



Supporting  
Lifelong Learning

**Howick Inc.**  
PO Box 39035  
Howick 2145  
**AUGUST 2019**

**FINAL EDITION**



**COMMITTEE  
2019-2020**

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*President/Membership*

**GERALDINE ROSE** *Vice President*

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**WARREN YARDLEY** *Guest Speakers*

**ROSEMARY OVENS** *Almoner/Welcomer*

**MARY KENNEDY** *Minutes Secretary*

**AUGUST 12 MEETING**  
**9.30 am, Howick Bowling Club**

**GUEST SPEAKER: Kane Sutherland and Michael Wynd  
on the New Zealand Navy**

**TEN MINUTES: Malcolm Booth: Hot and Cold**

**TEA ASSIST: Architecture**

**MOVIES GROUP  
LAUNCHED**

THE new Movies group has been launched. Under its format group members will organise movie viewings during the month, dates being variable. For the fixed meeting they will meet on the second Monday of the month at 1 pm for a group discussion of the films, following the monthly U3A meeting. Venue for the fixed meeting will be Jean Denholm's ([denholmjean1@gmail.com](mailto:denholmjean1@gmail.com)) home at 2/21 Drake Street but this is subject to change. Margaret Nicholls ([margn@waimama.co.nz](mailto:margn@waimama.co.nz)) will be the convenor for now.

The proposed Singing group unfortunately fell short of a viable working number to get relaunched as there was difficulty settling on a meeting day and time to take account of prospective members' personal schedules.

**VICE PRESIDENT ON BOARD**

GERALDINE Rose, Opera 2 convenor, was elected unanimously as Vice President last month.

**AUCKLAND NETWORK CELEBRATION**

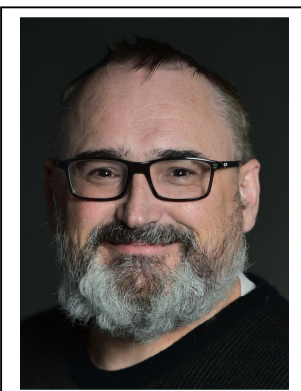
MIKE King, New Zealander of the Year, will be the featured speaker at this year's Auckland U3A Network celebration on Aug 30, to be held at the Barfoot & Thompson Netball Centre, 44, Northcote Road, Northcote. Subject: The mental health of young people. Other U3A chapters will give short presentations. Time 9.30 am to 2.30 pm. Cost per head \$25 which includes tea and lunch. To register go to [u3anz.com/event](http://u3anz.com/event).

**ANTHROPOLOGY GROUPS RENAMED**

TO avoid confusion the two Anthropology groups H and L have been renamed 1 and 2, respectively.

**NEW MEMBER**

PAMELA Langley, sponsored by Geraldine Rose, was admitted as a new member last month.



**IN NZ'S DEFENCE**

Two guest speakers this month. Lt-Cdr Kane Sutherland (far left) will talk about the New Zealand Navy's role as guarantor of the nation's security and sovereignty and the part it plays in regional diplomacy. Born in Napier, he joined the navy in 2002. Michael Wynd (left) is a researcher of the Naval Museum in which role he continually expands its library and archival resources. He will discuss NZ's naval history in the context of the Defence Force.

**NEXT MONTH:** Founding of Howick by Howick Historian Alan La Roche

## **PASSING**

JUDITH Garrick and Joyce Armstrong, both long-time members, passed away last month.

## **READING VOLUNTEERS WANTED**

VOLUNTEERS are sought to conduct reading exercises for schoolchildren of Redoubt North Primary School, aged between five and 12, for whom English is not their mother tongue. This is a project of the Howick Rotary. One-on-one sessions with pupils will take place every Wednesday, 11 am-noon, during the middle two terms. Those interested should contact David Teape ([davidhteape@gmail.com](mailto:davidhteape@gmail.com) or 5336103.) Volunteers will meet at the Howick Bowling Club carpark at 10.30 am on the scheduled day and set out in pool cars.

## **DIFFICULTY SWALLOWING?**

AN Auckland University PhD candidate in speech science, Marie Jardine ([m.jardine@auckland.ac.nz](mailto:m.jardine@auckland.ac.nz)), is inviting seniors aged over 65 to take part in an online survey on swallowing and nutrition, whether or not they have trouble swallowing. Go to [https://auckland.au1.qualtrics.com/jfe/form/SV\\_2lzUYRfymLR3C9T](https://auckland.au1.qualtrics.com/jfe/form/SV_2lzUYRfymLR3C9T) for the questionnaire.

## **MUSIC WORKSHOPS**

BACH Musica NZ, a music ensemble, is holding half-day workshops on singing and sight reading this month. Singing workshop Aug 17 and sight reading Aug 31, led by Bach Musica music director Rita Paczian. At Somervell Church, 497 Remuera Road. Cost per session \$50. Email Zarine Rocha ([zarine@bachmusica.com](mailto:zarine@bachmusica.com)) to register.

## **REPORT ON LAST MONTH'S TALK**

### **FIONA JEFFCOAT-YU:**

#### **SOLITARY ON THE CAMINO TRAIL**

LAST month's guest speaker Fiona Jeffcoat-Yu gave a deeply personal account of her walk on the Camino de Santiago trails in Spain. During the Middle Ages pilgrims endured the months-long deprivation as a rite of religious devotion. In contemporary times, the Camino has grown into a tourist draw attracting history and culture buffs, fitness fanatics, tourists, and burnt-out careerists seeking escape from work and terrible bosses. Some do shortened versions combining walking and motorised transport. And pilgrims seeking spiritual nourishment continue to flock there.

But the feeling of life-affirming triumph in completing the journey entirely on foot is common to those who have taken on its rigours. Thus it was for Mrs Jeffcoat-Yu. She started on the French side of the Pyrenees – the Camino Frances or French route -- and reached Santiago de Compostela after 41 days – walking on 34 days, on the other days recharging and enjoying Spain's architectural and culinary delights. Places like Pamplona (vibrant street life), Burgos and Leon (art, cathedrals and more art) were memorable milestones. She covered 791 km in all. There were blisters, hard beds and the loneliness that envelopes a long-distance walker. Crossing the Pyrenees she encountered only horses, their bells breaking the highland hush. For 80 per cent of the trail, she walked alone as having constant companions, she admitted freely, could prove a strain.

It was "total bliss" at the end of it. Locals along the route were kind, placing water and fruit on roadside tables. At a particular spot there was free wine on tap, the spout mounted to a public wall adorned with art. She shared meals with villagers, who sent her on her way with a reminder to always stick to paths marked with the yellow scallop shell, the symbol of the Camino. "If I can trust a shell I can trust life in general," she told herself.

The Camino test came about because she wanted a change of direction after years teaching in New Zealand and Hong Kong. The decision was easy. Where she lives, in Howick, she has always walked going about her business, a pack to her back. She can't get enough of travel. After seeing a film on the Camino trails, she knew this was what she wanted to do as a precursor to a career change. She is training to be an arts therapist, using creative processes in art and performance as a healing therapy in rehabilitative work with people like stroke sufferers and victims of abuse.

Of the three phases of the Camino experience – physical, mental and spiritual – she regarded the closing stage of 100 km over rising steepness as its apogee, a lived spirituality. And there it was, the magnificent Cathedral of Santiago de Compostela. Pilgrims Mass attended and a 'graduating' certificate in hand this was, as she put it, a transcendent phase of her life. It personified for her what the Camino might have meant to devotees in ancient times, many of whom were said to treat it as more significant than going to Rome or Jerusalem. She plans to return.

## **OUT AND ABOUT**

++ THE MANUKAU Symphony goes all-Tchaikovsky on Aug 17: the **First Symphony (Winter Dreams)** and the **Violin Concerto** featuring **Amalia Hall**, concertmaster of Orchestra Wellington. Conductor **Uwe Grodd**. Vodafone Events Centre, 7.30 pm. Seniors \$37-\$63, bookings 5773031 or online [admin@manukausymphony.org.nz](mailto:admin@manukausymphony.org.nz).

++ OPERATUNITY's next show in our neighbourhood is on Aug 27: **Iconic Kiwis**. Thrill to memorable Kiwi songs with artists like **Marian Burns, Suzanne Lynch, Karl Perigo, Pat Urlich** and **Tainui Kuru**. St Columba Church, Ti Rakau Drive, 11 am. Bookings 0508 266237 or online [operatunity.co.nz](http://operatunity.co.nz).

<u>Groups (yellow denotes full)</u>	<u>Date</u>	<u>Venue</u>	<u>Topic</u>	<u>Convenor</u>
Anthropology 1 3 <sup>rd</sup> Thurs 10 am	Aug 15	Betty Reid's 4A Patons Rd	<i>Neanderthals</i> Betty Reid	Jennie Leyland 534 4034 Betty Reid 534 9895
Anthropology 2 4 <sup>th</sup> Mon 10 am	Aug 26	Cora Young's 55 Rodney St	Potpourri	Margaret Hieatt 534 9131
Architecture 1 <sup>st</sup> Fri 10 am	Sept 6	Malcolm/Dilys Booth's 3/47 Orangewood Dr	<i>Basil B. Hooper</i> Dilys Booth <i>Donner House</i> Malcolm Booth	Malcolm/Dilys Booth 534 3604
Aviation and Aerospace 1 <sup>st</sup> Wed 10 am	<b>Concluded</b> Sept 4 next	BM Theatre		Clive Bolt 534 2946
Book Discussion 4 <sup>th</sup> Thurs 2 pm	Aug 22	Margaret Smith's 25 Centre Ct, PPV		Margaret Smith 576 3206
Civilisations 3 <sup>rd</sup> Mon 1 pm	Aug 19	Cora Young's 55 Rodney St	<i>Charlemagne and the Holy Roman Empire</i> Cora Young	Cora Young 534 8623
Earth and the Universe 4 <sup>th</sup> Tues 10 am	Aug 27	BM Theatre	<i>Neutron Stars</i>	Clive Bolt 534 2946
Famous & Infamous 1 1 <sup>st</sup> Tues 10 am	<b>Concluded</b> Sept 3 next			Peter Garrick 535 4085
Famous & Infamous 2 3 <sup>rd</sup> Thurs 2 pm	Aug 15	Ray Lewis's 1/57 Mellons Bay Rd	<i>Alan Turing</i> Heather Watson	Ray Lewis 535 5628
Famous & Infamous 3 1 <sup>st</sup> Thurs 10 am	Sept 5	Val Sugrue's 2/11 Paparua Rd	<i>Virginia Woolf</i> Val Sugrue	Gill Muggleston 534 9863
Forum 3 <sup>rd</sup> Fri 10 am	Aug 16	Beverley Luxton's 1 Village Dr, PPV		Beverley Luxton 576 9625
French 4 <sup>th</sup> Fri 1 pm	Aug 23	David Dwerryhouse's 74A Aberfeldy Ave	<i>Franche-Comte</i> Chris Cameron	David Dwerryhouse 534 4829
History 3 <sup>rd</sup> Tues 10 am	Aug 20	BM Theatre	<i>Prince Albert</i> Judy Lee	Judy Lee 535 8547
History of New Zealand 2 <sup>nd</sup> Thurs 10 am	<b>Concluded</b> Sept 12 next			Alan La Roche 534 7366
Literature 3 <sup>rd</sup> Wed 10 am	Aug 21	Judy Wilson's 32 Butley Drive	<i>Myths and Legends: King Arthur</i> Dene McConnochie	Judy Wilson 576 6340
Movies 2 <sup>nd</sup> Mon, 1 pm	Aug 12	Jean Denholm's 2/21 Drake St	<i>Group discussion on films seen</i>	Margaret Nicholls 536 6709
Nature Walks and Talks 2nd Fri 9 am	Sept 13	Meet Porterfield Reserve off Clifton Rd, Whitford	<i>To Clifton Beach and back</i>	Alan La Roche 534 7366
Opera 1 2 <sup>nd</sup> Tues 9.30 am	Aug 13	BM Theatre	Verdi's <i>Il Trovatore</i> Placido Domingo	Jean Denholm 534 6844
Opera 2 4 <sup>th</sup> Tues 1 pm	Aug 27	BM Theatre	<i>Fedora</i> by Umberto Giordano 108 min	Geraldine Rose 537 1917
Philosophy 1st Mon 10 am	<b>Concluded</b> Sept 2 next	BM Theatre		Christopher Nixon 535 5309
Poetry 2 <sup>nd</sup> Tues 2 pm	Aug 13	Colleen Williams's 1/139 Clovelly Rd	<i>Four Sonnets by Shakespeare</i>	Beth Voogd 534 7468
Science 4 <sup>th</sup> Wed 10 am	Aug 28	BM Theatre	Potpourri	Jim Hine 534 4259
Sunday Discussion 2nd Sun noon	Sept 8	Uxbridge Arts & Culture cafe		Joan Clarkson 537 6397
Travel 1 <sup>st</sup> Wed 10 am	Sept 4	Adrienne Teape's 159 Pah Rd, Cockle Bay	<i>Italy and Croatia</i> Gerald Patterson	David Dwerryhouse 534 4829
World of Art 1 3 <sup>rd</sup> Mon 10 am	Aug 19	BM Theatre	<i>Art of Spain (conclusion) plus Australian artist William Robinson</i>	Garry Law 271 6505
World of Art 2 3 <sup>rd</sup> Tues 1.30 pm	Aug 20	BM Theatre	<i>Great Artists</i> - DVD	Heather Watson 274 4747
World of Music 4 <sup>th</sup> Wed 1.30 pm	Aug 28	Ngaire Taylor's 6 Stevenson Way	<i>Brahms</i> Richard and Moira Burns	Ngaire Taylor 534 8538
World War II 2 <sup>nd</sup> Thurs 2pm	<b>Concluded</b> Sept 12 next			Allan Reid 534 9895
Writing 2 <sup>nd</sup> Tues 1.30 pm	Aug 13	Mary Kennedy's 9 Kelly Pl, Cockle Bay	<i>The Peaceful Years</i>	Marian Heywood 534 1159

