



Howick Inc.
 PO Box 39035
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MARCH 2018



COMMITTEE 2017-18

- WARREN YARDLEY**
President/Guest Speakers
MARGARET NICHOLLS
Vice President/Director of Studies
CORA YOUNG *Secretary*
JONI BURGESS *Treasurer*
DAVID DWERRYHOUSE *Membership*
CHUA HUCK CHENG *Newsletter*
MARIAN HEYWOOD *Ten-minute Speakers*
JENNIE LEYLAND *Almoner*

- NEXT MEETING:** March 12, 9.30 am
 Nixon Hall, Sale St, Howick
- GUEST SPEAKER:** Rosamund Vallings on Sleep and Chronic Fatigue
- TEN MINUTES:** Allan Reid - Milford Track
- TEA BREAK :** History of New Zealand

VISIT TO DEVONPORT NAVAL BASE

THE naval base in Devonport awaits members taking part in the traditional Past President’s Excursion, organised by President Warren Yardley and past president Marian Heywood. The trip is on March 24, with 18 members signed up. Bookings are still open. Participants are to gather at Nixon Hall by 9.15 am for departure by bus at 9.30. The base is a military facility, which makes the terrain challenging. Participants are asked to dress sensibly and wear comfortable shoes as there will be much walking.

Upon arrival at about 10.30, visitors will explore the base for an hour then leave for the naval museum in Torpedo Bay at 11.30. Participants will be split into two groups for this visit, each being allotted half an hour. The staggered entry is to allow alternating groups time to eat their packed lunch, besides which the museum cannot hold large numbers. There is a mini-cafe attached. Departure is at 1 pm, back in Howick by 2. Bus cost per head is \$20. Those who have confirmed they are going please pay at the desk.

NOMINEES PLEASE

ELECTIONS to the 2018-19 committee take place at the AGM on April 9. The slots for almoner and organiser of 10-minute speakers will fall vacant when Jennie Leyland and Marian Heywood, respectively, step down at the end of their term. The committee encourages the broadest possible participation, so members interested in serving are asked to complete the nomination forms and hand them to Secretary Cora Young.

ANNIVERSARY PUBLICATION REMINDER

CONVENERS are reminded to submit group photos and brief write-ups of their activities to Judy Wilson, who is producing a Howick U3A 25th anniversary commemorative issue.



MYSTERY MALADY UNWRAPPED

Younger people who had felt unaccountably fatigued over long periods, for which their doctors could offer no explanation or help, once referred to the malady as yuppie flu. Research has shed much of the mystery but chronic fatigue syndrome (scientific name myalgic encephalopathy) still defies conclusive diagnostic testing or a cure. Managing the condition is for now the default status. Rosamund Vallings (picture) is an internationally acknowledged authority on the debilitating ailment. She has published books and copious research on an apparent neurological condition that is known to afflict some 20,000 people in New Zealand. In her talk, she will take members through a clinical exposition on the subject. Born in England, Dr Vallings (she’s a member of Howick U3A) obtained her medical degree in the UK. She moved to New Zealand in 1966. A long-time practitioner in Howick, she was made a Member of the New Zealand Order of Merit in 2008.

GROUP STUDY ATTENDANCE

THE attendance sheet devised by Director of Studies Margaret Nicholls is now in use in group activities. This will allow conveners to keep track of attendance trends and act as an early alert if some members are frequently missing meetings owing to transport, mobility or other unspecified problems. Arrangements can be made to assist these members, as the U3A is nothing if not a vehicle for promoting interaction and mental stimulation

NEW CONVENERS

JENNIE Leyland and Betty Reid have as of this month taken over from Alison O'Connell as joint conveners of the anthropology H group. Ms O'Connell had been convener for a good many years, to whom thanks are due.

APRIL GUEST SPEAKERS

THE guest speaker slot for the April meeting will be filled by a husband and wife duo, Mr and Mrs John Roy, whose subject will be the Polish refugees at Pahiatua after WWII.

TUNNELS ALIVE?

LAST month's speaker Bill Reid spoke about the sealed tunnels under Albert Park and his consuming passion to have them reopened and developed as a tourist attraction. He thinks he is close to achieving his goal.

NEW MEMBERS

THREE new members were admitted last month: Kaisu Herman, Dawn Dowling (both sponsored by Margaret Nicholls) and David Ronson (sponsor Chris Cameron.). **Kaisu Herman** has joined the walking group and is looking at the opera, French and philosophy groups. **David Ronson**, a long-time member of the Hash House Harriers, is interested in the walking group as well as science and famous/infamous. Membership now stands at 157.

OUT AND ABOUT

++ JANE Campion's masterwork of 25 years ago, *The Piano*, is given a dance rendering by the Royal New Zealand Ballet on March 8, 9, 10 at the Aotea Centre as part of the Auckland Arts Festival. Choreographed by Jiri Bubenicek. Michael Nyman's brooding original music from the movie is interweaved with classical excerpts from Debussy, Shostakovich, Brahms and more in this reimagining. The Auckland Philharmonia attends. Seniors price range \$35-\$104, Ticketmaster (ticketmaster.co.nz.) Curtain up 7.30 pm, with an additional 1.30 pm matinee performance on March 10. Performances after Auckland will be in Dunedin (March 16), Christchurch (March 21, 22 23) and Palmerston North (March 28.)

++ VIVALDI's *The Four Seasons* gets a funky interpretation by Max Richter in another Arts Festival offering at the Aotea Centre. The familiar Baroque violin concertos by the Venetian master which express the changing colours of the seasons will be remixed, with electronic music melding with string orchestration to give the music a pulsating, asymmetrical rhythm. (This is what the publicity says.) March 18, 7 pm, running time 2 hr 10 min. Concession range \$60-\$80 from Ticketmaster. Vivaldi *Recomposed* is one half of a dual presentation by Richter. The other piece, *Three Worlds - Music From Woolf Works*, is described as an evocation of moods associated with three Virginia Woolf novels – *Mrs Dalloway*, *Orlando* and *The Waves*.

++ OPERA fans may feast on *Tosca* at the Monterey. This is from the New York Metropolitan Opera. March 25 (1 pm), April 5 (11 am) and April 8 (1 pm.) Anna Netrebko alternates in the title role with Sonya Yoncheva, so diehard fans of Netrebko may want to check with the cinema which performance she appears in. Running time 3 hr 20 min. A less familiar opera is Thomas Ades's *The Exterminating Angel* (March 11 and 19, 1 pm, 2 hr 50 min.) It tells of a warped-dimension dinner party which the guests cannot leave. Ades, a living composer, conducts his own music in this Met performance.

++ PICTON Centre (120 Picton St) will stage a *City of Sails* concert by the Auckland Wind Orchestra and the Manukau Concert Band on March 24, 7-9.30 pm. Tickets \$10, also a gold-coin donation supper at intermission. Online bookings from Eventfinda (eventfinda.co.nz.) Music will be of a marine/nautical nature.

Groups (yellow denotes full)	Date	Venue	Topic	Convener
Ancient Civilisations 3 rd Mon 1pm-3pm	Mar 19	Cora Young's 55 Rodney St	<i>Ancient Crete</i> Maureen Meyrick	Cora Young 534 8623
Anthropology H 3 rd Thurs 10 am	Mar 15	BM Theatre 795 Chapel Rd.	<i>History of Indigenous Medicine</i> Jennie Leyland	Jennie Leyland 534 4034 Betty Reid 534 9895
Anthropology L 4 th Mon 10 am	Mar 26	Cora Young's 55 Rodney St	<i>History of Indigenous Medicine</i> Jennie Leyland	Margaret Hieatt 534 9131
Architecture 1 st Fri 10 am	Apr 6		Trip to McNicol House, Clevedon, 1 pm	Maurice Taylor 534 8538
Book Discussion 4 th Thurs 2 pm	Mar 22	Margaret Smith's 25 Centre Ct, PPV	Latest reads	Margaret Smith 576 3206
Earth and the Universe 4 th Tues 10 am	Mar 27	BM Theatre	<i>Exoplanets</i>	Clive Bolt 534 2946
Famous & Infamous 1 1 st Tues 10 am	Mar 6 next Apr 3	Nancy Edwards's 17 Masfield St	<i>James K. Baxter</i> Richard and Moira Burns	Peter Garrick 535 4085
Famous & Infamous 2 3 rd Thurs 2 pm	Mar 15	June Barton's 16 Tui Vale, Cockle Bay	<i>Life of Hannah More</i>	Richard/Moira Burns 533 8793
Famous & Infamous 3 1 st Thurs 10 am	Apr 5	Philippa Wilson's 12 Daria Place	<i>Rewi Alley</i> Philippa Wilson	Jean Fitzgerald 577 5546
Forum 3 rd Fri 10 am	Mar 16	Beverley Luxton's 1 Village Dr, PPV	Open discussion	Beverley Luxton 576 9625
French 4 th Fri 1 pm	Mar 23	David Dwerryhouse's 74-A Aberfeldy Ave	<i>Le Corbusier</i> Chris Cameron	David Dwerryhouse 534 4829
History 3 rd Tues 10 am	Mar 20	Fencible Lounge	<i>Wartime Evacuee</i> Dawn Peterson <i>Genghis Khan</i> Judy Lee	Judy Lee 535 8547
History of New Zealand 2 nd Thurs 10 am	Mar 8 next Apr 12	Meet on site	Tour of Howick Historical Village	Tim Pearson 576 4091
Literature 3 rd Wed 10 am	Mar 21	Judy Wilson's 32 Butley Drive	<i>The Enlightenment</i> P. Becroft and N. Brandon	Judy Wilson 576 6340
Nature Walks and Talks 2nd Fri 9 am	Mar 9 next Apr 13	Meet Charles Dickens Dr, Bleakhouse Rd corner	Dickensian 'Great Expectations' trail	Alan La Roche 534 7366
Opera 1 2 nd Tues 9.30 am	Mar 13	BM Theatre	<i>La Rondine</i> by Puccini 122 min	Hilary Patterson 533 8785
Opera 2 4 th Tues 1 pm	Mar 27	BM Theatre	<i>La Donna del Largo</i> by Rossini 165 min	Moya Nixon 535 5309
Philosophy 1 st Mon 10 am	Apr 2		No event - Easter	Chris Nixon 535 5309
Poetry 2 nd Tues 2 pm	Mar 13	Colleen Williams's 1/139 Clovelly Rd	<i>Children's Poetry</i>	Beth Voogd 534 7468
Science 4 th Wed 10 am	Mar 28	BM Theatre	Potpourri	Jim Hine 534 4259
Sunday Discussion 2nd Sunday, noon	Mar 11 next Apr 8	Meadowlands Coffee Club	Free flowing discussion	Joan Clarkson 537 6397
Travel 1 st Wed 10 am	Mar 7 next Apr 4	Gordon Hudson's 1 Elsmore Cres, PPV	<i>Spain & Portugal</i> David Dwerryhouse	Gordon Hudson 576 8262
World of Art 1 3 rd Mon 10 am	Mar 19	Beverley Luxton's 1 Village Dr, PPV	<i>Personal View of a Collection</i> B. Luxton	Garry Law 271 6505
World of Art 2 3 rd Tues 1.30 pm	Mar 20	Philippa Wilson's 12 Daria Place	<i>Matisse</i> Philippa Wilson	Heather Watson 274 4747
World of Music 4 th Wed 1.30 pm	Mar 28	Ngair Taylor's 6 Stevenson Way	<i>Life of Beethoven</i> video	Ngair Taylor 534 8538
World War II 2 nd Thurs 2pm	Mar 8 next Apr 12	125 Elliott St \$10 entry, 1.30 pm	Visit Polish Heritage Trust Museum	Allan Reid 534 9895
Writing 2 nd Tues 1.30 pm	Mar 13	Marian Heywood's 1/8 Aylmer Court, E. Bch	<i>After Christmas</i>	Marian Heywood 534 1159

