

APRIL 2010

### Report from Your Vice-President



**Ken Gillan** 572-3467  
kenandbronwen@vodafone.co.nz

Hello members. I have been asked to form a Social Committee for your benefit. We need to know what we can do for you. Please let me know how you feel about the following.

- Would you like more social activities between the different groups.
- Would you attend a Christmas function. Y/N
- Would you attend a mid year function. Y/N
- What else can we provide socially for you?

Email me with your suggestions PLEASE.

As your President will be away for the next few months I will be standing in for him. Don't hesitate to contact me if you have any questions or news.

Thank you. *Ken Gillan*

### Welcome to New Members 2010. Feb/March

# Welcome

Raymour and Renate MIGDALE	
Bill CLIMIE.	Adrienne AGNEW
Roland EDWARDS	Margaret HOUGH
Gerald and Joy MCDONNELL	Kay SCRIMGEOUR
Colin TREBES	
Heather MARKS	Carol OISHEA
Yvonne HUGGARD,	Marion MOSS
Christine CURRIE	Claire SLIGH
Reta FENDAL	Eve DUNN
June KONTZE,	Les PATERSON
Frances DRUIFF.	Peter GRIMLEY
Bob FORD	Doreen KERWOOD

### In Memory

**Peter SMYTHE**, 38 Kingswood Road, Tga 3110.  
**Ngaire PENDERGRAST**, Oropi Rd, RD3, Tga  
3173. Ph 573-8711.

*Our sincere condolences to family & friends.*

### Next General Meeting Details

**Date:** 16<sup>th</sup> April 2009  
**Venue:** Wesley Church Hall, 13<sup>th</sup> Ave. ★  
**Time:** 10am – 12 noon  
**1<sup>st</sup> Speaker:** **Chrissy Jefferson.** From the Animal Rescue Rehabilitation Centre.  
**2<sup>nd</sup> Speaker:** **Peter Calderwood.** From Trust Power. Speaking on 'The Emissions Trading Scheme'.

**Date:** 21<sup>st</sup> May 2010  
**1<sup>st</sup> Speaker:** **Rick Balfour.** Manager of the Tect All Terrain Park.  
**2<sup>nd</sup> Speaker:** **Dennis Toovey.** Pharmacist. Speaking on 'Better Health for you'.

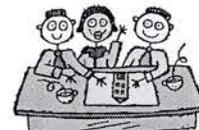
**Date:** 18<sup>th</sup> June 2010  
**1<sup>st</sup> Speaker:** **Group Convener speakers**  
**2<sup>nd</sup> Speaker:** **Stephanie Smith.** Speaking on 'Treasures held at the Tauranga Library in the NZ Room'.

Check the U3A Website for confirmation of the above speakers.

[www.u3atauranga.co.nz](http://www.u3atauranga.co.nz)

*If you know someone who would be an excellent speaker at our General Meetings please advise Jim Taylor, Ph 543-0234 or a member of the Committee.*

### Notes from Executive Meetings 12 March & 9<sup>th</sup> Apr 2010



**Next Convenors Meetings**, 29<sup>th</sup> September, Wesley Church Lounge 10 a.m. All convenors are expected to attend please.

**Next New Members Meetings**, 29<sup>th</sup> July and 29<sup>th</sup> November.

**Next Executive Meeting:** Friday 14<sup>th</sup> May 1.30pm. Members are welcome to attend without speaking or voting rights.

## NEWS

**USA 2011 NSW conference**

**Sydney Australia**

**April 27<sup>th</sup> & 28<sup>th</sup> 2011**

**Registration forms available on the  
website.**

**www.nsw.usanet.org.au**

**attention ainslie lamb**

**\*sec. USA Network NSW Inc.\***

**find some friends and go together**



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If you have paid your subscription and not received your handbook within 10 days please contact Winn Tipping 570-2370 or Janet Ormsby 576-5008.

### **Report: Speakers at General Meeting**

#### **Rodney Walche ONZM.**

**Spoke at our General Meeting on 19<sup>th</sup> Feb, 2010.**

Uli, our past president, had so much to say in his introduction of Rodney Walche ONZM, that Rodney wondered, when he took the podium, if there was any time left for his presentation.

There's no doubt though, that Rodney warrants such an introduction. He was born and educated in Dublin, earned a Degree from Trinity College and came to NZ in 1960. He held several managerial positions and is still actively involved with many organisations and has been given awards too numerous to mention.

He is the Honorary Consul General of Ireland and is the longest serving Consul in New Zealand and the second longest serving Consul within the Irish Honorary Consul Service. Awarded an Officer of the NZ Order of Merit for his contribution to Tourism and the Community – the first Irish Citizen to be so honoured.

Rodney is a quietly spoken Irishman who has, evidently, kissed the Blarney Stone. He tells a joke with the ease of the Irish and his smooth, Bailey's Irish Creme voice could quite easily lull an audience to sleep ... if his talk had been boring, that is. But it wasn't. It was full of interesting historical facts about Ireland which kept the audience wide awake. And there's the rub. He gave us so much information it's hard to choose what points to mention.

To begin, Rodney talked about Irish history in comparison to NZ. He gave some relevant background about the two countries from 1840 to 1916. For example, in 1840 in NZ, with a population of 2000 Maori/100,000 European, the Treaty of Waitangi was signed (by an Irishman, William Hobson, he delights in telling us); the gold rush commenced (taking the population to 90,000); Maori Wars, mainly in the Waikato, were fought; introduction of refrigerated shipping which opened up Britain to the farms; and World War 1 started.

Rodney then told us about Ireland during that time. He told us that during the potato famine in 1845/50 1.5 million people died of starvation. He was quick to remind us, there was no food shortage, only a potato shortage. In the next six years, 1.5 million people emigrated. This was the start of the 74 million people of Irish descent who have emigrated around the world.

So, a quick list of just a very few relevant facts about Ireland.

1886/1893/1912 three Home Rule Bills presented to Parliament; 1914 Home Rule Bill on Statute Book; First World War; 1916 Easter Rising – Southern support for Home Rule but a Minority Volunteers for Irish Independence; 6 day Easter Uprising was ruthlessly put down by Britain/300 civilians, 60 rebels and 130 British troops killed; 1920 Black and Tans arrive (so called because of the tan and black uniform) to fight the Irish Volunteers (the IRA); 1922 Civil War; 1949 Republic of Ireland declared; Between 1850-1969 4.5 million emigrate; 1950's, '60's, 70's 'Troubles' in Northern Ireland; 1973 Common Market Membership; 1998 Good Friday Agreement; 2007 Self Government in Northern Island; 2010 Devolution of Justice and Policing in Northern Ireland.

In 1959 Ireland adopted 'The National Plan for Economic Expansion' which became the beacon that lit up the country for change. For example, in 1964 just one in four of 17 year olds were in secondary education. By 1994 this had risen to 83%.

I've left out so much more. There's just not enough space.

But the new adopted strategy advocated the abandonment of protectionism in favour of free trade, encouraged foreign investment, tax concessions for export orientated companies, created jobs, raised the level of education, consistent Governance, and social partnership between government, industry and unions. This led to an economic recovery which was the envy of the world

**By Angela Dold. Ph 571-6767**

#### **Don Merton**

**Spoke at our General Meeting on 19<sup>th</sup> Mar, 2010**

When Don was 18 years old he joined the wildlife branch of the Department of Internal Affairs. He stayed with them for nearly 50 years and became legendary in NZ and around the world for helping to save various bird species facing extinction. Some of these are not so well known here – the Mauritan echo parakeet or the magpie-robin in the Sychelles – but without doubt the most famous are our own NZ birds, the Chatham Island black robin, the kakapo and the saddleback.

The author Douglas Adams, wrote, 'He has probably done more than any man living to preserve the threatened birds of NZ.'

Don began his talk by telling us that when his grandmother came to stay with the family at Wainui Beach near Gisborne, she brought a canary with her. Don, at 4 or 5 years old, was enthralled with the little bird and it sparked a passion in him for wild things. One occasion, he took a finch out of a nest and put it in with the male canary who, surprisingly, fed it. It was a sort of catalyst because 35 years on, it pointed the way to his idea of using the Chatham Island tomtits to cross-foster the near extinct black robin.

In 1976 there were only 11 black robins left which reduced to seven with only two females, one being Old Blue. Don calls her the most productive robin in the whole world and says because of her they still survive. Now there are 250.

In 1977 there were only 50 kakapo left. Feral cats, stoats, weasels, stoats and rats had decimated the population killing the young kakapo chicks. Now, after a careful eradication programme on the islands of Fiordland, kakapo are starting to flourish. There are now 123. One of the most important is Richard Henry, aged about 60 years, discovered in Fiordland in 1975, taken to Codfish Island and is the only surviving mainland bird. This male kakapo is crucial in ensuring genetic diversity in the population.

Don Merton has been given many accolades and awards for his work but he is a gentle, unassuming man who is passionate about conservation. When asked why should we bother he says that 'These birds are our national monuments. They are our Tower of London, our Arc de Triomphe, our pyramids. We don't have this ancient architecture but what we do have is something that is far, far older than that. No one else has kiwi, or kakapo. They have been around for millions of years. And once they are gone, they are gone forever.'

*For those interested, Alison Ballance's book 'Don Merton: The man who saved the black robin' makes fascinating reading.*

**By Angela Dold. Ph 571-6767**

**Angela Dold**  
**Your U3A Publicity Committee member,**  
**Reporter for this newsletter and**  
**Convenor of the Wordsmiths Group**

Angela spoke to members at the March General Meeting on her experiences as a Motelier which she and her husband owner/operated for three years. In relating the occurrences Angela had members laughing and clapping. There were too many events to report on, but a most enjoyable talk from one of our own.

Angela is an accomplished person with skills in many areas. The most enjoyable for her was her time spent teaching English as a second language. She holds the honour of becoming one of the first women rowers in the Hamilton Rowing Club and was one of the first women rowers in New Zealand.

Thank you for entertaining us Angela.

### Groups Information



**Thelma Cane. Groups Coordinator**  
**574-6222. [thelmacane@xtra.co.nz](mailto:thelmacane@xtra.co.nz)**  
**Or: Doreen Anderson. Assistant.**  
**576-3058. [andersondem@xtra.co.nz](mailto:andersondem@xtra.co.nz)**

### Philosophy 2

The group will encourage common sense discussion in a convivial atmosphere, including the principles of knowledge or existence.

**Convener:** Cedric Sutherland. 576-2790

**Venue:** Members homes as arranged

**Meetings:** 1<sup>st</sup> & 3<sup>rd</sup> Wednesday of each month

**Time:** 9.45 am – noon.

### **French Beginners Group: (Starting soon)**

This group is planning to start at the end of April.

Meeting each week on Wednesday evening, time to be finalized with the tutor, probably 7pm to 8.30pm.

If you are interested in joining please contact Thelma on 576-4222.

### **SUGGESTED NEW GROUP:** Religions of the World.

I have three members interested. Please contact Thelma 574-6222 if you are also interested.

## HELP PLEASE

.....We need another COMPUTER HELP group. Is there a member who has expertise in this field and could take another group? Please phone Thelma 574-6222 if you can help this group.

.....The proposed THEATRE GROUP idea has been abandoned due to difficulty co-ordinating times and members availability for shows.

.....**BOOK LOVERS GROUP** Are there any members interested in a group that would meet in the Mount/Papamoa area? I have three members so only need a few more for it to start. Ph Thelma 574-6222.

.....**BUSY FINGERS GROUP** has not been meeting this year. It is going to have a name change to CREATIVE CRAFTS and hopes to resume meeting at the end of July 2010. If you are interested please contact Thelma 574-6222

### **TRAMPING GROUP. TRIPS FOR APRIL/MAY**

22 April. Wairere Falls. 3 hours.

06 May. Whakarewarewa Forest, Rotorua.

Pohaturua track, 2 hrs ... OR

Tokorangi Pa Track, 3.5 hours.

27 May. Daly's Clearing Loop track + part Waitewheta

Tramway Track. 4 hrs + as wished.

If you are interested in joining the Tramping Group to enjoy these tramps please contact Thelma Cane, Ph 574-6222.

### **WORDSMITHS WRITING GROUP.**

Writing is fun. Join us and find out. Do you want to write your family history, fiction, poetry, non-fiction?

We write a lot and learn a little grammar along the way. We are a very friendly group of like-minded scribblers. We meet each 1<sup>st</sup> and 3<sup>rd</sup> Monday of the month, 9.45am at a member's home.

Convener: Angela Dold. Phone 571-6767.

Email: [anndold@xtra.co.nz](mailto:anndold@xtra.co.nz).

Newsletters are due to be posted to you

during 2010 about:  
April 12, June 14, August 16, October 11, & Dec 13.

### GROUP CHANGES

**GEOLOGY 2:** Is in recess due to lack of expertise at this time. Any member with Geology knowledge who could help this group please contact Thelma 576-4222.

**GLOBAL ISSUES:** Is no longer meeting due to lack of numbers.

### HANDBOOK CHANGES.

#### GENEALOGY:

Convener Elaine Hollins 578-0999

**Change of meeting day.** NOW 3<sup>rd</sup> Thursday of each month – 9.45 to noon.

#### ART AS YOU LIKE IT:

Convener Kate Steeds 578-5242

#### GROUPS WITH VACANCIES:

Wine Appreciation. 2 vacancies. Ph Barry 576-6774.

Tramping. This new group would welcome more members. Ph Thelma 574-6222.

500 Cards. Ph Jill 578-0930.

The following groups have vacancies. Music Appreciation 1. Technology Old and New. Antiques & Collectables. German Conversation. Jazz & Blues Apprec.1. French conversation. Jazz & Blues Apprec.2. Global Issues. History of NZ – the last 1000 years. Current Events E. Music Appreciation 2. Science today – 579-1590 or 576-6267. Wordsmiths. If you are interested in joining any of the above please contact Thelma – 574-6222.

### U3A Tauranga Contacts

#### Address:

U3A Tauranga Inc. PO Box 14453, Tga 3143

**Website:** [www.u3atauranga.org.nz](http://www.u3atauranga.org.nz)

**Bank A/c for subs payment:** 02-0466-0014834-00.

\* Please include first and last names in 'code' area.

**Almoner:** Doris Hamer. Ph 571-8184.

[hamer@bopis.co.nz](mailto:hamer@bopis.co.nz)

Please contact Doris if you are aware a member has died. Please also advise the Membership Secretary so records can be adjusted.



### YOUR SPOT



The following article was provided by the Health Improvement Group.

Any questions to David Walpole M.Sc.  
[twinmore@paradise.net.nz](mailto:twinmore@paradise.net.nz). Ph 576-0578

#### Part 1.

**YES!!**

**We now know how to halve Cancer rates for Bowel, Lung and Prostate.**

The Federal Drug Administration in the USA has approved 2 selenium claims.

Selenium may form anti-cancer substances in the human organism, and may prevent some forms of cancer. The results are not conclusive.

#### Why we need the extra selenium

What does the extra selenium do that has been shown to be so beneficial? Our bodies have many enzymes, catalysts that make things happen. Some break down complex food molecules into simpler entities. Others cause our food to combine with oxygen to keep us warm. There are some 25 enzymes which contain selenium in their make-up and are only activated at higher selenium levels. They make our immune system work better. There are special cells in the blood called T cells which consume unwanted organisms such as foreign particles, germs. In a selenium-replete person there can be counted some 10 times as many T cells as in a person with low selenium levels.

Countries producing food should be aware that certain minimum levels of minerals are necessary in people and their food for their optimum health. Examples are iodine, fluoride, selenium and chromium. These trace elements are needed only in tiny amounts of the order of parts per million, but those levels are **absolutely vital** to avoid a whole lot of illnesses.

#### The 2009 Select Trial Result.

This USA trial began in 2001. It was set up to establish whether selenium, or vitamin E, or a combination of both, would prevent prostate cancer in a group of 35,000 relatively healthy men.

After seven years there was no difference between any of the treatment, or placebo groups.

The selenium-only group result may have been expected, as the trial designers said the participants were generally replete with selenium at base line. Their levels ranged from 1.57 umol/L to 1.85 umol/L at the beginning and increased to over 3 umol/L.

Thus there are now results from the NPC and Select trials. These are the medical profession's 'Rolls Royce' of trials – double blind placebo – with overlapping answers.

#### Halving Bowel, Lung and Prostate Cancer!!

Combining these results, the NPC trial shows raising a mean Se level from 1.4 to 2.4 umol/L gives an enormous reduction in bowel, lung and prostate cancers.

The SELECT trial shows that all the benefit has occurred by the time the absolute level has reached 1.6 umol/L. Further increases produced no measurable benefits.

For practical purposes a target of 2 umol/L seems sensible and well within the Mayo Centre's top 'alert point' of 5 umol/L.

SO ...

#### INCREASE YOUR SELENIUM LEVEL TO ABOUT 2 umol/L.

This should achieve halving the bowel, lung and prostate cancer rates, along with the many other benefits a replete-selenium level provides.

*Part 2, will be printed in the June Newsletter.*

### Statistics

Membership as at: 8<sup>th</sup> April 2010 607  
Financial Members: 543