

## ORMISTON NEWSLETTER

Issue 95 March 2024

**Next meeting** : **Thursday 28 March** at 10.00 am

**Main Speaker** : **Mary Kisler** **The History Of Picnics**

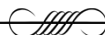
Mary Kisler is a New Zealand curator, author, and art historian. She has led art tours in Europe and Australia and was involved in art discussions with Kim Hill on Radio New Zealand's Saturday Morning programme for many years.

Formerly a senior curator at the Auckland Art Gallery, Mary's book **Angels and Aristocrats: Early European Art in New Zealand Public Collections**, brings together artworks from the collections of five New Zealand galleries.

Mary has visited us before and in her usual engaging way she returns to take us on a jaunt she calls, The History Of Picnics.

### AGM

There will be no First Speaker on 28 March because we will be holding our AGM. You will receive a separate email with information about the AGM. Please read the attachments, which will include items such as the financial report and previous minutes...these will be taken **as read** at the meeting.



## From the President

March is here, and time for the AGM. This year I will definitely be standing down as President, as I have held the post for three years, albeit with Covid interruptions. I would like to thank the Committee for their hard work. Running a club like ours is definitely a team effort, and they have all stepped up to the mark.

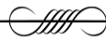


We will be electing a new committee at the AGM, and we would like to see some new members. Don't be afraid to put your hand up, or ask someone to nominate you, if you feel you would like to contribute to the running of our small, but successful, branch of u3a. The Committee is able to co-opt new members after the AGM, so the opportunity is there if you are willing to join us.

The Committee has decided to cancel the April General Meeting, as it falls on ANZAC Day. This is a very special day to remember those who made the ultimate sacrifice in ensuring future generations are able to enjoy a life of freedom.

See you all at the AGM, and at the various Interest Groups.

**Dave Ronson**  
**President**



## Last Month's Speaker

**Allan Michael M.Sc., Ph.D.**      **A Life of Science in the USA**

Born the youngest of eight children, oceanographer Allan Michael is an Otahuhu boy who spent his primary and secondary education in the same class as David Lange before ending up as Head Boy at Otahuhu College in 1959. He went on to obtain his bachelor's and master's degrees at Auckland University and then was offered a scholarship to Woods Hole, Cape Cod, to study the United States' ocean's resources.

Alan talked of his 40 years experience in the U.S where he investigated oil spills, nuclear power plant effluents, ecological risk assessments and offshore oil and gas – projects in his own special area of research, and principally in the Gulf of Maine. For most of these studies Allan used the same local fisherman and their valuable friendship continued for over 35 years.

He was involved in the design and execution of some of the largest marine monitoring programs conducted in the U.S and assisted in developing regulations and permits for offshore oil and gas exploration throughout the U.S. Allan expressed his frustrations when dealing with the commercial sector and their continuous search for profits.

A fascinating and informative presentation on the study of all aspects of the ocean.



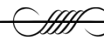
## New Zealand History Interest Group

Kelvin Mills has decided to relinquish the role of convenor for this very successful group. If you have an interest in New Zealand history and would like to take over as convenor of this group, talk to Dave Ronson.



## Anzac Day 25 April 2024

This year our April general meeting falls on Anzac Day. The committee has looked into other dates and venues for the meeting, but has decided to cancel the meeting for that month.



## VOLUNTEER



This month we have our **AGM** and will elect a new committee for 2024. We really need **YOU** to get involved if we are to keep functioning effectively.

Talk to Dave Ronson or any member of the committee to find out what is involved.

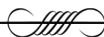


## Opportunity to assist research project

In February an email was forwarded to you. It came from Pearson Research and they are seeking participants in a research project.

The project involves tests in three areas....cognitive skills ( the ability to think, problem solve, and pay attention), memory and learning, and functional ability (such as the ability to communicate or prepare food).

If you would like more information, email [u3aormiston@gmail.com](mailto:u3aormiston@gmail.com)



# What's On

## In March At U3A Ormiston ?

**Remember...**you can attend *any* of these *What's On in March* events.

For U3A Ormiston events **just contact the convenor.** The convenors' contact details are attached to the covering email.

1 March	9.30 am	Walking Group	1 <sup>st</sup> Friday
6 March	2.00 pm	New Zealand History	1 <sup>st</sup> Wednesday
7 March	10.00 am	Committee Meeting	1 <sup>st</sup> Thursday
7 March	2.00 pm	Book Group	1 <sup>st</sup> Thursday
8 March	9:45 am	Transport	2 <sup>nd</sup> Friday
12 March	10.00 am	English Conversation	2 <sup>nd</sup> Tuesday
12 March	RSVP to Colin for Friday's lunch		
13 March	10.00 am	Music	2 <sup>nd</sup> Wednesday
13 March	2.00 pm	Memories	2 <sup>nd</sup> Wednesday
15 March	9.30 am	Walking Group	3 <sup>rd</sup> Friday with Howick U3A
15 March	11.30 am	Lunch Group	3 <sup>rd</sup> Friday
19 March	10.00 am	Food, Nutrition and Health	3 <sup>rd</sup> Tuesday
20 March	10.00 am	Trivia	3 <sup>rd</sup> Wednesday
25 March	2.00 pm	Famous & Infamous	4 <sup>th</sup> Monday
26 March	10.00 am	English Conversation	4 <sup>th</sup> Tuesday
28 March	10.00 am	General Meeting	4 <sup>th</sup> Thursday

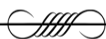


## Latest News and Updates from our Interest Group Convenors

Our interest group convenors currently offer **13 meeting opportunities** for you each month...which includes Book Group, English Conversation, Famous & Infamous, Food Nutrition and Health, Lunch Group, Memories, Music, New Zealand History, Transport, Trivia and Walking Group (plus the General Meeting).

Convenors can send in News and Updates, including photos, about their group's activities for our newsletter. **Items received by the 28<sup>th</sup> of the month will be included.**

Contact details for Convenors are attached to the covering email sent to members.



**Famous & Infamous**

**Contact / Convenor**

**Kay Mills**

At our February meeting **Barbara Johnstone** chose **Indira Gandhi**, the first and only woman Indian Prime Minister, as her subject.

Being the daughter of Jawaharlal Nehru, the first Prime Minister of India, and the granddaughter of Motilal Nehru, a close associate of Mahatma Gandhi, Indira was steered towards politics at an early age. She joined the Congress Party in 1938 and by the late 1950's she was President of the Indian National Congress.

**Indira Gandhi**



Known for her remarkable speeches and strong views on various social and political issues, she often took the crowds by storm. Outspoken, yet humble, she had much to contribute to the nation.

She became Prime Minister in 1966 and in 1971, despite facing pressure from America, Indira defeated Pakistan in the Indo-Pakistan War and led the liberation of East Pakistan into independent Bangladesh.

Indira became known as the Iron Lady of India because of her strong standing in decisions that would affect India's politics. During her three terms as Prime Minister she instituted major reforms, including a strict population control program.

Indira was assassinated in 1984 by two of her Sikh bodyguards.

Definitely an extraordinarily famous person and one the group were pleased to have Barbara bring to our attention.



**Food, Nutrition and Health**

**Contact / Convenor**

**Anny Dentener**

For the first meeting of the Foodies Group (Food Nutrition & Health) we gathered at Anny Dentener's house to delve into the fascinating world of **chocolate**.

We followed each step of the process, from the growing and harvesting of the cocoa bean, to the beans entering the factory where they are dried and roasted, and sugar and milk powder are added to form liquid chocolate.

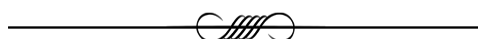
Then came the exciting part – the delicious learning experience of tasting many different kinds of chocolate. We used test sheets to evaluate each type and voice our opinion.

The group also ticked a list of potential topics, and identified food labels, nutrition info and the Health Star Rating of interest to most.

So in March these three facets will be investigated using the baking from scratch of ANZAC biscuits. At the end participants will get to taste them, of course, and take them home.

Anny put a lot of work into this first session and has developed a great programme for the rest of the year.

Thank you, Anny, we can't wait for the next session on Tuesday 19 March.



**Lunch Group**

**Contact / Convenor**

**Colin Johnstone**

Next meeting...

Date : Friday 15 March

Time : 11.30 am

Venue : **Coffee Club, 220 Bellingham Road, Ormiston**

**RSVP to Colin by 12 March.**



## **New Zealand History**

**Kelvin Mills'** presentation at our February meeting was about a former prime minister of New Zealand, **Gordon Coates**, who was born at Pahi on the Kaipara Harbour in 1878 and who died in Wellington in 1943. A war hero with Victoria Cross and bar, Coates was a key minister in the 1920's - justice, postmaster general, public works, native affairs, and prime minister where he worked with Sir Apirana Ngata on improving relations with Māori.

Coates was elected to parliament in 1911, representing rural interests such as roading and freehold tenure of land, as opposed to leasehold. He stressed mechanization and accelerated dam construction on the Waikato River and the main trunk railways. He was very affable and enjoyed a strong rapport with gum diggers, mill workers and ordinary people.

## **Gordon Coates**

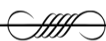


Coates won the 1925 election handsomely, but by 1927 his developing stance on wider issues made him unpopular with his right wing colleagues and he lost office in 1928. Coates returned to the government between 1931-35 and used rigorous economic policies to combat the economic depression. He became extremely unpopular. Establishing the Mortgage Corporation to supply cheap credit, setting up a partly state-controlled reserve bank to control credit and his later involvement in Peter Fraser's wartime administration further estranged him from the political right.

It is almost impossible to associate Coates with any one political philosophy. He has left an important legacy and is an important link between the past and our modern political system.

Thank you, Kelvin, for introducing us to a key figure in the development of modern New Zealand social and political life.





## Useful Information

## Keeping in Touch

**Our email address** : [u3aormiston@gmail.com](mailto:u3aormiston@gmail.com)

**Contacting other members** : A list of members is available with the name, phone number, and email address of each member. If you need a copy, send a request to : [u3aormiston@gmail.com](mailto:u3aormiston@gmail.com)

If you do **not** want your phone number and / or email address on the list, send an email to : [u3aormiston@gmail.com](mailto:u3aormiston@gmail.com)

Members' contact information must not be shared with anyone who is not a member.

**U3A Ormiston Newsletter** : An email in the first week of each month will let you know that the latest newsletter is available.

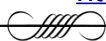
If you can't access the newsletter, send an email to [u3aormiston@gmail.com](mailto:u3aormiston@gmail.com)

The deadline for all reports and contributions is the 28<sup>th</sup> of the month. Convenors are encouraged to send in information, including photos, about their group's activities for our newsletter.

**U3A Ormiston Facebook page** : Log in to Facebook and search for U3A Ormiston

**U3A Online Newsletter (Australia)** :  
Free monthly newsletter (**GEMS**) <https://www.u3aonline.org.au/content/gems>

**U3A Newsletter (UK)** :  
Free monthly newsletter : <https://www.u3a.org.uk/newsletter>



## Useful Information

## General Meetings

**General Meetings** are held at 10.00 am on the 4<sup>th</sup> Thursday of the month at the Old Flat Bush School Hall, corner of Flat Bush School Road and Murphys Road.

**Parking** : Use the secure parking area in Cranford Drive off Flat Bush School Road.  
Do not park on the driveway between the hall and Murphys Road.

**Constitution** : A copy of our constitution is available on request.

In an **emergency**....If we ever need to evacuate the hall in an emergency, please note...

1. **Kelvin Mills** is the **Warden** at our monthly meetings.
2. there are TWO emergency exit doors from the hall ...both are on the **south** side of the hall (the same side as the tea servery).
3. we meet in the carpark (to the west side of the hall) for a headcount.
4. Cardiac Arrest



The hall where we meet has an AED (Automatic External Defibrillator). It is on the wall on the right just inside the main entrance.

If someone has a suspected cardiac arrest, take the following action...

- Dial 111 for an ambulance.
- Lie the victim on his / her back, and remove all clothing covering the chest (a bare chest is essential).
- Turn on the AED, and follow the voice prompts. **Audio instructions are automatically triggered** when the defibrillator is opened.
- Everyone must stand clear when the AED is analysing or administering an electrical shock.
- Perform CPR (30 chest compressions / 2 breaths) until the ambulance arrives.

Here's a useful short video from St John Ambulance which shows you exactly how to use the defibrillator. <https://www.youtube.com/watch?v=SsvYXEjeMvw>



## Useful Information      The 2023 - 2024 Committee

<b>President</b>	Dave Ronson	<b>Past President</b>	
<b>Secretary</b>	Peter Fisher	<b>Treasurer</b>	Mike Lowe

### Committee Members ;

Murray Clent, Colin Johnstone, Kay Mills, Warren Taylor, Musheng Wu

*The contact details for committee members are attached to the covering email.*

### Who's responsible for what.....

Each committee member has specific responsibilities as follows:

Murray	Clent	Membership / Hospitality	
Peter	Fisher	Secretary / Newsletter	
Colin	Johnstone	Book table	
Mike	Lowe	Treasurer / Venue / Technical	
Kay	Mills	Speakers	
Dave	Ronson	President / Interest Groups / Publicity / Technical / Network Rep	
Warren	Taylor	Vice President / Venue / Visitor Host / Hospitality / Book table	
Musheng	Wu	Membership	

### Responsibilities outside the committee

Val	Lott	Almoner
Kelvin	Mills	Meeting Warden