



The Communication Hub



Whakatāne

Issue 4, 2024

Greetings to you all and a special welcome to our new members. It is great to have you as a part of our U3A family. If you have questions please ask one of our Committee members who wear a sunflower on General Meeting days. Or send an email to our U3A address with your questions, concerns and ideas.

Also the NZ U3A website is valuable if you would like to see what is going on at other U3A groups around NZ. Also, you can check out our local info there as well.

If there is any one who would like to help me develop our section on the NZ website I would welcome your expertise. Thank you Gaylene

Dr James Cleland spoke about Motor Neuron Disease (MND). MND is one of about 700 neurological conditions.

Motor Neuron Disease affects about 1 in 15,000 people.

It is a fatal progressive disease causing weakness, muscle wasting and leads to loss of life on average three years after onset of symptoms.

For most people it does not affect their cognitive ability.

It can affect any age but most common age of onset is 50-70 yr old group.

It is not contagious. It is not painful. The cause is not genetic in most cases.

People with MND face physical challenges with every day living, the feeling of being a burden to others, the worry about their future.

Research is being done in NZ as part of an international study using a two year trial of Antiviral medication- Triumeq.

If you wish to support research you can donate to the Neurological Foundation NZ- a non funded charity that makes a difference. For more information - website neurological.org.nz

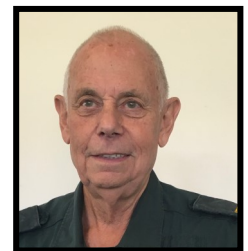


Ivan Judd from Hato Hone St John spoke about Cardiopulmonary Resuscitation (**CPR**) and the use of the Automatic External Defibrillator (**AED**) at our last meeting

Every day five people have a cardiac arrest in the home so it is important that you know how to initiate help. It can happen suddenly and without warning.

What's your first response? **Immediately!**

- **Phone 111 Ambulance**
- **Do CPR until help arrives** - 30 chest compressions then two breaths to the mouth with the neck extended (100 compressions per minute) and repeat.
- **Use Automatic External Defibrillator** (AED) if possible. An AED increases a persons survival rate by 44%



'Thirty to two, no matter who'

That means thirty chest compressions to two breaths

From our members

Burial Rites by Hannah Kent.

Burial rites is based on actual events and is one of my favourite reads. It has won five awards.

It is set in the harsh landscape of Iceland in 1829 and is the story of Agnes, condemned to death for murder and the last woman in Iceland to be executed.

The author on a study trip to Iceland came across Agnes' story and researched her actual trial and existence until her execution.

Agnes has to spend the winter with a peasant farm family while awaiting execution in the Spring when the ground will have begun to thaw enough for her burial.

During this time her story of love and betrayal is revealed.

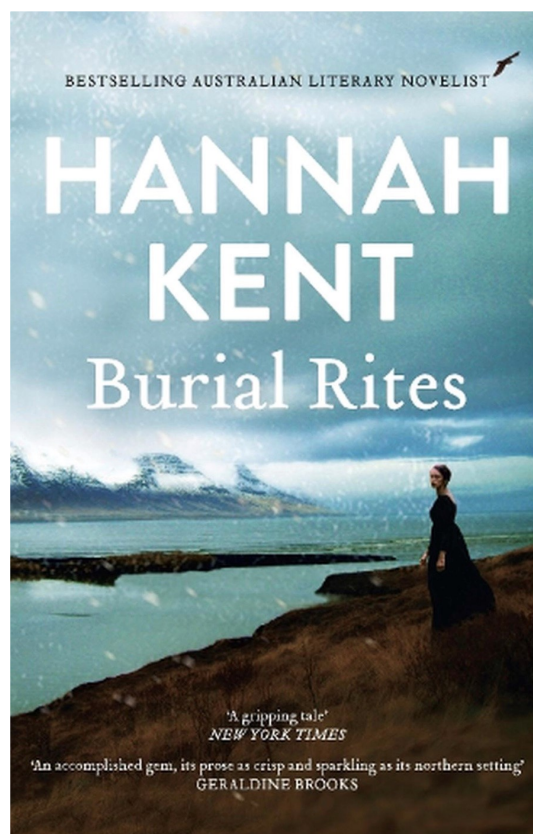
The prose is magic, toughes you, holds you and as one reviewer said 'Agnes will stay with you long after the last page has been turned' - it did with me.

The descriptions of surviving every day in freezing harsh conditions are vivid from sheepskins for windows to a relative who has died, being kept in the storeroom, which is a natural freezer with the winter's supply of mutton.

It is a beautifully written, gripping saga to the long count down to Spring. A deeply moving novel. Being a 'Book Club' book, Burial Rites had to be posted back once read.

Later, on seeing this book in a second hand shop I bought it as I thought to own this book would be great.

Thank you to Faye Cederman for sharing this book



Have you heard of the game GO?

'Go' is believed to have been invented in Tibet, Northern India or possibly China, about 2,000 BC and is the oldest board game in the world still played in more or less its original form. It is a beautiful and simple game but at the same time full of unexpected twists. Like all great games it is easy to learn but impossible to master completely.

While Chess became a game that is played globally, Go is still predominantly a game of the Orient, most popular in Japan, China and Korea. There is a New Zealand 'Go' Society, which supports the game in many ways and can be found on Facebook.

Next Communication Hub there will be more info re this interesting game. Meanwhile check out Wikipedia

Thanks to Nick Gladstone

PUNCH– a word study

- Punch**—strike a blow with the fist
- Cow puncher**– cowboy who used poles to herd cows
- Pull your punch**- from Boxing. Hold nothing back
- Punch-up**- a fight
- Punch Board**– used for gambling
- Punch**- mixture of juices /drinks
- Punch bowl**- a large bowl to serve drinks
- Punching bag**- a bag punched for exercise
- Punch and Judy**- Traditional puppet show
- Punchinello**– Italian short fat clown puppet
- Punchline**– final surprising point in story
- Paper punch/ hole punch**- a tool for making holes

Thank you to Sue Williams from the A-Z group

For your mind

Developing your Intellectual Curiosity

SCRUB YOUR WINDOWS
CURIOSITY IS THE LIGHT THAT CAN ONLY ENTER WHEN YOUR MENTAL WINDOWS ARE CLEAN.
Scrub your assumptions off now & then.

EMBRACE I DON'T KNOW
"THE ONLY TRUE WISDOM IS IN KNOWING YOU KNOW NOTHING." Socrates
Recognize your GAPS & BLIND SPOTS
Slowly, methodically fill them in
AVOID FAKE CONFIDENCE

GO DOWN THE RABBIT HOLE
WHEN YOU FIND A SPARK OF CURIOSITY, DIVE-IN & DON'T LOOK BACK.
You cannot control when they come so you must embrace when they do.
The rabbit hole is the MUSEUM park of the intellectually curious mind.

ASK DUMB QUESTIONS
OVER TIME, WE DEVELOP A FEAR OF ASKING "DUMB" QUESTION THAT MAY DRAW IRE OF OUR PEERS.
Fight this fear, Face it,
WHEN IN DOUBT, ASK.

READ FLEXIBLY
READ WHAT YOU LOVE.
READ WHAT DRAWS YOU IN WHEN IT STOPS DOING SO, PUT IT DOWN.
forced reading is the antidote to Curiosity.

OPEN UP TO THE WORLD
THE DIVERSITY OF HUMAN EXPERIENCE IN OUR WORLD IS ONE OF THE GREATEST GIFTS OF THE INTELLECTUALLY CURIOUS MIND.
The world opens up to you, when you open up to the world.

BUILD CURIOSITY CIRCLES
CURIOSITY IS COMMUNAL
find a group of friends who are motivated by learning and growth. Share ideas, learnings & insights.

FOCUS ON YOUR PASSIONS
FIND WHAT YOU TRULY ENJOY LEARNING ABOUT.
forced learning is for schools, it doesn't work in practice.

MAKE LEARNING THE GOAL
FOCUS ON LEARNING ITSELF, NO OTHER OUTCOMES.
Take pride in learning something new every single day
LEARN AS IF YOU WILL LIVE FOREVER

Based on Twitter thread by Sahil Bloom
SKETCHNOTE BY ANUJ MAGAZINE, 20TH-MAY-2021

The mind is not a vessel to be filled but a fire to be kindled' Plutarch 50-120 AD

To test your curiosity. Your grand children may ask these questions too. So.....

- Can you cry under water?
- Do fish ever get thirsty?
- Why don't birds fall off the branch when they sleep?
- Why is it called a building when it is already built?
- If money doesn't grow on trees why do banks have branches?
- Why doesn't glue stick to the inside of the bottle?
- Why does a round pizza come in a square box?

Some questions do bring a smile

Develop your mind by

- Learning new skills
- Reading books of different genres
- Visiting Museums and Art Galleries
- Associate with people who are interested in life
- Do something you have never done before
- Ask questions , be curious
- Look at things through another's world view
- Plan your next adventure , do your research
- Meet new people, listen to their story
- Be interested as well as interesting
- Be surprised, be wowed and share your joy

Be Curious

From our groups

Last month the Garden Group was able to visit **Titoki Healing Centre.**

For those who are new to the area Titoki Healing Centre is a 10 acre property that was established as an interdenominational retreat in Poroporo by the Rev Ferguson family in 1976.

It is called Titoki because not only is it on Titoki Rd but it has a large Titoki tree in the front of the property. As well as that, the healing properties of the Titoki tree were well known to the Māoris who used the berries and the leaves.

The Retreat used to have nurses on site to care for patients post hospitalization. Today, Titoki runs retreats, courses, and offers accommodation to returning missionaries and to others needing a quiet restful time. Their main focus is to be a retreat. It is a place for both Christians and non Christians to find peace and rest.

Other buildings have been added to the property over the years and staff and guests can enjoy living in park like surroundings with its own wee chapel.

There are some serving opportunities available at Titoki. At present their volunteer numbers are quite low but if you have some time to help there is always work available – painting, gardening, pruning, preserving, being a helper in the kitchen or even a spot of cleaning.

If you can only give 1-2 hours a week it would be really appreciated
Contact Monique at 07 308 6503 for more information

✦ **Thanks to Sue Mc Kenzie for organising this visit**



Recently I came across a pianist that I had not known about previously– a UK based musician—Nicolas Mc Carthy

Nicolas is a concert pianist and has travelled extensively world wide but what makes this man so amazing is that he is the only 'concert pianist' with one arm.

He tells the story when as a teenager he wanted to get into one of the Music schools in London but while trying to arrange for an audition with the Head Mistress he disclosed that he only had one arm and she hung the phone up on him. Undaunted, he contacted The Guildhall Music School and was granted an interview (not disclosing that he was born without a right hand this time)

In 2012 Nicholas became the first 'one handed' graduate of the Royal College of Music in London in its 130 year history.

There is a wonderful 7 minute Youtube clip that hopefully may be of interest to you- **'The only Interview with Nicholas McCarthy You need to Watch'**. Nicholas tells his story and during the video you can see and hear him actually playing. I hope you get to enjoy it.

GB

Guest Contributor—Stephanie Johnson

Farming Like Grandad and Country Fair 20th April



Farming Like Grandad is an event that is run by The Waterwheel Historic Trust, our aim is to demonstrate how farming has changed over the years and to provide background to young people about how farming has developed from the way their grandfathers (perhaps even great grandfathers) ran their farms to the farming of today using modern machinery and farming practices. An event for young people and the “not so young” we want everyone to have the opportunity see how things were done in the past. A world without computers, mobile phones and technology!



With a wide range of activities and displays which over the years have included Clydesdales ploughing, dressing up in vintage and farming clothes, displays of new and vintage machinery and more. Our aim is to deliver something new every year!

This year we will have a Produce Competition – with classes for kids too. This will include a range of fruit and vegetables. The Kids competition includes “the best dressed Scarecrow, pumpkin lanterns, sand saucers and figure made from potato or kumara”

– entry forms are found on our website and Facebook pages.

We bring the fun of the fair with old style games, - remember the “egg and spoon races??”

We have a craft fair, and craft demonstrations and work hard to ensure that our event is as “hands on” as we can make it. Everything from flax-weaving to using an old treadle sewing machine.



We aim to have as much of our machinery up and running to show you how they work.

We would also like attendees to enter our photo competition – for the best photo of our event.

We moved to Te Teko Racecourse (recently renamed as Te Teko Racepark) after having to postpone our event last year due to the weather and having found it cooler, with more shade and the benefit of the huge shed there we decided that this time of year was much better for us.

If you have been before – there is bound to be something different – and if you have never been then come along and enjoy a day out. Plenty of food trucks, music and maybe dancing.

Editor's Note

I was delighted to include this advertorial in our newsletter as it is important for us to look back at our past and see where we have come from. More importantly, it is necessary for our children to know and see in real terms what life was like in the ‘good old days’.

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 /
 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

Donations are welcome

Always find a reason to laugh



It may not add years
 to your life but it
 will surely add life
 to your years



Have a new computer? Struggling with your
 chrome book? Windows 11? Ipad? Heaps of
 Questions? Then try Seniornet Contact
 Carolyn on ph 3080564 and leave a message

Courses for this term—18th March—12 April

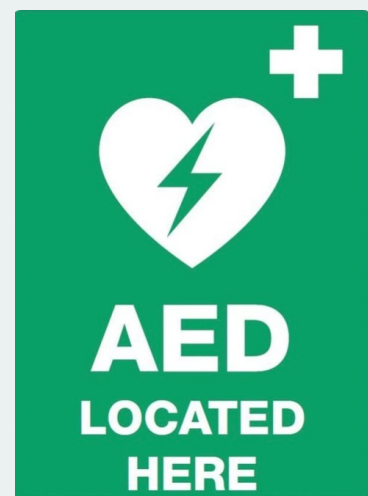
Smart phone	15th March, 5th April. 19th April	Free
Chromebooks	Wednesdays 4 weeks from 20 Mar 1:30pm	\$5
Windows 11	Thursday 9:30 21st March-11 April	\$15
Ipad academy	Thursday 21 Mar- 11 April	\$15
Scams Westpac	Monday 1:30pm 25th March	Free

Microsoft Copilot Monday 8 April 1:30 Cost \$5

A new course for 2024. Become creative using Artificial
 Intelligence (AI) available in Windows 10 and 11.

Learn how to use the various features of Copilot to enhance
 your activity or project. You can ask Copilot to compose an
 introduction to a cover letter or an email message to some one.

Ask a question, seek information, create an image, identify
 photo details, create a poem, write a speech and much more....



Do you know where your
 closest AED is located?

What about in your
 shopping area?

Coming Up in the community

MORTON TRIO & friends

PRESENTED BY
MUSIC WHAKATĀNE
IN PARTNERSHIP WITH
CHAMBER MUSIC
NEW ZEALAND

A bold and soaring musical experience featuring the two great sextets for clarinet, horn, piano, and strings.



Tues 9 April, 7.30pm

Church of St George & St John, Whakatāne

BOOK AND SAVE (Avoid \$5 per ticket door sale surcharge.)

ONLINE: www.trybooking.com/nz/RKG

IN PERSON (cash only): The Good Life, 160 The Strand, WHK.

BOOKED TICKETS*: Adults \$30, Under 18s \$5

* a small booking fee applies online.

Arna Morton

VIOLIN

Alex Morton

FRENCH HORN

Liam Wooding

PIANO

David McGregor

CLARINET

Sharon Baylis

VIOLA

Jeremy Garside

CELLO

Chamber Music
New Zealand



Dates for the Diary

April 2	U3A Committee meeting
April 5/6	Orchid Show
April 6	U3A Social Croquet
April 9	Morton Trio
April 16	Committee meeting
April 20	Farming Like Grandad
April 26	Operatunity



We're off to Te Kaha

Join us on 18th April

A Fun Day



Note New date

Contact Sue Mob 027 603 0889

Email sue.robertson1939@gmail.com

THE WATERWHEEL
HISTORIC TRUST PRESENTS



FARMING like Grandad & Country Fair



Saturday,
20 April 2024
10am – 4pm
Te Teko Racecourse
(off Grieve Road)

Come and see...

- Vintage Tractors and Machinery
- Modern Tractors and Machinery
- Vintage Cars
- Produce Competition - See our Facebook page for details
- Kids Competitions - Scarecrow - best dressed, Pumpkin Lantern, Potato/Kumara Figure, Sand art saucer
- Scottish Pipe Band
- Sheep Shearing
- Clydesdale Horses
- Axe Men - Demonstrations
- Kids Games and races
- Wagon Rides
- Photo Competition from Farming Like Grandad
- Craft Demonstrations - Try your hand with an old sewing machine
- Craft Stalls
- Food Trucks
- Music
- ...And lots more

ENTRY

ADULT - \$10
CHILDREN - FREE

DOG FREE EVENT

For updates and competition entries:
f Farming Like Grandad

Sponsored by...



Website waterwheel.nz • Email contactus@waterwheel.nz • Phone 021 105 4531

ANNUAL ORCHID SHOW

Bay of Plenty Orchid Society

Te Puke War Memorial Hall

Friday 5 April 10am - 4pm

Saturday 6 April 10am - 4pm

All Welcome

Unique plants.
Growers from Auckland to Napier.
Orchid Plants, Hoyas and Pot sales.
Bring along your sick plant for advice.
Great Raffles

Refreshments Available

Admission: \$3 per adult
Children free

Eftpos for entry and cash out avail



Magical Musicals

Operatunity Tga APRIL 26

Book by 28th Mar

Sue Smith 0272 446 012
suewhakatane@gmail.com

Sandy Bluett -0211 262 261

This concert will be popular