



Note this version of the Newsletter has been re-edited for the websites and has contact details removed. Other non relevant web material has been removed.

GUEST SPEAKER: Vanessa Burholt

Subject: Staying connected in later life: relationships, culture and environment



Professor Vanessa Burholt, PhD, FaCSS will share her extensive understanding on why staying connected in later life involves maintaining and sometimes developing new social relationships to preserve participation. However, there are barriers that impact on people's ability to remain socially connected. Her presentation will take stock of the latest research on social exclusion and will identify risks for exclusion from social relationships (including personal attributes, biological and neurological risks, retirement, socio-economic status, exclusion from material resources and migration). She will also look at how the evaluation of social relationships and culture can influence exclusion, and will conclude by focusing on the environment as the context for exclusion, and will provide a practical example of a tool that can be used to assess the age friendliness of the physical environment across New Zealand.

Professor Burholt graduated from the Bangor University and was then appointed Deputy Director of the Centre for Social Policy Research and Development at Bangor University and in 2004 took over as Director. She then moved to Swansea University, as Director of the Centre for Innovative Ageing. In 2016, Vanessa was also appointed Director of the pan Wales, Centre for Ageing and Dementia Research. In 2019 she founded the Institute of Creative Ageing Industries.

In the UK, previously Vanessa has held a public appointment as the research member of the Ministerial Advisory Forum on Ageing and was co-Chair of the research hub of the Campaign to End Loneliness. Personal awards include Fellow of the Academy of Social Sciences, Irish Gerontological Society Medal and Senior Research Leader for Health and Care Research Wales. In 2015 and 2017, she won the College of Health and Human Science outstanding contribution to research award and in 2019 the Head of College award.

Professor Burholt has recently taken up the position of Professor of Gerontology in the Faculty of Medial and Health Sciences at the University of Auckland, where she intends to develop a new interdisciplinary centre of ageing research based on her twenty-three years of research experience in social gerontology leading international and national research projects. She has published around 50 peer reviewed articles.

POP UP SIGs

While the response to the China topic was excellent I think the most exciting thing is the number of people who have made clear that they like the concept of shorter and even one-off types of session - some suggestions have been: Introductory sessions for possible new SIGs; Ted talks plus discussion; Drama short course; outside speakers (or even our own members) with interesting experiences; panel discussions; repeats of some excellent SIG presentations and so on . I think it augurs well for a future programme. (Report from Margaret Scrymgeour)

Active Travellers

Active Travellers were treated to a fascinating presentation of Lucy Casey's experiences during five days in Beijing including - The Forbidden City, Summer Palace, Tiananmen Square and other amazing sights. They also walked for 5 hours along both old & new sections of the Great Wall amidst dramatic mountain scenery. The old sections, which were further away from the city were blissfully uncrowded.

Archaeology <http://u3abb.net.nz/archaeology.html>

Evelyn shared the various discoveries of ancient waka which have been uncovered on some of our beaches throughout New Zealand, the oldest so far being a 600 year old waka at Anaweka in Golden Bay which was made of matai and had a carving of a turtle on the hull which linked it back to Polynesia.

We listened to a podcast featuring Dilys Johns from the University of Auckland who is responsible for the laboratory at Auckland and also six satellite tanks throughout New Zealand where artefacts too large to transfer to Auckland are treated and conserved.

Dave Rudd, a consultant archaeologist from Whanganui produces a number of short videos under the title Archaeonomy about many aspects of New Zealand history and we enjoyed watching his explanation of the science behind the preservation of waterlogged wood. A series worth looking up on Youtube as they are presented by a qualified archaeologist. **Next meeting:** November will take us back to the Northern Hemisphere as Sylvia Dixon presents Star Carr, a mesolithic settlement in Yorkshire.

Art History <http://u3abb.net.nz/art.html>

Sheila's presentation in October was about the history of some of the paintings which are to be found in the Museo Nacional Thyssen-Bornemisza in Madrid. This museum is part of the "Golden Triangle of Art" on a main boulevard in Madrid – the other two museums are the Prado and the Reina-Sofia. The paintings in the Thyssen-Bornemisza include works by Monet, Renoir, Toulouse-Lautrec, Picasso and Dali. Famous paintings displayed in the museum's pamphlet include Renoir's "Woman with a Parasol in a Garden", 1875; Dali's "Dream caused by the Flight of a Bee around a Pomegranate a Second before Waking Up", 1944; and Monet's "The Thaw at Vétheuil", 1881.

Art Pot Pourri http://u3abb.net.nz/Art_Pot_Pourri.html

Several members are overseas currently but 4 of us went to see typographer and graphic designer Tara McLeod's exhibition "Pressing Boundaries" at Emma Jane gallery in Silverdale. 46 works were displayed providing an oversight into Tara's creativity. Tara was there and explained that he is an applied artist using visual communication to give desired effects. There were handset printed panels of amusing or thought provoking quotes and poems (using metal and/or wooden type and calligraphy on an 1832 Albion press), linocuts, poetry books, and 3D graphics of mixed media assemblages. One print of an ampersand was made using a 16 inch wooden type face. Tara said he keeps a notebook to jot down quotes that appeal to him. He uses a bandsaw to cut individual wooden lettering for the assemblages with beautiful and intriguing results. The exhibitio, running until 31st of October, is warmly recommended.

Book_Group

Books discussed at our October meeting included: *The Chain* by Adrian McKinty; *Daughter of Bad Times* by Rohan Wilson; *The Last Good Guy* and *The Room of White Fire* by T Jefferson Parker; *One False Move* by Robert Goddard; *Night Watch* by Iris Johansen and Roy Johansen; *Never Have I Ever* by Joshilyn Jackson; *The Ex* by Nicola Moriarty; *Camino Island* by John Grisham; *A Nearly Normal Family* by M T Edvardsson; *Silver* by Chris Hammer; *The Alice Network* by Kate Quinn; *Lady in the Lake* by Laura Lippman; *The Book Club* by C J Cooper; *Whisper Network* by Chandler Baker; *The Dreamers* by Karen Thompson Walker; *The Poison Will Remain* by Fred Vargus; *Snake Island* by Ben Hobson; *The Island of Sea Women* by Lisa See; *My Father's Island* by Adam Dudding; *Lost Among the Birds* by Neil Hayward; *Richard Branson* by Richard Branson; *Black Hearts in Battersea* by Joan Aiken; *Sapiens: a brief history of humankind*, *Homo dens: a brief history of tomorrow* and *21 Lessons for the 21st Century* by Yuval Noah Harari; *Lethal White* by Robert Galbraith; *A Gentleman in Moscow* by Amor Towles; *The Bookshop of the Broken Hearted* by Robert Hillman; *The Ginger Child* by Patrick Flanery and *Three Women* by Lisa Taddeo

Books and Beyond

Margaret spoke about *The Aviator's Wife* by Melanie Benjamin, a fictionalised biography of Anne Morrow Lindbergh, the wife of Charles Lindbergh. She was his co-pilot and navigator, an author and a resourceful and intelligent woman. From the time of his epic solo flight across the Atlantic, Lindbergh (or The Aviator as he was always referred to) was treated as the superhero of the 20th century and mercilessly hounded by the paparazzi on a level only equalled by that of Princess Diana.

Despite being constantly in the public eye Anne managed to not only raise a family of five children but to also maintain her own writing career. Her little book *Gift from the Sea*, a best selling inspirational essay-style book, is still as fresh and widely read today as when it was written more than sixty years ago.

Our challenge this month was to read a book with 'wife' or 'husband' in the title and a great variety of titles came to light prompting much discussion and hilarity. **Next meeting:** Next month's challenge is to read a book with a colour in the title.

Classical Music

Ludwig Van Beethoven was born in 1770 in Bonn Germany and died in 1827 in Vienna. He was inspired by the spirit of liberty and freedom when there was momentous social and political upheaval in Europe, creating heroic large scale works, majestic concertos and atmospheric chamber pieces, expressing the passion of his inner self. Life dealt Beethoven the cruelest blow when it robbed him of his hearing. We watched a DVD of his life then listened to excerpts of many of his well known compositions, of Piano sonatas, Symphonies, Concertos, and Choruses.

Computer Skills Workshop

The computer skills workshops have now been completed for this year.

Creative audio visual

The group met at Terry's home for our October Challenge meeting, the challenge being to make an AV using the John Lennon song, "Imagine". Lucy, Terry, Val and Lois presented wonderfully creative audio visuals, all quite different but having the song as the common element. Lucy was extremely creative, composing her own words to the song.

Next meeting:

The meeting next month will be a technical meeting.

Creative Writing

For our September meeting the subject title was "A Desperate Situation." Elizabeth wrote a compelling piece on life for a family from Syria. Arriving in Lebanon, scraping an existence for their children, a truly desperate situation, one which most of us would find hard to comprehend

Another personal experience described by Brenda of travelling through Germany and by sheer chance arriving upon the Nazi concentration camp, Belsen, just outside Bergen.

Still echoing the horrors of all those years ago, the loss of 120,000 lives. No words can describe this stain on humanity. **Next meeting:** Our subject for October is a painting by William Adolphe Bouguereau 1825- 1891. The painting is entitled "The Broken Pitcher"

Current Affairs

Topics are chosen as events and issues occur locally and internationally
No report this month.

Cycling

On a wild, windy day 11 riders set off from Morris & James car park at Matakana to explore the cycle way to Point Wells and Omaha. The gale force winds made riding a challenge together with a couple of relatively short but steep hilly stretches where bike pushing added to the physical demands. A side exploration around new housing development at Point Wells added to the interest. The group enjoyed a coffee, cake, talk catch up at the 'Farmers Daughter' cafe near the Omaha causeway. The return journey proved interesting with team members helping to overcome a lost front wheel problem for one rider and retrieving a visitor's car from a ditch. In spite of the wild weather the ride proved most enjoyable for all. Leader - Eric Haslam..

Film Appreciation

We viewed the DVD of “Bombshell : The Hedy Lamarr Story”.

There can hardly be any more extraordinary story from the Hollywood golden age than this. A very beautiful star with a moderate acting talent but an untutored brilliance in science and engineering. Her tragedy was that she was in the wrong business, one that promotes beauty over brains – the movie business.

We discussed the British Film Festival which is taking place 30th Oct to 13th Nov.

Current Films “Ride like a Girl”, “JoJo Rabbit”, “Judy”, “The Laundromat” (on Netflix) **Next meeting:** Our end of year meeting will be held at The Settlers where we will see Alfred Hitchcock’s “North by NorthWest”. We will then have lunch at the Centre Court Cafe , Onewa Valley Rd extension.

Français pour rire

Member Helen Morris gave an illustrated presentation about Alsace, North-east France, highlighting the 180 km. long Route des Vins whose hectares offer “une symphonie d’ors et du lumières” at harvest. Proudly preserving traditions are villages such as Eguisheim, Riquewihr and Kaysenburg (home of Nobel prizewinner Dr. Albert Schweitzer). Conservation of wildlife is also important, for example at NaturOparC, home to cigognes (white storks) which nest on village chimney pots. **Next meeting:** Our November meeting will begin with a talk from Gareth about France and we will then have our Christmas celebratory lunch at the Black Cottage, Coatesville.

International Studies across Countries

No report this month.

Inventors and Inventions

15 members viewed a video covering the transition from the first two 19th and 20th Century Industrial Revolutions to the current Third Industrial Revolution and the era of the Internet of Things (IoT) that we are now entering. To make this happen 5G is required, so we watched a short video on what 5G means and its consequences for NZ when it is launched in December.. **Next meeting:** November the Group will visit Buckley Systems in Mt Wellington to see the manufacture of high intensity magnets that are exported around the world for use in medicine, communications and space.

Local History

At our October meeting we looked at a 1970’s copy of Wise’s N.Z. Guide to find out history of some places. We only looked at 2 places - Clevedon and Hokitika. There was quite a bit of discussion as members recalled their knowledge of those places. **Next meeting:** Our November meeting will be at the Vaughan Homestead, Long Bay - November 11th. at 10.30am. It will be ‘Bring a plate’ - for a shared lunch. We will continue by looking at history of other towns we have personally experienced.

Māori / Te Reo

We continued with our vowel sounds and expanding our vocabulary. We then discussed the visit to Te Taua Moana Marae, the spiritual home of Iwi Heramana and the Royal New Zealand Navy. **Next meeting:** Continue with vocabulary. Discuss, Maori stories in New Zealand literature

Mah Jong

Beginners & new members welcome.

Making History

No report this month.

Medical Science and History

Our meetings consist of a presentation by a main speaker followed by Morning Tea. “Five” minute Talks on current inventions, concerns and passions follow. All talks are based on information recognised by research bodies and published in recognised journals in the health field. **Last meeting:** Faye’s presentation was on: Small pox which used to kill millions was eradicated from the earth by 1980 [No other human disease has been beaten]. The technique of vaccinating everyone near an outbreak was originated by Bill Foege in Nigeria when he had insufficient vaccine for his whole province. The same approach was used in India, Bangladesh, Ethiopia, etc until there were no

further cases. When asked the name of the next disease to be beaten, Bill said something like "lack of organisation". There were three Mini Talks: Dorothy outlined a study by James Blumenthal published in the online issue of Neurology that observed 160 previously sedentary people, average age 65, with cognitive impairments without dementia. The findings of the study were that after six months of adding regular aerobic exercise to their lives these people were able to improve their executive function, that is their ability to regulate their own behaviour, pay attention, and organize and achieve goals. John presented data from a study from the UK which compared the usefulness of e-cigarettes with standard nicotine patches and gums in helping people quit smoking. 880 subjects were randomised to each treatment and followed for 1 year. 18% stopped smoking after 1 year with e-cigs. compared to 9.9% on the standard treatment. ($p < 0.001$). Side effects were similar in both groups. Use of e-cigs in general is controversial but this kind of data show they might have some use in therapy to aid people quit smoking which can only be good. Ian showed a TED Talk on Addiction.

Modern History

Dave.C organised a Quiz morning which had a passing connection to Modern History. Members had a fun morning getting their brain cells to recollect dates, names of the famous infamous and any other obscure fact. Frank's knowledge surpassed all others. The organiser had great difficulty in controlling members who demanded half points for answered which bore little resemblance to the correct one. This is likely to become an annual event. New members most welcome especially those with a good sense of humour.

Music Appreciation and History

Jean Sibelius was our subject this month. He lived at Jarvenpaa, some 50kms north of Helsinki, Finland, with his wife and six children in his country home, Ainola, for 50years. He played the violin from an early age and wanted to be a solo violinist. He wrote only one violin concerto turning to composing and when Finland was oppressed under Russian rule he wrote his nationalist music which included Finlandia. He completed seven symphonies and other works. The symphonies became very popular in the US and elsewhere and in 1915 for his 50th birthday the City of New York presented him with a Steinway Grand piano. He didn't compose any works during his last 30years and the eighth symphony was never completed. He burnt the manuscript. A very enjoyable and informative morning for us all.

Music - Mainly Classical

Our meeting this month as primarily organised by a young Auckland based Bharatanatyam dancer – Abhishek Ravi. Bharatanatyam dancing is one of the classical forms of Indian dance. We watched clips of him dancing solo and with a group of dancers, and watched a clip from the Great NZ Dance Masala completion which aired on TV3 last year. Practising the mudras or hand movements and learning their significance provided much effort for arthritic fingers! We then watched clips of different type of classical Indian dances – Bharatanatyam, Odissi, and folk dance. Terry completed our "visit" to India by sending round a YouTube video of Sachal Studios playing an Indian version of the classic "Take Five" complete with violin, cello, tabla (drums) and sitar (guitar).

Philosophy

New members welcome. No report this month.

Photography

New Members Welcome. No report this month.

Puzzles Patterns & Paradoxes

Inability to determine longitude was a major concern 400 years ago. Unable to tell their exact location, many ships were wrecked. Two factions sought to solve this puzzle - on one side, many erudite observers and recorders of the heavens and on the other, one clock maker - John Harrison. In creating 4 "sea-worthy" chronometers which were pinpoint accurate, Harrison solved other problems [How to protect these devices from changes in temperature, humidity, and the sea itself. How to create a clock that never needed oiling]. Despite this, he was never awarded the prize, set up by the government of the time because his opponents continuously 'shifted the goal posts'.

Renaissance

Shona researched Sir Thomas More 1478-1535 who was important to English Renaissance. He was scholar, lawyer, author (Utopia), family man, humanist and canonised by Pope Pius XI in 1935. He chose politics over a monastic life. Under Henry VIII became Speaker of House of Commons, established Parliamentary Privilege of Free Speech

and rose to LordChancellor. He refused to swear to the Oath of Supremacy, was found guilty of treason, in the Tower for 15 months, then beheaded in 1536. His final words on the scaffold were "The king's good servant, but God's first".Thelma spoke of Donatello, sculptor 1386-1466, one of the founders of the NewRenaissance Style after his trip with Brunelleschi to Rome which was decisive for the development of Italian art, also his Base Relief giving a sense of depth, all influenced future artists. **Next meeting:** For next month Patrica's subject is Tulip Mania and Fay will also speak, subject not yet known.

Travel

New members welcome. Shirley J took us on a journey around Auckland looking at Transport in a broad sense then at a detailed look at street art at various locations around the city. Kay spoke of a recent trip from Dunedin to Auckland using various means of transport on the way and observing the many scenic trips available en route.

Ukulele www.u3abb.net.nz/ukulele.html **Website has tutorials & contact form.**

Meeting held at a group member's home. This meeting we rehearsed popular songs, chosen by group. Our web page has Ukulele lessons for beginners to established players. Whether you are a beginner, with or without a Ukulele, or just a singer, you are welcome. Do come and join us if you are interested in singing, playing a Ukulele or Guitar.

Walking

November- Greenhithe

Meet at Greenhithe shopping centre on Greenhithe Road at 9.45am. Bring walking poles. We will walk for about an hour and a half around the area. The walk can be shortened if some walkers wish it. Queries: phone Fiona 473 4240.

November

Meet in the Chelsea Sugar Refinery car park at 9.45am. This is the public parking area at the bottom of the road by the lake. We will walk for about one hour and then have morning tea at the café nearby. Queries: phone Val 021 763 662.

POP UP SIG REPORTS

Pop Up SIG China

Colin did a great job of clarifying for us the current situation in the South China Sea. This vital waterway not only has 30% of world shipping passing through i.e. \$5 Trillion in world trade but is immensely rich in resources of all kinds.

By international agreement 7 countries - China plus the Philippines, Brunei, Malaysia, Vietnam, Taiwan and Indonesia all have claims and rights to specific areas. However China has claimed historical rights to a much wider area and totally ignored an international ruling on a dispute between itself and The Philippines on the matter.

China has set about creating new islands from 'reefs' thereby claiming very strategic bases over what previously had been considered 'international waters. Although these islands are miniscule in size their importance in maintaining and/or disrupting the balance of power in the region is huge making this area one of the most closely scrutinized by world authorities. **Next meeting:** The 2nd session- **Thursday November 21, 10:00 am-** will feature **The 'One Belt One Road' Initiative** - the staggering redevelopment of the Old Silk Road and other land and maritime routes all of which have huge impact on international trade and travel.