



Learning for Life

Volume 19 Issue 3 June 2026

www.u3anelson.org.nz

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NEW BANK ACCOUNT!! Note our new account number above. We have changed from Westpac to Nelson Building Society. Please delete Westpac from your saved payee.

Our next meeting will be on **Wednesday 24th June** from 10am till 12noon. This will be held at the Whakatu Presbyterian Church on Champion Rd in Richmond. Our guest speaker will be **Adrian Faulkner**. His talk is titled - **From Maori to Madagascar**.

About Adrian Faulkner's talk.

From Maori to Madagascar.

Précis.

Adrian built the 45' yacht Mandala, launching in 1983, and moving to Nelson. In 1991, after his wife's death, he sailed out of Nelson to see the world. He sailed up through South East Asia, and across the Indian Ocean to Africa, and to Madagascar. He then went north into the Arab world, up the Red Sea, and into the Mediterranean. This took about three years.

His whole global voyage took eight years.

This talk is about others who have travelled the SE Asian seas before him, some of them a million years earlier. It looks at two groups who moved out from the region: those who became the Polynesians (and the Māori), and settled the whole Pacific; and a small group from Borneo who crossed the Indian Ocean 1300 years ago to settle Madagascar.

No one has convincingly explained how and why people from Borneo could have crossed that vast Indian ocean. Adrian's knowledge of the sea, and of Indonesia, combined with research of contemporary history, allows him to explain this most remarkable of migrations - which happened about 800 years before Columbus sailed a similar distance on another ocean.

This all happened against the backdrop of the flowering of Indian civilisation, which through the soft power of religion, became the dominant culture of the world 1000 years ago.

There may be time to talk about Madagascar, where he has spent about eight months, over four visits.

From the President

Greetings U3A members

Hope you enjoy another interesting Newsletter from Helen.

Just a reminder that everything you need to know is on our website, u3anelson.org.nz.

Look forward to seeing you all at our Members Meeting on Wednesday 24th June at Whakatu Presbyterian Church, Champion Road - where you will hear our interesting speakers.

As there will be new members attending, please remember to wear your name badges.

Cheers

Wendy.

***The Most Wasted Of All Days Is
One
Without Laughter***

The Committee



This is your new Committee, who met last month for the first Committee meeting of the new U3A year. Committee members have bright yellow name badges, so if you need to speak to a Committee member you will see them easily at Members' Meetings.

Poetry 2 Group

At 10.30 on the fourth Monday each month a group of poetry lovers sit around in comfy chairs with a coffee to read and listen to poetry. They're definitely not like minded in any other way. They're a disparate group of 10 women – ex teachers, photographers, hikers, academics, mothers -or not, married – or not, but on this morning they're together with a focus. There's no theme to the morning be it rhythm, subject, length or poet. The offering might be that of a recently announced poet laureate, or an award winner now in print, a classic from times gone by, an unknown poet's thoughts or maybe the creation from one of our own budding poets. Each of us just reads something that has taken our fancy over the previous weeks – or remembered from many years ago. During the morning we learn, we laugh, we are inspired, and even sometimes the poem or its background makes us feel sad. But after every session we each go our separate ways happy to have been part of this group and eager to reconvene next month.

Some short poems

TRYING

I sat to write a poem today,
The words just ran and hid away.
I chased them round from chair to door,
Then found them sleeping on the floor.

I wrote one line, then scratched out three,
A poets life is hard, you see!
But after coffee number four,
I had a poem....and nothing more.

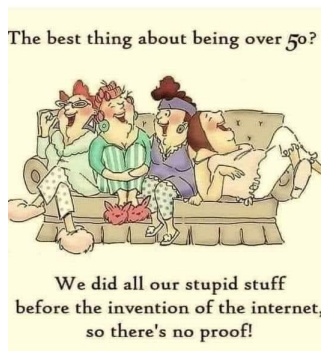


A short offering from a childless woman..
It's called *Different Planet*

Two kids
Three babies
Four fathers
Five mothers
And me - in one room
It's raining
the steady thrum of
parental reason;
The virtues of squeeze-ups
Pull-ups throw-ups
Roll over red cheek
Over eating under eating:
Signs I cannot read-
A foreign film without subtitles.

I refer to my Lonely Planet Guide.....
It tells me...I missed the boat.

Carol Maxwell



Report on AGM Guest Speaker **Alan Matthews. 'A Salesman's Tale'**

Alan began by telling us that he had a very good job with a company in East England, but got sick of the long hours of travel to and from his work. So he decided in his late 20's to hand in his resignation. When family and friends asked what he was going to do, he said "Oh, I have accepted a job as a salesman for TELLUS company selling vacuum cleaners". He said all his family and friends were shocked at his decision.

This change of direction was the start of a very long, successful and fulfilling career spanning 36years. Far exceeding even his own expectations. He was soon earning 5 times greater salary than in his previous job. His passion and innovative skills led him not only into sales, but sales management, mentoring, running sales training courses in a 'classroom environment', also venturing into writing sales training courses.

He entertained us while at the same time, educating us on many innovative uses of vacuum cleaners. I know that I will not be the only one who having attended this talk, when next using a vacuum cleaner will see and view it in a whole new light and remember his talk with humour

Jocelyn Bell



*When I was young I was stupid
But after many years of hard study
I am no longer young.*



Could AI Help Me Start a Learning Group?

The reality of creating a learning group can feel daunting: choosing a topic, finding good resources, planning sessions, coming up with discussion questions, and making sure people stay engaged.

So I tried a simple experiment.

I asked AI to help me create a group focused on learning about food around the world. Not recipes exactly, but food as a window into culture, history, geography, migration, religion and identity.

Within minutes, it had mapped out an eight-week programme with a clear structure. Each week focused on a different country and theme-Italy and regional traditions, Japan and seasonality, Mexico and indigenous food traditions, India and religion, Thailand and flavour balance, Ethiopia and communal eating, and so on.

Using just two excellent websites:

- Eat Your World — for discovering local dishes, regional foods and everyday eating traditions
- The Food Cultures — for understanding the deeper cultural stories behind food

...the AI suggested a very manageable format.

Each person would do only a small amount of preparation before the meeting: choose one dish from Eat Your World and read one short cultural article from The Food Cultures. During the session we might discuss questions like:

- Why do certain ingredients dominate in one place?
- How do climate and geography shape cuisine?
- What role do religion, migration or colonisation play?
- Is food eaten individually or shared communally?
- What can food tell us about a culture's values?

There could even be optional tasting-someone bringing along a food connected to the week's country if they felt inspired.

AI also created discussion prompts, a week-by-week plan, and even a printable handout.

This approach could work for almost anything:- A learning group on Architecture? Literature?

Gardening? Artificial intelligence itself? AI can help create the structure, suggest resources, generate questions, and organise the material into something coherent.

The human part—the interesting part-remains exactly the same: curiosity, conversation, shared ideas, and learning together.

Starting a learning group may no longer require being highly organised. It may just require having an idea—and asking a good question

Thanks for this Hilary.

Walk Moana and enjoy the history of Nelson that is definitely in the past!
 The Honest Lawyer is Noel Nelson icon, but was only opened in 1995 on reclaimed land. It is not in Cornwall but here for us to enjoy with its restaurant, 13 hotel rooms and great outdoor spaces. Views of the Waimea estuary and inside you find a tree in the bar and history and memorabilia on the walls.
 When was the lime you walked this loop track and learnt about Radiohenge, or explored the beautiful picnic spot, playground and beach at Monaco Reserve. Past there, an amble along the road and beach around Martin Point to learn more of the history day the Castle House. This was a popular spot for picnics and staying at Batches, that are now beautiful homes.
 Definitely a great walk to fill an hour and then coffee etc. or even lunch in the sun at the Honest Lawyer.



Walking Group



Hands in the Garden



An apparition appears on an Explore Nelson Walk

The Hands in the Garden group, convened by Ruth Allison, is probably one of the most popular groups of U3A, up there with Stuart Yank's iPad group, the two Trivia Quiz groups and Malcolm Cunningham's Explore Nelson walking group. Each have in excess of 20 members.

Convening a group as large as these you feel a big responsibility for providing an outing or gathering that is entertaining, informative, fun and sociable.

When Ruth Allison asked if I could organise the May and June meetings of Hands in the Garden while she was on holiday I was more than happy to step-in. Ruth took over from me as convenor of this gardening group a few years ago and has been doing a sterling job finding us fantastic local gardens to visit and excellent speakers for our winter indoor meetings.

She had already set-up an internationally renowned speaker for our winter gathering at Olive Estate and she had some suggestions for our May garden tour.

Unfortunately, the latter failed to materialise through no fault of Ruth's. I was left scratching my head trying to find an attractive autumn garden for the group to enjoy.

I knocked on doors at houses where I had admired gardens from the roadside but no-one wanted to host us for an hour.

It would have been all too easy to give in and simply arrange a walk around any of the public gardens in Nelson/Tasman, but I was determined to maintain Ruth's high standard.

With less than ten days before Hands in the Garden were due to meet and still nowhere set-up to visit, I was walking around Monaco with the Explore Nelson walking group when Chrissie Keay appeared before me like an apparition. She was collecting her post from the mailbox. I have known Chrissie (the self-appointed Mayor of Monaco) for a few years but now I saw her in a whole new light. She has a stunning, low maintenance garden with fantastic trees, sculptures, water features and elements of local history scattered around.

Not only did Chrissie come to my rescue and agree to let 20 members of Hands in the Garden look around her garden but she also cajoled a neighbour into letting us wander around her property too.

The morning was topped-off with lunch at The Honest Lawyer and we're all looking forward to getting together in June for our guest speaker.

Judy Pittman

Ted Talks at Coastal View:

Proposal: To start bi-weekly presentations of TedTalk programs for residents of Coastal View.

This project needs a few volunteers to donate about 2 hours a month of their time.

The volunteers will watch a TedTalk with the residents, and then lead a following discussion on the topic. The volunteers can either select the topic themselves, or pick one from a provided list.

Bee Milburn, who organizes the residents' activities, has welcomed the TedTalk proposal, and she will gladly host an introductory visit to Coastal View for those who are interested in joining the CV TedTalk Team.

A U3A member with many years of experience in hosting TedTalks, has offered a few hints to help get the talks off to a good start.

Interested? Call me on NN [543-2602](tel:543-2602), or email me at bjorklund.nz@gmail.com with your questions, and let me know if you would like to join the intro-tour, on a date yet to be decided.

Cheers

Hanne Bjorklund

Thanks to everyone who contributed to this Newsletter.
The deadline for items in the next newsletter is **August 10th.**

