

Our next AGM and Members' Meeting will be on May 3rd from 10 am till 12 noon at Elim Church, 625 Main Road, Stoke, Nelson. The speaker is Jason Balla.

Jason, the new music director of the Nelson Civic Choir, has had a career in music most could only dream of, having spent a lifetime working in some of the great opera houses of the world. At age 18, he was awarded the prestigious Organ Scholarship to study music at Balliol College, Oxford, before continuing vocal and opera studies at the Guildhall School of Music and Drama in London, and at the Verdi Academy of Busseto in Italy.

After a colourful, well travelled life, Jason Balla chose Nelson as a place to settle. In 2021 he and his partner finally settled permanently in the area, where he already had an established group of friends. He doesn't miss the ice and snow of Chicago winters, and living right on the waterfront, said the views were always great. Now, as the music director of the civic choir, Balla says while it's not the London Philharmonic, the group produced amazing results in its June concert after just three months of rehearsals.

From our February meeting:

Wow what a fascinating talk we had from Assoc. Prof. Lance Jennings at our last General Meeting. His credentials are world class, yet he fashioned his talk so we could follow and learn a lot. I've looked at some of his work and it is difficult to understand, so we must salute and thank him for giving us such a clear overview.

He talked of the various different types of vaccine such as the Gene Vaccines (RNA) like Pfizer, the one we in NZ use. He explained how there are other approaches such as viral vector and whole viral vaccines. We saw graphs which vividly validated the approach NZ took, with far fewer deaths per million people. I was most interested in a graph showing how we flattened the curve so that our hospitals were able to cope with the numbers who fell ill.

Another unusual but easily understood graph using colours to represent the different new variants of COVID-19. It showed how some were receding while others rushed in to take their place. Following this he made the observation that many virologists like himself are quietly hopeful that we are arriving at a time where Covid will become 'just another flu' [my words].

After the meeting Wendy thanked Lance again for a stimulating talk. His reply was: "I find U3A groups a lot more stimulating than talking to medical students"!

Paul Lunberg

Topics covered in this Newsletter:

- Speaker report from February meeting
- President's report
- Subscriptions overdue
- Two new groups proposed
- Age Concern notice
- Assets addition (learning Te Reo)
- Voice deepfakes (a warning)

- Welcome to ex SeniorNet members
- Group reports—"Hands in the Garden" and "Antique, Vintage & Retro"
- Coming to the Theatre Royal with U3A discount—"A natural woman"
- Funnies

President's Report

Greetings from a very quiet Easter week in our household, as Tony and I recover from our first dose of the dreaded 'VID'. As Assoc. Prof. Lance Jennings reminded us at the beginning of his talk at our 22 February General Meeting, mask wearing is still important, and whilst Tony and I have been very strict re hand sanitising etc, we 'dropped the ball' in public places re mask wearing.

Being in isolation, has given me a period of nothing much to do, but alas, there have been only one or two U3A subscription payments into our Westpac account a day, compared to a month ago.

As at 31 March, our data base rolls over all unpaid members into the unfinancial members section, and as at the time of writing, we still have 150 unfinancial members out of 325 total membership. I appreciate that any payments made since Good Friday will not appear in the U3A account until after Tuesday 11 April. I am happy to check the unfinancial list for anyone who isn't sure if they have paid or not. Please email me - tonyandwendy@xtra.co.nz. Thank you in advance for your attention to this matter.

I have received a \$30 payment into our Westpac account from 'H. Campion'. We have no member with that family name, so could someone please let me know who this is, so I can process and receipt their payment.

Look forward to seeing you and all the new members at our AGM and General Meeting, at Elim Church, Main Road Stoke on Wednesday 3 May at 10am.

Regards
Wendy

Subscriptions are now overdue!

The annual subscription is **\$30 per person. Subscriptions are to be paid by Internet banking to:**

- **U3A Bank Account Number 03 0703 0385648 00**

In transferring the money from your account to the U3A Nelson account, it is VERY IMPORTANT to include your initial and family name, so you can be credited as having paid, and sent a receipt.

A reminder to members of groups

If people cannot attend their group meeting, or are going to arrive late, it is courtesy to notify your convenor of your non-attendance or late arrival. **Being a "no show" or late is bad manners to whoever is hosting your group.**

Two new groups proposed

1. 'Military aspects of the Ukraine war' - Malcolm Cunningham convenor. A wide ranging study of the war.
2. 'Let's Talk' - James Chappell convenor. *"Find peace of mind at LET'S TALK". This warm-hearted group provides the opportunity to talk freely about anything nagging at the heart, to deal with personal issues and find freedom from the ghosts of the past.*

Steve will be putting out an update on group vacancies this week, with special mention and more details of the above two.

Age Concern Nelson Tasman

Our next Living Well course starts on 2 May. This is such a great course with specialist guest speakers who present straightforward information on simple things you can do to 'live well' and get the most out of your day. To register please contact Miriam on 5447624 ext 6.



Living Well

What are the different components that support an older person to live well?

Come along to our new course and find out!

We have developed a holistic course which runs over eight consecutive Tuesdays starting on 2 May. Each class runs from 10am to 11am and is at the Age Concern Office, 18 Bridge Street, Nelson. Koha of \$3 per week.

Dates and topics:

- 2 May, Connections
- 9 May, Eat Well
- 16 May, Move Well
- 23 May, Financially Well
- 30 May, Sleep Well
- 6 June, Dealing with Loss
- 13 June, Think Well
- 20 June, Bringing it Together



Registrations Essential. Phone Miriam on 544 7624, ext 6 or email: support@ageconcernnt.org.nz.

Assets

We have received a kind gift from Anne Mitchell for those interested in learning more of Te Reo Māori. The two DVDs and the associated book are listed on the U3A Assets List which you can find on the website. Contact Paul Lunberg if you would like to borrow any of the Assets. See “Resources for the use of members” at <https://www.u3anelson.org.nz/u3a-administration/>

Voice deepfakes

Just imagine : You have just returned home after a long day at work and are about to sit down for dinner when suddenly your phone starts buzzing. On the other end is a loved one perhaps a child or a childhood friend, begging you to send them money immediately.

You ask them questions, attempting to understand. There is something off about their answers, which are either vague or out of character, and sometimes there is a peculiar delay, almost as though they were thinking a little too slowly. Yet, you are certain that it is definitely your loved one speaking: That is their voice you hear, and the caller ID is showing their number. Chalking up the strangeness to their panic, you dutifully send the money to the bank account they provide you.

The next day, you call them back to make sure everything is all right. Your loved one has no idea what you are talking about. That is because they never called you – you have been tricked by technology: a voice deepfake. Thousands of people were scammed this way in 2022.

Computer security researchers are seeing that ongoing advancements in deep-learning algorithms, audio editing and engineering, and synthetic voice generation have meant that it is increasingly possible to convincingly simulate a person's voice.

Read more on <https://stuff.co.za/2023/03/18/voice-deepfakes-are-calling-heres-what/>

A warm welcome to the SeniorNet members who have joined U3A and are continuing their groups, the Digital Imagery Group (now Senior DIG) and the iPad group (now SeniornetiPG), under the U3A banner. We know that you will integrate smoothly into U3A and hope that you enjoy the benefits of belonging to U3A Nelson. Roger Pittman already hosts a Mac enthusiasts group of SeniorNet members.

Hands in the Garden group — “Garlic, Alpacas, Hazelnuts & (F)artichokes!”

The March outing for Hands in the Garden members included a stroll through a hazelnut orchard, feeding alpacas, learning about Jerusalem Artichokes (sometimes known as Fartichokes, for their unpleasant digestive after-effects) and primarily learning about and tasting Black Garlic.

Many of the members arrived at the Neudorf Black Garlic factory in Neudorf Road, Upper Moutere expecting to see a crop of black garlic growing in the surrounding paddocks, but owner Noël Jelsma soon put them right. Black Garlic is *not* a variety of the common white garlic (*Allium sativum*). It is *created* by placing peeled garlic cloves in a low-temperature oven for 6 weeks. No preservatives or additives are used and there is no burning. The cloves simply turn black and the pungency of fresh garlic breaks down completely. It takes on a reduced balsamic, tamarind, sweet, savoury and liquorice flavour. There is no after taste or bad breath with Black Garlic.

Neudorf Black Garlic buy Blenheim and Canterbury-grown garlic to make a variety of products ranging from; purée, essence, infused olive oil and Black Garlic Marlborough Sea Salt. The brand is gaining a reputation among our top chefs, and a dash of Black Garlic Essence can turn a bland pasta dish into something extra special, or a smear of the purée on a cracker makes an interesting canapé.

After a tour of the beautiful lifestyle property the group followed Noël into the former tobacco drying sheds which now house the sterile kitchen, oven and bottling plant. Surprisingly, as the group stood in the factory kitchen listening to Noël there was no smell of garlic detected.



The Hands in the Garden group finished the tour sitting in the shade and sampling a selection of Black Garlic items. They were also very privileged to have a preview tasting of a new product the company was about to launch – Black Garlic Honey.

You may have seen Noël and his wife, Teena, selling from their stall at Nelson Market, and their products are available from supermarkets and delicatessen all over New Zealand, plus, of

course, through their website: www.neudorfblack.co.nz

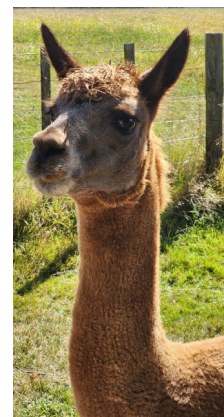
After such an interesting morning spent with Noël and Teena it got Judy Pittman thinking that perhaps there was scope for a new U3A group – Hands in the Kitchen. If anybody wants to start the group, Judy will gladly help and would like to be a member.



Hazel nuts galore!



Noël Jelsma explains the process involved in making black garlic.

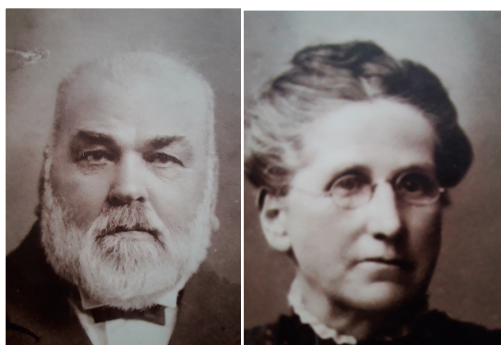


Thanks to Judy Pittman for this article and to Sally Mason and Wendy Cornish for photographs

Antique, Vintage & Retro group — “Local History Mystery Tour”

The Antique, Vintage & Retro group abandoned the comfort of the lounge and donned their gumboots for the first meeting of the Autumn season. This gathering was a Mystery Tour organised by Phillipa Molloy, starting with a walk around the Roman Catholic cemetery besides St Joseph’s Church at Wakefield.

Phillipa set us a task of finding a set of 19th century graves belonging to the Knapp family. The eagle eyes of Noeline Lawson soon spotted them, but sadly for her there was no prize. Instead, we headed to the Villa Café in Wakefield for afternoon tea and Phillipa gave us a fascinating and often humorous account of her in-laws family history and how they came from Ireland and England to settle in nearby Spring Grove.



Charles and Mary Ann Knapp

Phillipa also told us the amazing story of how, quite a number of years ago, she was browsing through old Nelson Photo journals at Richmond Antiques. The owner asked if she was looking for anything in particular? On being told that she was browsing in case she came across any reference to her husband's family, i.e. the Knapps and Fowlers, Phillipa was told that she needed to talk with the owner’s son who had the family bible at his home. A meeting was arranged, a price agreed (although Phillipa considered it "priceless") and it will always be a treasured link with the past. The Antique, Vintage & Retro group should really have worn white cotton gloves as they admired the leather-bound Bible which was printed in 1829. Inside the cover, in beautiful copperplate handwriting was the family tree of Phillipa’s in-laws. An unbelievably lucky find.

After tea we drove in convoy to Spring Grove and Phillipa opened a farm gate and directed us to park in a sheep paddock. This was turning into a field trip as well as a mystery tour. Dodging the sheep droppings we ventured into the long-derelict Knapp family homestead. Undeterred by rotting floorboards, cobwebs as thick as antique lace and bird’s nests holding up the ceiling, we all ventured inside and tried to imagine the house when it was occupied by the family with their eleven children.

We all wondered what stories the lathe and plaster walls could tell but Phillipa did a good job of bringing the history back to life and the house echoed to our laughter.

It was a great afternoon. We learned, we explored, we got a bit of exercise, we socialised and we laughed – oh how we laughed!



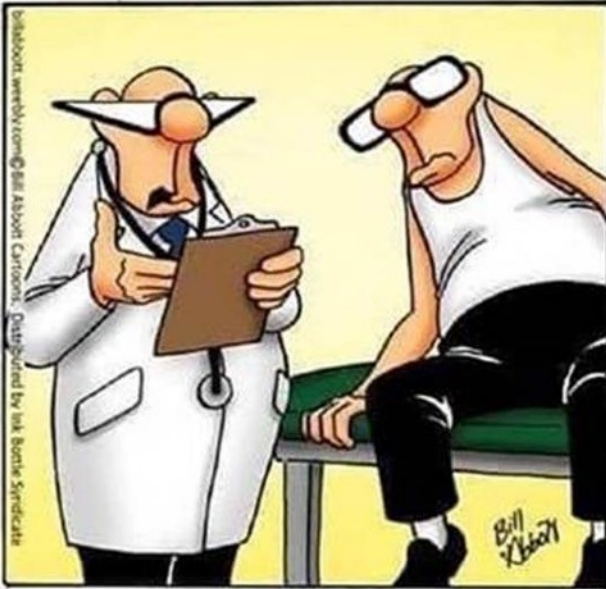
Judy Pittman

(Our thanks to Phillipa Molloy for organising this outing and getting permission from the local farmer to visit the 1849 homestead.)

Coming to the Theatre Royal, Nelson on Friday 5th May...

“A Natural Woman”, which showcases all the hit songs of the legendary Carole King. U3A members have been offered tickets at the discounted price of **\$40pp** (plus \$1.50 booking fee) instead of the normal \$50.

Booking is simple. All you do is log into the Theatre Royal Nelson link to purchase tickets, **make sure you purchase the Adult Tickets** then when you get to the checkout page **enter the DISCOUNT/VOUCHER code ANW40** which will then apply the discount to the tickets purchased. You can also get the discount if you purchase tickets at the Box Office (and mention the Discount Code **ANW40**).



“High sodium, high cholesterol, lots of toxins - your blood test is remarkably similar to a potato chip.”

Most people have heard of Karl Marx, but few know of his sister Onya, an Olympic runner. Her name is still mentioned at the start of every race.



Word Play

You feel stuck with your debt if you can't budge it.
Every calendar's days are numbered
A lot of money is tainted - taint yours and taint mine.
A boiled egg in the morning is hard to beat.
He had a photographic memory that was never developed.
A midget fortune-teller who escapes from prison is a small medium at large.
Once you've seen one shopping centre, you've seen the mall.
Bakers trade bread recipes on a knead-to-know basis.
Santa's helpers are subordinate clauses.
Those who jump off a bridge in Paris are in Seine.
A man's home is his castle, in a manor of speaking.

You never
appreciate what
you have till it's
gone.
Toilet paper is a
good example.

From the Editor

Thank you to those who submitted articles. We would like to have reports from a variety of study groups, especially if your group has vacancies, as this is a good way to showcase what you do, so convenors please give some thought to writing a short article and email to: editor@u3anelson.org.nz

. Photographs are also great to make the newsletter more interesting and colourful. **Deadline for articles for the June newsletter is Monday 12th June.**

Trevor Lewis