

U3A DUNEDIN *Forum*



Newsletter No. 71 -December 2020

Three busy years at the helm for Alan

U3A Dunedin has moved more and more of its organisation to the Internet. Of the nearly 900 members, 60 have communication via paper and we know that a good many of those members do have internet access but simply prefer not to use it for our notices. Our regular *Forum* goes out in monochrome, but those who read it on-line have the advantage of full colour. The Board doesn't charge a differential, but I often wonder, if the \$20+ charge were made, would it encourage more folk to become e-members?

The reasons for the move have been:

- 1. To reduce significantly the workload for our volunteers,**
- 2. Streamline the efficiency of the organisation.**
- 3. Improve considerably the quality of service to members.**

All Board and Programme Committee Reports are posted on our website in advance of meetings. That has reduced our photocopy bill significantly and reduced the workload of Board Secretary in preparing for meetings.

Similarly, all draft course brochures can be placed before the Programme Committee and the Board without the need for extensive printing. Changes to course brochures are easy to make, even whilst a course is running.

MEMORY JOGS

For those who need a memory jog, or those coming to us for the first time we have added a Frequently Asked Questions (FAQ) section on the website to answer those issues which bedevil from time to time.

We have increased the numbers of notices to members via the Courses and Resources page, advising of interesting lectures at the University as well as places such as Toitu Early Settlers' Museum. We have created a Magazine section with



Alan Jackson, Chair of the U3A Dunedin Board for the past three years writes about some of the changes made during that time.

articles solicited from our members – truly sharing knowledge and experiences. Professor Yoram Barak generously contributes articles on issues of the brain and ageing several times each month. This was of particular help to many members during lockdown.

For those wanting to know more about U3A in the past there is an Honours Board on the Board & Assistants' page and on Courses and Resources page, there is not only a copy of the latest course brochures but also a list of all courses U3A Dunedin has ever run.

If you use your U3A Dunedin membership login you can view the slides of most of the lectures since 2017 and that helps if you missed the odd presentation or if you need to go over that part of it again. I can see that a good many members do access slides later..None of that was possible before.

The U3A Dunedin members' account has enabled us to cope with the twin challenges of Covid-19 cancellations and the withdrawal of cheques by trading banks. For many, the loss of cheques has been almost as hard to take as the lockdown, but we are determined that no-one needs to resign from U3A due to difficulties in payment. These changes are evidence of the need for life-long learning – whether we like it or not (I was quite happy with Windows 7 but have to learn about Windows 10, and I am frequently shaken out of my comfort zone when upgrades to programmes are automatically installed on my computer).

EARLY DAYS — AND NEW

In the early days of U3A Dunedin, the University used to give us money to supply courses for their Continuing Education services. This not only built up a very close relationship between the University of Otago and U3A Dunedin, but it also built up a large pool of funds. Over the last two years we have returned \$70,000 of those accumulated funds to University in the form of a \$50,000 fund for a scholarship and gifts to four Community Groups.

We have extended the option of 'one-off attendances' but do encourage intending attendees to let the Course Convenor know in advance. A \$10 fee applies to single attendances.

We have tried to meet changed dietary requirements by providing gluten-free refreshments as requested – again, a note to the Convenor in advance please.

Access for some less-mobile members is an issue and we have introduced special parking areas at the Bowling Club which will suit at least 10 cars, as well as ensure speedy exits are possible. We have timed egress

OUR WEBSITE
u3adunedin.org.nz

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at both venues when we have had large attendances and can clear both sites well within fire safety regulation times.

We have run training and familiarisation courses for intending course convenors and assistants, to keep that stream of volunteers flowing.

Our Programme Committee works tirelessly to provide a stimulating range of courses during the year – we try to cover the gamut of topics and build in member feedback at the end of each course.

FEEDBACK AND GROUPS

Member feedback is sought now via our website – it is secure and private and far more useful than on the old ‘paper days’ as members write much more and have more time to consider suggestions for improvements as well as new courses. As well as that, it saves a lot of paper and the expense of shredding it later. The computer collates the suggestions and so paper shuffling is a thing of the past.

Our Discussion Groups have grown to involve the better part of 100 members (when Covid doesn’t intervene.) An increasing number of interest groups have been formed and we have had excellent newsletters to publicise them.

NAME BADGES

We have changed from the hard-plastic name badges (with a pin which can cause holes in clothing) to colourful lanyards. The text size of the names is much more easily read and they are faster to put on. It is easier to use a member’s name when greeting at the start of a course and open the way for social contact which is a vital part of our well being in our Third Age.

ZOOM CONFERENCES

This year we have used the computer conferencing software ‘Zoom’ for many Board and Programme Committee meetings. It saves a lot of time and

reduces our carbon footprint, which we cannot ignore. Perhaps it will continue to be used by the new team.

TASK PROTOCOLS

In addition to all of the above, we have revised all the task protocols (eg “How to be a Course Assistant”) and the job descriptions (“Duties of the Chair of Programme Committee”) to bring them into line with current practices. We have tried to make those in the form of “Tips for my successor”. We have



Linda Kinniburgh

had long hard talks about succession planning.

NEW CHAIR

The next *Forum* you read will welcome a new Chair, Linda Kinniburgh. She has been co-chair of the Programme Committee and brings considerable experience of leadership to this position. We will give her all support possible to enable U3A to continue as a member-focused stimulating educational organisation.

I am committed to the idea that volunteering is a sign of a healthy society and our ‘Team of 30’ on the Board, Programme Committee, Discussion Group Committee all bring valuable energy and experience to the task. Dunedin is all the richer for their contribution.

Over the years I have been privileged to work alongside some highly dedicated volunteers who have made U3A Dunedin better and better as each year unfolds.

I urge you to value and appreciate them as I do. On behalf of all of us, can I extend best wishes for Christmas and as healthy a New Year as any one of us has a right to wish for.

Notice to all Dunedin U3A Members

The AGM of the Dunedin U3A Charitable Trust will be held on Thursday 11 February 2021 at 11:00 a.m. at Salmond College – Knox St .

Following the meeting a lunch will be served.

Notices of Motion and/or Board Nominations must be with the Secretary to the Board by 1 February, 2021.

The Agenda and lunch details will be posted 17 January – online and by mail.

Secretary: Marion Potter- Ph. 453 4721 -mw.potter42@gmail.com

Quips for keen explorers of the Internet

Some sayings, influenced by the Internet follow:

Home is where you hang your @
The email of the species is more deadly than the mail.

A journey of a thousand sites begins with a single click.

You can’t teach a new mouse old clicks..

Speak softly and carry a cellular phone.

The modem is the message.

Too many clicks spoil the browse.

The geek shall inherit the earth..

Don’t byte off more than you can view.

What boots up must come down..

Virtual reality is its own reward.

Modulation in all things..

Give a man a fish and you feed him for a day; teach him to use the Net and he won’t bother you for weeks.

There’s no place like <http://www.home.com>.

//////////
“[Humanity] has unquestionably one really effective weapon—laughter. Power, money, persuasion, supplication, persecution—these can lift at a colossal humbug—push it a little—weaken it a little, century by century, but only laughter can blow it to rags and atoms at a blast. Against the assault of laughter nothing can stand.” - Mark Twain

Good feedback for Virus Year

This Year of the Virus, 2020, ended with our Spring series, a full offering of seven courses, meeting with general approval from those attending. Feedback showed a satisfaction rate from the combined categories of 'Generally Interesting' and 'Always Interesting' comfortably in the range of over 80%.

One, *Rise of a Sporting Nation*, achieved an unprecedented 100% 'Always Interesting' score. And others ran that close. Picking appealing course topics and then matching them with capable presenters is not always easy. So, when successfully done, it is very satisfying for the whole Programme Committee.

PLANS FOR 2021

With Covid beginning to be behind us and the prospect of effective vaccines, a semblance of normality has returned to our programming for the coming year. Series 1 Autumn is now well in place with advance publicity on our website and enrolments begun this month.

Our attention has now turned to our Winter and Spring series. For the former (June & July) we will be offering the long postponed *Exploring the Hocken Collections* and *Safety Matters* courses. To these will be added the very contemporary topics of *Artificial Intelligence*, with huge implications for our future, and *Innovation*, that may just help us to cope with it. These will be rounded out with *Engineering in Dunedin* (more than you would think) and then one on *Humour and Laughter*, an inventive mix of science and the arts.

Series 3, the Spring term, in August and September, is as yet necessarily less well formed. We hope to have a further music course, for which there is an almost insatiable demand including actual playing, and another on literature, a usual staple.

ARTS & YOUTH VIEWS

A course on contemporary architecture, for those interested in the visual arts, is also on the stocks. And a further course on health, always popular with our

advanced demographic, is also in our sights, as is "Building a New Hospital", Dunedin's of course.

Lest we get too comfortable, complacent even, in retirement, we are now considering a series of presentations from the youth of our schools on how they see the world for themselves over the next few decades. Though we will not be there to share it, most of us now have grandchildren.

QUESTION TIME

A nagging problem concerns the questions from the audience, particularly for those with limited hearing, most apparent at the Golf Club with its greater width. Requests to speak up have had little success. Questions from the front cannot be easily heard by those behind, whose questions in turn are hard to hear at the front.

A portable microphone has been ruled out as slow and cumbersome. One solution is for the chair to repeat questions then, not always easy, and some questions can be quite lengthy comments difficult to summarise, but often quite interesting. All a bit frustrating. The best answer would appear to be a combination of more rigorous repeating of questions, by chairs and speakers (they do have microphones), greater effort by questioners to project, and for those whose hearing is not what it once was to sit where it best suits them to hear.

Linda Kinniburgh and Stuart Strachan Co-chairs,

Programme Committee

Badge of history



U3A Dunedin's Board Secretary Marion Potter (right) and Chair Alan Jackson visited Bill George (left) at the end of November to present his Life Membership badge, with the congratulations of U3A for the early years of service Bill gave as Treasurer. (He was also our fix-it man before we employed Impressions Audio-Visual to do the job.)

Talk in the visit reflected on the early years when the University of Otago paid U3A to deliver courses as part of the Government's Continuing Education programme. The attendance lists, taken at the lectures, were the proof of delivery and attendance, the U3A members being part of the University's Equivalent Full Time Students (EFTS) on their role for Government funding.

Those funds built up and were well nursed by subsequent Treasurers and that has enabled the return of the funds to the University and community groups over this last year.



'It has been said that democracy is the worst form of government except all others that have been tried.'

Winston Churchill

'I make this letter longer than usual because I lack the time to make it short. ~ Blaise Pascal'

U3A DUNEDIN CHARITABLE TRUST

Website: u3adunedin.org.nz

Address: Secretary to the Board,
U3A Dunedin, PO Box 6491,
North Dunedin, 9059.

Email: contact@u3adunedin.org.nz

Phone: 453-4721

Chair: Alan Jackson, 473-6947

Registered Charitable Institution - #CC22345

Limit that coffee intake

Researchers at Arizona State University, USA, say that while the pros and cons of drinking coffee have been debated for decades, new research from the University of South Australia has revealed that drinking six or more coffees a day can be detrimental to your health, increasing your risk of heart disease by up to 22 per cent.

In Australia, one in six people are affected by cardiovascular disease. It is a major cause of death with one person dying from the disease every 12 minutes. According to the World Health Organization, cardiovascular disease is the leading cause of death, yet one of the most preventable.

Investigating the association of long-term coffee consumption and cardiovascular disease, UniSA researchers Dr Ang Zhou and Professor Elina Hyppönen of the Australian Centre for Precision Health say their research confirms the point at



which excess caffeine can cause high blood pressure, a precursor to heart disease. They say people must limit their coffee to fewer than six cups a day - based on their data six was "the tipping point where caffeine started to negatively affect cardiovascular risk."

Using UK Biobank data of 347,077 participants aged 37-73 years, the study explored the ability of the caffeine-metabolizing gene (CYP1A2) to better process caffeine, identifying increased risks of cardiovascular disease in line with coffee consumption and genetic variations..

Beer and coffee in good taste

Some people like both coffee and beer. A genetics study suggests beverage preferences hinge on psychoactive effects. Scientist Marilyn Cornelis searched for variations in our taste genes that could explain our beverage preferences. Understanding those preferences could indicate ways to intervene in people's diets.

'The genetics underlying our preferences are related to the psychoactive components of these drinks,' said Cornelis, assistant professor of preventive medicine at Northwestern University Feinberg School of Medicine. 'People like the way coffee and alcohol make them feel. That's why they drink it. It's not the taste.'

Sugary beverages are linked to many disease and health conditions. Alcohol intake is related to more than 200 diseases and accounts for about 6 percent of deaths globally.

Beverages were categorised in a bitter-tasting group and a sweet-tasting group. Bitter included coffee, tea, grapefruit juice, beer, red wine and liquor. Sweet included sugar-sweetened beverages, artificially sweetened beverages and non-grapefruit juices.

Beverage intake was collected using 24-hour dietary recalls or questionnaires. Scientists counted the number of servings of these bitter and sweet beverages consumed by about 336,000 individuals in the UK Biobank. Then they did a genome-wide association study of bitter beverage consumption and of sweet beverage consumption. Lastly, they looked to replicate their key findings in three U.S. cohorts.

Grandma's secret

A little girl sat and watched her mother in the kitchen. She suddenly noticed that Mum had several strands of white hair sticking out in contrast to her brunette head. She asked, "Why are some of your hairs white, Mum?"

Her mother replied, "Well, every time that you do something wrong and make me cry or unhappy, one of my hairs turns white. The little girl thought about this revelation for a bit, then said: "Mummy, how come ALL of grandma's hairs are white?"



Among those whom I like or admire, I can find no common denominator, but among those whom I love, I can: all of them make me laugh.

- W.H.Auden

WORD wonders

Squeers - Linguists say that only 10-15 % of words give a clue by their sound as to their meaning, by reflecting or imitating their meaning. *Buzz*, *whistle*, *rattle*—sound-words, but not only them. Consider *zigzag*, *askew*, *flitter*, *flutter*, and *flop*.

It's complicated. Even the sound-words move away from simple onomatopoeia in becoming metaphors: *buzz-words*, *rattle trap*, *whistle-stop*. And some say that most of language is dead metaphor.

As for me, I see more than 10-15% because the fusion of sound with sense is much stronger in some sounds than the average, and I like such words, and use them plentifully. Take words that begin with *sq-*.

Admittedly, they are comparatively few, and some begin with *sq-* for other reasons. *Square*, *squire*, or *squirrel* are borrowed from other languages: *quadratus*, *scutarius*, *skiouros* (shadow-tail). Here, *sq-* is marching to a different drum.

Nonetheless, you can't argue with *squee-gee*; as the wet squeaky noise that kitchen tool makes in use. It forms from *squeeze*, which itself had an intensified form *squeeegee*. And what about *squeak* itself? And *squeal*, *squiggle*, *squirm*. As verb or noun, you wrinkle your nose to make them even more expressive. Try it. NOW!

Which puts me on the track of *squint* and its adverb *asquint* (OE dative). *Squ-* disposes me to see as well as hear, and to sense, something askew, sideways, oblique.

Dickens and Milton, come to my aid! Why is Mr *Squeers*, of Dotheboys Hall, so aptly named? And why did Milton's Satan "squat like a toad" to pour temptation into the dreams of the sleeping Eve? Toad's secrete poison. Satan works by poisoned words. He does it "*squat*" or squatted.

I rest my case. - John Hale



A small boy swallowed some coins and was taken to the hospital. His grandmother phoned and asked how he was. The nurse said: "No change yet."

Our moon, just a phase

The moon that shines above us is a sphere that travels once around Earth every 27.3 days.

It also takes about 27 days for the moon to rotate on its axis. So the moon always shows us the same face; there is no single "dark side" of the moon. As the moon revolves around Earth, it is illuminated from varying angles by the sun — what we see when we look at the moon is reflected sunlight. On average, the moon rises about 50 minutes later each day, which means sometimes it rises during daylight and other times at night.

NEW MOON

At new moon, the moon is between Earth and the sun, so that the side of the moon facing toward us receives no direct sunlight, and is lit only by dim sunlight reflected from Earth. A few days later, as the moon moves around Earth, the side we can see gradually becomes more illuminated by direct sunlight. This thin sliver is called the waxing crescent.

A week after the new moon, the moon is 90 degrees away from the sun in the sky and is half-illuminated from our point of view — what we call first quarter because it is about a quarter of the way around Earth. A few days later, the area of illumination continues to increase. More than half of the moon's face appears to be

getting sunlight. This phase is called a waxing gibbous moon.

FULL MOON

When the moon has moved 180 degrees from its new moon position, the sun, Earth and the moon form a line. The moon's disk is as close as it can be to being fully illuminated by the sun, so this is called full moon.

Next, the moon moves until more than half of its face appears to be getting sunlight, but the amount is decreasing. This is the waning gibbous phase.

Days later, the moon has moved another quarter of the way around Earth, to the third quarter position. The sun's light is now shining on the other half of the visible face of the moon.

WANING STAGES

Then the moon moves into the waning crescent phase as less than half of its face appears to be getting sunlight, and the amount is decreasing.

Finally, the moon moves back to its new moon starting position. Because the moon's orbit is not exactly in the same plane as Earth's orbit around the sun, they rarely are perfectly aligned. Usually the moon passes above or below the sun from our vantage point, but occasionally it passes right in front of the sun, and we get an eclipse of the moon..

Each full moon is calculated to occur at an exact moment, which may or may not be near the time the moon rises where you are.

U3A email directory

Sending Email correspondence to U3A Dunedin? Using addresses below will take your messages to the appropriate people and have quicker attention.

(If you contact a wrong person they will forward your message to the correct address.)

General information: contact@u3adunedin.org.nz

Courses: courses@u3adunedin.org.nz

Membership: members@u3adunedin.org.nz

What's inside

our moon?

See next page

Hearing aids a help to brain?

New research shows that wearing hearing aids may help people maintain cognitive function and reduce the risk of dementia.

A study concluded that people who wear a hearing aid for age-related hearing problems maintain better brain function over time than those who do not. It builds on important research in recent years pulled together by the Lancet Commission on Dementia Prevention, Intervention and Care, through which hearing loss emerged as an important risk factor for dementia. This research suggests that wearing a hearing aid may mitigate the risk.

The research was conducted by the University of Exeter and King's College, London and presented at the Alzheimer's Association International Conference on the Los Angeles on the "Protect" online study of 25,000 people aged 50 or over.

The findings provide early evidence that encouraging people to wear an effective hearing aid may help to protect their brains and reduce their risk of dementia. Both groups undertook annual cognitive tests over two years. After that time, the group who wore hearing aids performed better in measures assessing working memory and aspects of attention than those who did not. On one attention measure, people who wore hearing aids showed faster reaction times - in everyday terms, this is a reflection of concentration, for example, 'straining to hear a sound'.

"Protect" lead Dr Anne Corbett, from the University of Exeter, said: "Previous research has shown that hearing loss is linked to a loss of brain function, memory and an increased risk of dementia."

"Wearing a hearing aid could actually protect the brain. We now need more research and a clinical trial to test this and perhaps feed into policy to help keep people healthy in later life."

*'More I want to know God's thoughts ... the rest are details'.
~ Albert Einstein*

U3A phone directory

To discuss any problem with U3A Dunedin please phone the right person:

Chairman: Alan Jackson
473-6947

Board matters: Marion Potter
453-4721

Membership: Lynda Jackson
473-6947

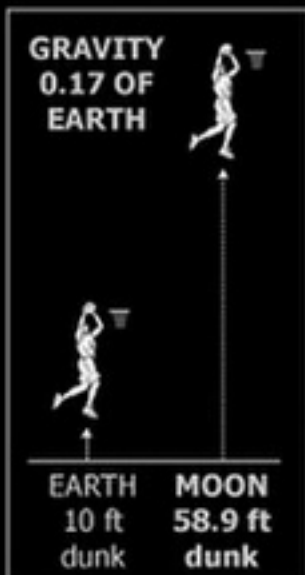
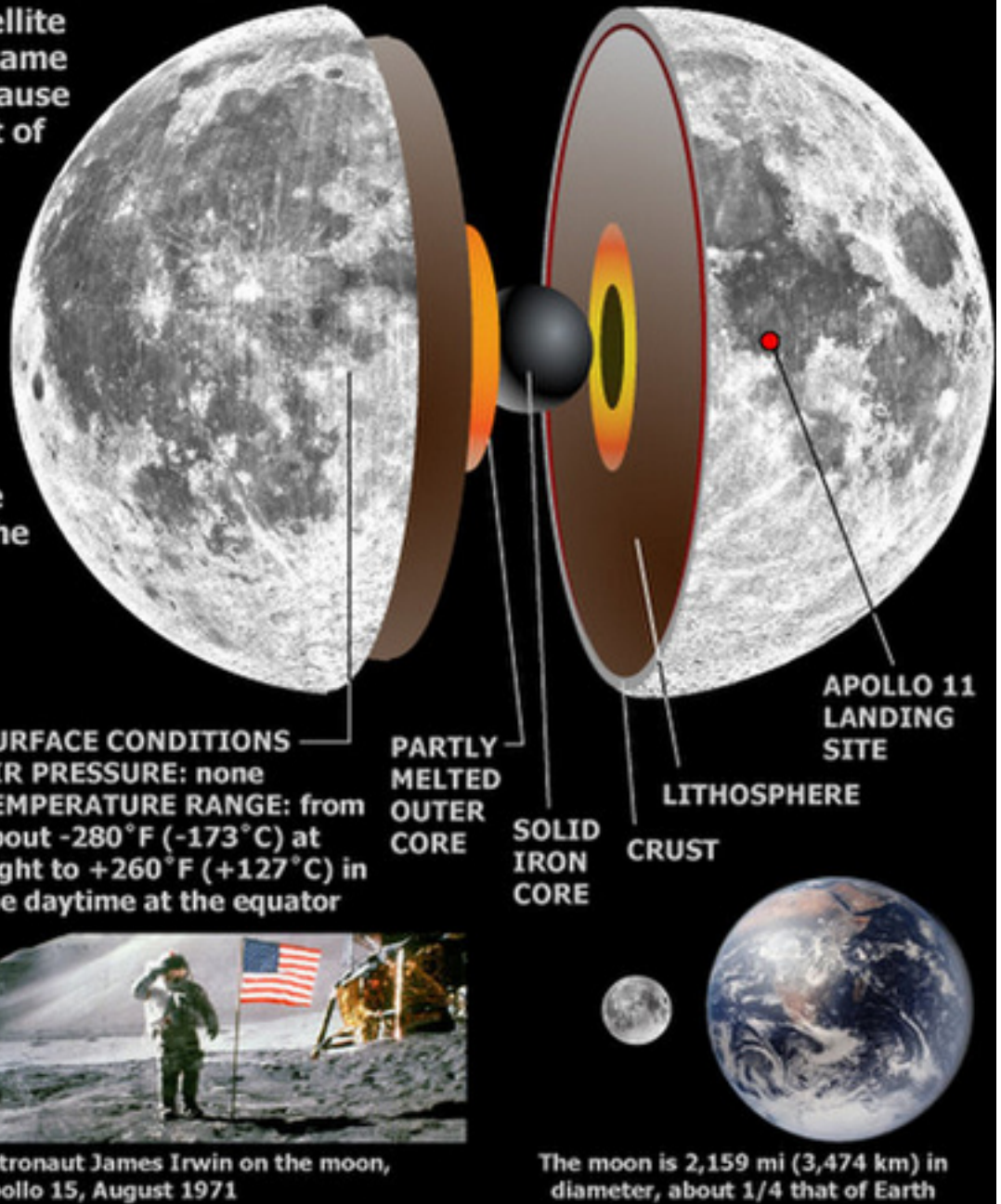
Programme: Linda Kinniburgh
473- 8443
or Stuart Strachan 482-2339

Discussion Groups: Ngaire Bates
454-2170

Courses: Phyll Esplin 467-2594

Inside Earth's MOON

Our large natural satellite always presents the same face to the Earth, because it completes one orbit of Earth in about the same span of time it takes to complete one rotation. The dark plains on the side facing Earth are volcanic features called seas, or "maria." The first human landing on the moon took place on the Sea of Tranquility.



SURFACE CONDITIONS
AIR PRESSURE: none
TEMPERATURE RANGE: from about -280°F (-173°C) at night to +260°F (+127°C) in the daytime at the equator

PARTLY MELTED OUTER CORE

SOLID IRON CORE

LITHOSPHERE
CRUST

APOLLO 11 LANDING SITE



Astronaut James Irwin on the moon, Apollo 15, August 1971

The moon is 2,159 mi (3,474 km) in diameter, about 1/4 that of Earth

SOURCE: NASA

KARL TATE, SPACE.COM

Earlier this month China's robotic spacecraft, named Chang'e 5 after the mythical Chinese goddess of the moon, drilled into the surface of a previously unexplored area of the moon to collect soil and rock samples, guided by mission control on the ground.

It was the first attempt to collect rocks from the moon by any country since the 1970s. The samples, expected to weigh about 2 kilograms (4.5 pounds), will be sealed into a container in the spacecraft.

The mission makes China only the third country to have retrieved lunar samples, following the United States and the former Soviet Union decades ago. Astronauts from the United States brought back 382 kilograms (842 pounds) of rocks and soil between 1969 and 1972 during the Apollo programme, while

the Soviet Union collected 170.1 grams of samples in 1976.

From such samples, scientists will be able to analyse the structure, physical properties and material composition of the moon's soil, China's space agency said. The mission may help answer questions such as how long the moon remained volcanically active in its interior, and when its magnetic field -- key to protecting any form of life from the sun's radiation -- dissipated.

The Chinese spacecraft was in the middle of a basalt lava plain that is about two billion years younger than the parts of the moon explored more than four decades ago by NASA's Apollo astronauts and the Soviet Union's robotic Luna landers.

‘Ur’- those stumbling two-letter words

Stuart Strachan showed me a *New Scientist* article (17-9-2020) on *um* and *uh*, and *mm* and *eh*?—the two-letter almost-words, the fillers or grunts with which conversation is peppered.

The Problem

The writer, David Robson, thought the record was held by Canadian PM Justin Trudeau, who used “a total of 50 uhs in a statement lasting little more than a minute.” Robson asks, “Weren’t we taught as children to eliminate *uh* [or *um* or *erm* or *ah*] from our conversation?”

The Challenge

No! “Filler words like *um* are essential for efficient communication, sending important signals about the words we are about to say, so that two speakers can better understand each other.”

Another researcher puts it this way: “They streamline our interactions, and smooth the flow of the conversation.” Robson continues: “By preparing us to pay closer attention to what is being said, a deftly placed filler word can even work as a memory-aid.”

Objection!

Hang on! They are not words but sounds. And when (as mostly) they are involuntary, they aren’t “deftly placed.” A pause is cleaner and clearer.

New Evidence

However, Robson cited research-participants who were giving verbal summaries of the plot of *Alice in Wonderland*. When a researcher replaced *uh* with a cough of the same duration, that “reduced listeners’ memory of the plot by 36 per cent.” (They lost the plot, so to speak.) Which confirmed there was something special about that *uh* as an almost-word that primed participants to listen more carefully. “Speakers use these filler words



Justin Trudeau, Canada’s Prime Minister

selectively to signal potential conceptual difficulties.”

Distinguo!

I want to know when the fillers are useful, let alone subtle. Often or rarely? by nature, design, or accident? To my mind, Robson confuses effect with intention (“use them, to signal?”)

Nonetheless

Nonetheless, in speaking, we all do sometimes insert an *um* or an *ah*, maybe to gain time or find the right word. What’s more, our kind friends or patient families understand it so. Listeners do something similar: they chip in with *mm* to indicate interest or even agreement, and to keep the speaker speaking. (That will bring their own turn sooner.) Or we might interject a challenge, or request for fuller or clearer exposition, by an *Eh*?

The Principle

I see this thing as the tolerance needed for conversation itself. Why should we cut a hesitant speaker short if we expect to be heard in our turn?

Balance

It’s simple, but basic. There’s something in Robson’s claim that “the simplicity of these sounds reflects just how essential they are.”

But equally, there’s something in the advice, to “eliminate *um* and *uh* and *ah*” from your talking — and I’d add *you know* and *well* and *like* and *sort of*. They’re padding. They all sound awful when you hear yourself back in a recording.

Exception

The exception proves the rule. The *calculated* pauses of a good speaker make a point very strongly, assist a climax. To break off a sentence is to leave something unsaid, which hearers can imagine for themselves, doing the speakers’ work for them.

Extremes meet

Then again, a speaker who is remorselessly fluent may come to seem slick, or pedantic, or overbearing—that is, compared with a stumbling muddler, less human...

Open to the Floor

So, what do readers think? Share your experiences with the two-letter words via the Editor.

- John Hale

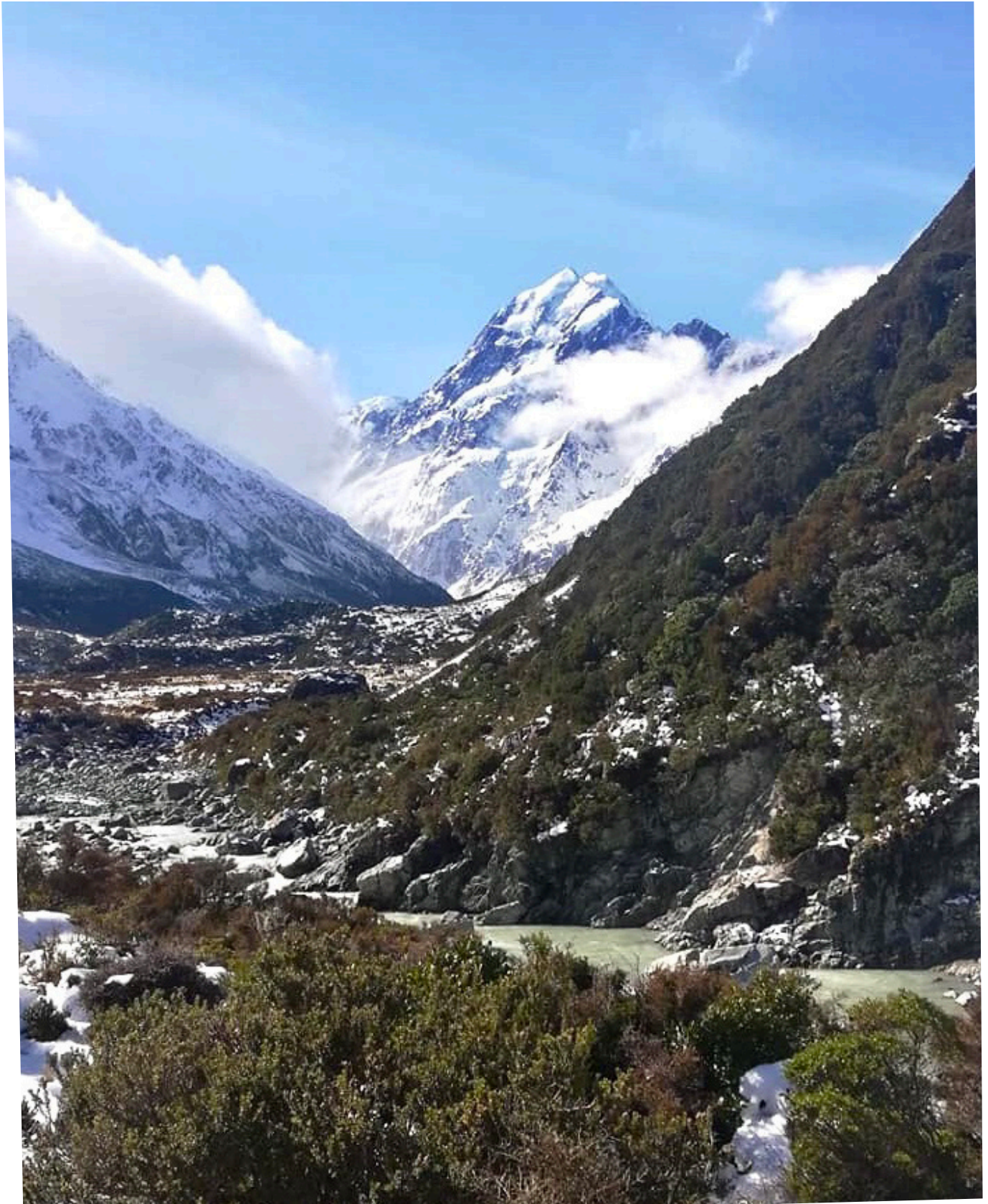
Tea time history

There’s nothing quite as quintessentially British as a cuppa tea and New Zealanders quite like one as well. But how did the Chinese tradition make its way into the British consciousness?

It’s probably all thanks to Catherine of Braganza, a Portuguese royal who married England’s King Charles II in 1662.

When she arrived in England, she brought with her loose leaves and spices in a set of crates labeled “Transporte de Ervas Aromatics,” or T.E.A. Soon, everyone wanted to be just like the Queen and sales of tea began to skyrocket. The rest, as they say, is history.

Feel like a cuppa?



Mount Cook is New Zealand's tallest mountain (3,724m at last count). It has a dramatic natural beauty and holds deep spiritual significance for the Ngai Tahu iwi.

***Forum:** edited by Geoff Adams*

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