

July 2021



Browns Bay Newsletter



GUEST SPEAKER
Dr Winnifred Murray
Restorative Justice in the
Criminal Justice system in
New Zealand

This talk will outline the principles, purpose and practise of Restorative Justice and describe the process that participants go through to achieve the restoration of relationship that occurs.

A description of a selection of the Restorative Justice conferences Dr Winifred Murray has co-facilitated will demonstrate the outcomes achieved for the Victims, Offenders, Support Persons and their communities.

Dr Winifred Murray is an experienced teacher, facilitator, relationship counsellor, professional supervisor, a passionate restorative justice practitioner. She has assisted in training restorative justice facilitators, in developing national restorative justice training resources and practice standards

PRESIDENT'S REPORT

Hello members,

Simon Paton and Grace Doughty from Waka Kotahi NZ Transport Authority, our Guest Speakers for the June meeting, un-mystified some of the road works on the North Shore, particularly the ones around Albany, which I see from the car when driving, but even more clearly from the bus when leaving from the Albany Park and Ride. We are told these will be completed next year, when they will begin on the Rosedale Road works, which look amazing on the plans. It will be worth taking a bus ride to visit the area, when it is finished.

Dr John Harry's SIG Presentation on behalf of Medical Science and History de-mystified some of the conspiracy theories around fast tracking of various vaccines for protection from Covid19, and I hope that this information, for those who were able to attend, has given you confidence in having the vaccine. Which we expect will be soon, for those of us over 65 who haven't yet received an invitation for one.

Congratulations to those SIG groups who presented displays of what we do at the 'Have a go' day for the Heart of the Bays (community rooms). We were bright, active and inviting!

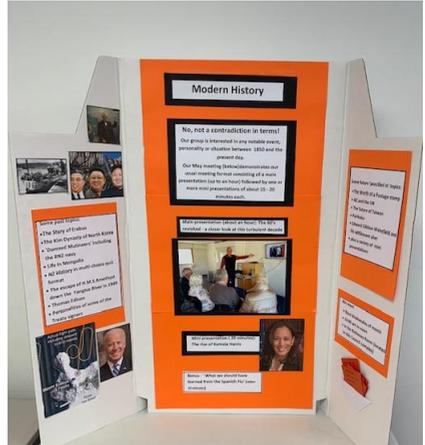
Val Lloyd

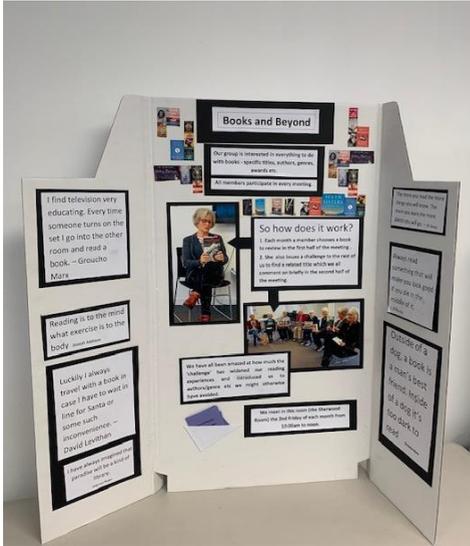
NOTICES

Upcoming speakers

Our Speaker Co-ordinator Gloria Ward advises the following speakers have been scheduled for the next 3 months. (Note these may be subject to change)

- **August:** Peter Kammler speaking on environmentally friendly cars and why the dominance of petrol fueled cars is coming to an end.
- **September:** Guy Slocum who was a Squadron Leader in the RAF will be talking about his experiences as a pilot in the Cold War.
- **October:** Margaret Gane will speak on U3A in New Zealand and overseas. And very topically she will also tell us how the town of Eyam in Derbyshire England famously coped with the Great Plague that raged in the 1660s.
- **Heart of the Bays open day**
The Have-a go day held on Friday 18th June was a fun time for those who attended with some of us trying out new activities. We did have a few visitors who expressed interest in our organisation. Thanks to all who made this a success.





Car Pooling

With some of our members getting frailer or driving less, it might be time to consider the possibility of carpooling or offering a lift to others so they can more regularly attend meetings and SIG groups.

Special Interest Groups

All members should be part of at least one special interest group. If there is a talk on in one of the groups that you would like to attend phone the convener and see whether they are happy for you to attend.

Special Interest Groups at another U3A

Members visiting a SIG at another U3A may be required to make a payment at the discretion of that SIG group.

Change of Contact details

Please let the Membership Manager know if your contact details change so that our database can be kept up to date.

New Inquiries to join U3A

If you know anyone who is interested in joining our U3A, please pass their names onto our Membership Liaison Myfanwy Van Hoffen. Your committee has prepared a whole “interest pack” for any such inquiries.

SPECIAL INTEREST GROUPS

Active Travellers

Gay and Barry Brennan talked about touring by car during various trips to Northern France. In 2014 they spent 2 weeks on a house exchange in an old farmhouse set in its own apple orchard in Normandy. at the time of the 70th anniversary of the D-day landings. On the way there they made a poignant stop at Duisans Military Cemetery to see the grave of Barry's grandfather killed in WWI. They visited the D-day commemorations at both Sword Beach, the only one where the French landed, and Omaha Beach. Other day trips were to Mont St Michel, to Bayeux to see the Tapestry, as well as to the historic old fishing port of Honfleur, and the fashionable beach resorts of Deauville and Trouville. In 2018 they stayed for a week in a cottage in Brittany where they again toured by car, visiting Dinan, St Malo, and the picturesque beaches and coves of the Rose Granite coast. Further to the west they went to the beautiful old mediaeval town of Quimper with its many flower-laden bridges across the River Odet. A highlight was visiting Carnac, one of the largest Neolithic sites in the world with over 3,000 standing stones as well as dolmens (megalithic tombs) and tumuli (burial barrows). The stones date from the Neolithic period, 4500 BC – 2000 BC, and stand in long

rows called alignments, making a strong statement as they stretch into the distance.

Archaeology

Garry's presentation was on the Archaeology site of Sanxingdui, located in the city of Guanghan, 40 km from Chengdu, Sichuan Province, in China. There is a 2hr broadcast which shows archaeologists and experts talking about the objects being carefully removed from the ground.

<https://www.cgtn.com/special/China-unveils-new-discoveries-from-Sanxingdui.html>

The Sanxingdui finds remain enigmatic. No texts or written language has been found, nor is there any mention of this culture in the records of other countries.

Other meeting snippets: Silvia - Marble statues of Greece were not just white but originally coloured, the colours have faded. New research has detected original pigment colours. Plaster casts of some statues have been made, to recreate the original colourings. Fay - Talked about an amazing book "The World before us" 2021 and the local researchers' contribution.

Art History

At our June meeting our presentation was about the history of gold from the time of early civilisations BCE, such as the Egyptians, Chinese and those of Mexico and Peru, up until the Byzantine era in AD 395-1453. The use of gold was associated with light, spirituality and purity but was also a symbol of status in many cases. We saw photos of a variety of beautiful gold artifacts, ornaments, and mosaics and the subject engendered lots of discussion. We welcomed a new member, Thelma, and planned a board for the Have a Go event, which Gloria kindly organised.

Art Potpourri

We were introduced to the German artist, Paula Modersohn-Becker 1876-1907, by Suzanne. When on a North German cycling tour, she visited the charming Roselius gallery displaying the results of the artist's prolific 10 year long career. It is the first gallery devoted to a woman's art. Her works were considered degenerate during the Nazi era and some were destroyed. However her remaining 700 works show vibrant colours, sensitivity to her models (often poor local peasants), flat landscapes and indicate great potential if she had not died young from a post-childbirth embolism.

Next meeting is at Denise's to view the acclaimed DVD "Klimt and Schiele, Eros and Psyche" based in Vienna.

Book_Group

As always a good meeting with lots to talk about - not just books. Books we discussed were: *Jeeves and the Leap of Faith* by Ben Schott; *Quiet in Her Bones* by Nalini Singh; *Prodigal Son* by Gregg Hurwitz; *Burnt Sugar* by Avni Doshi; *A Gambling Man* by David Baldacci; *Autumn Light* by Pico Iyer; *The Berlin Girl* by Mandy Robotham; *The Beekeeper of Aleppo* by Christy Lefteri; *Morality* by Jonathan Sacks; *The Beauty and the Terror* by Catherine Fletcher; *The Night Portrait* by Laura Morelli; *Surviving the Angel of Death* by Eva Mozes Kor and Lisa Rojany Buccieri; *A Discovery of Witches* by Deborah Harkness; *The Handmaid's Tale* and *The Testaments* by Margaret Atwood; *Tragedy at Pike River Mine* by Rebecca Macfie; *The Familiar Dark* by Amy Engel; *Sooley* by John Grisham; *The Paris Library* by Janet Skeslien Charles; *Betty* by Tiffany McDaniel; *Before You Knew my Name* by Jacqueline Bublitz; *The Dickens Boy* by Tom Keneally; *Here We Are* by Graham Swift; *The Villa Girls* by Nicky Pellegrino; *The Problems of Dr A* by Elizabeth Seifert and *Akin* by Emma Donoghue.

Books and Beyond

Heather had chosen the theme of Memory and the book, 'Call Me Evie' by J.P.Pomare. As the book unfolds it becomes obvious that Evie's memory of a traumatic event is being manipulated. As she slowly

thinks she is recovering her own memory she is unsure whether what she has been told she remembers are dreams or fantasies. An interesting psychological thriller where one identifies with Evie, even though she behaves irrationally at times. The tension of Evie's situation builds up and the author creates suspense well.

As usual our group challenge of 'Memory' not only bought up a wide range of titles but also much thought provoking discussion on the accuracy of our memories, the triggers of memory and the extent to which our memories can be manipulated - another very interesting session.

Classical Music - No report this month.

Creative audio visual

This is our technical month so may be boring for others but exciting for us as we learn many new techniques to enhance our videos. Terry showed a video about 'Audacity' and how to use it. I believe we all learned a great deal from this so we should all sound so much better in the future!! Next Val demonstrated how to download and use 4K video and music downloader another very useful tool for making better videos. Lucy showed us how to make our own transitions. All in all it was very successful technical session. As you will

gather from this we are all still learning and so would really welcome new members willing to learn with us.

Creative Writing

A great collection of stories to cover this time; An aversion to the colour of orange(!) , various " mistakes " also fear of heights , water and an averted kidnapping. Also a part educational and part truly horrific story of the plight of people's in the African countries. Our next assignments are " The Hearty Laugh" and any age children's story.

Current Affairs

Current affairs met in June. There was the usual quiz, then a topic which raised Issues around Royalty and its relevance today and the future. This included issues of mental health, self esteem, and self entitlement. The impact of Covid and process of vaccinations was discussed , and finally a news item about adoption as an option to help climate change.

Cycling

We had a sunny / cloudy morning with very little wind for our cycling around Millwater and Orewa, part of the Estuary Cycleway and back to Millwater via Bankside Drive. This road was on one of the higher areas of Millwater so we had wonderful views of the estuary and surrounding areas. This road led to the shops and

Millies Cafe where we all enjoyed coffee and cake and a catch up. The ride lasted an hour and a lovely morning was had by all.

Film Appreciation

At our meeting we screened the movie “HIDDEN FIGURES” based on the book of the true story by Margot Lee Shetterly of 3 African American women (Katherine Johnson, Dorothy Vaughan and Mary Jackson) skilled in mathematics, science and aerospace engineering working at NASA to do with the electronic computers, calculations and trajectories to get astronauts into space and critically back to earth.

Katherine Johnson who retired in 1986, had numerous books written about her, and in honour of her work was given the Presidential Medal of Freedom (1915) from Barak Obama; Dorothy Vaughan who became an expert at the FORTRAN a computer programme language for scientific & algebraic applications. She retired from NASA in 1971; and Mary Jackson whose contribution to the space programme received greater recognition after her death in 2005.

Français pour rire

This month, Anna described the life and works of Paul Gauguin !848-1903. Born in Paris, his family moved to Peru when Gauguin was very young. On their return to France , Paul finished school and joined the navy. He

then married and had 5 children but the marriage failed. His wife and children went to Denmark, he worked in a bank and painted as a sideline in France before moving to French Polynesia. for the last 10 years of his life where he painted his most famous paintings of South Pacific village life.

We then moved on to reading and translating a further episode about our young couple in Spring in Paris before catching up with historical news events in June. Next month we will continue with our story of the relationship in Paris and Fay will talk about La Sainte Chappelle, and its world famous stained glass.

International Studies

Geoff took us to Africa with his presentation about Tanganyika and Zanzibar Island which are now essentially 1 country. Omani Arabs appointed Sultans to rule and run the slave trade to Europe and America until 1800s

He covered the history of Portugal, Germany, France and Britain who colonised the country for some centuries after Vasco de Gama discovered it for Europe in 1498.

The east African country shares borders with many other countries, has mountain ranges (MT Kilimanjaro is the highest peak in Africa) , rivers, huge plains and the largest African lake(Lake Victoria) and the deepest fresh water lake (Lake Tanganyika) . British rule ended

in 1961 when its new name, acknowledging its joined-up state was formalised by the UN ..It is now a democratic republic , with up to 130 different spoken languages, and wildlife tourism, agriculture and fishing all contributing to the economy.

Next month Dorothy will show us Tonga

Inventors and Inventions

18 members met on Tuesday 15 June with a presentation by Heather Howarth on the contribution the University of Manchester has made over the years with Nobel Prize recipients including our Lord Rutherford, and in particular the discovery of graphene and the work carried out to uncover its amazing properties. Brockie King gave an interesting talk on the history of shaving and the evolution of shavers and blades over the centuries right up to types of electrical shavers. Eugene followed with a talk and demonstration on the application of radio frequency devices like garage door openers to be used to remotely switch house lights on and off from anywhere in the house.

Gary Clark showed an amazing video on the incredible range of electric vehicles that have been produced and sold since the late 1800's right up until 2021. China's BVD Company leads the way. Finally Stu Russell showed a video of the roundest object in the Universe.

It is a sphere of silica made and held at the University of Sydney as an international standard unit of mass.

Local History - No report this month

Mah Jong - We welcome new members

Medical Science and History

The Main Presentation was “The History of the Treatment of Kidney Failure - Dialysis” – Pauline outlined the development and use of the first Artificial Kidney Machines. She also discussed the achievements of the men who were responsible. These pioneers worked with determination using lessons learned from war, accidental good luck and the use of borrowed technology often in an atmosphere of opposition and indifference. The first time an artificial kidney machine was used for Haemodialysis in NZ was at Wellington Hospital in 1958. We had a “Guest Speaker” Peter from SIG Inventors and Inventions presented “How I Met Elisa” this talk was well received by our Group. Several other brief topics were discussed, including Minnie Dean, Fungus heal treated with Hyperbaric therapy, Corn Meal for toe fungus, Lab grown tissue used to heal organs and CRISPR – A gene-editing tool which can be used to change the DNA of humans.

Modern History

Shirley's talk was titled "The Worth of a Postage Stamp". After the French company, the Panama Canal company, abandoned any hope of finishing the partly constructed canal, they tried to sell it to the US. A canal through the Americas was a much discussed subject but Nicaragua was a more popular alternative to Panama, as it was a less politically volatile area. A Frenchman, Philippe Bunau-Varilla, who had purchased a lot of stock in the Panama Canal Company, actively lobbied in the US. In various trips to the US he met prominent people and delivered lectures. To illustrate his charge that volcanoes would threaten the Nicaraguan route, he purchased Nicaraguan postage stamps picturing Momotombo belching ashes and smoke and distributed them to every US Senator. This influenced the US Congress in 1902 to pass the act which provided for canal construction in Panama if reasonable arrangements could be made with Columbia, of which Panama was a part at that time - and that is another story!

Music - Mainly Classical

At our June meeting we watched a DVD of the Welsh mezzo-soprano Katherine Jenkins singing a mixture of opera and crossover songs at the Gala night at the Llangollen International Music Eisteddfod. The final night at Llangollen has had a large number of famous

international artists including Kiri Te Kanawa. As a complete change we watched another DVD of Richard Strauss's Burlesque in D minor .The pianist was Bernd Glemser and the orchestra, the Svizzera Italiana was conducted by Nicholas Carthy.

Puzzles Patterns & Paradoxes

Our group works by everyone bringing a short puzzle lasting about 10 - 15 minutes.

Here are some examples, this month mostly verbal puzzles: [no googling until you have had a go!]

(Answers at the end of the newsletter)

A. An Absconce is 1. do a runner. 2. Conceal
3. drink a yard of ale as a result of losing a bet
4. Lantern used in a monastery.

B. Find a word containing the letter 'q' for:
3 separate answers]

1. a cocktail of rum, lime juice and sugar.
2. small Asian citrus fruit.
3. grain like food, a staple in the Andes.

C If you were a 'tycoon' where would you be ruling?

Renaissance

Jan spoke about the Scrovegni [Arena] chapel in Padua. This was built by Enrico Scrovegni to adjoin his palace, built on the site of a Roman arena. He was a very wealthy banker so he built the chapel to atone for his sins because usury at that time was considered a

sin by the Church. Completed in 1301, its interior was entirely decorated with frescoes by the artist Giotto di Bondone, whose art, a new style for that time, showed movement and perspective of distance in the scenes and stories of the life of Christ and his Mother. The palace is no longer there. The chapel now belongs to the city of Padua. Giotto's chapel is considered a masterpiece of Western art. Then we watched a You Tube film taking us on a tour of the art in the chapel by 2 art historians.

The Maori World

Te reo Māori took centre stage at our meeting this month.

Taumatawhakatangihangakoauauotamateaturipukaka pikimaungahoronukupokaiwhenuakitanatahu, is the name of a hill near Porangahau which holds the Guinness World Record for the longest place name in the world. Although it was a challenge to pronounce this place name, it was interesting to break it down to discover the translation of the name, i.e. The hill where Tamatea sat, the chief of great physical structure and renown, playing on his flute in memory of his loved one. We also learnt the importance of mita, dialects, in te reo Māori. Mita can involve dropping a constant, or replacing a letter with another which are examples of unique te reo indicators of the country's different iwi. For example, Tuhoe change the "ng" sound to a "n"

sound, Ngai Tahu change the “ng” sound to a “k” sound.

Travel - No report this month

Ukulele

This month there have been two meetings where we concentrated on improving strumming technique and playing group members songs of choice. At the U3A Browns Bay "Have a go day" in the Community centre, Garry had a Ukulele stand with 4 different sized Ukuleles, Soprano, Concert, Tenor and U-Bass. This demonstrated that the instrument has evolved over the last few years into a more professional range of instruments. A six min repeating video showed some of this group's activities since 2019 and some famous ukulele players and singers. There was interest from a few ukulele players to join the group

Answers to the puzzle set by the Puzzles Patterns & Paradoxes

A Lantern in a monastery.

- B** 1. Daiquiri
2. Cumquat
3. Quinoa

C Japan [ancient]