



The Communication Hub



Whakatāne

Issue 2, 2024

Thank you to all who turned out for our AGM and the 'Show and Tell'. Our meeting ran smoothly with the adoption of the amended constitution (in order to comply with the new legislation).

The financial report was explained by our Assistant Treasurer and accepted. Subs will remain at same low cost of \$30 so that membership to U3A is affordable by all but Christine did say that if you wish to give a donation to boost funds that would be appreciated.

Funding applications are in progress to assist with the running of our group activities but while we are hopeful they are not assured.

This year we have two members who are retiring from the Committee and we thank them for their work- Allen Tierney and Noreen Shannon.

Dave Hall has been reappointed as our President with Carol Friend as vice President

The Show and Tell gave us an opportunity to see what is available this year and many people signed up for new opportunities to learn and grow. Some new groups are in the offering—U3A Social Croquet, Collectibles, Treasures and More and Scrapbooking. Some groups are at capacity but new groups can be formed to accommodate members once numbers allow

Current groups

Learning by being Active

Pedal Pushers
E biking
Walking
Croquet
Table Tennis
Petanque

Learning through Games

Mahjong
Rummikub
Scrabble
Brain Games
500
Cryptic Crossword

Learning through seeking information

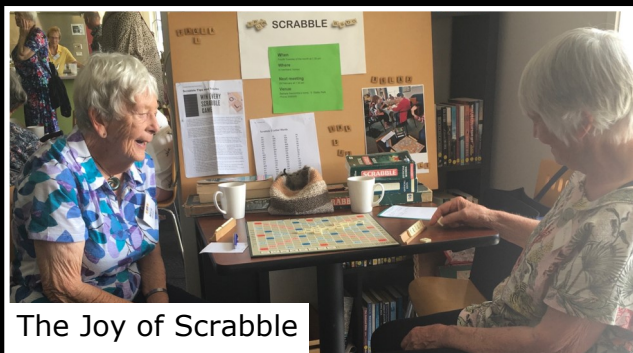
Documentary
TED Talks
NZ History
Food growing group
This month in the garden
Garden group
A-Z
Current Affairs
Memoir group
Collectibles

Learning through socialising /doing

Book Clubs
Cafe Lunch group
Lets Escape
Men's group
Operatunity
Scrapbooking
Bi monthly Dinner
Theatre group
Film Group

Contact Dianne for more information - dianne.wondecla@gmail.com or 0224 227 934

Show and Tell 2024



The Joy of Scrabble



Operatunity



What flower is that?



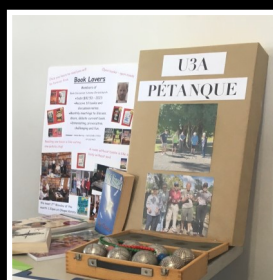
Stretching the brain



One of the Book groups



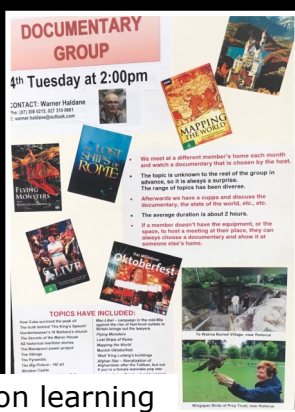
Share your stories



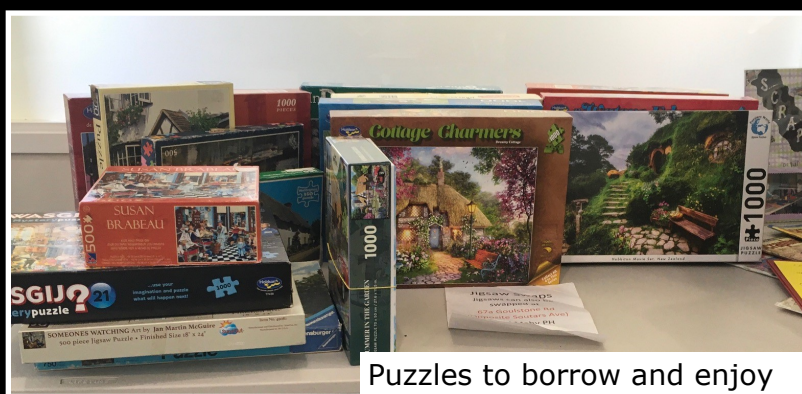
Get Active- Petanque



Write your stories

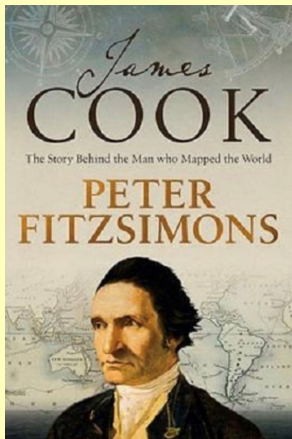


Keep on learning



Puzzles to borrow and enjoy

From our members



'James Cook' by Peter Fitzsimons

When given this book I thought 'boring - I learnt all about him in school so I know the whole story'. How wrong I was! With the use of present tense Peter Fitzsimon's books are a great way to learn about the real life events in an engaging, feel as if you are there way. We hear about Cook developing and fine tuning his navigational skills in Quebec, while England was fighting France for control of Canada.

Peter Fitzsimons with his usual meticulous research- this time using ship's logs, admiralty records and officer's journals, he has given us the real life deal. We get to know James Cook, his courage, seamanship, strengths, weaknesses, failures and successes.

We get the interesting details - characters who come to life often with some humour eg Joseph Banks, the Botanist, whose greyhounds had to accompany him on board the Endeavour with suitable accomodation for them. After all Joseph Banks was a gentleman born!

The crew's interaction with the Aborigines is fascinating as well as the amazing feat of repairing the Endeavour on the Queensland Coast.

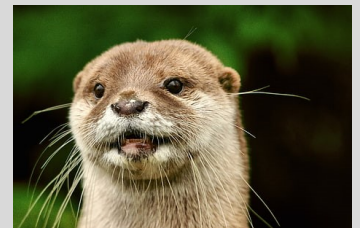
There is a nail biting description of an all night storm with waves crashing on the Great Barrier Reef as Cook sailed the Endeavour through it. If the wind had been a little stronger, the Endeavour and Cook's maps would have persished with no trace remaining of him being anywhere near New Zealand and Australia. I wonder how history would have played out for New Zealand then.

Did you know that despite Cook's amazing mapping skills he actually sailed right past the entry to Sydney Harbour dismissing it as probably a cove? Also on his third and final voyage, he made an entry in his log book, Tahiti, now renamed King George III Island.

Some fun facts about Sea Otters

Thanks Sue Williams

- There are thirteen different species of otters around the globe.
- Sea otters eat 25% of their body weight every day. Their diet consists of crabs, mussels and clams.
- Sea otters have the thickest fur of any mammal- abt 1,000,000 follicles per square inch—they do not have a blubber layer to keep them warm. The pup's fur is even thicker and cannot go under water until it gets its adult fur at 6 months.
- An otters lung capacity is 2.5 times greater than similar sized land animals Sea otters can hold their breath for 5 minutes while river otters can hold thier breath for 8 minutes.
- The sea otter can live its entire life without leaving the water.
- Sea otters use a tool to help it hunt and feed. It can hammer stones against shells to pry them off the rocks to get to the meat.
- The sea otter can flip over boulders on the sea floor to find food and it is the only mammal to catch food with its paws and not it's mouth.
- They are meticulous groomers—if the fur is dirty the air cannot be absorbed to keep them warm. If not eating or sleeping they are grooming.
- Sea otters are often found in single sex rafts of between 10-1000 in number and to keep drifting apart they hold paws while they sleep!
- Otters are on the endangered list as in past they were hunted for their wonderful pelts



From our members

What is Optimism?

The dictionary describes it as

- 1 'Hopefulness and Confidence about the future or the success of something'
- 2 Emphasize the good parts of a situation or a belief that something good will happen.

Optimism is healthy— an optimistic attitude helps us be happier and more successful. It can protect from depression.

Here are some ways to become more optimistic

Keep a Gratitude Journal.

Be positive around others—give genuine compliments, acknowledge their successes.

Limit your consumption of the news!

Do activities that you enjoy.

Give yourself positive feedback.

Take time to laugh each day - let go of toxic friends.



Ignite your Optimism

O

Beth Logan's musings on the letter O

The letter 'O' must be the easiest letter for school children learning to write. Just a circle.

But how do we pronounce it?

Is it O as in Octopus or OR as in orbit or as O as in only? How confusing is that for little children learning to pronounce the letter O in words.—a letter so simple to draw.

Why can't it just be pronounced 'O' as in the alphabet? I don't know the answer to that!

Oh! Is used in expressions 'Oh!! Really!' as an exclamation or 'Oh dear' I am sorry. That's better than swear words when you cut your finger. I imagine you would come out with stronger words than 'Oh'. That sounds rather feeble!

Now the letter O is also a numeral. But it doesn't come to much. Actually, the O in 'Nothing,' which it equals, is another way of pronouncing O—yet again- as an 'u' And yet separate the two syllables and you get 'no- thing.' Why then do we say 'nothing' as 'nuthing' as if the 'O' is a 'U'?

However 'O' can transform. Put it next to 1 and you have 10. Put it next to a 9 and you have 90 and on it goes!

So O is rather a smart numeral. It can lead to hundreds, thousands and millions. Jackpot, Lotto! All from a humble beginning!

O

Coming Up



**THEATRE
WHAKATANE
INC.**

*presents funny films
for all the family*

Classic silent movies:

Buster Keaton

'The Scarecrow' & 'High Sign'

Charlie Chaplin

'The Kid'

accompanied by international
organist

Chris Hainsworth

Buster & Charlie

**Sat. 16 March
3.00pm**

Gateway Theatre

Gateway Drive, Whakatane

BOOK* AND SAVE

Adult: \$30 (\$35 at door)

Under 18: \$10 (\$15 at door)

www.iticket.co.nz

Whakatane isite, Quay St.

* booking fees apply

www.facebook.com/TheatreWhakatane

Theatre Whakatane fundraiser



Dates for the Diary

Mar 2	U3A Social Croquet
Mar 5	Committee Meeting
Mar 10	Zonta High Tea
Mar 16	Silent Movies
Mar 19	General Meeting
Mar 22	Operatunity
April 6	U3A Social Croquet



U3A Social Croquet 1st Sat of Month

**Saturday 2nd
March. 9.30am**



Wear flat shoes, everything else provided. Tea/coffee included. Only \$5

Mike's mob 0274 934 982

Important

Please email Mike at

mfshepherd@xtra.co.nz

so he can form a group contact list This will enable him to email you especially if weather or grounds are unsuitable to play

This could well be YOU, it is certainly me as well as my husband and quite a few of my friends

Librocubicularist

An important update on what is coming up for the next meeting



Our main speaker's subject

'Having Motor Neurone Disease in 2024'

James from the Neurological Foundation in Auckland will aim to give some idea of the burden of the disease, what is being done to improve care in NZ, what the hurdles are, and importantly what are the prospects for the current trial and future trials.

If you know any one who would benefit from hearing this talk please give them an invitation to attend. They will be very welcome.

Brain Awareness Week NZ March 11-17

U3A – for your information

Your Committee

Dave Hall	President
Mob 022 126 0070	
Carol Friend	Vice President
Jill Steele	Secretary
Mob 0210 823 3772	
Christine Simpson	Treasurer
Mob 027 833 1497	
Dianne Gates	Interest groups /
registrations	Mob 022 422 7934
Glenn Baker	
Pat Doran	
Sue Robertson	
Mob 027 603 0889	
Sue Smith	
Gaylene Bland	Communication Hub

Committee meets 1st Tuesday of the month
1:30pm

To contact members of the committee you
can use this email address
whakataneu3a2@gmail.com

If you wish to contribute to the newsletter
please email gaylene.bland@gmail.com or
Ph 308 9909

**The Communication Hub is published
twice a month – a few days after the
Committee Meeting and also a few days
after the General Meeting**

U3A Subs are due now for 2024

Only \$30

Please pay into the U3A account
or pay cash at our next meeting

Account Name: U3A Whakatane Inc

Account Number 12 3253 0006578 00

Reference - your surname

Payments to be made by 30th April please

Christine Simpson is our treasurer and if you
can pay online it makes it much easier for her

Her contact details gchris54@gmail.com

Always wanted to Dance???

U3A members Graham and Gail Irving teach
Ballroom Sequence Dancing at the
Caledonian Hall in Kope.

Beginner classes are Friday nights 7.45–
9pm

If you have a dance partner it would be
even more fun but not essential

Contact Graham 027 476 2620

Gail 021 077 6231



ANNUAL ZONTA INTERNATIONAL WOMENS DAY

High Tea and guest speaker

Join the Zonta Club of Whakatane to celebrate
International Women's Day



Elin Underwood
Mindfulness Coach

Change Your Thinking - Change Your Life

Get inspired with guest speaker Elin from YourLife, as she delves deep
into the captivating realm of how our thoughts influence us, shape our
choices, and ultimately shape our lives.

Sunday 10th March- 2pm

Cost \$28 / \$15 Students

Whakatane War Memorial Hall - Reception lounge

Proceeds to the Zonta Club of Whakatane projects to Build a Better World for Women and Girls



SCAN TO BOOK OR VISIT
trybooking.com/nz/qxd
FOR MORE INFO & TICKETS


ZONTA
CLUB OF
WHAKATANE