



Inc.

NELSON

Learning for Life

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P.O. Box 1690, Nelson, 7040

www.u3anelson.org.nz

Our next Members' Meeting will be on Wednesday 24 August at 10am till 12 noon at the Nelson Golf Club in 38 Bolt Road, Nelson.

The speaker is Angela Francis, CEO of Nelson Bays Primary Health Care

FROM THE MEETING ON 29 JUNE

The Special General Meeting quickly accepted the Financial Report for the year 1 April 2015 to 31 March 2016 presented by Allison Robertson, treasurer. Allison and Tom Clendon, the appointed reviewer were thanked.

Paul Taylor, paediatrician, treated us to an engagingly instructive talk about **Autistic Spectrum Disorders** (ASD), or as he prefers to call it, "Autistic Spectrum Differences."

ASD encompasses Autism and Asperger's Syndrome, and every person with ASD is unique. Paul used the analogy: "just as an Apple computer is wired differently to a Windows computer, similarly, the brain of a person with ASD is wired differently to other peoples." So the world for a person with ASD, is like the rest of us trying to use Windows when our expertise is with Apple computers. The world is seen and interpreted in confusion, leading to differing needs and expectations, and manifesting in difficulties in communication and social interaction. Being with other people, trying to fit in with what others

think of as "normal" provides huge stress for the person with ASD. The stress of being among other people, particularly for young children, can result in what the rest of us consider inappropriate, anti-social behaviours.

Paul advocates the need for diagnosis, even beyond childhood. A diagnosis helps explain the unusual behaviours and allows the people around to gain understanding of what it is like for the person with ASD. With that knowledge, simple modifications to the environment and ways of interacting can prevent build-up of stress and eventual blow outs.

Paul has written a book, "A Beginners Guide to Autism Spectrum Disorder: Essential Information for Parents and Professionals." Dr Paul Taylor (2011). Jessica Kingsley Publishers. It is available at the public libraries or from good book stores. See more of Paul:

<https://www.youtube.com/watch?v=YDmgSuKyk0w>

Thank you Paul, a most informative and enlightening talk which should be heard by everyone.

Kay Hunter, member

WELCOME TO NEW MEMBERS

A warm welcome to new members, Vic Bifico, John and Helen Lane, Sandra Smith, Philippa Vine, Gary Nicol and Roz Jackson.

FROM OUR NEW PRESIDENT

It is a pleasure to greet all members via this newsletter. Your Committee work hard to select interesting speakers for the open meetings. For those who have not attended recently I recommend that you come along and meet old and new friends. If you have any suggestions for outstanding speakers or topics, let a member of the committee know or email me at president@u3anelson.org.nz

REPORTS FROM THE GROUPS

Shakespeare

At aged 16 I was taken, along with my classmates, to a theatre production of Shakespeare's play, "King Lear". It was an experience I would never forget as even a trip to the city for us in Wartime UK was exciting.

Little did I think then that decades later I could be sitting in a comfortable lounge along with 7 or 8 new-made friends, watching, once a month, many wonderful productions of Shakespeare's plays. That "many" should actually be "all" as after choosing and hiring a great number of DVDs, our wonderful hostess, Liz, bought the huge set of all of the BBC productions of Shakespeare's plays which we have been working our way through for the last several years.

After a chatty shared lunch round Liz's large table we would have a short discussion about the play that we were going to watch in the afternoon. Often the discussion would be really short as we should have attempted to read the play beforehand or do some research on it. However, it was

often easier to look up the Internet or read a bit from a learned scholar's book! However, it didn't matter one bit if we hadn't done our homework as there was never any compulsion and we were all there to watch a play! Blinds were drawn, everyone picked their favourite chair or couch and we would settle down for several hours of pleasure.

And a pleasure it has been to see so many wonderful productions, to pick out actors in their youth that we recognise now from television, to admire the sets and the amazing costumes and to be able to follow every word by using the sub titles on the large TV screen. Some plays we have seen two or even three times in different productions. Characters have been played differently, comedies have been always hilarious and tragedies very moving. Every play has given us an insight into Shakespeare's amazing mind, his humanity and of course his wonderful language.

Thank you Liz from all of us for being so welcoming and so generous with your home, your time and your efforts to make the Shakespeare U3A Group so enjoyable and enabling us to have such experiences that I for one will never forget.

Dorothy Starling, member

Critical Reading

This is a small group which meets to discuss their reading over the previous month. Its main appeal is the opportunity to share recent reading with friends – taking a fairly critical and in-depth approach. Although we initially concentrated on contemporary fiction, our field has diverged to include a much broader range of books including non-fiction, older book, re-reads and classics.

We differ from many conventional Book Clubs in that there is no "set book" but have discussed using this style every so

often or concentrating on a narrower topic, such as NZ literature, a particular author or poetry.

Richard Talbot, convenor

Maori Culture and Language

Kia ora e hoa ma!

Hasn't Maori Language Week been so exciting? It certainly has been for our group of 'oldies' who are very quietly attempting to acquire a little bit of understanding of the language and culture of our first nation.

We have been able to relate to the greetings held out to us on radio and television and to the beautiful original names for our towns and cities. And not least did we relate to the halting and brave attempts made by our presenters when faced with some difficult pronunciation! I have found it impressive that the students at our primary schools can recite their own mihi, sing the National Anthem in Maori and greet their friends with an authentic home-grown New Zealand word of welcome – as a matter of course and without embarrassment.

This is the way of the future and we want to be part of this embracing of our original heritage. Don't you? Join us!

Ka kite ano!

Anne Mitchell and all our band of learners

ABC (Anything But Classical) is not anti-classical, however the group focuses on the musical styles which have evolved from the early 20th century until the present day.

At our last meeting we stepped outside our white middle class squares with an afternoon of Hip Hop, from its origins as black ghetto dance party music at first purely instrumental, then with the addition of a vocal delivery which became known as Rap. At first the lyrics were benign.

Overtime they became the angry voice of disaffected black youth, increasingly challenging "the man" and our senior sensitivities with disturbing language and explicit content portrayed in video. As a group we were uneasy with the topic but then isn't the purpose of U3A to extend the boundaries of our comfort zones?

The topic for our next meeting is from the era of Doo Wop.

Ian MacDougall, host

ARCHITECTURE

We have enjoyed a number of sessions with Maurice Tebbs at his home, where he presented us with studies of iconic, famous architects.

We've been on a field trip to a sustainable house in Riwaka. The members enjoyed the visit and gained useful knowledge in sustainable building practices. We've learned about Japanese castle architecture, particularly, the 'Castle of the White Heron,' (Himeji). Also the work of Zaha Hadid, a stupendous woman architect, known as the 'Queen of the Curve' due to her use of fluid forms.

Heather Clendon, member



**Serpentine-Seckler Gallery London
Zaha Hadid**

NEW COURSE OFFERED

Bill Brett, following the success of the current **Successful Gardening: Science Not Myths** course and due to high demand, is offering a repeat, starting mid-August.

"The Successful Gardening course run by Bill covers all aspects of the garden and gardening. Starting with Basic botany and covering soils, fertilisers, watering, pests and diseases, vegetable and fruit crops, containers, garden design and maintenance. He is extremely knowledgeable. His presentation is informal and thorough with plenty of examples. I recommend it for everyone who owns a trowel, hand sprayer and secateurs" **Jill Dickson, member**

GROUPS THAT HAVE VACANCIES

The Ramblers



Ramblers watch Will Rickerby replenish a trap that collects stoats, rats and mice on Rabbit Island. This group would love some new members. The group meets monthly and enjoys a mildly energetic day out exploring a significant area of our region.

GROUPS THAT HAVE VACANCIES

Ancient Civilisations
Architecture
Astronomy
Australia
Bookcases
Classical Music
Critical Reading
Discovering Our Local Birdlife
Exploring Nelson Walking Group
Maori Language and Culture
In Pursuit of Happiness
Irish Group
Luncheon Group
Military History
Opera at the Metropolitan
Ramblers
Success Gardening: Science Not Myth
Theatre and Film
The Normans
Write Your Life

For more information or to enquire about a group, consult www.u3anelson.org.nz or email Kay at study@u3anelson.org.nz or call 03 5477274

Kay conveys thanks to convenors who responded to the request for the update. Communication between convenors and SGC is crucial to keep the website current.

A fellow U3A member, relocating from Murchison, is able to house-sit in the Nelson area from mid-August – September. Phone Judy 0221047091 or 035239983

I have taken over the duties of Newsletter Editor. I would very much appreciate any items for the Newsletter and ideas of interesting topics.

Any suggestions can be emailed to me at:

editor@u3anelson.org.nz

Heather Clendon, Newsletter Editor

