach Parade	Polkinghorne Trial	Jan Naish-Wallis 027 220 3777
Dinner Club 3 rd Tuesday 6pm	October 15	Corner 38 Botany		Jan Naish-Wallis 027220 3777
Earth and the Universe 4 th Tues 10 am	TBA			Clive Bolt 534 2946
Famous & Infamous 1 1 st Thurs 10 am	October 3	Cinema lounge Dannemora Gdns	Rosa Parkes	Gill Muggleston 0212395140
French Circle* 4 th Fri 1 pm	October 25	74A Aberfeldy Ave	French colonies in Africa	David Dwerryhouse 0210315416
Gardenz 1 st Tuesday 10.30am**	October 1	Meet garden café 11am	Trip to Hamilton Gardens	Linda Stubbs 0272975601
History* 3 rd Tues 10 am	October 15	BM Theatre	Mary Anning fossils and Lyme Regis DVD a good mediaeval marriage	Judy Lee 535 8547
History New Zealand 2 nd Thurs 10 am	October 10	7 Tainui Place	Pot pourri	Alan La Roche 534 7366
History of NZ2* 3 rd Tuesday 2pm	October 15	39 Devon Road	Early pioneering industries	June Poole (Temp) 021583893
Literature 3 rd Wed 10 am	October 16	63 Drake Street	Oscar Wilde DVD – Stephen Fry as Oscar Wilde	Judy Wilson 576 6340
Military History 2 nd Thursday 2.00pm	October 10	170 Mellons Bay Road	Role of media in war – Crimea to Vietnam Warren Yardley	Derek Priscott 5344293
Mobile photography* 3 rd Wednesday 1.30pm	October 16	1/19 Butley Drive	Landscape photography	Sue Townson (temp) 0212147408
Movies * 2 nd Mon, 12.30 pm	October 14	Monterey Theatre TBC	Rosalie or The Mistake	Jan Naish-Wallis 027 220 3777
Opera 4 th Tues 1.15pm	No meeting		In recess until November meeting	Geraldine Rose 5371917
Psychology 2 nd Thu 1.30	October 10	7 Tainui Road	Brain Disorders	Len Nel 0276627234
Philosophy 1 st Mon 10 am	October 7	Howick Baptist Care Home	Duties - by Ash	Christopher Nixon 5343843
Science. 4 th Wed 10 am	October 23	BM theatre	Pot pourri	Jim Hine 534 4259
Sociology 1 st Thursday 1.30pm	October 3	7 Tainui Road	Class conflict and inequality	Len Nel 0276627234
Travel 1 st Wed 10 am	October 2	159 Pah Road	Cruise to Norway and Sweden by Lyn V R	David Teape 5336103
Walks and Talks 3 rd Fri 9.30 am	October 18	Meet 49 Tephra Boulevard	Stonefield path	June Poole 021583893 Goeff 0211154560
World of Art 1 3 rd Mon 10 am *	October 21	31 Lansell Drive	Len Lye – art in movement	Garry Law 0275665764
World of Art 2 3 rd Tues 1.30 pm	October 15	12 Daria Place	Decoupage afternoon	Philippa Wilson 5342558
World of Music* 4 th Wed 1.00 pm	October 23	261 Bleakhouse Road	TBA	Julia Forsyth 021 164 1664
Writing 2 nd Tues 1.30 pm	October 8	9 Kelly Place	My mother	Mary Kennedy 02102250341

