

FROM THE PRESIDENT

Tena kotou katoa

Miriam and I have spent the past three days at the Taranaki Garden festival and what a visual feast we've had. My favourite gardens were the publicly owned ones – Tupare, bequeathed by the Matthew's family, Pukeiti run by the Regional Council and ablaze with rhododendrons and azaleas, and the exquisitely maintained Cemetery with huge voluntary input. The private gardens were smaller but reflected many hours of work and care invested by their owners. If you haven't been, put it on your bucket list!

Doug Wright's presentation on the Spirit of New Zealand in October was well received. Doug ably demonstrated the value to those young people who have benefited from their experience in terms of added confidence, resilience and friendship.

Alison North gave a wonderful account of her involvement in an archaeological dig in Sussex. I see many of the Interest Groups are winding up the year with social functions. That leads me to our December meeting being the AGM followed by a brief talk on the History of U3A and finishing the year with Christmas fare, catered for by the hospice.

In the meantime, enjoy the summer when it finally arrives.

Nga mihi nui
Ken Cutforth, President

GENERAL MEETING

Our December general meeting and AGM will be held on Monday 9th December at 10:00 a.m. at BeSoul on Gumfield Drive. David Thompson, the Chairman of the U3A Network, will present the history of U3A at the December Meeting.

MINI SPEAKERS

Members interested in giving a short (10 minute) talk at a general meeting should send details to our secretary Jim at flewitts@xtra.co.nz.

NEW MEMBERS

Jacqui Finch, Rosie Macfarlane, Lindsay McCaw, Celia McCaw, Marilyn and Simon Owens.

WARKWORTH U3A MEMBERSHIP FEES

At the Special General Meeting in October, it was resolved to make the Warkworth u3a membership fee a flat rate of \$30 per year for all members. The Treasurer will send a membership renewal email.

u3a bank account 02-0480-0133880-00

REPORTS FROM THE GROUPS

U3a members wishing to visit other interest groups should contact the group convenor.

See <https://www.u3a.co.nz/calendar>

Art Appreciation Group

In October, at the Bridge Club rooms, Nigel Swaffield talked to us about Art Nouveau and Art Deco. We heard about his visit to Lisbon to the Museu Art Deco (B-Mad). He showed us many of the decorative and utilitarian pieces, paintings, figurines as well as the creation of environments, such as bedrooms, dining and living rooms. Even office furniture was displayed at the Museum.

In November, two members spoke about art experiences they had had while travelling, involving PowerPoint presentations and plenty of discussion. The first talk was by new member Ursula Christel about the Sculpture by the Sea exhibition in Arrhus Denmark. She shared the background story of this international sculpture exhibition and showed us some of the specific artworks on the trail. She also finished with a brief look at Aarhus itself – home of a diverse art world with everything from street art and crafts to internationally renowned art museums and galleries. The second talk was about Sally and Bruce Wilson's visit to the Munch Museum in Oslo Norway. Edvard Munch (1853-1944) donated over 28,000 works and memorabilia to the city of Oslo before he died. This stimulated the creation of the new museum. It is the biggest in the world

dedicated to one artist and is fascinating architecturally. We learnt about the troubled life of Edvard Munch often displayed in his paintings. Going from “The Scream”, his most recognisable work, to his later more uplifting works. The subject matter fits with his interest in relationships, life, death and dread.

On 5th of December we are going to the Kaipara Garden Sculpture Park. Meeting at 09:30 at the Warkworth Park and Ride, we will organise carpooling, as the garden is local. This visit includes a wander through the sculpture garden and morning tea. The Garden shop is also full of lovely gift ideas for Christmas. It should be a fun day. \$20 covers the Sculpture Park and the morning tea. You may give your driver a Koha for petrol.

Please ring Julie Tuck 0275708151 to book.

Sally Wilson, (sallyandbruce@gmail.com)

Book Talk Group

Because October was one of those months with five Tuesdays, three meetings of the group have been held since the last newsletter, as usual on the first Tuesdays of September, October and November, at the homes of individual members of the group. As always, members engaged in, and enjoyed, discussion stimulated by the books reviewed by members. The range of books continues to be highly varied with non-fiction and fiction.

As we meet on the first Tuesday of the month, we have one more meeting this year at the beginning of December. This will be held not on the first Tuesday but on the first Monday (2nd) in December to fit in with members' other commitments. We are also going on a ‘fieldtrip’ to the Kaiwaka home of one of our members and will be more of a social occasion, with a book-related quiz, a shared lunch, and plenty of time to interact, something that we don't normally have much time to engage in.

We wish all members a Merry Christmas, a Happy New Year and an enjoyable summer."

Nancy Tayles (nancy.tayles@otago.ac.nz)

Current Affairs Group

On the 17th October a small group met in the refurbished Boardroom at “The Oaks”

We didn't have a guest speaker, but several members made interesting presentations and some of these led to very interesting discussions. One of the strengths of this group is that, although of a similar age group we have very diverse and varied backgrounds and often have differing opinions on some matters. This difference is welcomed and encouraged and leads to quite differing views on some very contentious subjects. We meet again on the 21st November at 2.00 pm at the Oaks. We welcome presentations, hopefully of positive and encouraging material, as well as what is happening, and why, in our local area.

Remember all are welcome and please bring a friend along with you.

*Alan von Tunzelman
(linleyandalanvont@xtra.co.nz)*

Developments in Medicine Group

The use of CBD oil seems to be just about the only non-addictive product of Cannabis Sativa, for chronic pain relief, nausea from cancer treatment, insomnia, and anxiety, as well as several other problems. It is only now being recognised as valid, although many GPs still will not prescribe it. But as Janet Douglas told us, it is now available in NZ, though usually at some cost.

Very different was Gay Roberts' talk on new treatment for some inherited diseases, such as Huntingtons, cystic fibrosis, and sickle-cell anaemia with the use (most commonly) of IVF embryos free of the condition. These can be implanted in the prospective mother, thereby saving untold heartache and ill-health.

Modern medicine truly can work miracles.

Linda Moore (linda.colin1@outlook.com)

Exploring Poetry Group

The Exploring Poetry Group met in the home of Prue Dray in October to explore the poetry of Grace Nichols, a Guyanese poet now living in England. Prue ably led us through a selection of Grace's poetry. We enjoyed learning more about this award-winning poet. Her work is influenced by the history and culture of her homeland, particularly the oral story-telling tradition with its fantastic folk tales, the landscape and its rural tasks and the history of enslavement. She captures beautifully the voice of Guyanese women. Her poetry is imaginative and accessible and has a rhythm and flow that resonates. Some of her best-known poems include 'Hurricane Hits England' and 'Praise Song for My Mother'. Her first collection "I is a Long-Memored Woman" (1983), won the Commonwealth Poetry Prize.

Susan Howard(Suzehoward@outlook.co.nz)

Geology Group

Dr Ian Smith's lecture on why Zealandia, The Eighth Continent, is submerged was not only informative but also deeply engaging, presenting a fascinating insight into its origins. Dr Smith invited us to examine the geological evidence that supports Zealandia's continental status, which is a topic of academic debate, together with explanation as to why it is predominantly submerged beneath the Pacific Ocean.

Here are the key discussion points: -

Zealandia was part of the ancient supercontinent Gondwana, breaking away from it approximately 83-79 million years ago. This separation led to significant stretching and thinning of the continental crust. Unlike other continents that experienced mountain-building events that thickened their crust, Zealandia's crust was not subjected to these processes to the same extent, contributing to its subsidence.

Zealandia's crust, though largely submerged, exhibits characteristics typical of continents with its thickness and rock types, like granite and schist, being distinct from oceanic crust.

As Zealandia drifted away, its crust, originally part of a thicker continent, underwent extensive stretching. This process reduced the thickness of the crust to about 20 kilometers, much thinner than typical continental crust. The stretching caused the continent to become less buoyant, leading it to sink into the mantle below, a process known as isostatic adjustment.

Additionally, volcanic activity associated with the initial rifting might have temporarily uplifted parts of Zealandia but, as these volcanic rocks cooled, they contracted, causing further sinking or thermal subsidence of the continent.

We delved into Zealandia's origin during the break-up of Gondwana, emphasizing how this process, evidenced by magnetic anomalies and rock dating, supports its continental identity.

The presentation included impressive geological maps and models that have helped define Zealandia's boundaries, showcasing it as a continuous landmass beneath the ocean.



Over time, the tectonic regime changed. Instead of continuing to move apart, the tectonic plates around Zealandia began to converge. This collision pushed up New Zealand, but most of Zealandia remained submerged due to the earlier thinning and subsidence.

While not the primary cause, changes in global sea levels over millions of years have also affected the visibility of Zealandia. During periods of lower sea levels, such as the last glacial maximum, more of

Zealandia might have been above water, but as sea levels rose, it submerged again.

Today, approximately 94% of Zealandia lies beneath the ocean, with only its highest points forming the landmasses of New Zealand, New Caledonia, and a few other small islands.

What made this lecture particularly outstanding was the way the information was delivered. Dr Smith not only laid out the facts but also encouraged the audience to think critically about what makes a continent, challenging us to form our own opinions on whether Zealandia deserves this status. This open-ended invitation to form personal views on the "lost continent" was both intellectually stimulating and a testament to the dynamic nature of geological science.

Alison North (for Willo Stear)

Local History Group

After a busy year of exploring the history of Warkworth & revisiting previous topics for new members, the Local History group will conclude the year with a planning lunch at 108 Alnwick Street on November 26th at 12 noon, with a \$10 contribution toward supplied food with water, tea, coffee & Xmas cake to follow. Bring Your Own Beverage.

Group members will be sent topics covered over the past 3 years so an interesting programme can be set for the coming year and the convenor for 2025 will be elected.

Happy Holiday to all.

Jenni McGlashan (jim.jenni@xtra.co.nz)

Music Appreciation

The next meeting of the Music Appreciation Group will be on Thursday 21st November at 2pm, at the home of host Marion Howie, 1186 Sandspit Road.

The theme this month is for members to choose an instrument, and a piece of music that showcases it. Those involved can give a description and some background. Less common or more obscure

instruments will be welcome. Please let Marion and me know which instrument and piece of music you choose, and she will compile a Spotify list.

Our last meeting was on Thursday 19th of September when we were hosted by Jenny Collins with a special selection of music by our members on the theme of Music of Spring. It was a very mixed and very entertaining afternoon with great choices and commentaries in a beautiful setting. The programme was: -

- Schubert Wintereise
- Beethoven Symphony No 3
third movement
- Beatles - Here comes the sun
- Beethoven - Violin Sonata Spring (Adagio)
- Grieg - Lyric Pieces Opus 46 - To Spring
- Sinding - Rustle of Spring
- Delius -on hearing the first cuckoo in spring
- Simon and Garfunkel - April come she will
- Mendelssohn - Song without words Op19
- Dusty Springfield
I think it's going to rain today
- Antonio Vivaldi
Spring from The Four Seasons

Mike Austin (mike.austin949@gmail.com)

Ornithology Group

In October two carloads of bird watchers visited the Maritime Museum, which had an interactive Seabird display called Sentinel. It was both fun and informative with a lot of references to the Tawharanui Bird Sanctuary.

This month the theme is Migratory Birds and we are visiting Stillwater/Weiti beach to check out the godwits. This trip will be on the 20th of November to coincide with full tide.

Ken Cutforth (miriandken@gmail.com)

Science and Technology Group

The September meeting of the Science and Technology Group followed up on our previous natural hazards theme with a presentation by Roger Williams on the causes and effects of Tsunami and

Liquefaction which stimulated considerable discussion. In October group member Peter Kammler presented a very stimulating paper examining the true forces behind the Industrial Revolution – more realistically called evolution. He explained the drivers, when and why it started, how long it lasted, and how it impacted society.

In November we will gain an understanding of the technology behind the operation of our new motorway connection in a presentation by Bill Boyce who is the AMM ITS Specialist - Puhoi to Warkworth Project NX2, the PPP Joint Venture now responsible for maintenance and operation of the facility. We will take a break in December as the meeting would be too close to Christmas. Our next S&T meeting is scheduled for 17 January 2025.

We are seeking topics from S&T members for next year. This can include members contributions or ideas or contacts that may be useful in compiling an interesting programme for 2025. Things that are of interest to you may also be interesting to others and with a bit of research would provide an informative presentation. Papers could be long or short and cover any science or technology area such as climate, astronomy, manufacturing, farming, horticulture, construction, hazard management, etc the list goes on. Assistance can be provided to those who are not that well versed in preparing papers or PowerPoint slides. Please contact me directly on douglow60@gmail.com with thoughts on how you may like to contribute.

Doug Low (douglow60@gmail.com)

Greenwash from Norway

I am compiling this newsletter from a new cruise ship on the Norwegian coast. The publicity claims that the ship uses big batteries charged with Norwegian hydroelectricity to drive the ship. The ship can be run just on its batteries but for only a few hours at low speed.

However, I was disappointed to discover that all the electricity used by the ship is generated on-board from Liquefied Natural Gas (LNG), seen here loading at dawn. This LNG loading process took 1.5 hours for each of two tankers at -162°C.



Steve Goldthorpe, Editor

Writer's Group

Belonging to the Writing our Stories group provides motivation and stimulus to put ideas and thoughts into stories. These can form part of our memoir or just stand alone as interesting vignettes of our life. Drawing on our memories we consciously aim to set them down and create a lasting record of parts of our lives. We share these stories with each other, which provides to opportunity to hear what we have written. And gives us the impetus to edit and re-write, and improve our writing skills.

Alison Coates (aecoates27@gmail.com)

WARKWORTH u3a INTEREST GROUPS

Book Talk	1st Tuesday am
Art Appreciation	1st Thursday
Ornithology/Bird watching	2nd Wednesday
Music Appreciation	2nd Thursday pm
Jazz Listening	3rd Monday pm
Exploring Poetry	3rd Wednesday pm
Current Affairs	3rd Thursday pm
Science and Technology	3rd Friday pm
Writing Group	4th Monday p.m.
Local History	4th Tuesday pm
Developments in Medicine	4th Thursday pm
Geology	4th Friday pm

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