



NORTH-WEST

Communications to: Secretary: Alexis Langhorne. Phone 835-2237. Email: u3anwest@gmail.com

Website: aucklandnw.u3a.nz.

NEWSLETTER MARCH 2022

OUR NEXT MEETING WILL BE HELD ON MONDAY 14 MARCH 2022

WE WILL BE MEETING VIA ZOOM, NOT IN PERSON

Closer to the time you will receive an email with an invitation to join the meeting.

Programme

10.00 President's welcome and announcements

10.10 Guest Speaker: Dr Deborah Russell, MP for New Lynn. She will speak on the topic: 'Democracy and Protest'



Deborah Russell was first elected as the MP for New Lynn in the 2017 general election, a position she continues today. Deborah is also the Parliamentary Under-Secretary to the Minister of Revenue.

Her New Lynn electorate comprises an area in West Auckland, which includes Waitakere township, Te Henga, Piha, Whatipu and the suburbs of New Lynn, Titirangi and the Waitakere Ranges.

Deborah grew up in Taranaki before heading off to university to study accounting and finance. After working as an accountant for several years, she returned to university to study philosophy, completing a PhD in political philosophy. Her thesis considered how we can change our government systems to make them more responsive to diverse communities. Deborah has lectured at universities in New Zealand and Australia in philosophy, ethics, management and taxation. She is the co-author of a book about New Zealand's tax system, "Tax and Fairness." In 2005 she worked for IRD as a Senior Policy Analyst.

She lives in the New Lynn electorate with her husband Malcolm Wright. They have three daughters. In her spare time, Deborah is a homebody, enjoying cooking, gardening and craft, as well as reading fiction. She also likes walking the trails around Titirangi and in the Waitakere Ranges.

Deborah has chosen a topical subject currently of high interest. Along with this we hope she will weave information about her life as an MP. We have asked her to steer away from matters of 'electioneering' and party policy. We ask our members to also respect this in their questions in Q & A time.

A MESSAGE FROM OUR PRESIDENT

It was gratifying to see the attendance at our last monthly meeting and the theme and subject of the presentation along with chance to talk to people made the morning enjoyable. We are now moving into unknown territory and your next speaker Dr Deborah Russell, MP for New Lynn, has stated her preference for a Zoom meeting. Remember that Dr Russell will not be giving a party political broadcast and as normal we will use the golden hand function of Zoom to control the 15 minutes of questions. Please restrict questions to the subject matter that the speaker covers.

Remember that you can meet in small groups that you are comfortable with, and many televisions can display Zoom on the big screen so grab the sausage rolls or anything else the Nutritionists decide is bad for you and settle in.

Your committee, after reviewing the uncertain times that we live in, has decided that the General Meeting in April will also be a Zoom meeting. We will be reviewing the situation as we move towards May. Hopefully we will have some clarity as time progresses.

Mike Smith, President

TIME TO PAY SUBSCRIPTIONS

It is now time for us to pay our annual subscription for 2022. Each individual member subscription is \$20.00. There are no joint subscriptions any more.

Please pay using internet banking. The U3A account is with Kiwibank and the account number is 38 9017 0781684 00. Please put your name in the particulars box and add MEMBER 2022 in the reference box. If you do not use internet banking contact our Treasurer, John Stagg, (contact details in the committee list) and he will help you to make arrangements to pay.

ALMONER

Jenny Wilcox is our almoner. If you are aware of anyone who is ill or should be contacted for any reason please let Jenny know. Her email address is jennywilcox@xtra.co.nz and her phone number is 0275382641.

COMMITTEE 2022

The members of the current committee are listed below:

President: Mike Smith, phone 021-1720737, email mike.s@xtra.co.nz.

Vice-President and Study Group Coordinator: Martine McGregor-Reid, phone 021-2113548, email martinem@xtra.co.nz.

Treasurer: John Stagg, 027-2405520, email johnstaggnz@gmail.com.

Secretary: Alexis Langhorne, 835-2237, email alexis@value.net.nz.

Speaker Coordinator: Jude Black, phone 832-4037 and 021-02453347, email: juderblack@gmail.com.

Almoner: Jenny Wilcox, phone, 0275382641, email jennywilcox@xtra.co.nz.

Editor of the Newsletter: Rosemary Stagg, phone 817-4038 and 027-3684843, email Rosemary.Stagg@xtra.co.nz.

Archivist, Publicist: Robert Woolf, phone 816-8899, email: robert.woolf@gmail.com

Database and IT: Arthur Hammond, 948-2095 and 021-422621, email ae.hammond2@gmail.com.

Morning tea roster: Peter Wright, phone 837-0042 and 021-08251083, email wrightpm2@gmail.com.

Morning Tea Coordinator: Bill Whittome, 836-7433 and 021-02515489, email whittw64@gmail.com.

Greeting Coordinator: Jenny Freewalker, phone 022-0670963, email jenny.freewalker@gmail.com.

U3A Network representative: Peter Wright, phone 837-0042 and 021-08251083, email wrightpm2@gmail.com

MACULAR DEGENERATION SEMINAR

Macular Degeneration NZ has organised a **Macular Degeneration Seminar via Zoom**.

Participants can register to attend in the comfort and safety of their own home.

We welcome you to join us and would appreciate your help to share this information with anyone you think would benefit from this update.

When: Saturday, Mar 12, 2022 10 - 11.30 AM

Presented by Christchurch-based Ophthalmologist, Dr. Ainsley Morris

<https://us02web.zoom.us/meeting/register/tZcpduCuqDkuHdxi12BDB4yDtKPtHWjyQcfx>

Please click on the above link to register in advance for this meeting so that we can confirm who is attending and send further information after.

After registering, you will receive a confirmation email containing information about joining the meeting. This will include a second link which will take you straight into the Zoom meeting for the seminar. We will have this link open at 9.30am on the day of the seminar to ensure all participants are able to access it.

For any other information, please call **0800 MACULA (622 852)** or email info@mdnz.org.nz.

UPDATE OF STUDY GROUPS HANDBOOK

This year's edition of the Study Group Handbook is now in preparation and will be ready for distribution soon. All members of U3A North-West will receive an electronic version this month and a printed booklet will be available for distribution when we are next able to meet in person.

U3A online for 2022

The club is again registered for U3A online. This is an opportunity for you to study a wide range of topics with the following advantages

- All the material is prepared for you
- You can pick and choose the units to study
- Research and study can be at whatever level you are most comfortable
- No presentation required.

Last year a group studied the unit 'What is Wisdom' and found it to be so enjoyable that we have decided to continue and study 'The History of Science 1'. This group is currently full, with a waiting list, but another group can be formed if there is sufficient interest. This group studies one section a month and then meets to discuss their research and opinions.

If you are interested in studying a unit it is important to have others that you can discuss the work with. For this reason I would ask that you first look at the list of Courses available by going to <https://www.u3aonline.org.au>. Then go to the top menu 'Our Courses', 'Independent Study Course'.

If you wish to continue contact Martine (Course Coordinator), at martinem@xtra.co.nz or 021 211 3548 and I will advertise the course for you. There must be a minimum of 3 people who wish to study before the course is obtained.

Once that happens you are free to use the course material in the way that suits you best.

GEMS

GEMS is a free monthly email newsletter, containing links to a range of articles, sent by U3A Online to any interested person in any country. You don't need to join U3A Online to receive GEMS. We won't send you anything unrelated to this newsletter so go ahead and [Subscribe to GEMS](#). Below is the range of topics covered in the February GEMS. You can also access past GEMS.

Alternatively go <https://www.u3aonline.org.au> use the login martinem@xtra.co.nz and the password tiggy27. This will give you access to our site and the GEMS link is at the top of the page.

Physical Health GEMs

- o [Risk of overactive bladder associated with medications for dementia](#)
- o [Exercise alters brain chemistry to protect aging synapses](#)
- o [Green-med diet seems to slow age-related neurodegeneration, study finds](#)
- o [Get moving to put the brakes on early Parkinson's](#)
- o [Dried goji berries may provide protection against age-related vision loss](#)
- o [Redefining alcohol use disorder](#)

Emotional Health GEMs

- o [Virtual reality could help make therapy easier](#)
- o [The best way to fix a sad mood: Whatever you think works best](#)
- o [Haunted-house experience scares up interesting insights on the body's reaction to threats](#)
- o [Heat dome and other climate events have growing impact on mental health](#)

Social Health GEMS

- o [How a brain networks enables human conversation](#)

Intellectual Health GEMs

- o [Do we get our most creative ideas when walking?](#)
- o [Like our social media feeds, our brains take a little while to update](#)
- o [Why do we forget? New theory proposes 'forgetting' is actually a form of learning](#)
- o [Dementia: How to prevent cognitive decline](#)

QUALITY OF LIFE GEMS

- o [A 12 minute meditation to reconnect with yourself](#)
- o [A 10 year-old autistic and blind boy singing. His voice shocked everyone.](#)
- o [Train Passengers Sing Over the Rainbow!](#)

INFORMATION GEMS

- o [Overweight dogs respond well to high-protein, high-fiber diet](#)

FUN GEMS

- o [National lost penny day February 12th](#)
- o [Billie Jean Dancing Senior Citizens](#)
- o [Monterey Bay Aquarium Live Cams](#)

Thank you to Jan Weiner for this Gem

- o [Man Pranks People With Realistic Face Mask](#)

TECHNICAL GEM

- [How Do I Free Up Space in Gmail?](#)
- [Can I Move My Hard Drive to a New Computer and Have Windows Work?](#)
- [How Secure Is Email?](#)
- [Should You Press the Windows RESET Button?](#)
- [Yes, Your Smart TV is Spying On You \(here's how to stop it\)](#)
- [Worst Data Breaches of 2021 \(what you need to know, and do\)](#)
- [5 painful scams: obituary pirates, LGBTQ + extortion & more](#)

Famous and Infamous Group

One of our presentations concerned Frank Lloyd Wright who was indeed both Famous and Infamous. His fame rests on his architectural achievements. He has been hailed as the most famous architect in the world who produced the most famous house in the world. He certainly thought himself so.

His infamy springs from his personal life. He married four times, the first produced his 6 children who formed a musical group. The separation came after 20 years. After the delayed divorce he married Mama Cheney his partner of several years. She died with an axe in her forehead. The third marriage was disastrous and short lived. The fourth, to Olgivanna endured to his end. She was a dancer from Montenegro and went on to rule the roost at the studio and schools that Wright established at both houses called Taliesin; one in Wisconsin and the other in Arizona. The family squabbles over the burial place of Olgivanna went on even after her death.

Wright was a pioneer of beautiful house builds, designing even the furniture and plate glass windows. The most famous is that of Falling Water in Pennsylvania, now belonging to that state. It was built over a waterfall, and a large rock in the living room fireplace. The site was reconnoitred and measured by his students, the plans drawn up by Wright in a few hours as pencils were sharpened for the task.

His public buildings received more acclaim, particularly that of the Imperial Hotel in Tokyo and that of the Guggenheim Museum in New York, and he also designed many unique places of worship, both churches and synagogues. But his enduring legacy will be the houses and their interiors. You can buy replicas of his furniture on line; one dining table will cost you \$5,200 USD.

By Helen Harrison

