

## Learning for Life

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P.O. Box 1690, Nelson, 7040

[www.u3anelson.org.nz](http://www.u3anelson.org.nz)

**O**ur next Members' Meeting will be on Wednesday 25th November from 10 am till 12 noon at the Nelson Golf Club, 38 Bolt Road, Nelson. The speaker is Nathan Fa'ave and his topic is adventure racing.

His life is a nexus of adventure; a consummate adventure professional. He is half Samoan, 48 years old and lives in Tasman Bay with his wife Jodie and their three children.

Adventure has been the theme in his life since developing a passion for the outdoors and adventure sport when he was a young teenager. Nathan started running marathons at 16-years old and competed in his first endurance triathlon when he was 17. His first competitive sport was mountain biking where he raced extensively from 1990-1996; as a Cross-country racer he won the NZ Junior Title, South Island Championships, and was in the NZ Team for 5-years, qualifying for the Olympics in 1996 (*but didn't compete*). In that time he competed in Australia, Asia and North America. From mountain biking he switched to Multisport getting two podium placings (2nd & 3rd) in the Speights Coast to Coast. In 1999 he won the Southern Traverse Adventure Race and this launched him into a career in the sport.

Nathan has been both a semi and full time professional athlete for 18 years. During that time he has represented New Zealand at 4 different sports, attending 15 World Championships. He has captained the New Zealand Adventure Racing team to 6 World Championship victories and has competed in 28 countries.

Perhaps what makes his sporting career quite extraordinary is he has battled with a heart condition 'Atrial Fibrillation' throughout his adult life. He has had three corrective surgeries to manage the condition.

He has extensive experience in sea kayaking, having paddled in over 15 countries and has done many exposed trips in NZ, including 7 Cook Strait crossings and 3 Stewart Island trips. As a white water kayaker he has paddled up to Class 5 and has a couple of first descents to his credit.

In the summer time he enjoys kite boarding and surf ski paddling. He is an avid trail runner and tramper. Whitewater rafting, canoeing and wilderness activities are popular with the Fa'avae family. In the winter he skis with his family or tours the back country, plus some easy grade mountaineering trips.

He races outrigger canoes, road cycling and regularly competes in orienteering, and has done a significant amount of caving and canyoning. He has travelled the planet competing in 28 countries and passing through many more.

His recent sporting highlights include winning the 1<sup>st</sup> Eco Challenge, the world's toughest race in 2019, as well as previously winning the Adventure Racing World Championship on six separate occasions.

It's about the Adventure - Nathan has spent his life climbing, biking, paddling and hiking his way through life and around the planet. Nathan is a Rotary New Zealand Paul Harris Fellow.

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Did you know that a raven has 17 rigid feathers called pinions, while a crow only has 16? The difference between a raven and a crow is just a matter of a pinion.

What did the surgeon say to the patient who insisted on closing up his own incision? Suture self.

## Topics covered in this Newsletter:

President's report  
Meeting dates for 2021  
Study Groups Co-ordinator's End-of-year Report  
New study group ideas  
New website is up and running  
Report from a new group  
Report on Convenors afternoon tea  
Royal Commission of Inquiry in Care



### President's Report

As I write this it is raining. The UK is going into a second lockdown and the USA faces an uncertain future. How fortunate we have been spared much of the troubles upsetting our world.

What has brought a smile to my face and lifted my spirits is an English website [www.writerscircle.net](http://www.writerscircle.net) which has over 200 five-minute stories to read.

These are ideal as you settle down with your morning cup of tea or coffee.

The latest addition is *The Foundling* by Wilma Laryn. It's a delightful true story about finding an orphaned ferret and raising it by hand.

If any of you have similar uplifting stories, ideas, websites you think others might like to investigate please contact Trevor Lewis, our newsletter editor, or me.

Best wishes

David Turner

President U3A

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### For your information, here are the dates for U3A meetings in 2021:

**February** - 24th

**April - (AGM)** -28th

**June** - 23rd

**August** - 25th

**October** - 27th

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We had a full muster at our recent committee meeting. Here we are, ready to deal with the October business.

## Study Groups Co-ordinator's End-of-year Report

Firstly, I would like to thank everyone for their co-operation and indulgence during the first few months of my tenure as SGC. I have certainly made my share of mistakes but almost always you have been happy to overlook them and even offer me much appreciated encouragement. Again, thank you.

So, as we approach the end of the Year of Covid, somewhat amazingly we are still running 36 groups involving about 350 people, with only 11 vacancies across the whole range.

As a result, therefore, we do need more groups for our members to join in the new year, and so if you have suggestions for fresh fields of study, don't hesitate to get in touch with me and I will put out feelers to gauge member interest. Fortunately, we already have some offerings for people to consider as follows:

Chess for beginners

Heritage Walking Group

Geology

French (for your next visit to La Belle France)

Serious discussion (of contentious issues)

Print to Screen -- books that have been made into films

If you are interested in any of the above, let me know and I will pass your name on to the appropriate person, who will no doubt be happy to give you more details about what is envisaged.

Of course, not all of us have a home that would be suitable for a study group, but that's no reason not to put forward a good idea for a subject -- if there is a lot of interest, one way or another, we'll find a venue.

In the meantime, have an enjoyable summer and of course my best wishes for the festive season.

*Steven Shaw*

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### New Study Group ideas

Frequently at Public Meetings I have asked if any of you would be keen to start a new study group and fully understand that you may have an idea but are not sure how to put it into practice. U3A New Zealand has recommended members interested in forming a group check some other group sites for ideas:

[stheliers.u3a.nz](http://stheliers.u3a.nz) [whakatane.u3a.nz](http://whakatane.u3a.nz) [u3aeasternsuburbs.org.nz](http://u3aeasternsuburbs.org.nz)

To get started go to: [www.u3a.nz/instructions.htm](http://www.u3a.nz/instructions.htm)

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### New-look website is up and running!

We now have a new website, replacing the temporary one set up after our original site was hacked. It has the same web address as the old one – [www.u3anelson.org.nz](http://www.u3anelson.org.nz) There is no huge difference in the information available but we have tried to make it easier to navigate, with lots of links enabling users to reach the information they require with a single click of the mouse (or tap of the finger if using a tablet or smartphone).

The main new feature is an online membership application form, so there is no need to print out a hard copy and email it to Wendy, our membership secretary. Tell all your friends who are not yet members!

Many thanks to everyone who sent in photos in answer to our appeal in the newsletter. We haven't been able to use them all, but aim to refresh the site with new photos from time to time. So keep your eyes peeled. We are always on the lookout for photos of members' activities to use in the newsletter or publish on the website, so if you have any photos you would like to share, please send them to [editor@u3anelson.org.nz](mailto:editor@u3anelson.org.nz).

*David Wright, Website co-ordinator*

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## Report from a new group—

### ANTIQUE, VINTAGE & RETRO

(and that's *not* the U3A members!)

Hello, my name is Judy Pittman and I'm a collectaholic. I have been addicted to buying antiques and collectables ever since my mother dragged me around estate auctions in England as a small child in the 1960s.

I have been reluctant to seek help for my addiction and have tried to hide my habit from my husband by frequently smuggling my purchases through the back door and hiding them in boxes in the garage. I now know that I am not alone with this affliction. I recently met several other collectaholics at the inaugural meeting of the U3A Antique, Vintage & Retro group. This could be described as a self-help group for people who appreciate all things old and want to learn more about items from yester-year.

The first meeting was a chance for members to open-up about their habit/hobby and there were some amazing revelations.

Take Jane, for example. She was the first to admit that she collects antique invalid cups – non-spill drinking cups used to feed patients who are too weak to sit-up in bed. Some members of the group were surprised to learn about these little cups with spouts and others revealed that they had actually used them during their nursing career.

Then there was Ann who had an early 20<sup>th</sup> Century silver inkwell that she inherited from her grandmother. The latter was also a nurse who worked with Florence Nightingale.

Rosemary showed the group another family heirloom in the form of a crystal glass perfume bottle with a stopper made from silver and butterfly wings.

Not to be out-done, Nan unpacked a brooch made from human hair.

Wendy was almost ashamed to admit to being a Royalist, but the group supported her when she unwrapped her memorabilia, including her mother's scrapbook from 1937 - the year of the intended Coronation of Edward VIII. A photograph of Wallis Simpson was obscured by a sheet of paper and underneath the disgusted 12-year-old scrap booker had written, "The woman who caused our King to abdicate".

As the convenor of the Antique, Vintage & Retro group I felt obliged to open-up about my addiction to collecting Blue Denmark dinnerware. The group were very kind when I showed them just a small sample of my hundreds of pieces, some of them over 100 years old and still in everyday use.

At the end of the meeting we all agreed we had a common goal. We all want to meet again and we all admit we're collectaholics.

*Antique, Vintage & Retro is the latest U3A group to be established and they held their inaugural meeting on Monday, August 19<sup>th</sup>. Convenor: Judy Pittman [randjpittman@gmail.com](mailto:randjpittman@gmail.com)*





## Convenors' afternoon tea held 7<sup>th</sup> November in the Club House at Summerset

A very pleasant afternoon where the Committee were able to thank the Convenors of the many groups for their hard work over the year.

President David Turner welcomed our visitors and reinforced the viability of U3A Nelson because of the dedication of the Convenors.

David Wright gave a brief update on the redesign of the new web site. There has been considerable input into making it more "User Friendly" for the Committee, members and the general public.

Steven Shaw has the responsibility of managing the Study groups and he stressed the value of good communication through the Convenors so that vacancies in groups can be addressed and members waiting to join a particular group can be kept up to date. Most communication now is by e-mail but a phone call can still get a message across. An opportunity for general discussion was lively and addressed some pressing issues.

Thank you to all who attended.

*Anne White*



*These photos show convenors listening to Steven, before joining in general discussion. A delicious afternoon tea followed, with most carrying on the conversation close to the food.*

*Although the attendance was poor, those who were present had a most enjoyable time.*

## Royal Commission of Inquiry in Care

Nelson U3A has been asked to pass the following on to all members. In February 2018 the Government announced there would be a Royal Commission of Inquiry into Abuse in State care. Judge Coral Shaw is the chair of this ongoing Inquiry.

If any of you wish to further your interest please email [contact@abuseincare.org.nz](mailto:contact@abuseincare.org.nz) and/or look at the website [www.abuseincare.org.nz](http://www.abuseincare.org.nz)

*David Turner - President*

## FINAL WORD

Articles about the various groups are always welcome, as it is great to read what is happening elsewhere, and makes our newsletter more enjoyable. Please think about submitting a short piece, telling all of U3A of the interesting activities and discussions that are going on. Photographs would also be great to make the newsletter more interesting and colourful.

*Trevor Lewis, Editor*