

**GUEST SPEAKER:** Allie Downing, - Hibiscus Hospice.

**Title:** The Hospice Service and For Whom?



Having been the primary caregiver for her terminally ill mother, Allie is passionate about engaging with the community; busting myths that are commonly held; and sharing information about the “wrap around” services that Hospice provides.

Prior to her Mum’s illness, Allie had a successful sales and marketing career. After her passing, Allie recognised that she wanted something more suited to her values and sought a job with Hospice where she is able to share their work. Allie has now been with Hibiscus Hospice for three years. She tells us that this is the most rewarding role she has ever had the pleasure of holding. The “Hospice Hug” – our wrap-around services.

By using a fictional family, Allie will share their Hospice journey in a way that will dispel commonly held myths and provide a better understanding of their services. Allie likens the wrap-around services Hospice provides to the “Hospice Hug” which better demonstrates their care of the total person from mind, body and spirit to the support of their family and loved ones.

Come and enjoy a warm and engaging talk with Allie – you may well be surprised!

**FROM THE PRESIDENT**

Hello to all U3A members, especially the new members.

One never knows when one is going to have one of those “heart stopping moments.” I had mine on Thursday 22<sup>nd</sup>!

I arrived home to a letter from Vector that the power would be off all day on Tuesday 3<sup>rd</sup> April. I also had several phone messages from St Cuthbert’s Church trying to make contact. Living just up the hill I put the two together and panicked!

I phoned the church and no one was there so phoned Vector and queried whether the power outage extended to Anzac Road and the Presbyterian Church. The young man asked numerous questions to verify my name, address, customer number, date of birth, listed phone number (which had changed), listed e-mail (which had changed), so after rectifying the last two identifiers and asking me to read the letter to him that I had received from Vector he finally accepted that I was a valid person with a valid enquiry and “no” he did not think he could answer my query.

After my desperate urging to check with a supervisor he put me on hold and when returned informed “we cannot release that information to you as it is private to the property owner.” So, I get into my car and down to the church office. There is not a soul in sight! I return home, phone the church again and leave a pleading message, to phone as soon as possible.

It was a long night with much fevered thinking and some broken sleep. My only solace was that the newsletter had not yet gone out so we would be able to inform everyone in **BIG RED TYPE** that the meeting was cancelled. Fortunately, the morning brought an early phone call from

the minister; he had phoned to enquire about another matter and no, the church did not have a letter from Vector!

**News up-date:**

- At the convenors’ lunch in March the up-dated sheets for folders were handed out. Thank you convenors, without your leadership our interest groups cannot function.
- The ICE (in case of emergency) stickers for the back of your name tag are available either at the front desk or from your convenor.
- A new updated First Aid Box has been purchased for the hall meetings (in the cupboard) and the older kit will be held at the Community Centre Office.
- In the event of an emergency at our monthly meeting the committee will act as wardens.
- Robyn Lindsay is our Membership Welfare/Almoner.  
Glen Plaistowe

**SPECIAL INTEREST GROUP NEWS**

**Active Travellers**

**Ancient Civilizations**

At the March meeting we heard a talk on "The History of Early Christianity." Historians think that but for the conversion of Paul in 34AD, it would have been a minor cult. The early Christian community was comprised of many opposing groups, each with differing views on Jesus. The Council of Nicaea convened by Constantine the Great was to impose social control rather than theological reasons, to end likely civil war. There were another 8 main Councils up to 787AD. We then watched the episode "The Redheads" from the DVD "Skeletons in the Cupboard." Unfortunately we did not have time for discussion. Topic for April; Ancient Greece Through So Many Lives. New members welcome.

## Archaeology

Nanette took us under the Sydney Town Hall which was built over the original burial grounds of Sydney. Even today, more evidence of lost graves and long dead citizens are being uncovered, so the stories of the past once hidden are being uncovered. When you stroll down George Street, remember you may be walking over those who were here before. Next Fay explained; how Julius Caesar was on the hunt for funds to finance his political career, so the citizens of Gaul hid their treasure trove on the island of Jersey. This is now being uncovered! Garry showed the less knowledgeable of us a simple way to download clips from YouTube - a new skill-set for many of us! Thanks for the interest and variety.

## Art History

Another enjoyable meeting with lots of group interaction. Fay presented on Hokusai (1760-1849) who is best known for his "The great wave off Kanagawa" a woodcut print showing two small fishing boats about to be engulfed by an enormous wave, with Mt Fuji in the background. A prolific artist in woodcuts, manga (random sketches) & paintings. Well known for 36 views of Mt Fuji, he also depicted bridges, nursery tales, waterfalls, flowers, birds and ghost stories. He looked forward to perfection as an artist when he reached the age of 110. There is a strong case that he had achieved this, with time to spare when he died aged 89.

## Art Pot Pourri

Vivien Davimes is an artist and fine art printmaker working from her studio at Waiake, Torbay. Her art school training in the UK was in Textile Design. The majority of her work now involves printmaking, intaglio etchings usually with aquatint, linocuts, mono-prints and dry-point with Chine-colle. The sea and seashore with its flora and fauna are favourite inspirations for her work. She is currently working on a series of New Zealand's beautiful beaches. Eleven members of our group visited Vivien in her studio/gallery and we were delighted when she showed us some of the process and techniques involved in etching and using her large printing press.

## Book Group

Jackie discussed the 16 novels written by American author Greg Iles. Then members of the group talked about *Days Without End* (Sebastian Barry); *The Lost City of Z* (David Grann); *The Chalk Man* (C J Tudor); *The Gustav Sonata* (Rose Tre3main); *Winter* (Ali Smith); *The Rooster Bar* (John Grisham); *The Last Hours* (Minette Walters); *Scotland Yard* (Sir Harold Scott); *Bird Country* (Claire Aman); *Breaking Free* (Rachel Jeffs); *Call Me by Your Name* (Andre Aciman); *Born to Walk* (Dan Rubinstein); *Donald Trump: the man who would be King* (Darwin Porter & Danforth Prince); *Great War Railwaymen* (Jeremy Higgins); *Darkest Hour* (Anthony McCarten); *Almost Human* (Lee Burger); *Alive in Shape and Colour* (Lawrence Block); *Sad Cypress* and *4.50 From Paddington* (Agatha Christie); *LA Requiem* (Robert Crais) and *Uncommon Type* (Tom Hanks).

## China: Past and Present

### Classical Music

Leonard Bernstein was a brilliant composer, conductor, writer and teacher. His birth 100 years ago is being celebrated worldwide with many concerts to celebrate his genius. In contrast we watched a DVD on Antonio Vivaldi (1678-1741) who was one of the most prolific composers of the 18th century. 90% of his works were only discovered in 1923 boxed away in a monastery in Turin, including 500 concertos, 46 operas, 86 solo and trio sonatas. Even today new works are being played for the first time since the 18th century. We would welcome new members.

## Creative Audio-Visual

The Creative Audio Visual Group met at the home of Val, firstly to finalise the year's programme and to confirm the new meeting time of 2.00 pm. Our photo shoot will be at the Wynyard Basin on 18th March as the Volvo race leaves. We then went on to be shown travel audio/visuals of the Camino Walk and of a photo visit to Iran, currently under development, by Val Lloyd and Sue Dobson. These were commented upon by the group and possible modifications/variations in approach proposed and discussed by the members. Our next meeting, in April, will be devoted to technical topics at Roy's.

## Creative Writing

This month we chose to use the same painting by Brugels that we used last month. Elizabeth's interesting story drew comparison with the games children played in the 16th century to today's children living in Aleppo. She also brought a smile with a romance between two birds of the feathered variety! Ellens story involved escapades with stilts and the billowing skirts of happy children. Kathy examined the similarity between the games still played today that have endured through the centuries. A catastrophe in the kitchen and an eight year olds dilemma at the riverside came from Irene. The subject for next month is "Crime". Next meeting 22<sup>nd</sup> April

## Current Affairs

Pat discussed Judge Becroft's suggestion that the voting age be reduced to 16 so young people are more likely to be interested in politics later if they start young. Some are already paying tax at 16. Other countries have done it e.g. Scotland, but some say parents should vote and Civics should be taught in schools. Joan Hewlett argued that child poverty should be described as "family poverty". Every child should have health care, housing and education. Parental education is needed in schools. Income inequality needs to change and inequality of opportunity removed. Heather Howarth reported on the book "Red Note" by B Browster dealing with attempts to stop money going to corrupt people in Russia; and the poisoning of ex-Russian agents/British subject. The spread of Chinese control was also discussed.

## Cycling

The Henderson Valley "Twin Streams" cycle way was the venue for our March ride. It is always a pleasant ride through native plantings along the banks of the Henderson creek and Opanuku stream all the way through Tui Glen, the old Corban wine Estate, and down to Henderson Valley Road. A ride of 14ms (each way), it is very picturesque and peaceful away from the traffic. It is predominantly flat, which is always appreciated by our non E-bike riders! Weather was kind, and the coffee at Corbans Estate Art Centre was a blessing. The next ride on Wednesday 4th April will be the exciting 'Pink Path' in the City.

## Exploring Art for Fun

The March meeting was held at the Boston's home and Mary had organised a fun morning. In the beginning we watched a video, "Tips for What Makes a Painting Great". Everybody was then asked to choose one of the art books available, and from that book select the painting they most liked and the painting they least liked. Then members gave a short presentation on why they had made that choice. There are vacancies in our group if you would like to come along and join in the fun. For individual presentations, we meet in member's homes. Alternately, a member may organise a visit to exhibitions in galleries or other activities such as visiting sculpture parks.

## Film Appreciation

**February Report:** At our first meeting we had a presentation on Doris Day who was a singer, actress, comedian, and animal right's activist. She was the darling of the screen from

1948 to 1968. She starred in many films including "Calamity Jane"; Alfred Hitchcock's "The Man Who Knew Too Much" with James Stewart; "Pillow Talk" with Rock Hudson; "Move Over Darling" with James Garner; "The Pajama Game;" "Teachers Pet" with Clark Gable; "Midnight Lace" with Rex Harrison and "It Happened to Jane" with Jack Lemmon. Doris married 3 times and had one son. She lives in Hollywood and will be 96 in April.

**March report:** Monette gave a PowerPoint presentation on 29 year old Swedish actress, Alicia Vikander. After acting as a child in productions at the Gothenburg Opera House and appearing in short films and on Swedish television, she won awards for her first full-length movie *Pure* in 2010. She has now appeared in over 20 films ranging from historical drama (*Testament of Youth*; *The Light Between Oceans*; *Tulip Fever*) to Science Fiction (*Ex Machina*) to action thriller (*The Man from U.N.C.L.E.*; *Jason Bourne*). For her 2015 role opposite Eddie Redmayne in *The Danish Girl*, Vikander won an Academy Award for Best Supporting Actress. She stars in the recently released film *Tomb Raider*, an action movie based on the first video game with a female protagonist.

### **Français pour rire**

At our first meeting in February we had a presentation on THE CATHARS; a Christian heretical group who thrived in the Languedoc in southern France between 12<sup>th</sup> and 14<sup>th</sup> century. They lived an aesthetic life and rejected many Catholic Doctrines and practices, considering them to be morally, spiritually and politically corrupt. This brought them into conflict with the Pope who was unable to convert them back to the Faith, so sent a crusade to wipe them out. Following 20 years of persecution, torture and execution no Cathars remained. Today the ruins of many Cathar castles are important tourist attractions.

### **History of Europe**

We talked about the disastrous 2nd Crusade; how Eleanor of Aquitaine divorced her husband, Louis VII of France, in favour of the young Henry II. She presented him with eight children, four of whom were sons. She was then expected to retire gracefully into the background, but refused to play along and eventually began to conspire with her sons against Henry. Henry had her imprisoned for the last sixteen years of his reign. Jan then gave us the story of Thomas Becket, his life and his murder. New members welcome.

### **Inventors & Inventions**

As a retired Avocado orchardist, Rob was well qualified to give an interesting outline of the development of the 'Hydralada' - a NZ designed and built cherry picker type machine which enables orchardists to pick their crop from the highest trees using the especially designed hydraulic lift. It is now sold in 30 countries for construction and orchard work. Rob also showed us the high degree of sophisticated automated machinery used in modern fruit packing houses. Peter followed with the fascinating true tale of a black slave Elijah McCoy who became an inventor particularly of oiling devices for railway engines. Replicas were not sought-after because Elijah's were better. Railway companies wanted - 'The Real McCoy'. True! Garry explained the future of TV broadcasting in NZ which it is believed will be overtaken by content supplied by Internet providers.

### **Literature**

Shona reviewed "Growing More Than Grass" the 6th book by New Zealand author, Heather Kidd. Heather was a city girl before moving to the country and marrying a farmer in Poipoi. This book's focus is on "clever, creative rural Kiwi women". Readers are introduced to nineteen women who are very much in charge of their own lives. Whether they're growing flowers, businesses or tourism opportunities, breeding animals

or letting their creative talents take flight, each one is growing themselves, facing and meeting challenges and expanding their horizons. All are exciting to be around, energy emanates from them. This was a fitting presentation for a week which included "International Women's Day". New members welcome

### **Local History**

Des brought a vibrancy to our March meeting with a talk on the history of Waiheke Island, starting from when it was part of the Coromandel Peninsula. Subsidence created the Firth of Thames leaving an island. There were various Maori tribe occupations, and how it was named 'Waiheke'. Other key activities included; the English Navy taking the kauri trees for masts and Hongi Heke visiting Onetangi (weeping Sands) on one of his tribal cleansing trips. There has been mining of manganese, fish being smoked and sold to Auckland market, mussels steamed open and exported to China. A British Royal visit in 1869, and other significant events through to 2017. There was a lot of active participation.

### **Mah Jong**

### **Making History**

CANADIAN FUR TRADE: During the early 1500's French explorers and fishermen landed on Canada's east coast to dry and preserve their catch in the sun. They met Indians who traded their furs for fish hooks, kettles, knives and other items to establish friendly relations. By the late 1500's Beaver pelts were in high demand, as felt hats for European men became tremendously popular. Traders also supplied fox, marten, minx and other furs. During the 1600's fur trading played an important part in establishing the border between the USA and Canada.

### **Medical Science and History**

Roy was the main speaker at our last meeting and chose the topic of the current speed and volume of published medical research. He did this by showing the medical advances published by one newsletter (New Atlas) during the month of February. This amounted to 62 individual items - all of medical interest and importance! Each item could be traced back to the original papers produced by the institute or university concerned. The varied topics resulted in considerable comment and discussion from the members.

### **Modern History**

**Music Appreciation and History** This month we watched a film, *Il Volo*, from Italy. This was a tribute by the group, *Il Volo* who were 3 young Italian tenors. The concert took place in the square in front of the Cathedral in Florence, a beautiful setting. Photography of the orchestra, the square, huge crowd and the area around was excellent. As night fell we continued seeing beautiful views of the scene. The 3 young tenors sang songs from opera, musicals and also Italian favourites, many from Naples. The songs were the ones that the original three tenors sang at their concerts. Placido Domingo sang one of the songs with these new young tenors and also conducted some of the music. The crowd was thrilled to have him there. The film was enjoyed by us all.

### **Renaissance**

### **Music**

Supported by Terry with some of his favourite pieces, Diana Hibbert gave a presentation of the pianist and composer, Keith Jarrett, who gave his first recital at 7, and has maintained a stellar career in both classical music and jazz, even playing Mozart with Chick Corea and in groups with Charles Lloyd,

and Miles Davis. We also discussed Phil Dadson's "From Scratch" who are currently featured in Te Uru Gallery.

### **Puzzles, Patterns and Paradoxes**

John talked to us about Magic Leap, an American company which has produced a device that combines the real world with the virtual world, and New Zealand's Weta Workshop. The two companies have recently created Weta Gameshop which is building a game for the device - probably to be released this year. He then demonstrated a small programmable robot called Cozmo. And finally he introduced us to a range of puzzle games selected from the thousands available on Android phones and tablets - and on computers if you install software to make them behave like an Android device.

### **Travel**

At our February meeting we had an absorbing talk from Heather Howarth, who owned a narrow boat in England for many years and so has travelled along most of the canals, the best being in the Midlands. She gave an insight into the history and construction of the narrow boats, with many neglected ones now being restored with voluntary labour.

Sanitary stations set up at regular intervals allow for fresh and waste water connections. The canals were first dug from the 1760s with the railways later following alongside. The speed limit is 4 miles an hour on the canals and 8 miles an hour on rivers. Often you are able to tie up alongside a farmer's paddock.

### **Walking)**

**Friday April. Mairangi Bay Coastal.** Meet at Mairangi Bay Surf Club 9.30. We will walk along the beautiful coast to Campbell's Bay through Centennial Park and back to Mairangi Bay via Kowhai Road. Coffee at Rhythm Café Mairangi Bay. Bring walking poles.

**Friday April. Orewa Estuary.** Meet 9.30am outside the Arts Centre in Orewa, Hibiscus Coast Highway. First car park on the left coming north, just over the estuary bridge. This is will not be a strenuous walk being on the flat, it will take one and a half to two hours. Coffee at the Driftwood Cafe in the Arts Centre.