

U3A DUNEDIN FORUM



Newsletter No. 52 July 2016

Year of changes

The year has rushed by with so many changes - hopefully making it easier for members to not only pay membership subscriptions, but also to enrol for the courses of their choice. The hard work of our Webmaster, John Shanks and Web Editor, Alan Jackson, has made this possible. Many thanks are due to them and to our Treasurer, Evan Taylor, and Membership Secretary, Lynda Jackson, for the enormous amount of work they have done to make it all happen.

We continue to acknowledge and support those of us that do not use a computer by using the paper-based systems.

Our winter term of courses is being well received - with excellent speakers, whose enthusiasm and knowledge we are coming to expect! Thanks are due to Doug Holborow and his Programme Committee and to all who have contributed to the arrangement and to the delivery of the six courses. We continue to try to offer a variety of subjects and always welcome suggestions and help from members.

Once again we come to the Annual General Meeting, this time to be held at noon at the Otago Golf Club on Thursday, July 21. Your Board has worked hard and looks forward to future improvements in our systems and deliveries.

We shall be saying farewell to three elected members - Judith Cowley, who promoted and encouraged our successful Small Group section, Brian Robinson, who, as a past chairman, was responsible for upgrading the workings of the Board and Noel Carroll who has kept us 'honest' (as they say) with reminders of the legality of some of our efforts. We thank them very much for the hard work that they have given to us. Barrie Peake has stepped down as the University



Jane Higham
Chair, U3A Dunedin Board

representative and is to be replaced by Dr. Elaine Webster. We welcome Dr. Webster who has served in this capacity previously.

We look forward to another eventful year for U3A Dunedin and to the support and encouragement of members. – Jane Higham

Free courses

Any member who acts as a course assistant is entitled to attend that course without paying a course fee. Yes, there are responsibilities but they are not onerous.

If you are interested to assist, for further information contact the course convener at courses@u3adunedin.org.nz. Or by phone. (U3A phone directory, [page 4](#).)

Hippocrates held back

Hippocrates wrote that physicians should conceal 'most things from the patient' including 'the patient's future or present condition.' Not so today. Patients have the right to obtain all relevant information. ([See page 3](#).)

YOUR WEBSITE
u3adunedin.org.nz

Board elected

The following nominations for the U3A Board 2016-'17 were received and duly elected:

Geoff Adams, Stephen Baird, Gil Barbezat, Jane Higham, Doug Holborow, Alan Jackson, Gretchen Kivell, Bill McKinlay, Barrie Peake, Evan Taylor, Alistair Wright.

Dr Elaine Webster, Director of the University of Otago's Summer School and Continuing Education Programme, will be the University representative.

The chairperson is elected at the first meeting of the new board.

Our digital age

Seniors often refer any computer or cellphone problems to enlightened grandchildren but members of U3A Dunedin are proving to be quite savvy with digital matters. With our move to offer Internet banking facilities and web-based course enrolments, it is interesting to see how many members are making use of these services.

Treasurer Evan Taylor advises that 75% of us are paying our annual membership and course fees by online banking. The Board is pleased that so many are proving sharp in meeting the digital challenge.

The membership database lists 780 members; 89 of these (11.5%) have not supplied an email address, and so still receive their U3A Dunedin communications by post. Since we made our leap into Internet-based services only nine months ago, this is an impressive uptake.

Mystery of ballot for courses explained

How does the course ballot work? I suspect there remains some mystery about this operation especially given that our course administration is now Web-based. It is time to demystify it.

1. When you enrol on the website, all the information you provide is stored in a Series database.
2. If you enrol by post, then our programme secretary enters your enrolment details onto a website enrolment form.
3. Thus all enrolled members are on a single Series database.
4. When enrolments close, at the push of a button, the website computer establishes those courses that are over-subscribed, and, for each of



Doug Holborow
Programme Convenor

those courses, carries out a random selection of the requisite number of members to fill the course.

5. With the push of another button all enrolled members who have emails are advised of the outcome of the ballot.

6. We are also able to generate the

letters to be posted advising postal members of the outcome of the ballot.

We welcome your opinion

Already the programme committee is discussing topics for the 2017 series. While we can press ahead and hope that it will all fall into place, we welcome your opinion on what is being suggested. We are posting proposed topics for 2017 on our website.

Please let us know what you think of these proposals, and let us have your feedback about speakers, and expertise or interest you may have in the proposed subject areas. You can contact us with your thoughts at courses@u3a.org.nz, or by phone to the programme convenor. (See U3A phone directory, page 4 in this Forum)

ENCORE

As you may have read, ENCORE is on hold while we review the programme. By now you will have received an email survey seeking your views on the ENCORE concept. If you haven't responded or aren't on email, you are welcome to write to or phone the Course Convenor with any opinions you have. (See U3A phone directory, page 4.)

Spring Series 2016

The course schedule for the Spring Series is on the website, and offers another delectable selection of topics. For the many supporters of the Dunedin Public Art Gallery there is a course presented by members of the gallery staff. There is a fascinating look at the changes that have occurred in many of our social structures. Richard Higham and Rodney Hamel explore the concept of breakthroughs in relation to a number of topics, Emeritus Professor Colin Gibson explores the *Gloria*, the law profession makes a welcome return, and the physicists present new and significant developments in the world of physics. We hope it will be another difficult job choosing what you will attend, because of the appeal of the topics.

And yes – It's all on our website, as well as enclosed with this *Forum* for those receiving communications by post. - **Doug Holborow**

Small Groups hold meetings

ART GROUP

This continues to flourish and has 10 enthusiastic members. It recently visited the Forester Gallery in Oamaru to view its exhibition of working drawings by Colin Wheeler. Burns Pollock, who had worked with Wheeler for some years and knew him well, talked about the works. The group meets on the second Wednesday of the month (morning) and new members are welcome, Contact: Jane Higham 496-1848 or rhigham@ihug.co.nz

MUSEUM GROUP

With a slow but steady increase in members (now a dozen) this group enjoys museum treasures and can also accept more. Contact: Doug Holborow 477-4573 or bdholborow@ihug.co.nz

CURRENT ISSUES GROUP

Members enjoy discussing a great range of issues, local, national and international. Nine people are meeting on the third Tuesday of each month. Contact: Gretchen Kivell 493-0031 or gretchen.kivell@xtra.co.nz

POETRY APPRECIATION

A group of eight continues to meet at different members' homes each month to read and discuss poems on a chosen topic. They had Vincent O'Sullivan spend a morning with them recently and may invite other local poets in the future. Contact: Judith Cowley 471-0026 or jcowley@clear.net.nz

Oscar's advice

'Be yourself — everyone else is already taken' ~ **Oscar Wilde.**

UNIVERSITY OF THE THIRD AGE CHARITABLE TRUST, DUNEDIN

Website: u3adunedin.org.nz

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

Email: info@u3adunedin.org.nz
Phone: 453-4721

Chairman: Jane Higham, 476-1848

Registered Charitable Institution - #CC22345

Being patient with your GP

Seniors tend to visit their GP more frequently, so here is advice about how best to be a good patient. First: arrive early at the waiting room; certainly don't be late. Patience is a virtue, so don't be cross if there is delay (more serious cases are possibly being dealt with.) Tips to get full value from your visit, when the doctor sees you, follow below.

1. Note any worrying symptoms in detail and be honest about them. Be prepared for questions about when they started, how they have changed over time, what makes them worse and what makes them better, if they are exacerbated by physical activity, etc. Be honest when discussing symptoms, no matter how embarrassing or uncomfortable it may be to discuss things like your bowel movements. (If it wasn't important, your doctor wouldn't ask!)
2. Make a note of how your symptoms impact your daily life and what tasks seem to be most difficult. This is a common question on symptom forms and from the doctor too.
3. Make a list of concerns or questions and make sure you ask all of them,

and continue to ask questions. Don't hold them back even if asking so many questions makes you feel insecure – it's crucial to your health that you completely understand what is discussed in the appointment and leave feeling like you have a clear idea of what's going on.

Be sure you leave understanding the doctor's general consensus and plan of action — what is the next step? Treatment plan, if any? Lab results, if any? What is the diagnosis or suspected diagnosis, if any? You should leave feeling informed.

4. Bring a notebook and take notes. Appointments can be overwhelming, and sometimes it is hard to remember everything when you're not feeling well, in pain. Writing down important information is a huge help. Everyone has the right to a written summary of an appointment on request (see Code rule 6 below).

Expect to be poked and prodded. Your doctor may take your blood pressure and use a stethoscope and listen to your heart/lungs and bowels. They may or may not palpate your abdomen.



(Consider appropriate clothing in case you do have to change into a gown.)

You can ask for a copy of any blood/lab results after they come in and if no one calls you with the results after a week, call the doctor – you will probably speak to the nurse.

Be the best patient you can be. A visit can be precious (and expensive.) Find the balance between being an advocate for yourself (asking questions, voicing concerns) while still remaining respectful and courteous to your doctor(s) and the office staff.

'Healthline' on call

A visit to Healthline, 0800 611 116, gives free telephone advice from trained registered nurses. Healthline can help you 24 hours a day, seven days a week. Phone calls are free from within New Zealand – this includes calls from a mobile phone. Call Healthline if you're feeling unwell – not sure whether you need to see a doctor, needing urgent advice about a family member or friend who's sick, or on holiday and want the nearest doctor or pharmacy.

Your choice

Patients have the right to find a regular doctor that works well with them. You can fire a GP if you want to. When chronically ill, it is imperative to seek out quality care that you are satisfied with. Choosing a doctor should not be something you do without some research (if possible), try to research, find out their credentials and history —what other patients think about them and their personality. You are allowed to be picky. You need to trust your choice.

The full version of the health and disability consumers' rights may be downloaded from the U3A Dunedin website – click on "HDC Code" at <http://u3adunedin.org.nz>.

Code of Rights - happy 20th!

The Code of Health and Disability Services Consumers' Rights has its 20th anniversary this year. The law grants a number of rights to all patients as consumers of health and disability services in New Zealand, and places corresponding obligations on providers of those services. The patients' rights are:

1. To be treated with respect.
2. To be treated fairly without pressure or discrimination.
3. The right to dignity and independence.
4. To receive a quality service and to be treated with care and skill.
5. To be given information that you can understand in a way that helps you communicate with the person providing the service.
6. To be given the information you need to know about your health or disability; the service being provided and the names and roles of the staff; as well as information about any tests and procedures you need and any test results. In New Zealand, people are encouraged to ask questions and to ask for more information to help them understand what is going on.
7. To make your own decision about your care, and to change your mind.
8. To have a support person with you at most times.
9. To have all these rights apply if you are asked to take part in a research study or teaching session for training staff.
10. The right to complain and have your complaint taken seriously.

(For further information and help, including how to make a complaint to the Health and Disability Commissioner, contact the Nationwide Advocacy Service: free phone 0800 555 050 or email advocacy@hdc.org.nz)

Reflections on U3A courses *Survey thanks*

Of late, many have come to associate me with the development of small groups within U3A. However, this has only been over the last two years and I joined the Board nine years ago in 2007.

Though full of appreciation for U3A's close links with the University resulting in stimulating lectures from academic staff, I was aware that the origins of U3A envisioned more active participation from listeners, not just speakers. With this in mind, when I began to plan lecture series I reserved the sixth session for six members of the course to contribute 10-minute 'snapshots' of their own.

For example The Immigrants series, given by several representatives of ethnic groups who had settled in Dunedin, was followed by a session where volunteer lecture attendees spoke for 10 minutes each of their own experiences as immigrants.

A similar format was adopted for Ahead of Their Time which examined the contribution of exceptional women throughout the ages; willing members researched their own significant figures

Photography tip

Have you ever wanted to remove an object or a person from a photo to improve the composition and get rid of a distraction? It is easy (and free!) at www.webinpaint.com. You just drop your photo file – jpeg or whatever – into their page where directed and mark the intrusion in the photo. Worth trying,

Mysterious 13

Two plus eleven equals thirteen.
One plus twelve equals thirteen.
Oddly (or rather evenly) both sentences contain all the same letters!

U3A email directory

Sending email correspondence to U3A Dunedin? Using the addresses below will take your messages to the appropriate people and have quicker attention. (Should you contact the wrong person they will of course forward your mail to the correct address.)

General information: info@u3adunedin.org.nz
Re Administration: admin@u3adunedin.org.nz
Re courses: courses@u3adunedin.org.nz
Re Membership: members@u3adunedin.org.nz
Re 'Forum': newsletter@u3adunedin.org.nz



Judith Cowley
(retiring U3A Board member)

in the final, sixth session.

As we age we need to keep our brains active and I believe seeking out information to present to others is a great way of doing this while giving a sense of achievement. I do hope future course organisers might incorporate a participatory session in series to keep our synapses snapping! - **Judith Cowley**

They also serve . . .

Poet John Milton wrote the famous words 'They also serve who only stand and wait' as the last line of a sonnet titled 'On His Blindness'.

Yes, U3A Dunedin continues to have its waiting list of people wanting to join. We still have a membership of 800 but about 200 names in waiting at recent counts. But the queue changes as new members fill vacancies.

Good read?

Deciding what to read next? <http://www.goodreads.com/> on the web is part blog, part book club. It is a site that one can spend a long time reading and chuckling over, humorous quotations. Tell them titles or genres you've enjoyed in the past, and you get surprisingly clever recommendations.

Thanks to all who replied to our email survey about *ENCORE*. It has provided the Board with valuable information as it reviews this programme. For members who don't receive emails, we welcome your response to the following questions:

1. Did you know about the *ENCORE* programmes, before this survey arrived?
2. Have you attended an *ENCORE* session previously?
3. Two alternative forms of *ENCORE* are being considered:

A. A once fortnightly pair of talks held between the regular series. You enrol separately for each fortnightly pair of talks.

B. An *ENCORE* course over six weeks in the 2017 Winter Series, as one of the six courses on offer. You enrol for all six sessions of the course, as usual.

Which do you prefer? Replies to: Programme Convener U3A Dunedin, PO Box 6491, North Dunedin, 9059.

Quite like these quotes

'Everything is determined, the beginning as well as the end, by forces over which we have no control. It is determined for the insect, as well as for the star. Human beings, vegetables or cosmic dust, we all dance to a mysterious tune, intoned in the distance by an invisible piper.'

— **Albert Einstein**

"Outside of a dog, a book is man's best friend. Inside of a dog it's too dark to read." ~ ~ **Groucho Marx**

U3A phone directory

To discuss problems with U3A Dunedin please phone the right person:

Chairman: Jane Higham
476-1848
Board matters: Marion Potter
453-4721
Membership: Lynda Jackson
473-6947
Programme or Courses:
Doug Holborow 477-4573



Edited by Geoff Adams

Phone: 467-2278

Email: hgadams@slingshot.co.nz