



Supporting
Lifelong Learning

Howick Inc.

PO Box 39035

Howick 2145

August 2021



COMMITTEE 2021/2022

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speakers

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Membership

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Next General Meeting:

Monday August 9, 2021: 9.30 at Howick Bowling Club

Speaker: *Winifred Henderson: What is Dementia?*

Ten-minute speaker: *Short Story*

Tea Group: *Science*

Subscriptions can be paid by direct debit to: U3A Howick Bank account number 12 3040 0556154 00 and put your surname in the reference slot. Fees remain at \$20.00 *If you are unable to use Direct Debit, please give your fees in cash to Joni Burgess at a General Meeting.*

Editorial

After listening to Mitchell Pham's talk last month about resilience, maybe some of us have been wondering what helps us to survive life's difficulties and tragedies, large and small. Perhaps part of it is the ability to see the good in small things – and to be grateful for what we have. Herald writer, Vera Alves, demonstrated this in a letter to an anonymous road worker, whom she saw dancing in the street one morning as he controlled the traffic.

"You see, the world is a dumpster fire. What's not flooding is burning and what's flooding and burning is also getting decimated by a raging pandemic. Some days, it's hard to find the good in things. Then sometimes things remind us... Today it was you and your boogie to a non-existent song."

Another lesson in gratefulness comes in a letter to the editor from Jerry and Maria van Kuyk, who immigrated to Auckland 50 years ago. "You welcomed us to not only our new country, but you became our new home town. We thank you for...our first rental home as newly-weds, new friends, jobs, first car, new language, our two children, new nationality, and kiwi passports, education opportunities, help build and buy our first home...children's education, freedom of religion, daughter's wedding in a beautiful church, son meeting his kiwi wife, grandchildren, volunteering opportunities, beautiful West Coast beaches, free public transport on Super gold Card, cultural flavour and cuisine, and the clean, green image. Thank you, Auckland, from the Dutch Kiwis of Henderson valley."

Life in Aotearoa New Zealand is far from perfect, but let's not take for granted its many blessings.

July Speaker: Mitchell Pham



Picture of escape fishing boat supplied/see U3A facebook post for more photos.

In his moving and inspirational talk, Mitchell told us the story of his early life as a refugee. He was born in Saigon in 1975 after the end of the Vietnam war. The country had been driven into economic decline and many starved. When he was 8, his family made an unsuccessful attempt to escape the country, but were arrested and put in prison. Men were sent to hard labour and women and families put into makeshift camps alongside the Mekong River. They slept in bunks in fenced off areas open to the elements, and at high tide the inhabitants would be up to their waists in mud. After three months, they were released, but after a second unsuccessful escape when Mitchell was ten, they were imprisoned for six months. Finally, when he was 12, and facing military service in which he was likely to lose his life, Mitchell's parents sent him alone on a boat in search of a better life. There were 67 people on the 12m boat, and they were shot at by the coastguards – Mitchell remembers people screaming, crying, praying and being seasick. When they reached international waters, there was some respite, and Mitchell sat on the Cabin roof, enjoying the sea, and watching dolphins leaping out of the water. On the fourth day, they ran out of food and water, and some talked of suicide, which Mitchell found disturbing. Everyone survived the night, and the following day, a cruise ship approached. Amazingly, after passengers had taken videos, the ship departed, offering no assistance. Finally, though, they were rescued by an oil tanker, who showed them amazing kindness. That night, there was a huge storm, which would have killed everyone had they still been at sea, so they felt "the luckiest people on the planet". Mitchell then spent four years at a refugee camp in Indonesia, where, once again, suicide became an option taken by some. He had picked up some English and decided to do teachers' training at a UNCR language school, where he earned the respect of his elders. He found the work empowering so joined a volunteer group to build two beautiful Buddhist temples. He learnt the power of religion: once people had a place of worship the suicide rate dropped by 90%. He recognised that we don't have to be victims, and can have an impact on our environment. Finally, he was picked up by New Zealand as a refugee. He believes that his journey shaped him as a person and has helped him to build the successful life he now has. Mitchell told his amazing story of resilience without a trace of self-pity, and as several members said, his story puts our own problems and concerns into perspective. As Huck pointed out in his speech of thanks, "Vietnam's loss is New Zealand's gain".



Photo of Huck and Mitchell Pham, taken by Warren Yardley

August Speaker: Winifred Henderson



Community Development Manager and Educator

Winifred has had first-hand experience with dementia, caring for her mum for 8 years. This started her curiosity and passion for the condition.

After selling her research business, Winifred ran support groups for relatives of someone living with dementia for 2 years before joining Dementia Auckland, following her heart and passion to support families, carers and people living with dementia. She's excited to develop initiatives that empower people living with dementia. Full of optimism and energy, Winifred is not afraid of rolling up her sleeves to get a job done.

Winifred is studying towards a Master of Dementia to add to her already completed post graduate studies in Psychology.

The title of the presentation is, "What is Dementia?" Topics covered will include: What is dementia, the signs and symptoms and understanding the risk factors for developing dementia.



U3A Network celebration

Howick contingent of 8 people attended the gathering at the Westgate Baptist Church on Thursday. The day was run with military precision and attendees just had to sit back in the bright modern church and enjoy the day. The main speaker, Steve Braunias spoke with skill and humour about various murder trials he has attended: He spoke of the "piece of sh*t" Jesse Kempton, killer of Grace Millaine, Mark Lundy, Susan Burdette, and of the wrongful conviction of Teina Pora and Arthur Allen Thomas. He spoke in detail about the recent trial of Eli Epiha, killer of Matthew Hunt. He pointed out how difficult it can be to know the truth in these situations, and his uncertainty of the guilt of Mark Lundy, and of the driver of Epiha's getaway car, who, it turns out, did not know him and whose motives, in spite of her conviction for accessory after the fact, seemed rather muddled to Mr Braunias.

The other speakers presented topics ranging from herb-growing, amusing incidents in the life of a celebrant, to travel stories about antarctica and bus trips to India. All the talks were engaging, and most were well-presented and often very funny. Our own Joan Clarkson, who spoke with poignancy and touches of humour about her experience of a bank robbery, was up there with the best of them. A good day!



From the Committee:

- There is a defibrillator downstairs at the Bowling Club. The following members know where this is and how to use it:
Brigid and David Bates
June Poole
Robert Rigby

If you find or witness someone collapse, follow these steps:

Call 111; Commence CPR; Send another person to collect the defibrillator.

Follow Instructions listed on the machine

Membership:

We welcomed four new members in July: Heather and John Savory, and Allison and Graeme Diver.

We are sad to advise that Ella Willard has died.

Out and about:

- Thursdays at 7 concerts – All Saints Church, Howick 7pm to 8pm. Admission by donation.
- The Bruce Mason Centre celebrates its 25th Birthday 30 July to 19 August. They are presenting a variety of performances in Dance, Drama and Music. Check aucklandlive.co.nz for details.
- Live out East: Folk music to Death Punk 13 August 7.30pm. Details from Uxbridge website
- Howick Little Theatre. Tiny Beautiful things: August 4 to 7, 8pm. Book through hlt.org.nz
- Chamber Music New Zealand – Fantasy and Romance, Concert Chamber, Auckland Town Hall. 3 August 7.30pm. Book through Auckland Live
- Things that matter:Auckland Theatre Company. Adapted from a memoir by David Galler. “ A stirring portrait of Aotearoa’s healthcare” ASB Waterfront Theatre, 17 to 21 August. Book through eventfinda.co.nz

Groups (yellow- full)	Date 2021	Venue	Topic	Convenor
Anthropology 1 3 rd Thurs 10 am	August 19	BM Theatre	How we treat Children/Joni	Betty Reid 534 9895
Anthropology 2 4 th Mon 10 am	August 23	55 Rodney Street	“Under Egypt”/Cora	Margaret Hieatt 534 9131
Architecture 1 st Fri 10 am	August 6	BM Theatre	James Chapman Taylor/ Helen; From State house to Paris/Betty Gate	June Lamborn 535 8069
Aviation and Aerospace 1 st Wed 10 am	To be wound up			Clive Bolt 534 2946
Book Discussion 4 th Thurs 1.30	August 26	9A Merino Avenue	Books	Joni Burgess 537 4834
Civilisations 3 rd Mon 1 pm	August 16	55 Rodney street	Medicine and bodily adornment in Ancient Egypt	Cora Young 534 8623
Comparative Religions 4 th Monday 1.30pm	August 23	55 Rodney Street	Olmec Temples/South America	Margaret Nicholls 536 6709
Current Affairs 1st Tuesday 2pm	August 3	11 Shelly Beach Parade Cockle Bay	“He Puapa” Government Report	Jan Naish-Wallis 534 4438
Earth and the Universe 4 th Tues 10 am	August 24	BM Theatre	Recent topics in Cosmology	Clive Bolt 534 2946
Famous & Infamous 1 1 st Thurs 10 am	August 5	12 Daria Place	Margaret Mahy	Gill Muggleston 534 9863
Famous & Infamous 2 3 rd Thurs 2 pm	August 19	11 Shelly Beach Parade	Jewish contributors to NZ	Joni Burgess 537 4834
French 4 th Fri 1 pm	August 27	74A Aberfeldy Avenue Hland Pk	Joan of Arc	David Dwerryhouse 534 4829
History 3 rd Tues 10 am	August 17	BM theatre	Potpourri; James Brooke pt 2	Judy Lee 535 8547
History of New Zealand 2 nd Thurs 10 am	August 12	170 Mellons Bay Rd	Potpourri	Alan La Roche 534 7366
Literature 3 rd Wed 10 am	August 18	32 Butley Drive, Pakuranga	Ronald Morrison by Joy Kirschberg	Judy Wilson 576 6340
Military History 2 nd Thursday 2pm	August 12	8/50 Cook Street	Miracle of KA144	Allan Reid 5349895
Movies 2 nd Mon, 12.30 pm	August 9	2/21 Drake Street, Howick	Discussion of movies seen	Margaret Nicholls 536 6709
Nature Walks and Talks 2nd Fri 9 am	August 13	Meet at Tennis courts Howick Domain	Stockade Hill	June Poole 021583893
Opera 1 2 nd Tues 9.30 am (not full)	August 10	BM Theatre	Les contes D’Hoffman by Offenbach	Jean Denholm 534 6844
Opera 2 4 th Tues 1.15pm	August 24	BM Theatre	TBA	Geraldine Rose 537 1917
Philosophy 1st Mon 10 am	August 2	38A Uxbridge Road	Homer, by Neville	Christopher Nixon 535 5309
Science. 4 th Wed 10 am	August 25	BM Theatre	Potpourri	Jim Hine 534 4259
Sunday Discussion 2nd Sun noon	August 8	Dannemora Gardens Cafe		Joan Clarkson 537 6397
Travel 1 st Wed 10 am	August 4	159 Pah Road Cockle Bay	South Island country Treks; luxury hotel Rotorua	David and Adrienne Teape 5336103
World of Art 1 3 rd Mon 10 am	August 16	BM Theatre	Video: Revolutionary artist, David	Garry Law 271 6505
World of Art 2 3 rd Tues 1.30 pm	August 17	B M Theatre	Colin Wheeler	Philippa Wilson 5342558
World of Music 4 th Wed 1.30 pm	August 25	6 Stevenson Way	Speaker; Frances Coe	Ngairie Taylor 534 8538
Writing 2 nd Tues 1.30 pm	August 10	1/8 Aylmer Ct. Eastern Beach	S/he lay sprawled across the...	Marian Heywood 534 1159

