



Our first Members' Meeting for 2024 will be on 24th February from 10 am till 12 noon at Elim Church, 625 Main Road, Stoke, Nelson. The speaker is Tania McBride. Full details in the February newsletter.

Topics covered in this Newsletter:

- President's report
- Report on the speaker at our last meeting
- Report from the Positive Ageing Forum
- Garden Group visit to Woodland Park
- Inaugural meeting of the Quiz Group
- "You're never too old to play dress-up"
- Report from the iPad/iPhone Group
- Funnies



From the President

Christmas Greetings to you all, from our house, to yours.
We hope you have enjoyed learning with your U3A Study groups, and there is more in store for 2024.

A reflective time of year, when we toast absent family and friends, those who can't be with us; and thinking of those who are no longer in our daily lives, but always in our hearts.

Tony and I wish you all a very Happy Festive Season and every good wish for a happy, healthy, peaceful start to 2024.

Wendy

From the October Meeting - "All At Sea"

Nelson has always attracted artists and has been described as the Arts Capital of New Zealand. The city also appeals to many seafarers who have made it their last port of call.

Our guest speaker at October's general meeting can rightly call himself both an artist and a seafarer who has made Nelson his home since 2019.

Paul Deacon was born in the historic town of Dartmouth in the South-West of England, known for being a haven to tall ships, warships, yachts and fishermen. Paul's father was a fisherman and his mother was artistic and he freely admits that during his early years he was surrounded by crab pots and oil paints. Later he lived on the rugged West Coast of Ireland before joining the Merchant Navy in 1974. This career



path saw him proceed up the ranks to eventually be Captain on small cargo ships sailing around Northern Europe, the Mediterranean, and North West Africa. The cargo varied from palm kernels to sulphur and China Clay.

Paul told us the delights of working alongside fellow shipmates, and it would seem that the cooks were rarely sober. His talk was illustrated with photographs of the various ships he worked on and our stomachs turned at the sight and size of the waves they had to negotiate. But this rough and tough working environment was also conducive to falling in love. Paul showed us photographs of his then girlfriend, later wife, who also worked on the ships with him.

The seagoing life imbued in him a great respect for the elements and a broad understanding of nautical matters. This affinity with the sea also led

Paul to painting, both in oils and watercolour. His sketch pad was never far from his side during his voyages and he concentrated on portraying vessels, often full-rigged sailing ships, in realistic settings to a high degree of accuracy.

Amazingly, Paul is a self-taught artist. Since he emigrated to New Zealand in 1995 he has become a professional marine artist and freelance writer. His nautical paintings and illustrations have appeared in numerous books and magazines. He receives private commissions and exhibits in galleries around New Zealand and in California.

It was most fitting that Paul was introduced to the U3A audience by Tony Gimson (The President's Wing Man) who not only owns a beautiful Paul Deacon painting but was also prepared to make our speaker feel very much at home by dressing-up as a merchant seaman and piping him aboard MS U3A Nelson!



Tony, suitably dressed as a seaman, stands beside his painting by Paul Deacon

Judy Pittman

Report from the positive ageing forum

UDC, as part of promoting positive ageing, hosts regular networking and information sessions called Positive Ageing Forums. The meetings are open for agencies and individuals and cover various topics such as wellbeing, housing, digital literacy and others. U3A is represented at these meetings by our President, Wendy Cornish. When Wendy was unable to go to the November session I went in her place and came away very impressed with the depth and quality of the information shared.

Guest speakers:

Chris Valentine, Richmond Volunteer Fire Brigade Chris visits homes to install smoke alarms. He can supply smoke alarms and provide recommendations on how many people need and where they should be placed in their homes. He demonstrated fibre electric alarms with a lithium battery designed to last for ten years. Occasionally, they may fail after three years, and this may be due to the need for regular vacuuming (once every two-three months). **Note: Age Concern** offers a Care and Repair service for older people which may be able to assist with this.

Carolyn Rae, Case Manager at Work and Income Carolyn said that support for an in-home or “works anywhere” medical alarm comes under the Disability Allowance (income tested). Applications must be supported with a GP recommendation. Retirement villages normally have medical alarms, but individual alarms can be supported via Work and Income, depending on the medical condition.

Note: Alarms do not depend on landlines anymore. They connect directly to GPS.

This webpage explains who is qualified and how much it costs [Medical alarms - Work and Income](#)

Aniquah Stevenson, Neighborhood Support Neighbourhood Support encourages people who live alone to develop a Living Alone Plan in case of emergency. If an emergency happens their Neighbours need to know how to support them. A sample form is available from Wendy Cornish.

General Notes

Marnie from **Age Concern** <https://www.ageconcernnt.org.nz/> reminded us about Life Tubes, a small plastic cylinder containing a completed medical and information sheet which is kept in the household refrigerator. In the event of an emergency Police, Ambulance, Fire Services or Doctor will be able to locate this information by the red sticker on the fridge. For more details check [Age Concern Canterbury - Supporting all older people in the community](#). Age Concern also provides Just In Case Bags – up to 3 days supply of food, first aid kit, torch, radio and resources. This is to equip older adults with a special emergency kit that can be used in the event of flooding, earthquakes, or when they need to urgently relocate. The bags are free (funded by donations) and can also be purchased.

Homeshare for Her This scheme is designed to be a safe and easy way to find another woman to share a home with. For women who own or rent a home and wish to rent a room or a section of the home to another woman; or a woman who is looking for a home to share with another woman. There are some excellent resources on their recently launched website, <https://homeshareforher.nz/>

Photos from the Garden Group visit to Woodland Park, Marsden Valley

Self-confessed tree-hugger, Sally Mason, took this photograph of the Hands in the Garden group forming a Birch Circle at the Nelson Host Lions Club Woodland Park, Marsden Valley. Sally was instrumental in creating the woodland park in 2017 as part of Lions International’s centenary celebrations.



Above: Sally demonstrating to a shocked Angela just how big that tree will grow!

A gorgeous group photo with the most appropriate message.

Inaugural meeting of the Quiz Group

U3A NELSON MEETS “THE CHASE”

The idea came to me as I was doing the ironing whilst watch The Chase on TV. I had been trying to think of a new U3A group that I could convene that would offer places to new members who have been unable to find vacancies in groups.

At the August General Meeting I asked if there would be any interest in a Quiz Group. To my amazement, 17 people approached me at the end of the meeting and asked if they could join. A further three put their names down with Steven Shaw.

Finding a venue for our monthly quiz was a challenge. The Greenmeadows Community Facility in Stoke would charge in excess of \$60 for the hire of one small room for two hours. The meeting room at Broadgreen House was much more reasonable, but not available on the dates we wanted and neither was Nelson Library or Fairfield House. While having a coffee at The Honest Lawyer after my walk around Monaco I spotted a meeting being held in one of their side rooms. I made enquiries and was delighted to discover that the room is free to hire, provided we support them by buying a drink and a snack. I immediately booked the room for our inaugural meeting in October.

Fifteen members attended and we were able to sit comfortably around a long table in the room with me at the head of the table acting like a school mistress, or, as I'd like to think, Bradley Walsh on The Chase asking the questions.

Before we began taxing our brains we discussed how we would like the quiz to proceed. We were all in agreement that it was not to be too competitive, small teams would be allowed, but individuals could also answer the questions and no-one had to reveal their score at the end if they didn't want to. I hoped the range of questions and the categories would appeal to everyone, but there were also some suggestions for future quizzes.

When it came to giving the answers there were some moans and groans, laughs and chuckles, but even if members got the answer wrong, they can at least say they've learnt something ... and isn't that what U3A is all about?

Judy Pittman, Convenor

A sample of the questions from the inaugural Quiz group (answers in brackets)

What 1927 film effectively ended the silent movie era by introducing synchronized talking and singing? (The Jazz Singer)

Which mystery writer holds the Guinness World Record for the most translated works? (Agatha Christie)

Leonardo da Vinci, Michelangelo and Raphael all belong to which historical art period? (The Renaissance Period)

In which country would a thumbs up be considered a rude gesture? (Iran)

If you study for a BVsc at Massey University, what profession are you likely to go into? (Vet. BVsc stands for Bachelor of Veterinary Science)

What colour is a giraffe's tongue? (Purple or blue)

What is the common name for Tinea Pedis? (Athlete's foot)

In what year did Trade Me start? (1999)

What is the Starbucks' logo? (A siren)



YOU'RE NEVER TOO OLD TO PLAY DRESS-UP

The Antique, Vintage & Retro group recently invited their playmates from Hands in the Garden to join them for an outing to Willow Bank Heritage Village just outside Wakefield.

U3A President, Wendy Cornish, is a regular volunteer at Willow Bank's open days and she arranged with the curator, Christine Grieder, for the two U3A groups to have a private tour of the 25 or more historic buildings.

Each building has been beautifully restored and filled with mementoes that brought back happy memories - with the exception, perhaps, of the dentist and the old school room. There's a haberdashery and general store, grocery, 1970s milk bar, library, cinema, puppet theatre, Victorian style café and doll museum. To keep the gardening group happy there was even a secret garden behind the wash house and the bakery.

It didn't take long for members to start dialling each other on the Bakelite phones, listen to the old street barrel organ and pose for photographs in their dress-up costumes. This really was a trip down Memory Lane.

Willow Bank's next open days are scheduled for Feb 4th and March 3rd.

Judy Pittman

Convenor: 'Antique, Vintage & Retro' and 'Hands in the Garden'



The group listen to the barrel organ.



Iain Clark and Tony Gimson at the grocer's shop.



Lynda Clark, Rosemary Shaw and Roger Pittman in the classroom.



U3A President Wendy Cornish – our school mistress.

The iPad/iPhone Group known as iPG

This year our group transitioned from SeniorNet Nelson and continued under the U3A flag very successfully. Together with a fantastic team of lead presenters as well as our great members we manage to have monthly sessions that are fun, entertaining, informative and educational with the main emphasis on the fun bits.

We manage to fit in extraordinary tea, coffee and biscuits breaks that give us all the opportunity to enjoy the social interactive side of our iPG.

So U3A members, do you have an iPhone or an iPad? Come and join us! You can help present, or just sit with us and enjoy what we do, or anything in between. The only rule is that there are NO rules - just be a U3A member.

Stuart Yank, Convenor



This joke appeared on Newsroom:

'On being interviewed for Australian citizenship, an applicant was asked by the interviewer – Do you have a criminal record? Reply - No I don't, is it still required?'

Points to Ponder

1. If a bottle of poison reaches its expiration date, is it more poisonous or is it no longer poisonous?
2. Which letter is silent in the word "Scent," the S or the C?
3. Do twins ever realize that one of them is unplanned?
4. Every time you clean something, you just make something else dirty.
5. Over 100 years ago, everyone owned a horse and only the rich had cars. Today everyone has cars and only the rich own horses.
6. I'm responsible for what I say, not for what you understand.
7. Common sense is like deodorant. The people who need it the most never use it.
8. My tolerance for idiots is extremely low these days. I used to have some immunity built up, but obviously, there's a new strain out there.
9. It's not my age that bothers me - it's the side effects.
10. If you find yourself feeling useless, remember, it took 20 years, trillions of dollars, thousands of lives and four presidents to replace the Taliban with the Taliban in Afghanistan.



From the Editor

Best wishes for a safe and happy festive season. **Deadline for articles for the February 2024 newsletter is Monday 12th Feb.**

Trevor Lewis