



NEWSLETTER

MAY 2024



MEETING DATE:

Wednesday May 15

TIME:

9.30am

FIRST SPEAKER

WINNIE WONG

**Changing tastes: the Food Revolution in
New Zealand**

TEA/COFFEE

GUEST SPEAKER:

DR STEPHEN HOADLEY

**Geopolitical rivalries in the Arctic
and Antarctic**

FROM THE PRESIDENT

Our Guest Speaker next week is Stephen Hoadley who is well known to us. You will remember his excellent talk last year on "China as a new Oceanic Power".

This time his topic is "Geopolitical Rivalries in the Arctic and Antarctic". Much is happening behind the scenes in these regions which we know little about, as the Ukraine and Gaza conflicts are dominating the news right now. I guarantee an excellent account of the current state of affairs at the Poles. Don't miss it!

The committee have already arranged a great line up of guest speakers for the rest of the year, however we do need more First Speakers. So, I'd like to invite members to put up their hands to give us a 10 to 15-minute talk on a topic of their choice, be it a career, hobby, or interest. The choice is yours and support can be given for the making and showing of slides on the overhead projector. Please talk to David Goldkorn or any of us on the Committee.

Finally, a reminder of the annual Auckland U3A Network meeting on July 27th (*see bottom of this newsletter*). This year Professor Paul Spoonley and Sir Ashley Bloomfield are speaking. The Network Committee have asked us to book early rather than at the last minute. It will be held again at the Salvation Army Church in Mt Wellington and we can carpool to get there.

OUR SPEAKERS

Winnie Wong a member of Parnell U3A, became our Treasurer earlier this year. Winnie was born in Hong Kong and came to New Zealand with her parents when she was 13 years old. She has worked in a managerial capacity for NZ Post and in health care.

Winnie will be talking about the many aspects of food in NZ, including home cooking, takeaways, meal kits such as My Food Bag and restaurant food.



Dr Stephen Hoadley is a veteran academic (recently retired from the University of Auckland), writer, media commentator, and public speaker. His teaching and research subjects at the University of Auckland included New Zealand foreign policies, trade, and security, Asia-Pacific issues, great power relations, and international human rights. He is an honorary captain in the Royal New Zealand Navy.

Stephen Hoadley will review why and how the Arctic and Antarctic have become arenas of rivalry in the geopolitics of the 'new cold war' between East and West.

Issues of the environment, conservation, economics, space, international law of the sea, and balance of power are also touched on in the context of a growing global polarisation. New Zealand's initiatives, and future challenges, in the Antarctic and Southern Ocean are acknowledged.

STUDY GROUP NEWS

INDIA GROUP

The India Group relished an afternoon talking about Indian food: the variety of the ingredients available, and a marker of religious and social identity, with varying taboos and preferences e.g. vegetarian.



The subcontinent's diversity of soil, climate, culture and occupation all contribute. Influences from the colonial age such as Portugal and the British added baking, plus foods from the New World and Europe, which is when vegetables such as maize, tomato, sweet potato and potatoes made an appearance.

Staple foods of Indian cuisine are pearl millet, rice, wheat flour, lentils, pigeon peas, black gram and split lentils. The dishes and flavours are just too numerous to describe here, but the cuisine has found favour everywhere. It accounts for two thirds of all takeaways in the USA, and in Britain the industry is worth some £3.2B. Next month we welcome members and their own kitchen spices to add their contribution to the discussion.

Winnie Wong

SUBSCRIPTIONS ARE NOW DUE

The annual subscription fee of \$45 is now due.
Please pay by direct credit to the U3A bank account:
12-3030-0615683-00

It is important to put your initials and surname in the
Particulars box and U3A sub in the *Reference* box.

POETRY



George Gordon, Lord Byron

Since 19th April marked the 200th anniversary of Lord Byron's death, the Poetry Group focused this month on his poetry.

It was agreed that we would also present verses by his contemporaries to better appreciate the poetry of the Romantic era. Alongside Byron's works we read works by John Keats, William Blake, Percy Bysshe Shelley, George Darley, Alfred Lord Tennyson, and William Wordsworth.

By and large we agreed that the poetry of Byron and Keats was too florid for our modern tastes, whereas

Blake and Tennyson presented clear images that still spoke to us, even 200 years later. Wordsworth and Tennyson were still much-admired by many of us, and Darley's work was new to most.

We were also presented with a summary of poetic forms to reacquaint us with the poetic conventions we were taught at school, and so that we can recognise those forms in the poetry we contribute each month.

In light of that challenge, the topic this May will be the Haiku – both our own offerings and that of known poets.

Jackie Addis

FAMOUS & INFAMOUS



Captain Charles Hazlitt Upham, “Boss” to his soldiers, was a New Zealand soldier in World War II. He was awarded his first Victoria Cross for exceptional gallantry in Crete. An eye witness recorded, “Bullets and Shrapnel were flying about. A chap ran out of the olive grove across open country. No shirt, shorts covered in blood, carrying a badly wounded soldier. The CSM, observing this whole episode quipped that, “He’ll either get a wooden cross or the Victoria Cross”. The chap being observed was of course Charles Upham. When Charlie was awarded the bar to his V.C he was genuinely distressed to be singled out as he considered that others deserved it more than he did.

While Upham was leading a bayonet attack he was shot in the arm by a machine gun bullet. He was also wounded in the leg by shrapnel and could not walk. He was taken prisoner and was destined to have his arm amputated without anaesthetic. He fought the doctors off. Charlie was fortunate that there was a surgeon in the POW camp. He reset Charlie’s arm with an improvised splint under fairly primitive conditions. The arm was a handicap for the rest of Charlie’s life, but he did at least have two arms.

After recovery he was sent to an Italian camp where he made increasingly daring efforts to escape. One of his most audacious escape attempts involved climbing the camp’s barbed wire fence in daylight. He orchestrated a brawl between the other prisoners, walked over no man’s land and calmly started to climb. Unfortunately, the wire came away from its support and he ended up on his back with the fence on top of him. He calmly lit a cigarette. A corporal ran up to him gun in hand ready to fire. Charley told him to bugger off, “I’m an officer and I’m not prepared to be shot by a corporal”. The corporal backed off.

While Charlie was in Colditz his war record was reviewed by his commanding officer who reckoned, after applying the rules for award assessment, that Charlie had earned 5 V.C.’s in North Africa, and 3 V.C.’s in Crete. It was never going to happen because the British would never have condoned it.

Charlie died in late 1994. One of the death notices in the Christchurch Press read: *Upham Charles Hazlitt (VC and bar) one of the bravest and one of the best soldiers – in deep respect, sympathy for family and friends on behalf of the Association of former Africa Korps, Karl Heinz Boettger (Col. Ret’d), Hamburg Germany.*

Fred Teague

ART



We were fortunate to attend two interesting events at Auckland Museum this month. Our group started with an hour-long Gallery Highlights tour, which covered some of the main galleries and gave us a taste of the many others there. Our guide was most knowledgeable and took time to point out items of art interest - weaving, ceramics, glassworks and sculptures. A tease to entice us to another

longer visit.

Next was viewing the Wildlife Photographer of the Year Award category winners. An amazing array of 100 brilliantly captured photos, some taking many hours, adverse weather and difficult positions to get the right shot. Environmental damage and habitat loss was to the forefront. The overall winner was a shimmering golden Horseshoe Crab navigating underwater. These stingray lookalikes are under threat, as their blood is critical for development of vaccines.

The winner of the young wildlife photographer category captured Barn Owls nesting in an abandoned building alongside neon lights of traffic. Under growing tension from humans the owls keep rodents under control in the nearby crops. The exhibition includes several interesting environmental short films.

Sandra Ferguson

SCIENCE and HISTORY GROUPS



“The History and Prevention of Iodine deficiency in the World” involves both history and science and was presented to both groups this month.

The cause of IDD (Iodine Deficiency Disease) was only discovered 100 years ago. Iodine itself was only discovered by accident in 1811, and it was another 110 years before the realisation that it is a trace element vital to the health of humans and animals at every stage of their lives, and especially before birth.

Switzerland has very low levels of Iodine in the soil due to the stripping of Iodine from the Alps by glaciation. Lack of Iodine had caused cretinism in up to ten per cent of births, and the majority of schoolchildren had goitres prior to 1920. Adults would wear high collars to hide their goitre. One of our members told us of an elderly cretin she had met in Switzerland in the 1960s.

In the past New Zealanders have also suffered from iodine deficient goitres. The Southern Alps suffered the same fate from glaciation as Switzerland.

Four doctors, Heinrich Bircher (creator of Bircher muesli), Heinrich Hunziker, Otto Bayard and Hans Eggenberger, between them proved that only tiny doses of Iodine were needed to prevent IDD, cretinism and goitres. Because of their foresight, humans (and farm animals) now have iodised salt on food, in bread and baby formula, plus Iodine supplementation in pregnancy. IDD is now a thing of the past, and yet none of us have ever heard the names of these pioneering four doctors. They each deserved a Nobel Prize.

David Addis

BOOK DISCUSSION GROUP

Honeybees and Distant Thunder

By Riku Onda

This is a translation from the Japanese of a best-selling novel, set in Japan, and describing a piano competition. As the competition proceeds five contestants (who are the main characters) react strongly to each others' playing. They compare impressions as they become aware of the effect of each other on their own playing. The effects extend to their own lives.

The interpretation of certain classical pieces is given in detail. Some of our group found the book too long, but many of us found the emotion moving, and a reminder of the power of music to change lives.

Next book: *Small Things Like These* by Claire Keegan

Clare Sutton

MUSIC

Half of our group met at Lindsay's early in the month to watch a Ken Burns doco on the history of Country and Western music. None of us considered this our favourite genre but we were keen to learn about its origin.

The banjo originated in Africa and arrived in the Americas and Caribbean via the slave trade. It is basically a drum, originally a gourd with skin stretched over it, then a neck and strings added.

Bluegrass music is so called because the grass genus *Poa pratensis*, is commonly known in America as Kentucky bluegrass, thriving in the Kentucky Appalachians.

The topic for our regular meeting was "The Mass" and this produced some interesting selections, from the familiar Faure's *Requiem* and Karl Jenkins' *Benedictus* to the unusual but haunting *Missa Luba* by Father Guido Haazen. He was a Franciscan friar from Belgium, but based in the Congo. His Mass was originally performed and recorded in 1958 by Les Troubadours du Roi Baudouin (King Baudouin's Troubadours), a choir of adults and children from the Congolese town of Kamina in Katanga Province.

We finished with *The Mass* by Ireland's national composer Patrick Kennedy, who is reputed to have never entered a church in his life. It is certainly suited to a church performance but in fact our recording was made at the Abbey Road studios (of Beatles fame). All these pieces can be heard on YouTube.

David Addis



TRAVEL

The April meeting was a five-minute catch-up on travel related stories from the last 12 months and we touched on some very interesting happenings both past and future.

On Wednesday 22nd May at 2pm, I will talk about my recent week in Vietnam, covering the area between Hanoi and the Border Gate at Lao Cai on the Vietnamese side and Hekau on the Chinese side, where the Friendship Bridge crosses the Red River.

Cherie St John

CURRENT AFFAIRS

We met at Christine Fernyhough's home in St Stephen's Avenue. Before the meeting we all had to admire the magnificent view across the harbour!

Eleven of us were there. The group is very fortunate in that it has members with a very wide range of views so the conversations were well-informed and came from very different perspectives.

We discussed AUKUS, whether to join or not. Then discussed the trade-off between higher inflation and unemployment. The group were strongly of the opinion that work not only put bread on the table but also gave self-respect and community esteem. For this reason, the consensus was that we would tolerate higher inflation to keep people in jobs.

We also discussed the national and council budgets with mixed views and finally the deplorable lack of effective reading education in schools. A wide ranging, satisfactory meeting – in a beautiful environment!

Nick Hamilton

PLAY READING

Our April meeting thoroughly enjoyed the wonderful Sir Alan Ayckbourn, a prolific playwright and director, having written some 89 plays. His focus is on the middle classes retaining or bettering their place, or the lower middle classes losing theirs.

Confusion was a series of five one act stories in which a character from the previous one appears. We've all been at fund raisers where things go wrong, but his take was the most hilarious we've read for a while.

Shelagh Coop



u3a Auckland Network welcomes you to a day of celebration

Salvation Army Church, 18 Allright Place, Mt Wellington
Saturday 27 July 2024 - 9:30am (for 10:00am) to 2:30pm

Speakers:

Morning: [Distinguished Professor Emeritus Paul Spoonley MA MSc PhD FRSNZ](#)

"The supersizing and superdiversity of Auckland:
how Auckland will change over coming decades."

Afternoon: [Sir Ashley Bloomfield KNZM](#)

"Public trust in New Zealand: where we are at, and how do we
strengthen public trust to build social capital and social cohesion?"

Also included are four presentations by u3a Members and lunch - \$45.00

To register go to.....

<https://www.u3aauckland.net/event>



"Mr. Osborne, may I be excused? My brain is full."

U3A PARNELL INTEREST GROUPS – 2024

<i>Subject</i>	<i>Convenor</i>	<i>Phone</i>	<i>Time/location</i>
The Art Group	Sandra Ferguson	021 298 8001	Once monthly Fridays, 10.30am, various locations
Book Discussion	Clare Sutton	308 9788	3 rd Wednesday at 2pm at 1 Logan Terrace, Parnell
Music	David Addis	027 604 0592	1 st and 3 rd Thursdays, 10am at various locations.
Current Affairs	Nick Hamilton	02102269162	1 st Tuesday at Kinder House 2 Ayr Street at 10am
Famous & Infamous	Beverley Teague	373 4832	2 nd Tuesday, 10am, various locations
History	Tim Carter	309 9647/ 379 5128	Monthly, 4 th Friday at 2pm.
India	Gillian Mellsop Shelagh Coop	02108379349 02108382435	2 nd Tuesday of the month at 2pm, at various locations
Play Reading	Shelagh Coop	379 5128	Last Monday of the month, at 2pm. 2/38 Awatea Road, Parnell
Poetry	David Goldkorn	021 119 7875	10am on 2 nd Wednesday at 78b Rukutai Street, Orakei
Science	Kelvin Walls	524 0038 027 280 8691	Meets at 10am on the third Friday of the month at various locations
Travel	Cherie St John	520 2282	4 th Wednesday, 2pm

Your Executive

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