

**Learning for Life**

Volume 16, Issue 4, August, 2023

**Our next Members' Meeting** will be on Wednesday 23rd August from 10 am till 12 noon at Elim Church, 625 Main Road, Stoke, Nelson. The speaker is Emma Stevens.

*Emma Stevens has taught in New Zealand, Australia, England and the US. Previously married to an African American musician, she attended the Grammy Awards and toured clubs in LA, London and the South of France. Her way of life changed completely when, divorced and in her late forties, she fell in love with the principal of an Inupiaq school in the Arctic Circle, Alaska. The couple married, and Emma spent the next six years working beside her new husband in the icy wilderness of bush Alaska. Emma and her husband now live among orchards and vineyards just outside Nelson, loving the mild winters and long summers.*

*Emma's trilogy of memoirs "Walking on Ice", "Nesting on the Nushagak" and "Dancing on the Tundra" provide a fascinating insight into her life among the Eskimos of Western Alaska. Copies of her memoirs will be available to purchase at the meeting. See her poster on page 6 of this newsletter for details.*

**Topics covered in this Newsletter:**

- Speaker bio for August meeting
- Speaker report from June meeting
- President's report
- Secretary wanted and their role
- Name badges reminder
- Nymbl fitness training app
- Care and repair service—Age Concern and Grey Power
- Examples of use of ChatGPT from iPad and DIG groups
- Emma Stevens poster
- Funnies

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**From our last meeting:**

**Gerard Hindmarsh** was our speaker at the 28 June General Meeting, with 125 people including 14 guests - a record number in attendance - to hear this wonderful author and journalist. And what an entertaining, informative speaker Gerard is.

**"Kahurangi Out West"** is the end of a trilogy of books he started writing ten years ago, each taking two years to complete, requiring much research. But this will be the last, as Gerard told us he is at the end stage of glaucoma and will lose his sight. So at 66 years old, he will need to find a new career, and will probably start writing fiction, as there is not as much extensive research required.

His last book keeps a promise to Melanie, his wife, that she would be a "Cover Girl" and she is pictured standing on a beach on Lake Otuhie!

Gerard told us SO many stories, many covered in his latest book, but he made the statement that "History is decided by the participants". Eleven years ago a waka, deemed to be the earliest artifact in New Zealand, with the wood being dated as 1220, was discovered at Anaweka, but nothing has been publicised about this as yet, with the iwi in Court to determine ownership. Currently this waka is in a preserving tank in a shed in the Takaka Fonterra factory.

The fascinating stories and revelations from Gerard, of early life over the hill, continued for over an hour, and I am sure we could have stayed longer. Gerard had copies of "Kahurangi Out West" for sale at the meeting, and they were all sold very quickly. This highly readable and engaging book weaves together the best stories about a remarkable corner of New Zealand, told so entertainingly by Gerard, a local with a love of the area - Kahurangi - an area of outstanding ecological and geological



*Gerard points to the carving of a sea turtle on the Anaweka waka.*

complexity which also contains a rich and colourful social history. The stories in the book start with early human arrivals to the area, and finishes with the family stories of graziers, drovers, loggers, mill workers, top secret coast watchers, linesmen and one man's obsession with traversing across the formidable Dragon's Teeth of the Douglas Range.

We wish Gerard all the best for his uncertain future but I know we haven't heard the last of this amazing author. Thank you Gerard.

## President's Report

**G**reetings to you all. How wonderful to see so many of you at the June General Meeting to hear Gerard Hindmarsh. What a great morning, listening to this entertaining and knowledgeable man.

Your Committee met this week, and the Elim Venue parking was discussed at length. 'Wingman' Tony reported several cases of frustration from members as they endeavoured to park in what was an already full car park.

We feel that Elim offers everything we need by way of hearing and seeing our speakers, raised stage, two screens, and a great sound system with technical support. So we have to try and find ways for people to feel comfortable about parking, carpooling or taking the bus part of the way.

For example, for Richmond members, Bunnings carpark has no time limit to park there, and there is a bus stop northbound opposite Saxton Motel on Main Road Stoke, and after the meeting, travelling southbound back to your car, the bus stops opposite Bunnings. The link below will give Nelson people their bus stops and times.

If you have mobility issues, you will need to arrive early as there are only 10 parking spaces at Elim Church, the bulk of the parking being on Main Road Stoke. One member arrived at 9.15, got a park and sat and read her book until everyone arrived.

Car pooling is encouraged and I know many of you are already doing that, or you could drive to a bus stop nearby in Richmond or Stoke, and take the eBus, as the new bus routes - Route 1 and 2, go along Main Road Stoke and there are stops close to Elim Church, northbound and southbound.

This link <https://shape.nelson.govt.nz/ebus> gives the bus timetable and a map showing all the stops. And this app on your phone - <https://ebus.nz/> is a new user-friendly timetable and you can track your bus to find out how far away it is from your stop.

Using your Gold Card or Bee Card means the bus is free between 9 am and 3pm.

Look forward to seeing you at the 23 August General Meeting.

Cheers

Wendy

## U3A Secretary wanted

Do you have the time to join the fun, U3A Committee?  
Attend six Committee meetings a year?  
We NEED you.

This vital role on the Committee is currently being temporarily undertaken by the President, as the proposed member was unable to take on this position due to family reasons. Bill Brett, who was Secretary for seven years is happy to give full training and advice and is more than happy to have a chat before you decide to take on this role.

### The role:

- Initiate an Agenda for each Committee meeting, ten days prior to the Committee meeting and email to Committee.
- Take Minutes at each Committee Meeting and AGM
- Present Agendas and Minutes to President before distribution
- Email approved Minutes to the Committee
- Send a copy of the AGM minutes to all members following the AGM (via the U3A data base mailer)
- Present all Correspondence received to the Committee
- Be a signatory for U3A Nelson bank accounts in conjunction with the Treasurer.
- File the return for the Charities Commission when required.

### Name badges

As you know, we are committed to the wearing of name badges, so that we can socialise in a friendlier manner, by knowing each other's names, and welcoming the "red dot" new U3A members.

Your Committee met this week and decided to have an incentive Raffle prize again for the 23 August meeting.

And it was SO good to only having to redo 3 "lost/mislaid" name badges, instead of the usual 16 or so from the past General Meetings. The 12 new members who have joined since the June meeting, your name badges will be at the Welcome Desk for you.

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### Nymbl Training app

At the June General Meeting, I briefly touched on the free ACC app called Nymbl. There were only a few hands raised when I asked who had heard of this app, for those of us keen to keep up our strength and balance.

What is NYMBL? A new initiative from ACC - free to download and combines exercises for your body and mind. It is an exercise app for smartphones, which enables you to regularly do balance exercises, wherever you are, whenever you want, improving your balance and enabling you to keep doing the things you love. As our muscles and bones naturally weaken with age, many of us lose our balance skills, making falls more likely. Sadly one in 3 New Zealanders over the age of 65 will fall each year and this increased to one in two for people over 80. Falls are physically and emotionally very damaging but there are lots of things you can do to limit your risk of falling.

The simple exercises can be done in 10 minute sessions, a few times a week, or as often as you like. Regular use of Nymbl has been shown to reduce the chances of falls by 30% and is a really simple way to improve strength and balance, in your own home. As well as the exercises, Nymbl has a number of memory and concentration games which help our brains. Try it, it's fun. Nymbl is available for both Android and Apple devices and can be downloaded from the Apple App Store or the Google Play Store.

In addition, check this out: **Live Stronger for Longer** <https://livestronger.org.nz>

Wendy

## **D**o you live alone, or need someone to help you around your home?

Whether you need a gardener, hairdresser or handyperson, there are two organisations that can help.

### **Care and Repair Service - Age Concern Nelson Tasman**

This new Care and Repair Service through Age Concern can put you in touch with someone reputable and trustworthy.

Care and Repair takes away the worry of finding someone to carry out home repairs or personal care. All providers are screened and police checked.

General gardening and lawn mowing

Handy people for odd jobs such as changing light bulbs, fixing doors and gates, cleaning gutters etc

General cleaning

Footcare and hairdressers

Trades people such as bricklayers, carpenters, electricians, plumbers, roofers, tilers

Fees are paid direct to the person carrying out the work.

You would need to pay \$25 to be a member of Age Concern

Contact Jackie MacIntyre - Phone 544 7624

or email [community@ageconcernnt.org.nz](mailto:community@ageconcernnt.org.nz)

### **Greypower Nelson**

Those of you who are Greypower members will have received a discount book and have a handyperson list available to you.

Those who are not Greypower members, can join, to avail yourselves of their services - single membership is \$25 and double membership is \$30.

*Wendy*

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### **Artificial Intelligence (AI)**

Many of you will have heard of the Artificial Intelligence app ChatGPT, which has been in the news so much this year. Hillary Carpenter decided to test it by asking for a poem inviting members of the Seniornet iPG group to their next meeting. What it produced is on the right. Not to be outdone, Helen Gowland tried it out for the Senior DIG group and her result is on the next page. Amazing (or scary) isn't it. (Helen being a whizz with graphics, did the fancy frame for the DIG poem).

### **iPad poem**

In the realm of circuits bright,  
Where iPads glow with screens alight,  
A help session's nigh, my friend,  
To aid your Apple quest we'll tend.

Come gather 'round with questions bold,  
In troubleshoot's embrace, we'll hold,  
With words of wisdom, we'll impart,  
To mend the glitches of the heart.

Bring forth your iPhones sleek and smart,  
Their mysteries, we shall impart,  
From settings hidden deep within,  
To apps that make your heart begin.

On the chosen date we'll meet,  
In pixel world, our paths shall greet,  
Embrace the knowledge, pure and true,  
For every issue, we'll undo.

So mark this day upon your chart,  
Together, we'll create some art,  
An ode to gadgets, and their grace,  
In this help session's warm embrace.





### From the 'Birds of the Nelson Region' group:

A cold winter morning might not appeal to some to venture out to see what birds are about, but we in the bird group are hardy souls and at least some of us have been meeting recently. In winter we meet at 9.30am on the second Monday of the month. Recent outings have been to Fairfield Park; the Airport pond (on the right just before the airport); Monaco peninsula. Each occasion was worthwhile as we identified and photographed a variety of birds (there are four keen photographers in the group). Usually coffee calls us after an hour or so and we retire to the nearest café to warm up and socialise.

Just for a change, on a recent Monday I invited the group to meet at our villa in Olive Estate. First we walked to a nearby reserve where I was able to point out the resident little (or German) owl which is often to be seen sunning itself high in a tree. Then we returned for coffee and muffins, before going down to the village theatre for a slide show on the big screen, of the various birds we have photographed. Finally we watched a couple of short videos of birds. One of these videos was a delightful short film of the nationally endangered Rock Wren which lives in high alpine areas of the South Island. Filming was in Mt Aspiring National Park, by a student as part of her postgraduate degree in Science Communication. The video can be found on YouTube for anyone who is interested—just search for 'Rhapsody for a Rock Wren'.



Trevor Lewis

*Two juvenile Paradise Ducks seem at home among this group of Grey Teal in the Airport pond.*



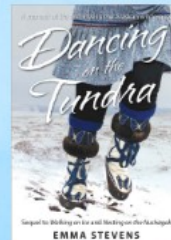
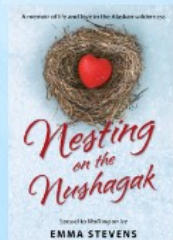
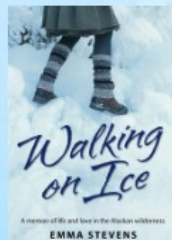
# Invitation

Come and meet NZ author Emma Stevens  
Patron of Māpua Literary Festival 2023



Emma will talk about her amazing life  
and adventures in remote "bush Alaska"

**Wednesday 23rd August at 11 am**  
**Elim Church, Stoke**



**A trilogy of romantic memoirs**

Memoirs will be available at \$20 each or \$50 for the trilogy.  
Cash, internet banking and EFTPOS available.

## FACTS OF LIFE:

Never play leapfrog with a unicorn.

It has recently been discovered that research causes cancer in rats.

The trouble with doing something right the first time is that nobody appreciates how difficult it was.

A diplomat is someone who can tell you to go to hell and make you feel happy to be on your way.

Clothes make the man. Naked people have little or no influence on society.

Vital papers will demonstrate their vitality by moving from where you left them to where you can't find them.



## From the Editor

I welcome reports from study groups, with photographs too if possible to make the newsletter more interesting and colourful. **Deadline for articles for the October newsletter is Monday October 9th.**

*Trevor Lewis*