

Marlborough U3A



Newsletter August–October 2022

Locally owned, modern premises & family focused...



Monthly Meetings



Monthly Meetings are held on the 2nd Monday of the Month at 2.00pm at Cloudy Bay Funeral Services, Boyce Street, Blenheim

Please note: The wearing of masks is required during the General Meetings. Meeting arrangements may change subject to any Covid restrictions in place at the time. We will do our best to notify you in this case. Please make sure your contact details are current.

Monthly Meeting Dates

- ♦ August 8 Peter Jerram
- ♦ September 12 TBC
- ♦ October 10 AGM & General Meeting



Afternoon Tea Roster

- ♦ August 8 Water Colour Group
- ♦ September 12 Wine Appreciation No 1
- ♦ October 10 Wine Appreciation No 2

President	Gwyneth Lowe	578 8878
Vice President/Editor	Helen Hannay	578 1574
Secretary	Paul Stanley	579 2521
Treasurer	Angus Welsh	577 9114
Groups Co-ordinator	Ann Moore	927 3754
Catering	Jackie Hall	579 3355
Historian	Jacqui Buttle	579 4821
New Members	Lyn Coates	578 5273
Speakers	John Craighead (resigned)	

Email addresses:

President - gwyneth.lowe@xtra.co.nz

Secretary - u3a.marlborough@gmail.com

Editor- hjhannay@slingshot.co.nz

Bank Account No: ANZ 010 598 0033084 01

Life Members: Jacqui Buttle, Charles Riley, Ann MacDonald, Murray MacDonald, Lindsay Moir.

President's Report

Kia ora, Greetings to you all

Midwinter has been and gone - the days will lengthen slowly and today was a glorious example of a perfect winter day - blue sky, sunshine and snow - capped mountains in the distance.

Our latest celebration "Matariki" has been well received around the country, though many of us are yet to see the special stars.

This will be my final President's message as I am retiring from the role at our AGM in October. It has been a very rewarding six years and has given me the opportunity to get to know many of you on a very friendly basis. Thank you for your support and encouragement.

There will be several vacancies on the committee as four members have indicated they will not seek re-election.

U3A committee is made up of 4 elected members to the positions of President, Vice-President, Secretary and Treasurer along with 5 other positions: Newsletter Editor, Catering Co-ordinator, Courses Co-ordinator, PR Publicity, and Speaker Convenor. The Immediate Past President remains as an Officer as per the constitution.

Committee participation is very satisfying and I have worked with a great team over these six years. My grateful thanks go to them all for staying on board despite the ups and downs of the pandemic.

Thank you also to the loyal members who have attended meetings throughout this time.

My best wishes to you all

Gwyneth
gwyneth.lowe@xtra.co.nz



Course Coordinators' Report

Greetings to you all

After a rather shaky start to the year we have become adept at mask wearing and distancing, so most of our groups have started up again. New and repeat groups in particular are going well.

This year we have started up four new courses which are:

- ◆ Leonardo da Vinci and Renaissance Italy
- ◆ Thermodynamics: Four Laws That Move the Universe
- ◆ Comparative Religion
- ◆ Introduction to Meteorology and Science of Extreme Weather.

We are also re-running courses that have been shown in the past. These are:

- ◆ Foundations of Eastern Civilisation
- ◆ How Winston Churchill Changed the World
- ◆ The Voyage of Charles Darwin (ready to start)
- ◆ From Monet to Van Gogh
- ◆ My Favourite Universe. (will start in August)

I have heard very enthusiastic comments from participants in the courses that are already underway.

Some courses are coming to an end. We heard a most enthusiastic talk from Mike Mitchell, at the last general meeting about The Celtic World. He spoke so enthusiastically that several people signed up for a second running! This will be able to start when the present course has finished its last few sessions.

There are also a few groups in recess at this time. One of these is The American Civil War as some members doing the course have health problems they are dealing with. We wish them all the best as they have very much enjoyed the course and will finish it later this year.

Juliet Kirke has very kindly offered U3A a new DVD course from "The Great Courses" at a ridiculously low cost. It is called "France – The Great Tours Through the Ages". It was decided this was too

Course Coordinator's Report

good an offer to reject! So thank you Juliet and I'm sure the course will fill up quickly. Remember we are sticking to a maximum of 10 participants in courses being run in members' homes!

In closing I would like to most sincerely thank all our the course coordinators and group hosts who contribute so much to the successful interest groups - without them we could not provide such a varied and interesting number of subjects for you to engage in.

Ann Moore

Courses Coordinator anncm09@gmail.com)

U3A Marlborough has the following resources for our small groups. If you are interested in any please let our Course Coordinator, Ann Moore, know or come along to the Monthly Meeting and sign up.

- ◆ Comparative Religion
- ◆ The Science of Extreme Weather
- ◆ Leonardo da Vinci and the Italian High Renaissance
- ◆ 102 Classical Music DVDs
- ◆ European Art History
- ◆ Continents on the Move
- ◆ Foundations of Eastern Civilization
- ◆ Everyday Engineering
- ◆ Geological Wonders
- ◆ Masterpieces of the Imaginative Mind
- ◆ Masterworks of Early 20th Century Literature
- ◆ Maya to Aztec: Ancient Mesoamerica Revealed
- ◆ My Favourite Universe
- ◆ Renaissance Italy
- ◆ The American Civil War
- ◆ The Great ideas of Philosophy
- ◆ The Great Tours - From Athens to Istanbul
- ◆ The Great Tours – England, Scotland, Wales
- ◆ The Odyssey of Homer
- ◆ The Shakespeare Collection
- ◆ Understanding Genetics

Course Coordinator's Report

- ◆ Voyage of Charles Darwin
- ◆ The Secrets of Great Mystery and Suspense Fiction
- ◆ How Winston Churchill Changed the World
- ◆ Museum Masterpieces
- ◆ Monet to Van Gogh
- ◆ The Celtic World
- ◆ The Decisive Battles of World History/History's Great Military Blunders and the Lessons They Teach.



Thank you to all who have paid your 2022 annual subscription. At \$10 per annum this amounts to \$0.90909 per month! Excellent value we think.

Please Note: Your 2023 Annual Subscription will be set at the AGM and is due for payment within the following three (3) months. To save any confusion in the financial accounts please delay your 2023 payment until after the AGM.

A reminder when paying by direct credit the bank deposit number is: ANZ 010 598 0033084 01. Please ensure you include your name when making payments by internet banking.

Don't forget participation in our Interest Groups is only open to Financial Members of Marlborough U3A.

From Your Catering Co-ordinator

After a two year delightful interlude as the Catering Co-ordinator I am stepping down from the committee at the next AGM to further other challenges.

I had such a lot of fun during this time in spite of the COVID interference. I was truly appreciative of the excellent attitude each group brought to the duty in their endeavour to do their best. I found this new role for me a good experience and thought it an excellent job to have due to such positive interactions with the people involved in doing their duties during their rostered time.

I want to encourage someone who enjoys people to take up this role. It involves providing the guidelines on the day of the meeting, for how the kitchen and the afternoon protocol operates and the cleaning up afterwards - all things each group undertakes with just an overseeing support from you. I have a manual for you to follow! And I will train you up to Gold Standard in preparation for your role.

It is an important role, overseeing and encouraging people to giveback to their organisation under a framework, with support and encouragement from the person responsible for the Catering Co-ordinating role. This person needs to purchase supplies just before each meeting, become acquainted with the staff on the premises and have a working knowledge of the interesting dish washer.

U3A is an invaluable organisation which offers so many opportunities to keep one's mind lively and extend one's horizons. Having the opportunity to give back as a committee member is another way of seeing the inner workings of the highly organised group responsible for the running of such an establishment.

We all hope more people will come to attend our monthly U3A meetings as the winter departs, that numbers will swell again, camaraderie extend and people feel enthusiasm participating in such an excellent organisation.

Jackie Hall



Notice of 2022 AGM

The Annual General Meeting of Marlborough U3A Inc

will be held on

Monday 10 October 2022 at 2pm

At Cloudy Bay Funeral Services Premises
Boyce Street, Blenheim

AGENDA

Welcome

Apologies

Approval of Minutes of the 2021 AGM

President's Report

Financial Report

Election of Officers:

- President (vacancy)
- Vice President (available for re-election)
- Secretary (available for re-election)
- Treasurer (available for re-election)
- Committee (3-4 required)
- Accounts Examiner



General Business

- Subscriptions for 2022/23 (*due for payment after the AGM*)
- Any other business
-

Committee roles include the following: Courses Coordinator, Catering Coordinator, Publicity/New Member Enrolments, Speakers Convenor and Newsletter Editor.

**Committee
Members
Needed**

Please consider bringing your talents and expertise to any of the Committee positions so all members can continue to enjoy the many benefits of belonging to U3A.

AGM Papers - Previous Minutes

MINUTES OF U3A MARLBOROUGH AGM – 11 OCTOBER 2021

The President, Gwyneth Lowe, welcomed members to the meeting. 84 members attended in person and apologies were accepted from a further 29.

Minutes of the previous AGM These were taken as read.

Moved/Seconded: John Craighead/Lyn Coates - carried.

Matters Arising. Nil

Annual President's Report - Gwyneth presented her annual report.

Moved/Seconded: Gwyneth Lowe/Ann Moore - carried

Financial Report: The treasurer, Angus Welsh, read his report. He advised that the Statement of Income and Expenditure and the Statement of Position had been distributed and also that Walter Scott had examined the accounts.

U3A has a solid foundation, with total funds of \$14,409.97 and subscriptions would remain at \$10 pp for the new subscription year.

Moved/Seconded: That the report be accepted

Angus Welsh/Christobel Downs - carried.

Election of Officers:

President: Gwyneth Lowe: Paul Stanley/Helen Hannay - carried

Vice President: Helen Hannay: Gwyneth Lowe/Paul Stanley - carried

Secretary: Paul Stanley: Gwyneth Lowe/Ann Turnbull - carried

Treasurer: Angus Welsh: Jacqui Buttle/John Craighead - carried

Committee:

Jacqui Buttle: Rhondda Tannock/Charles Riley - carried

Lyn Coates: Rhondda Tannock/Charles Riley - carried

Jackie Hall: Rhondda Tannock/Charles Riley - carried

Ann Moore: Rhondda Tannock/Charles Riley - carried

John Craighead: Rhondda Tannock/Charles Riley - carried

Financial reviewer: Walter Scott: Angus Welsh/Paul Stanley

There being no further business, Gwyneth closed the AGM at 2.20pm.

Memory Impairment



A decline in the sharpness of memory, as we grow older, can be disconcerting. Yet, if we take time to check out our concerns with friends of a similar age, we're soon reassured we're not the only one. What's more, research suggests people who suffer from anosognosia (a condition where they are *not* aware of their memory loss) are more likely to develop Alzheimer's disease than those who *are* aware of their memory loss.

In a practical sense, this means if you can't remember where you put your car keys, your memory loss is normal for your age. However, if you can't remember what car keys are used for, that signals a problem. Similarly, there's no reason to panic, simply because you can't remember a word (your friends of the same age will almost certainly be going through the same thing). However, if you're having trouble holding a conversation, check it out with a medical professional.

Just why memory impairment is a problem, is a subject of ongoing investigation. Recently, findings point to the fact older adults are less able to focus on a single event, instead, taking in more information around their surrounding environment than they actually need to. This taking in of extraneous information may be what 'clutters' the brain, so that when we want to access a single memory, we have to sift through more information than a younger person would, before we find it.



But brain clutter isn't all bad; in fact, it can be an advantage. When faced with a problem, having access to a wide range of memories with seemingly little connection to the problem, can actually help solve it. Reassuring though that information may be, it doesn't help with the everyday problems age-related memory impairment causes. However, following these 5 suggestions may help:

Keep socialising – it stimulates the brain. Research shows talking to others can be as effective, in terms of helping memory, as more traditional brain exercises such as

Memory Impairment

crosswords, maths puzzles, learning a new language or instrument or word puzzle, or challenging yourself in online memory games.

Keep physically active – it encourages the release of brain chemicals which contribute to the growth of new blood vessels in the brain, the health of our brain's cells, and the life span of new brain cells. Exercise also helps reduce anxiety and stress which are memory sappers, regardless of age.

Enjoy a healthy diet – it's long been known foods high in fats and sugars cause inflammation in the body. Now, research suggests this inflammation adversely affects the neurons (message carriers) in the brain. It can even inhibit the formation of new neurons.

Heart care – research shows one of the key indicators of Alzheimer's disease is the build-up of amyloid plaque in the brain (amyloid is a type of protein). People with healthy blood vessels are less likely to suffer from this build up. To improve your heart health, look to healthy diet tips and safe ways to engage in cardiovascular exercises to suit your age and fitness levels.

Challenge your brain – mental exercises are believed to maintain the brain cells we already have, and to get them communicating with each other, all of which helps with memory. There are dozens of mental exercises for the brain (think crosswords, Sudoku and Wordle), and apps to help you enjoy them. If you like hands-on activities, try chess, Trivial Pursuit, or Scrabble (many games like these can also be played online against a computer generated opponent).



Sharpening your memory, doesn't have to be difficult. In fact, it can be downright fun. Encourage your friends to join you in it as you work toward making your retirement years even more memorable!

Isn't it great to be a member of U3A here in Marlborough where you have so many opportunities to take part in at least some of the activities suggested above for your brain health!

Monthly Meetings

9 May 2022

The May meeting saw approximately 70 members and two guests welcomed by our President, Gwyneth. The sudden passing of Sandra Bird (previous Committee Member) was noted. After the general business was discussed Ann Moore, Courses Coordinator, reported on the current state of courses and invited sign-ups to the course enrolment forms placed in the foyer. She particularly recommended 'My Favourite Universe' and a short extract from the first segment of the course was played.

Our Guest Speaker, Richard Sweetzer, entertained us with a lively account of his many years as a senior member of the staff of a succession of Governors General. Born in Wellington, but growing up and completing his education mainly in England, Richard worked initially for Robert Maxwell in the newspaper industry before moving to a position with the Oxford University Press. He was then invited to join the staff of GG Sir Arthur Porritt and stayed on with Sir Dennis Blundell before being offered a permanent position at Government House.

Initially he was the Admin Officer there, then the Executive Officer before moving to the permanent position of Deputy Official Secretary to the Governor General - effectively the deputy head of the Household. This was a live-in position with an apartment inside Government House itself.

His duties were many but included organising State visits by foreign heads of state and, of course, visits by the Queen or by other senior members of our Royal Family. Clearly a great deal of protocol was involved, but that did not prevent him establishing close personal relationships with many of those involved. He pointed out that when the Sovereign is personally present in New Zealand, all the functions which are normally exercised on Her behalf by the Governor General revert to the Sovereign.

All visiting Heads of State normally reside at Government House during their visits, though Prime Ministers and the like stay at hotels. State banquets held there for them are very careful to strictly respect the cultural norms of their country with respect to things like alcohol

Monthly Meetings

and diet.

The other key function of the role is administering the Honours Lists, for although they are drawn up by the Government, they all get vetted by the Queen personally and sometimes amended as a result. Potential recipients are always asked formally if they wish to accept the honour - one replied that he did, but had “rather been hoping for a Dukedom” One honour remains solely in the gift of the Monarch - The Royal Victorian Order’ to recognise personal services to the Queen, members of her family or to a Governor General. It would seem Richard was eminently qualified in all these categories, and he was admitted to the order in 1990.

A great believer in the value of constitutional monarchies, Richard advised us that in the analysis of the most stable democratic countries, they filled seven of the top ten places. Richard finished by regaling us with some tales of tours with the Governor General before taking questions. Now retired he now lives in Blenheim.

13 June 2022

President Gwyneth welcomed approximately 60 members and commenced the meeting with items of general business including noting the passing of two of our long term members, Joe and Po Chue Sue. Paula Bayley followed with a heartfelt tribute to them.

Guest Speaker, Hamish Thomas, - currently the fourth generation co-owner of the family firm with his brother Tim - gave a most interesting account of the history of Blenheim’s oldest store, including many examples of how they have had to cope with adversity during their 110 year existence as of July this year: two world wars, the Great Depression, two earthquakes, COVID, etc.

In fact, the adversity started even earlier, as the day before his Great Grandfather, John, and his wife Kathleen, were about to leave Wellington for Blenheim in 1912, the store in which all their possessions were awaiting shipment at Queen’s Wharf in Wellington caught fire and they lost all their possessions.

Undeterred, they opened a store and built a customer base.

Monthly Meetings

Following John's premature death, Kathleen continued the business with her son Terence who subsequently took over completely; he was a great believer in catering to the needs and preferences of his customers and kept a complete 'Filofax' record of each of the main ones to enable him to better serve them. Apparently his records for some of the more marriageable younger female customers - which weren't necessarily confined to business details - made him very popular with his male bachelor friends!

Hamish joined the firm in 1992 - initially insisting it was only for a year - then left after six years to go overseas. He's been back and fro several times since but is now here for good, as he and his brother complement each other well for running a business - Tim looks after the finances.

He described staff as being the best and the worst part of a business, but Thomas's believes in looking after its staff with good training and partly by running a non-hierarchical operation: if something needs doing, the boss will do it if everyone else is busy... It works: quite a few staff members have been there for decades.

Hamish described the earthquakes as providing very good training for dealing with COVID and said key elements are 'talk to your suppliers' and 'look after your staff'. He finished by talking about the current agility of CBDs in many towns and cities - and describing how the presence of 'local' businesses which are not just part of a national chain give character to a town. He specifically mentioned McRae's and Brownlees as two other such firms in Blenheim.



He stressed the importance of 'foot trade' for keeping the CBD active and hoped that the completion of the new library and art gallery will help improve that. As he said, "Blenheim needs a centre to showcase all local products - wine, food and artisan - and currently lack it in the CBD.

He would dearly like to see events like the Farmers' Market relocate to the town centre to take advantage of the spaces along the river which are grossly underused.



Interest Groups Reports

Current Issues Discussion Group

This group is back and running and the attendance at meetings has been very good. There have been some Covid protocols put in place to make our meetings safer. Sadly we have lost Joe Sue who has passed away only a few months after losing his wife, Po Chue. They had been members for many years and we will miss them.

In June we had Carol Stevens and several of her team from Housing First speaking to us. This organisation works hard to get homeless people in Blenheim into housing, often working with private housing owners to do this. Some of their work was to find these people and to support them in a caring and sympathetic way - work that should be appreciated widely.

Our July meeting saw Community Constable Russell Smith talking about scams which especially target the elderly. This is important in this digital age. We enjoyed his Power Point presentation and we will be much more aware of the dangers from now on. We hope to have Russell return to speak to us about other work his team does to keep us safe.

For the next meetings we hope to hear from the following: Val Wadsworth, Hydrologist, to talk about the declining aquifer under the Wairau plains and the effect of stopbanks along the Wairau River; a Rangitane Iwi representative to talk about Iwi/Maori Aspirations for Aotearoa/New Zealand, Governance, land/whenua, use of reo etc; and also hear about the work of the Youth Council represented by several colleges who meet regularly with Marlborough District Council.

Documentary Film Group

We have been pleased to welcome some new members this year. Charles Riley hosted us for three meetings to watch an extended documentary on the life of Barrack Obama. This was excellent.

At other meetings we have watched the history of climbing the Eiger often leading to tragedy; a thousand years of Scottish history; some very good geographic films such as Simon Reeve in Cornwall and landscapes and wildlife in Scotland and the Isle of Skye.

We look forward to seeing some Antarctic history (Shackleton) at Bruce Dale's place in July.

Interest Groups & Contacts

Please get in touch with the listed Group Contact Person if you are interested in joining any of the following groups.



Ambles and Afters: 2nd Friday of each month at 9.30am.
Contact is Mary Wightwick, 578 8747 / 027 440 2047.

Armchair Travel: 4th Friday of each month at 10.00am.
In Recess - New Contact person required please

The Decisive Battles of World History combined with History's Great Military Blunders and the Lessons They Teach:
4th Thursday of each month at 10.00am.
Contact : Angus Welsh, 577 9114.

Books and Authors Group 1: 2nd Thursday of each month at 2.00pm.
Contact is Jackie Hall, 579 3355.

Book and Authors Group 2: 3rd Tuesday of each month at 10.00am.
Contact is Wendy Cass, 578 9144.

Card Making: 1st Thursday of the month at 10.00am.
Contact is Gloria Mitchell, 577 7833.

Celtic World (2): 2nd Wednesday of each month at 1.30pm.
Contact is Ann Turnbull 578 4200.

Classic Films Group 1: 4th Thursday of each month at 2.00pm.
Contact is Bruce Dale, 578 9672.

Classic Films Group 2: 3rd Thursday of each month at 1.30pm.
Contact is Murray MacDonald, 579 4844.

Classical Music: 1st Monday of each month, at 10.00am.
Contact is Ann Moore, 9273754.

Interest Groups & Contacts

Current Issues: 1st Tuesday of each month at 9.45am.

Contact is Lindsay Moir, 578 5262.

Comparative Religions: 3rd Tuesday of each month at 2.00pm

Contact is Paul Stanley, 579 2521.

Documentary Films: 3rd Wednesday of each month at 10.00am.

Contact is Lindsay Moir, 578 5262.

Foundations of Eastern Civilisation: 3rd Thursday of each month at 2.00pm.

Contact is Lyn Coates, 578 5273.

Garden Group: 1st Friday of each month at 10.00am.

Contact is Jan Richardson, 578 0989.

Geological Wonders: 3rd Thursday of each month at 10.30am.

Contact is Trish Johnson, 027 241 7021.

Great Ideas of Philosophy: 4th Thursday of each month at 2.00pm.

Contact is Paul Stanley, 579 2521.

History: 3rd Tuesday of each month at 1.30pm.

Contact is Margaret Fairhall, 578 2507.

How Winston Churchill Changed the World: 2nd Tuesday of each month at 2.00pm.

Contact is Mike Mitchell, 577 7833 or 027 339 7584.

Leonardo Da Vinci and the Italian Renaissance: 3rd Wednesday of each month at 2.00pm.

Contact is Dorothy Hasseldine, 578 1769.

Life Writing: 1st and 3rd Tuesday of each month at 1.30pm.

Contact is Lis Davys, 579 3167.

Luncheon Plus: 2nd Thursday of each month at 11.30am.

Contact is Lyn Coates, 578 5273.

Interest Groups & Contacts

Mah-jong Group: 1st and 3rd Wednesdays of each month at 2.00pm.

Contact is Evan Wood, 578 2093, evin42@hotmail.com

Memory Lane Music: Last Thursday of each month at 10.00am.

Contact is John Best, 578 0595.

Monet to van Gogh: 3rd Tuesday of each month at 10.00am.

Contact is Helen Hannay, 578 1574.

My Favourite Universe: 3rd Monday of each month at 2pm.

Contact is Mike Mitchell, 577 7833

Play Reading Group 1: 4th Monday of each month at 9.30am.

Contact is Margaret Jarman, 578 8805. **Vacancies**

Play Reading Group 2: 4th Tuesday of each month at 9.30am.

Contact is Juliet Kirke, 578 0692. **Vacancies**

Poetry Appreciation: 2nd Friday of each month at 2.00pm.

Contact is Jan Poswillo, 578 9834 or 021 142 6931.

Photography: 1st Monday of each month at 1.30pm.

Contact is Charles Riley, 578 0109.

Scrabble One: 1st Monday of each month at 2.00pm.

Contact is Pam Taylor, 578 8816.

Scrabble Two: 3rd Thursday of each month at 1.30pm.

Contact is Lorraine Jensen, 027 365 862.

Secrets of Great Mystery and Suspense: 3rd Wednesday of each month at 10.00am.

Contact is Jenni Walker 021 133 0582.

The Great Tours - France Through the Ages: 3rd Thursday of each month at 2pm.

Contact is Kathryn Nicholls, 021 1438 423

Interest Groups & Contacts

The Wonders of Weather and Science of Extreme Weather:

1st Thursday of each month at 10.00am

Contact is Paul Stanley, 579 2521.

Ukulele: 2nd and 4th Wednesday of each month at 10.00am.

Contact is Neville Lawson, 021 480 073.

Water Colour Painting: 1st & 3rd Mondays of each month at 9.30am.

Contact is Gavin Kerr, 572 7238.

Wine Appreciation 1: 3rd Friday of the month, usually at 11.00am.

Contact is Murray MacDonald, 579 4844.

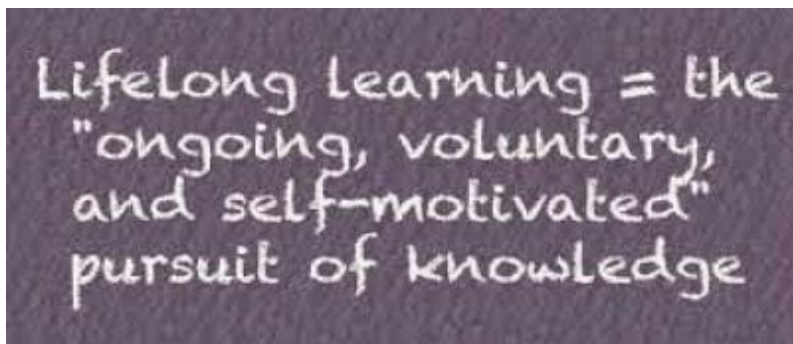
Wine Appreciation 2: Last Friday of each month at 11.30am.

Contact is Juliet Kirke, 578 0692.

Writing for Grandchildren: 1st and 3rd Mondays at 9.45am.

Contact is Gladys Sloss, 578 3191.

A gentle reminder - you must be a financial member to take part in these groups. Please check with Secretary Paul or Treasurer Angus if you aren't sure whether your subs are up to date.



"never stop learning"

Return Address:

8a Purkiss Street
Springlands
Blenheim 7201



THE UNIVERSITY OF THE THIRD AGE

"never stop learning"