

Learning for Life

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www.u3anelson.org.nz

Our next Members' Meeting will be on 28th August at 10 am till 12 noon at the Nelson Golf Club in 38 Bolt Road, Nelson. The speaker is Kerry Ewan.

Kerry is a Kiwi who has lived in China since 2000 but returns regularly to New Zealand to visit. He grew up in Wellington, worked in radio and banking and went on his OE aged 23. After time in the UK, he arrived in China late 2000 and has been in Guangzhou city since 2001, getting married and completing three degrees in the ensuing years.

The father of two daughters, Kerry works as a freelance English language teacher in a variety of locations across the city. He has taught all ages but mostly primary school aged kids in recent years and along the way has become fluent in Mandarin.

His talk will be about life and work in southern China, perhaps with a little bit added about the increasing Internet restrictions!

FROM THE MEETING ON 26th June

The Guest Speaker was our very own Bill Brett talking about Pesticides in our Food.

Brief History - Pesticides have been used for thousands of years – pyrethrum, neem, sulphur and copper are still used today. Legislative controls were introduced in 1950's. Arsenic was the first banned in late 60's. DDT group restricted in late 60's and totally banned 20 years later. From 1950-1990 pesticides were the easy fast answer to pests and diseases of crops for farmers, horticultural producers and gardeners—hence over-used. Nasty pesticides were gone by 1990, and researchers began looking at alternative methods.



Integrated Pest Management began in the late eighties and has increased in every way since. IPM focused on minimum use of pesticides, by using a prevention programme combining varieties resistant to pests and diseases, close monitoring of crops and conditions, thorough hygiene, high tech fertilisers, and watering systems. Softer more specific pesticides are used to avoid mortality to bees and beneficial insects.

Acts and Regulations - HSNO (Hazardous Substances & Noxious Organisms) Act 2000 tightened everything up. Backed by the Ministry of Health and Food Safety Authority. 28 Acts operating under the HSNO Act cover the use of pesticides. ACVM (Agricultural Compounds and Veterinary Medicines) Act regulates pesticides and their use (administered by Ministry of Primary Industries). Commercial growers must be qualified approved handlers and must keep spray diaries and account for pesticide use. Bill showed examples of pesticides being demonized by fake news - often distributed by leading magazines, newspapers and TV. BioGro Certified Organic - does not mean safe, legally compliant or effective fit for purpose. It simply means 'contains no synthetic chemicals'.

No classified poisons (6.1C) are permitted to be sold in the home garden range of pesticides. A few commercial pesticides are poisons, and can only be purchased and applied by approved handlers. Pesticides known to be carcinogens or mutagens are banned. Two *suspected* carcinogens in the home garden range are both organic (pyrethrum and neem oil).

Pesticides in our food – Total Diet monitoring of foods has taken place every 4-6 years since 1980. 250,000 samples are tested over 120 different foods. No samples exceeded the acceptable daily intake. 99.2% of our food is free of pesticide residues or has less than 1/1000th of the acceptable daily intake. Risk of ill health from pesticides in our food is very low

Higher risk contaminants in our food include naturally occurring organisms. 70 people die each year from legionnaires and similar diseases contracted from soil, compost and potting mix.

The Environmental Protection Authority have set stricter rules for pesticides to demonstrate they are being cautious. Goulters, a Nelson manufacturer of organic vinegar, a useful herbicide for home garden use, was declined registration as it was classified a poison - too toxic. Alcohol is a known carcinogen, and therefore if Chardonnay was a good insecticide, it could never be registered and used as a pesticide. Pharmaceutical grade paraffin used as an insecticide is labelled as eco toxic with warnings to avoid skin contact. The same paraffin with chemicals added is used as moisturizer in hand cream.

Glyphosate/Round Up is the most widely used, most tested and reviewed pesticide, with over 800 toxicological studies, and over 20 reviews by expert panels of researchers. These all confirmed glyphosate is of very low toxicity and does not cause cancer.

There are more serious threats to our bees than pesticides - i.e. American foul brood, Varroa mite, colony collapse and other predators and diseases. Modern pesticides are less toxic to bees - all home garden pesticides are safe to bees once spray has dried except organic pyrethrum. NZ bee numbers have doubled in the last six years. Recommended reading - "Seeds of Science" by Mark Lynas.

Wendy Cornish

Obituary:

PETER SUTTON passed away peacefully at Nelson Hospital on June 17, 2019 after a short illness

Peter has been an admired member of U3A Nelson. He convened both a Jazz-appreciation group, as well as an 'Opera at the Met' group. In April 2016 he really showed his commitment when U3A desperately needed someone to be the President, and he offered to stand. He guided U3A through a year with quite a few vexing problems which he took in his stride. He went on to represent us at the RATA Foundation's 2017 AGM at the Trafalgar Centre. Following his year as President in 2018 I would imagine his personal high spot was winning First Prize in the Unpublished Poets Section of the 2017. The prize was a medal, a Certificate, \$500 and an invitation to the Burns Dinner !

Peter with his partner Rona, has represented us at the Nelson Tasman Positive Ageing Expo. Indeed he was in the paper seen hobnobbing with the Minister for Seniors, Tracey Martin.

Since his death I have discovered more about this wonderful person. He was a psychologist, educator, author, broadcaster and champion of human rights and positive ageing. He formed the Children's Rights Network and was very active in Amnesty International

He was also my friend. I often called in and enjoyed a cuppa with Peter, and was sometimes able to assist when his computer got a glitch. One of his friends said he as a "lovely, caring, gentle, sweet man" a tribute I endorse. Farewell Peter.

Paul Lunberg, President



**THE EXPO ORGANISER, PETER SUTTON
(OUR PAST PRESIDENT) AND THE
MINISTER FOR SENIORS, TRACEY
MARTIN.**

There is no President's Report this month as Paul is away enjoying a holiday. David Turner is filling the role of Chairperson in his absence.

GROUP REPORTS

EXPLORERS

The inaugural meeting of the Explorers group was held at the home of Jocelyn and Trevor Lewis in Olive Estate Village on the 1st July. Seven members assembled eager to hear the first offering presented by Trevor, on the horse trek of modern day Australian explorer/adventurer Tim Cope. Tim had formed the idea of travelling by horse from Mongolia to the Danube River in Hungary, a distance of 10,000km. Being passionate about the early history of the area, the idea of following in the footsteps of Genghis Kahn on his conquests during the early thirteenth century appealed to him. Prior to his trek Tim had never ridden a horse but this didn't deter him and after a few riding lessons at home, he travelled to Mongolia in 2004, bought two horses and set off. Everyone thought he was mad! What he had planned to take 18 months eventually stretched to three and a half years.

After a brief introduction, we watched three short videos from YouTube, two of which were of sections of his travels, while the third was a National Geographic presentation he had given. Tim proved to be a fluent speaker and his tale was fascinating, from his initial difficulty riding a fairly flighty horse; having his horses stolen in the night (luckily recovered the next day); the fear felt while listening to wolves howling just outside camp in a remote area. Mostly he found the nomads along the way were very hospitable and he couldn't have managed without their ready help. After many adventures he finally achieved his goal, amazing tenacity for a young man who was only 25 when he set off. We all agreed this had been a wonderful start for our new group.

With 7 currently registered in this group, we have room for two more, so if interested please contact David Turner davnan23@gmail.com

Jocelyn Lewis, Co-convenor

STRONG WOMEN

This group meets at 2 p.m. on the third Thursday of each month at 49 Haycock Road in Hope.

The members each select an interesting "Strong Woman" to discuss with the group while we are sipping coffee and eating cakes. Occasionally the subject is so interesting we spend two days discussing her. It is just amazing how many strong women there have been several centuries ago - women who were pirates, women who dressed as men to fight in wars, women who fought legal battles against corrupt Parliaments, nurses in the Crimea War, women who escaped from their homes by letting themselves down from windows in order to escape from arranged marriages and so on.

There is always something new or strange or even dangerous to talk about. The group has vacancies. If you are interested in joining us please contact David Turner davnan23@gmail.com

Barbara Mason, Convenor

"You only live once, but if you do it right, once is enough."

"You could be the world's best garbage man, the world's best model; it don't matter what you do if you're the best." *Muhammad Ali*

Your secrets
are safe with
me... I wasn't
even listening.

Cool Funny Quotes.com

3 OUT OF 2
PEOPLE
HAVE
TROUBLE
WITH
FRACTIONS

AUSTRALIA

The topic at the meeting on 12th August was QUEENSLAND, its exports, fossils, tourism, mineral assets, etc

Queensland is the second largest and third most populous state in the Commonwealth. Dutch, French and Spanish explorers visited northern Cape York Peninsular before 1770 when James Cook claimed the east coast of Australia on behalf of the Kingdom of Great Britain. The colony of NSW was founded in 1788 by Governor Arthur Phillip and included present day Queensland, Victoria and Tasmania. Queen Victoria signed on 6 June 1859 Letters Patent separating the colony from NSW. That date is now celebrated as Queensland Day. Immigration to Australia and Queensland began in the 1850's. Within 10 years the Kanakas were 'black-birded' to labour in the state's sugar plantations. Other milestones are: Federation (as a Commonwealth) was proclaimed by Queen Victoria on 1 January 1901, Qantas was founded in 1920 and cane toads introduced from Hawaii in 1935.

Bruce Lawson chose the sheep industry as he had worked with sheep earlier in his career. Due to a recent decline in sheep farming, several new initiatives have been introduced. The sheep breed Dohne, a type of merino, has good fertility, ease of lambing, high meat and wool productivity, even fat distribution in the meat and wool averaging 5-6kgs at 18-21 micron quality. Subsidies for the cost of fencing material means 1 million hectares have been protected from dingo attack, formerly a major problem. One station has introduced Maremma dogs that protect the grazing sheep. As a result, carcass losses have gone down from above 15% to 3%. The dogs originally bred in Italy to protect sheep are nocturnal, with a loud, deep bark. The station owners are very happy.

The Undara Lava Tubes are found inland from Cairns. Volcanic activity occurred here 180,000 years ago and expelled massive amounts of lava onto the surrounding Atherton Tableland. An estimated 23 billion cubic metres covering an area of 1550 sq km., forming the largest and longest lava tubes on the planet. The lava came from 164 volcanoes, vents and cones and travelled 160km.

Noeline Lawson told us of the wide variety of exports from Queensland viz sugar cane, wheat, tropical fruits, bauxite, magnesite, natural gas, silver, iron as well as sheep meat and beef meat.

Barbara Mason read about a huge fossil fish unearthed from a site near Richmond, 400 kms west of Townsville, named as the epicentre of fossil finds in western Queensland. This 4 metre monster is named Cooyoo and was found with a 1.8 metre fish inside it. Both are very well preserved. 100 million years ago there was a huge, warm and shallow sea right through the middle of Australia and this is where many fossils have been and are being discovered..

An informative session varied and piqued our interest.

The U3A Australia group meets on the second Monday afternoon at 2pm in a member's home, car-pooling if needed. We have space for 2 new members to join us. Please contact Study Group convenor David Turner davnan23@gmail.com if interested.

Jill Dickinson, Convenor



Dohne sheep, a breed originally developed in South Africa.



Maremma dog, a breed of livestock guardian dogs originating in central Italy.

HANDS in the GARDEN

June visit to Sylvan Garden

Steady rain could not stop 11 keen gardeners from visiting Rick and Sarah Griffin's property, Sylvan in Champion Road.

Under cover of umbrellas, jackets and gumboots, we wandered along the garden tracks, around the lake and into the summer house. Beautiful autumn colours were still evident and Rick and Sarah said the garden is beautiful during all seasons. Their garden is open all year round to anyone who would like to sit in any part of the garden and have a picnic. They are happy to share their garden with others. No dogs though, due to native birds etc.

Adjoining their garden and home, is a large area of land gifted to Riding for Disabled by the Griffin family. There is an area on the hills behind their property that has been pine forest. The long term plan by Rick and Sarah is to replant this area in natives and deciduous trees for colour to restore the hills.

Wendy Cornish



With the increasing number of phone scams being reported it is timely to remind members of the importance of being vigilant. Thanks to the Spark NZ website for the following information:

Phone Scams

There are many different types of phone scams. There are a range of strategies a scammer uses to trick the person, including number spoofing. This is where a scammer disguises the original caller ID with a number they choose. For example, a call may look like it's from a local NZ number but is actually coming from overseas.

Characteristics of a phone scam

- It's a cold call you weren't expecting. The caller claims they've identified a problem in your modem or computer. Or that your WiFi has been hacked or is running slow due to a recent Fibre install or virus. They offer to help by taking control of your computer through Team Viewer.
- Note: Spark does not call customers unexpectedly to say they have a virus on their computer or modem. If the person is suspicious, they often provide a New Zealand number for the person to call back on. This number belongs to the scammers and they answer the call "Hello, Spark help desk".
- The scammer claims to be from Spark's help desk and offer their Spark staff number to prove they are an employee. They even offer to give you details of their manager to call.
- They may know your full name, address and birthday. They can find this information through research online, by looking in the phonebook or they can buy it on the black market. You shouldn't assume they're legitimate for knowing these details.

Project Launch

Nelson: City For All Ages

On Monday 22 July Wendy Cornish and David Turner represented U3A at the launch of the development Nelson: City For All Ages.

Nelson's aging demographic means there will be changes, challenges and opportunities for our community. Following a welcome address from the Mayor, Rachel Reese, the Chair of the Community Steering Group - Paul Steere outlined the work of the group to date and showed us a short video where members of the steering group outlined their hopes for the future.

Many points mentioned were highly thought-provoking:

- . There are more people over 65 in the Nelson area than there are children under 15
- . Lack of connectivity between the age groups.
- . People in retirement villages can be isolated from the wider community
- . 42% of NZ population is not meeting the target of 150 minutes of moderate exercise per week
- . Regular exercise can reduce the risk of developing Alzheimer's disease by 45%
- . Older people are making a growing contribution to the economy as a consumer group, as a workforce, as a volunteer group and as taxpayers.

Members of the audience were asked for comment. Both Wendy and I independently asked if this project was being co-aligned with Tasman District Council and were disappointed that at present there is no immediate co-operation.

We and others in the audience felt that this project should be called:

Nelson: Region For All Ages

Nelson Institute

This message was received from Barbara Rhodes, President of the Nelson Institute: I'm President of the Nelson Institute, and as part of our 2019 talk series we still have lined up some interesting speakers. Perhaps some study group members might like to be informed of these talks, all of which are held at the Nelson Library on a Sunday afternoon, starting at 2pm, with a nominal \$2pp entry. NB - On occasion we work with the Friends of the Nelson Library, and hold a joint event. Below are remaining talks for this year.

September 1st. Nigel Costley will explore Phrenology, with a presentation titled '**Matter Over Mind**', an illustrated presentation on that unqualified boon to humanity: the gallant science of Phrenology (sometimes described as psychology's little faux pas). Yes, biology is destiny - the size, shape and proportions of the brain dictate who you are. But is this entirely deterministic - what part does environment play? All shall be revealed.

October 6th. Nigel Costley again, this time marking the bicentenary of the birth of Queen Victoria. **Victoria and the Victorians:** the story of how a 18 year old girl revived the fortunes of the English Monarchy and won the heart of a nation. This will be a series of vignettes, illustrating Victoria's astonishingly multifaceted personality.

November 3rd. Nelson Historical Society. Heather Thomas and Tony Hunter. I do not yet have a title for their joint talk.

A big thank you to all those who provided reports for this newsletter, especially those convenors whose groups haven't featured recently.

Trevor Lewis, Newsletter Editor