



# The Communication Hub

Whakatāne

Issue 3, 2024

## The President's Message.

Well, we now have the AGM behind us and the new constitution ratified and lodged with the Companies Office so the formalities are largely behind us. The Committee members at the first new meeting of the year have certified that they are not undischarged bankrupts, felons etc etc! And can rightfully be called the Committee Members of an Incorporated Society Committee. Christine is collecting signatures (and subs) from members confirming their desire to be a paid member, all in accordance with the requirements of the Act.



With the holiday season behind us and the first signs of winter) Interest Group activities are winding up. Our first Operatunity trip to Tauranga and an overnight garden group outing to Hamilton have been organised and will take place shortly.

It was great to welcome a good number of new members and visitors to our AGM and thanks to Diane and Interest Group members who were in attendance in the foyer to advise them and existing members about their respective activities. There appeared to be quite a few people who signed up.

Please note that the success of our society is dependant on volunteers, both at Committee level and in the establishment and running of the various activity groups. I know that most of us have been involved in all sorts of committees and activities during our working lives and tend to shy away from activities that involve commitment in our retirement, but I can assure you that the commitments associated with U3A are generally not too onerous and can be very rewarding in terms it gives others and the opportunity to make new good friends. In order to ensure a smooth transition, we do need , even now, to start thinking about the Committee for 2025 as several long term serving members will likely be standing down. So please let the Committee know if you would like to be part of it and we can ease you in

Good health and happiness! Dave H

## Establishing New Groups

If you have a passion for something, or maybe you are just curious about something, then that could be the start of a new group.

Recently a new group started called U3A Social Croquet. If you would love to have a go you are welcome to attend on 1st Saturdays of month. Thank you to Mike and Zylette Shepherd.

On the horizon are the art opportunities– one with Robyn Watchorn and another one with Jill Roche. Then there is Scrapbooking, a great chance to complete some unfinished works or start a new hobby with Jaqui Mahy.

Sometimes finding a suitable time and venue can make it a bit more difficult to try and establish a group. Currently the popular A-Z group has some room on the third Wednesday mornings of the month if you do not know which interest group to join.

I have heard that some people think U3A is getting too big– that is why you join an interest group. And that is why you join a new group from time to time so you can get to know other people.

For more info check with Dianne [dianne.wondecl@gmail.com](mailto:dianne.wondecl@gmail.com)

# Speakers for our next meeting



## 'Having Motor Neurone Disease in 2024'



Dr James Cleland is a New Zealander from the Neurological Foundation in Auckland

James and his wife Allison ( also a neurologist) have a private practise in Cambridge as well as working at Tauranga Hospital. James specialises in neuromuscular disease and is running the Tauranga arm of The

Lighthouse trial 2 which is investigating the use of antiviral to treat motor neuron disease.

James 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.

**Do you know what a Defibrillator is?**

**Do you know how to use a Defibrillator?**

**Do you know when to use a Debrillator?**

**Do you know where to find the closest one to you?**



In case you answered No to any of these questions -

Please come to our General Meeting on March 19 and learn how to save someone's life. Ivan Judd from Hato Hone St John will be in attendance to demonstrate this life saving tool

A defibrillator often referred to as an AED is a small device that gives a safe electric shock to someone having a sudden cardiac arrest, increasing their chances by 44%

There is a site called AED locations so you can see where the closest one is to you should you need it. And if you happen to have a defibrillator you can register your locality by going to [aedlocations.co.nz](http://aedlocations.co.nz)

Invite a friend to come and join us for these two interesting speakers



# From our members

## Something to think about

Barely the day has started and... it is already six in the evening.

Barely arrived on Monday and its already Friday.

...And the month is over

...And then the year is almost over

...And already, 60 years, 70, 80 or more of our lives have passed.

...And we realize we have lost our parents, some friends...

And we realise it is still too late to go back.

So let's try, despite everything, to enjoy the remaining time...

Keep looking for activities we like

Let's put some colour in our grey

Let's smile at the little things in life that put balm in our hearts

And despite everything, we must continue to enjoy with serenity this time we have left.

Let's try to eliminate the laters - I'm doing it later.

I'll say it later.

I will think about it later.

We leave everything for later as though later is ours because what we don't understand is that:

Later, the coffee gets cold

Later, priorities change

Later, the charm is broken

Later, health passes..

Later, the kids grow up

Later, parents grow old

Later, promises are forgotten

Later, day becomes night

Later, life ends.

and then it is often too late



## Introducing Jill Roche

Jill (one of our U3A members) is a local artist whose particular interests are print making and Botanical Art.

Her interest in Botanical Art led her into attending master classes in Australia, Fiji and New Zealand.

In 2010 Jill was awarded a silver medal at the Royal Horticultural Society's Exhibition in London for her set of paintings depicting NZ native plants used in Māori medicine.

These paintings were also exhibited in Wellington with the Department of Conservation. This exhibition was named 'Ngā Rākau Rongoā Māori Trees that Heal'.

Jill describes Botanical Art as art that combines art and science. Artists aim to record accurate information about shapes, structures, colours of plants and flowers while also providing a pleasing image.

Jill is offering an Art Opportunity for three U3A members for Botanical Adventures. If interested contact Sue Robertson - [sue.robertson1939@gmail.com](mailto:sue.robertson1939@gmail.com)

# From our members

In 2021, Doug and I became friends with our driver, Alphons, while in Bali. He had shown a sincerity in giving us the best deal as a driver and we really came to trust and respect him.



During Covid he had to return to his village in Flores to support his parents and his own family. There was no support from the government and he had no income as Bali was shut down to tourists. He and his wife helped the family by picking and hulling candle nuts – a back breaking and difficult way to earn a meagre income to buy rice for the family. Long hours were involved in the gathering, hulling and then driving two hours into the city of Lubuan Bajo on a motorcycle to the market to sell what they had gathered.



During this time the company who he leased his car from were asking for payments! Like most Balinese he simply didn't have the kind of money needed to keep his car, his livelihood, and he asked for support. Doug generously supported him and his family during this time and he was not only able to manage his car payments and feed his family, he was able to put in a pump to get fresh water.

We travelled to Flores in 2022 to meet his family and were very humbled with the reception we received. As he greeted me he told me very quietly that he had gone through a very dark time. Doug is at present working through ideas with Alphons to help him to diversify his business. Ideas such as growing food in his village to sell at the market, looking at the possibility of taking tourists up to the village to give them the village experience, maybe backpacker type accommodation, off road cycling etc. Unfortunately all of this requires funding and we are realizing the enormity of helping to make things happen for this family.

Thank you to Pam Beaman for sharing this story with us.

# From the groups

## From the Documentary group

Paul Keohane chose a very interesting documentary for us to watch called 'The Lighthouse Stevensons' based on the book of the same name by Bella Bathurst

This story is about the remarkable Stevenson family who were largely responsible for lighting up the wild coast of Scotland. Three generations of this incredible family of marine engineers have designed, built and worked in lighthouses over a span of more than 150 years.

The designing and building of Bell Rock Lighthouse was a huge feat back in 1810. This lighthouse was 11 miles out to sea and work could only be done on the building of the lighthouse initially for two hours at a time at low tide in the summer months. After four years it was finally finished and 200 years later it is still a beacon to passing ships. Today it is regarded as one of the seven wonders of the industrial world.

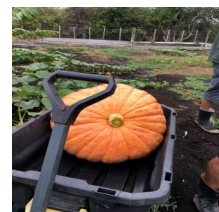
To build the lighthouse all the granite had to be shipped to the reef and some of the 2,800 stones weighed more than a ton. Amazing to think that for over 200 years it has withstood the pounding of the waves, the fierce storms and has kept thousand of ships safe.

Robert Louis Stevenson is a member of this family but chose to be a writer instead of being an engineer but no doubt some of his writings were influenced by his father, grandfather and uncles.

If you do not have access to the book you can watch the documentary on Youtube.



The food growing group visited Laura and Harry Austin's garden recently. Here is one of Harry's giant pumpkins



Recipe for Powdery Mildew Spray  
Mix together

- 1 tsp baking soda
- 1 tsp dish wash
- 1 litre water

## March in the Garden with Phyl

Deal with weeds, pull out, smother with mulch or spray if necessary

Deal with caterpillars, earwigs, slugs and snails.

Sow a mesclun salad mix for Autumn salads.

Come and cut again types are good as well as lettuce

Spray powdery mildew with a Baking Soda spray

Keep sowing carrots, spinach, parsnips, beetroot, silver beet, turnips/swedes, brassicas, spring onions

Plant Spring bulbs

Lift Summer bulbs and store in dry place

Sow favourite flower seeds for hardy annuals to flower in Spring

Enjoy this beautiful time of the year



# 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](http://www.iticket.co.nz)

Whakatane isite, Quay St.

\* booking fees apply

[www.facebook.com/TheatreWhakatane](http://www.facebook.com/TheatreWhakatane)

*Theatre Whakatane fundraiser*



## Dates for the Diary

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



## We're off to Te Kaha



**Why not join  
us?**

**26th April**

**It's going to be a fun day out**

**Contact Sue Mob 027 603 0889**

**Email [sue.robertson1939@gmail.com](mailto:sue.robertson1939@gmail.com)**

## Always wanted to Dance???

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

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



**Bay of Plenty Orchid Show. Te Puke Town Hall  
April 5/6 starting at 10am Cost \$3**

# 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 / gcchris54@gmail.com

Dianne Gates Interest groups /  
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Glenn Baker  
Pat Doran  
Sue Robertson  
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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**

Donations are welcome  
Thank you to all who have paid up



**Age Concern put out a little booklet called 'Ageing is Living' with the sub title  
'Recipes for Life'**

**The aspect we are addressing in this issue concerns Generosity**

Acts of giving and receiving bind us to others. They add body, substance and strength to the communities we belong to.

Giving and receiving can also bring a great deal of pleasure, as long as we are acting of our own free will and in good faith. We are not talking about money here but things of much greater value such as knowledge, experience, skills, attitudes, memories as well as stories.

Recognise and value what you have to give– your time, your love, your memories, your skills, your knowledge, your attributes.

Give as much as you can, but no more than you feel comfortable with.

Wisdom gained through life experience is a special gift you can offer others.

Allowing others to help you is a form of generosity– you give others a gift by allowing them to do a good deed.

Learning to receive is just as important as learning to give.