

U3A Golden Bay Mohua

August 2019 Newsletter

Recent events:

General meeting. Our guest lecturer in June was **Max Rashbrooke** from the Institute of Governance and Policy Studies at Victoria University of Wellington. He spoke on how we might deepen democracy and restore trust in government. In New Zealand, as elsewhere, a decline in voter turnout and disengagement from politics has followed the privatisation of state assets, tax cuts that reduce the ability of the state to fund services and an emphasis on the individual rather than on a collaborative approach to economic and social issues. Max suggested ways for people to come together with input from those with expertise to develop ideas to improve policy and practice. The meeting was very well attended by members and the public, and sparked lively but thoughtful discussion.



TED Talks. July 2019's TED Talk discussion was on **aging**, and two TED Talk presentations, in particular, generated considerable discussion. We learned from neurological researcher, Sandrine Thuret, that, contrary to prior thinking, aging adults continue to create new brain cells, particularly those individuals who engage in aerobic exercise, eat well, avoid stress, and get adequate sleep.

Palliative care physician, Ted Ihrig, provided an impassioned TED presentation on the importance of focusing on the whole person, and not just the disease, when treating individuals who face a life-ending disease. Member, Jan Morgan, stressed how our local Golden Bay Community Health Centre supports taking such a palliative care approach, as described in this TED Talk presentation. The group discussed the importance of letting one's physician and family know what kind of end-of-life care one wants (sometimes called a "living will"), and following the TED discussion, member Chris Bennett has provided the following link to the Government's Advanced Care Planning website for those who have yet to develop an advanced care plan: <https://www.hqsc.govt.nz/our-programmes/advance-care-planning/>.

Three seminars have also been held recently, two of them hosted by members.

In June Marian Vlaar shared her personal experience of **euthanasia**. This was caringly presented, and thoughtfully received and appreciated by a small group. As the debate re euthanasia continues, and as some people were unable to attend, Marian is offering to repeat her talk about her experience of being present at a euthanasia procedure in the Netherlands. Included will be the law that governs it.

This is a very personal account and is not about a discussion re the for and against in the debate. A time and place for this talk will be decided once it is clear what interest there is. It is likely to be in September. To register your interest please email marian.vlaar@gmail.com

Prevention and Reversal of Dementia: Dr Angela Pack's Dementia study group started on 6th August and has currently held two full sessions, with another four planned before the end of September. Each session comprises watching two one-hour presentations, with a break for a shared lunch and discussion in between. The session begins at 10.30am and ends about 2.30pm. There are 14 participants and currently no more people can be accommodated. Because many members have other variable commitments during each week, we hold the next full meeting on the day that best suits the majority, but so as not to fall behind if unable to attend, I have also been holding a "catch-up" evening (7-9.30pm) in which both presentations are watched before the next full session. Summary notes are distributed by email following each session, so members have reference material to keep.

Advanced notice: Next year in August, if there is sufficient demand, Angela would like to conduct a study group in which Diabetes and Weight control will be the topic under consideration. More details anon.

Gardening Course: Bill Brett, seasoned gardening lecturer and consultant from Nelson, has been teaching 20 of our U3A members about gardening over two weekends this past month. Bill's approach emphasises scientifically based gardening practices, generating much class discussion and many questions. The course has been well-received by those in attendance, and Bill has really enjoyed working with our members.

Coming soon...

General meeting: On 30th August, **Dr Alastair McDonald**, a renal physician and ethicist will come to talk on **The ethics of aged care**. Our 80-year-old publicly funded healthcare system has been a remarkable success story for New Zealand. However, its survival even for the next 20 years presents a major challenge for all New Zealanders. Sometimes our health system is perceived as being limited to health care. Healthcare itself plays a relatively small determinant of the health of New Zealanders. The main determinants of good health are much more closely related to a range of factors such as housing, loneliness, smoking, obesity, education, unemployment and mental health. These issues compound the added load placed upon our healthcare system by an ageing society and increasing numbers of frail individuals. These collective realities pose major economic, ethical, social and healthcare challenges that need to be comprehensively addressed both now and in the future. Dr McDonald's presentation is anticipated with great interest.



TED Talks: Our next TED talk group meeting is 10am on Tuesday 27 August at the St John rooms in the showgrounds. Jocelyn Tracey has chosen talks on **feminism** that are a mixture of confronting, funny, and informative. Come and participate and enjoy the discussion.

TED Talks are hosted by members who wish to share and explore ideas and knowledge. They are open to all members. Contact Richard English for further information. rsenglish@xtra.co.nz

On **October 18th** **Peter Stupples** will speak to us. Peter is a retired Senior Lecturer in Art History and Theory at the Dunedin School of Art at the Otago Polytechnic, New Zealand. He was formerly Associate Professor and Head of the Department of Art History and Theory at the University of Otago. He has written about Russian visual culture and, more generally, about the social history of art. His published work includes *Pavel Kuznetsov: His Life and Art* (Cambridge University Press, 1989), *The Social Life of Art* (2014) and *Art and Food* (2014), both with Cambridge Scholars Publishing. Peter's subject with us will be: **Malevich and New Zealand Art** - the influence of Malevich on New Zealand artists from the 1960s, including McCahon, John Drawbridge and others.



New Members:

This year we have welcomed:

February	Des Clark, Ann Potaka, Marian Vlaar, Chris Watson
March	Kyra Christen
April	Helen Bracefield, Diane Dacre, Dave Melville
May	Gita Krenek, Debbie and Mark Pearson
June	Warwick Briggs, Sally Dawson, Nigel Ritson
July	Diane McRae
August	Chris Bennett, David Squires

At the next meeting we will trial wearing nametags to help identify each other.

How about starting a new study group?

The new members who have joined this year bring our membership to a record high of 119. Most of our existing study groups are full, leaving few options for new members to join an existing group. So we encourage anyone who would like to start a new group to do so now.

Convening a study group requires no expertise in the topic, just an interest in the area and a willingness to get the group up and running. Most study groups meet in members' homes and share the responsibility for each meeting among group participants. To get started, simply provide a topic and perhaps a brief description, along with your contact details to Committee Member, Geoff Aitken (geoff.aitken@xtra.co.nz), who will email it to the membership or include an announcement in a forthcoming newsletter.

If you need an idea for a study group topic, you might have a look at one of the larger U3A chapters to see what they are offering. You can review the study groups available at the Nelson U3A at <http://www.u3anelson.org.nz/index.php/study-groups>. Finally, feel free to contact any of the committee members if you would like to talk through an idea.

Active study groups:

Note that some study groups have wait-lists. Please contact the convenor.

Classics (Iliad & Odyssey) - room for 2 or 3	Marian Vlaar, 525 8167
Prehistoric Mysteries – full	Piers McLaren, 525 7440
Music Appreciation – full	Sheila Climpson, 525 9385
Democracy – full	Peter Riley and Pat Ballard. Peter 525 7033, Pat 524 8220
Book Groups - Two, both full	Liz Lee 525 8110. Margaret Holloway 525 7411
Saints & Sinners – full	Robin Riley, 525 7033
Art History: Medieval to early Renaissance, full	Jocelyn Tracy 525 9125, and Margaret Maloney 524 8699
Art History: Early Renaissance to Impressionism, full	Rosamund Arthur and Don Mead, 524 8130
Films - full (another group could be formed if enough interested)	John Pemberton, 525 9125
Astronomy – full	Paul Taylor, 021 045 7545
TED talks - no limit to membership	Richard English, 525 6179

Study Group monthly schedule

Week of Month	Monday	Tuesday	Wednesday	Thursday	Friday
First week	10am Prehistory Mysteries	10am Classics: Iliad and Odyssey	9.30 Book Group 1		
Second	7.30pm Film Group	10am Saints and Sinners			am. Book Group 2
Third		1.30 Art History (both groups)		10am Music.	am. Democracy
Fourth		10am TED Talks			
Variable	Music Appreciation				

U3A Golden Bay Mohua Committee

Paul Taylor (Chair)	021 045 7545	ptaylor05@gmail.com
Tim Harrington (Secretary)	525 7582	timgonesouth@yahoo.com
Jocelyn Tracey (Treasurer)	525 9125	jocelyn.tracey@outlook.com
Keith Ballard	524 8220	kdpballard@xtra.co.nz
Jenny Maclaren	525 7440	pjsmac@xtra.co.nz
Margaret Maloney	524 8699	m.maloney@xtra.co.nz
Geoff Aitken	525 7565	geoff.aitken@xtra.co.nz
Geoff Rennison	525 9544	geoffrey.rennison@gmail.com
Marian Vlaar	525 8167	marian.vlaar@gmail.com

Our website is a good place for reference and to catch the news between newsletters. <https://u3agoldenbaymohua.org.nz/>

Our page on the U3A New Zealand website can be accessed from <https://www.u3a.nz/directory.htm>

U3A Golden Bay Mohua is not a registered society.