



# U3A WAKATIPU

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THE UNIVERSITY OF THE THIRD AGE

MAY 2010  
NEWSLETTER

Youthfulness is not determined by age.  
It is determined by one's life force.  
One who possesses hope  
is forever young.  
One who continually advances  
is forever beautiful.

*Anonymous*

Hello U3A members!

I would like to introduce myself. My name is Gitti Tapper and I am the new administrator for the U3A Wakatipu. I took over from Adelle Bond, who left the district. So I hope I am doing a good job as your new contact person for U3A matters. I certainly have been welcomed very warmly by the U3A committee members. Thank you! 😊

Thank you to those who attended our first 2 Ageing Well Talks.

We started off on April 19<sup>th</sup> with **Elaine Wells** from Presbyterian Support. Elaine gave us a good overview on what Presbyterian Support does from their coffee groups in Queenstown, Frankton and Arrowtown to the volunteers' work and the Frankton Court facilities. The volunteers provide assistance to older people or those with disabilities that choose to live in the community. The service helps in a variety of ways, including helping with shopping, providing transport, "sitting" to relieve spouses or caregivers and general befriending/companionship. If you want to find out more, contact Elaine on 03 442-4408.

**Helen Stevens** from Age Concern talked about her role. She is a great port of call when you and your family need information, advice, referral and support. Helen knows what our local community can offer and she can help you make the links. She helps with a variety of paper work, such as for getting home support, or applying for travel compensation when visiting a hospital or

specialist outside the area. She deals with elder abuse and also provides services for seniors who are socially isolated, just to name a few of her activities. If you would like some more info, contact Helen Stevens on 03 441-4390.

**Helen Reid**, the local dietician of the Queenstown Medical Centre, talked about the importance of a healthy diet with lots of fruit and vegetables, nuts, seeds and the importance of fish oil.

And **Louise Shepherd**, the physiotherapist of the Lakes District Hospital, talked about falls and how to prevent them. She also mentioned local groups and events to help with balancing work.

Last week we followed on with **Dr. Sarah Young** from the Otago University in Dunedin. Sarah is an immunologist who works on immune-based therapies against cancer. In particular her research focuses on the use of virus-like particles as novel cancer vaccines. Their new Cancer Treatment Vaccine VLP is going through patenting at the moment. Very interesting indeed!

I am sure, this coming Monday, May 3<sup>rd</sup> will again be very interesting. Here are the details:

**Date:**

Monday, 3<sup>rd</sup> May 2010

**Ageing Well – Latest Developments of Joint Reconstruction/Replacements**

**John Matheson** is an orthopaedic surgeon working at Dunedin Hospital, Mercy Hospital and Otago University Medical School. A former Rhodes Scholar, he trained at Oxford University and has been working in Dunedin since 1980. He is a past Chairman of Continuing Education and past President of the NZ Orthopaedic Association and Examiner for the Royal Australasian College of Surgeons. A former Otago Rugby representative, NZ Universities Rugby and Cricket Blue and Board member of the Highlanders Rugby Franchise, Mr Matheson has until recently been active in providing front-line orthopaedic services to the Otago sporting community. His main areas of surgical interest are knee and hand conditions and hip and knee replacement. Mr Matheson has a widespread rural practice in Otago and consults monthly in Queenstown, where he also enjoys spending time at his family vineyard at Lake Hayes.

**All Lectures are held at the Queenstown Events Centre, Mezzanine Function Room from 10am until 12pm.**

**Entrance is \$5 on admission.**

The planned lecture on **May 10<sup>th</sup> will NOT take place** as it was the information morning on the study groups. All the information on study groups is in this newsletter.

Also due to the great response, we have decided to run a lecture in July on the topic “**Legal Ramifications of Ageing**”. Date to be announced.

Now, as announced at the last lecture, we would like to introduce the idea of study groups to you.

Here is a quick overview on how the study groups will work, as well as details on the first 3 study groups that will take place. Also find a study group sign up form attached.

### **U3A Study Groups**

So far we have enjoyed ‘the lecture’ as a means of learning but there are many ways to learn. In other U3As one of the most popular ways of learning is the Study Group and we want to introduce members of the Wakatipu U3A to this experience.

Concept: Active, interactive, collaborative, exploratory learning in which members of the group undertake reading, study or experiments of their own (or in pairs or subgroups), and contribute under the guidance of a leader who has some expertise.

Leaders are members of the U3A who offer to organise a Study Group in a topic they are interested in. A leader will have appropriate background in the subject, and a broad overview of the concepts and contexts of the subject. Leaders will formulate their plans for content and activities (which may include field trips or projects). They will provide ‘a map’ at the start of the series, and at the start of each session (a brief agenda) so that the purpose and direction are clear to all. Leaders help the Group members to prepare and contribute. They will, if possible, offer a choice of ways in which members might contribute, (on paper, speaking, doing, demonstrating, or in creative ways) to suit different members, so that people can feel confident.

But, the main feature is that members of the Study Group direct their own learning and contribute to that of the other Group members in an enjoyable way.

Ideal Size of Group: Minimum 8; maximum 10-12.

Length of Session: The group will decide what suits them and their topic.

Setting: Around a table, to enable writing notes and refer to sources. The round/square-table format encourages participation. Some topics, of course, will be out and about.

Number of Sessions: Minimum six. The group can review and decide whether to continue.

Costs: If a venue is hired, members will have to cover this. Photocopying or other costs will have to be sorted out too. Alternatively, the venue can be in members' homes.

Join us To trial the idea, three U3A members, Marion Borrell, Justine Cranfield and Catherine Robinson have offered topics, *Keats and the Romantic Period* (Marion), *International Cuisine* (Justine) and *Exploring Economics* (Catherine). Marion has offered to run 2 Study Groups on her topics. We hope that you will find something to interest and challenge you and that you will consider signing up for a Study Group. And, that you consider offering one in the future.

### **U3A Study Group on Keats and the Romantic Period**



John Keats (1795-1821) lived in a particularly vibrant era in England, misleadingly labelled 'romantic'. The spirit of the age, seen as lasting from about 1789 (the French Revolution) to the 1830s, was characterised by revolutionary attitudes and values which are still familiar to us, such as individualism and self-determination; the importance of the emotions, expressiveness and the imagination; and the beginnings of egalitarianism and social justice.

Our study group aims to increase our enjoyment of Keats's well-known poems, such as 'To Autumn', 'Ode to a Nightingale', and 'La Belle Dame Sans Merci'; and to explore other manifestations of the Romantic spirit in other poetry, art, architecture, landscape gardening, novels, social attitudes, politics, fashion, and so on according to the interests of the group.

Participants will receive some poems to read as preparation. Each person will contribute by leading (or jointly leading) the discussion of either a poem or one of the other facets of Romanticism. But you don't need to be an expert, as guidelines will be provided and everyone will pitch in. We'll end with a celebration of Romanticism and watch Jane Campion's film, *Bright Star*.

Leader: Marion Borrell (MA Hons, M Lit)      Phone: 4429319

Cost: To cover photocopying and hire of the room.

Number of participants: Maximum 12 per group

Two groups are on offer: Wednesdays 10am -12noon starting 8 June for 6-7 weeks and Fridays 1pm - 3pm starting 10 June

## **U3A Study Group on International Cuisine**

The aim of this group is to exchange knowledge, practical expertise & enjoyment of different countries' cuisines, while not professing to be Jamie Olivers, Nigella Lawsons etc.

Course members would need to be limited to six to eight, and ideally would have some expertise in a particular ethnic cuisine ( eg Italian, Greek, Chinese etc) . This would probably though not necessarily be through having lived or holidayed in the country in question.

We would all take turns in hosting a session in our homes, where we would do a practical cooking demonstration of a recipe of our chosen cuisine, followed by a sampling of the end product – barring a culinary disaster!

Prior to the first session ( French cuisine at my place) , a questionnaire will be circulated, encouraging research each week before we meet, on various aspects of the cuisine of the week. This would include for example its specialties, distinctive characteristics, historical &/or geographical factors which have influenced it, and a request to try out & bring a recipe for all to add to their repertoire. While the “recipe of the day” is cooking, a group discussion of the questionnaire answers would take place.

At the end of the course, a ringbinder booklet would be compiled with recipes and photos of all the dishes demonstrated, as well as the supplementary recipes contributed, and a summary of the questionnaire discussions.

The main emphasis is on having Fun with Foreign Food, while learning something new from each other.

It's certainly not intended as a U3A version of Master Chef , though who knows – we may discover a new star among us who is destined for Greater Things in the world of Celebrity Chefs!

Leader: Justine Cranfield MA (Hons); Dip Sup.d'Et. Fr.

Phone: 03 442 3432

Dates: On Tuesday mornings 10am - 12 noon, starting May 18, probably running for six weeks

## **U3A Study Group on Exploring Economics**

Preamble

The Scottish philosopher Adam Smith wrote his book An Inquiry into the Nature and Causes of the Wealth of Nations in 1776, the year of the American War of Independence. His ideas formed, and still form, the basis of the modern study of economics. But much of what Smith thought was important in a modern economy, such as an ethical approach to consumer or business decision making, seems to have disappeared from the modern day text book.

Why?

## Aim

The general aim of this group will be to re-examine some fundamental ideas about how the economy functions, who benefits and who loses. We will explore how the economy works today and how it impacts on our generation and we'll examine our place in the economy. And, we will search for the missing ethical dimension. The main emphasis is on learning how at least one economic idea has impacted on each of us.

## Participants

To join this Study Group you do not need an academic background in economics, or any background in economics. You need to be curious, skeptical and interested in current events. And, you need to recall what it felt like to grow up in a Welfare State, to adjust to Rogernomics, to take on The New Right, to wave bye-bye to Communism, to say hello to modern Capitalism, and to have come to rest in the current Golden Age of Greed. Interested? Study Group numbers could be from 5 to around 10 and could consist of 5-6 sessions as decided by the participants.

Venue: To be decided

## Session 1 Tuesday 13 July Time 1-3pm

Before session 1, I will email participants to ascertain backgrounds and areas of interest. This will be shared with the group before we start. I will give some questions for you to consider and some very light reading. You need to have access to email.

During Session 1 we will get to know each other and what (if anything) we know about economics but more importantly, what we want to know. I will outline some of key ideas in economics. We will discuss the way the group wants to operate, the level and depth we each want to work at and we'll generate some questions to guide our study. We may form sub-groups and work together outside of the sessions.

Leader: Catherine Robinson (ACTD, MEd, Ph.D)

Phone: 03-2488870

Email: [catherine@therobinsons.net.nz](mailto:catherine@therobinsons.net.nz)



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**U3A Wakatipu**  
**Study Groups Sign-up Form**

Name: \_\_\_\_\_  
Mailing Address: \_\_\_\_\_  
E-mail if used: \_\_\_\_\_  
Phone: \_\_\_\_\_  
Cellphone: \_\_\_\_\_

As numbers in the groups are limited, if you are interested in more than one group, please number your preferences. We will contact you by 11 May confirming the group(s) you are in.

**Choice(s)**

<p><i>International Cuisine</i> (eg. Italian, Chinese) <u>Tuesdays</u> from 18 May 10-12am Which cuisine do you offer to lead? .....</p>
<p><i>Keats and Romanticism</i> <u>Wednesdays</u> from 8 June 10-12am Which do you prefer to present? a. A poem by Keats b. A topic about Romanticism e.g. art, architecture...</p>
<p><i>Keats and Romanticism</i> <u>Fridays</u> from 10 June 1-3pm Which do you prefer to present? a. A poem by Keats b. A topic about Romanticism e.g. art, architecture, music...</p>
<p><b>Exploring Economics</b> <u>Tuesdays</u> from 13 July 1-3pm Write one question you would like to have discussed: ..... .....</p>

**Closing date for signing up: Friday 7 May**

Please hand in at a lecture  
or email to: gitti@reap.co.nz  
or fax to: 409-0628  
or post to: U3A Wakatipu, c/o Southern REAP Inc, Disability Resource Centre, 29/159 Gorge Road Retail Centre, Queenstown 9300.