

## U3A Sth. Kaipara News Aug 2022



**Thank you all for your annual subscription payment. We are delighted to report that we now have 43 active members. We have close to 30 at our monthly meeting along with a number of apologies, which we appreciate, from members not able to attend for various reasons. We are growing!**

**Almoner Role: Please remember to advise Sara Newsome, our almoner, of any of our membership who may be very unwell or coping with a bereavement.**

**If you have ideas for new interest groups or speakers for our monthly meeting please let Bev know. We are keen to stay fresh and relevant.**



Since we are still a vulnerable place with Covid the committee requests that we continue with mask wearing and physical distancing for our next meeting. If weather permits please take your cuppa outside. This will be reviewed month by month.



**NEXT MEETING**

**Tues Aug 2nd**

**10.00-12.00**

**St Johns Room Rata St Helensville**

**Main Speaker: Gemma Donaldson CE South Kaipara Good Food. Come and learn about this remarkable local initiative that is working towards making our community become more food-secure by empowering people with the skills, confidence, connections and resources to be self-sustainable food-wise.**

**Mini Speaker : A report on the U3A Auckland Network Day 30th July**

2/7



**Advance Care Plan Workshop Day 2**

On July 12th 14 of us spent the morning working our way through the Advance care Plan booklet. There was so much animated conversation we ran out of time. So we are meeting again, details below, to complete. If you were not able to come to the first day, please feel free to join us on the 9th. We will review what we covered before looking at the remaining material. We have spare copies of the ACP booklet.

**Wills and Enduring Power of Attorney**

We are in conversation with Wendy Hampton the lawyer who spoke at our Feb meeting. If you have yet to create an EPA or if your will needs a tune up, there will be an opportunity to attend to this here in Helensville. This will be discussed on Aug 9th.

**When:** Aug 9th 9.30 - 12.00ish

**Where:** St Johns Meeting Room

**Cost:** \$6.00 to cover room hire

**Facilitators:** Leigh Kelly and Bev Silvester-Clark

**Please let Bev know if you are coming.**

**Contact Gloria if you are registered for this event and looking to share transport.**

**AUCKLAND U3A NETWORK WELCOMES YOU TO  
A DAY OF CELEBRATION**

Salvation Army Church 18 Allright Place Mt Wellington

Saturday 30 July 2022 - 9.30 for 10.00 to 2.30pm

**Speakers: Judge Andrew Beecroft, Children's Commissioner 2016-2021 and Dame Patsy Reddy** (Former Governor general of NZ) will be interviewed by media personality Catherine Saunders.

Includes presentations by U3A members and lunch - \$40

**To register** <https://u3aauckland.net>

**CURRENT INTEREST GROUPS**

Interest group are the great strength of U3A. As members we step up and convene small groups that offer rich opportunities for growing knowledge, skills and friendships. The following interest groups are offered by our members for our members. If you are a current U3A member and are interested in knowing more about a group feel free to contact the convenors direct. If you would like to join U3A South Kaipara or renew your membership please contact

Bev Silvester-Clark (Secretary) or Gloria Middleditch (Chair)

Monday	Tuesday	Wednesday	Thursday	Friday
Out and About 2nd Monday Doreen Hogan	1st Tuesday General Meeting 10am at St John's room, Helensvill	Mahjong every Wednesday at 10.00 Janice Webster		

	e			
	<b>2nd Tuesday 10 am Crafts, temporarily closed Prue Townsend</b>	<b>2nd Wednesday 2pm Shared Reading Bev Silvester Clark</b>	<b>2nd Thursday 2pm Critical Thinking Verna Healy</b>	
<b>3rd Monday 10am Gardening, phone Heather Hyland currently full</b>	<b>3rd Tuesday 10am Ted Talks Leigh Kelly</b>	<b>3rd Wednesday 2pm Book Club, Rhiannon Herrick</b>	<b>3rd Thursday 12 midday Food &amp; Wine Group Gloria Middleditch</b>	
<b>4th Monday 1.30.00 U3A Committee Meeting</b>			<b>4th Thursday 2- 4pm NZ History Tony Silvester Clark</b>	<b>Last Friday of month 10am Needles and Stitches Wendy Daniel</b>

**More about our interest groups.**

### **Needles and Stitches.**

Last Friday of month 10.00-12.00

**Convenor:** Wendy Daniel

This is a group of like minded people interested in knitting, patchwork ,crochet, embroidery, appliqué or any sort of sewing or mending who like to meet in a casual atmosphere for a couple of hours or so each month. There is room for about 6-8 people and space for a person to bring a sewing machine.

### **NZ History**

4th Thursday 2.00-4.00

**Convenor** – Tony Silvester-Clark – This is a monthly self-study group where members pursue their line of interest through reading and sharing their discoveries and learning in the group. As an adjunct to this activity we also arrange guest speakers, view other media (films, documentaries, theatre), organize site visits (trips – local and further afield).

### **Out n About**

**Convenor:** Doreen Hogan

Coming up next : the latest Thor movie, directed by Taika Waititi - not a serious movie

(after the school holidays!); and a visit to Kathy n Chuck's Alpacas at Sth Head (September) ... Look out for details in U3A emails. Have an idea for an outing? Let Doreen know

### **Gardening** (currently full)

3rd Monday 10.00

**Convenor:** Heather Hyland

Our group focuses on practical gardening and knowledge sharing. The group includes a wide range of experience levels and garden styles. We meet at each other's homes or occasionally at a garden center cafe. Over coffee we report back on the month's gardening, ask for any advice, and share friendship and laughter as well as surplus plants.

### **Ted talks** (currently full)

3rd Tuesday 10.00-12.00

**Convenor:** Leigh Kelly

**Purpose:** To stimulate our minds and provide the opportunity to learn something new or expand existing knowledge by watching a TED talk together. The group offer free and open discussion on the topic chosen by a different member of the group each time. We find we discuss many aspects of not only the topic but other areas that it directs us to move to. It is a fun group where we often laugh together and learn a lot from the collective background of everyone.

### **Critical Thought Group**

2nd Thursday of the month 2pm – 3.30pm (and no later than 4pm)

**Convenor:** Verna Healy but may rotate to different homes. This is the old Philosophy group with a new format.

Each group member has a turn at choosing the topic, researching it, and then leading subsequent discussion.

### **Book Club**

3rd Wednesday 2.00-3.00

**Convenor:** Rhiannon Herrick

We have an enthusiastic group of readers. We follow a simple format where each person gives a brief description of a book read recently. This has become a rich resource for reading ideas for the members. A list of the books presented is then shared by email and some books are passed on to others. We usually have about 8 attending and our hour-long meeting goes by very quickly.

**Mahjong Convenor:** Janice Webster 10.00-12.00 every Wednesday

Apart from lockdowns this keen group has been meeting weekly for three years. We welcome learners.

### **Food/Wine Group**

Lunch 3rd Thursday each month

**Convenor.** Gloria Middleditch **Venue:** Various restaurants and eateries

We comprise of between 8-15 persons enthusiastically coming together from very varied backgrounds to learn about and enjoy foods or wines from around the world that are available or made in NZ. There are a few interesting older buildings that have been repurposed from homes or business' now adapted for use as a restaurant with very interesting histories. We can carpool if necessary all to be organised through Gloria Middleditch

### **Shared Reading**

2nd Tuesday 2.00-3.30

**Convenor:** Bev Silvester-Clark

Shared reading is a process developed in UK which encourages the reading and

discussing of literature, short stories and poetry. We read out loud a short story and a poem, pausing throughout and discussing what the story is evoking for us. To know more see <https://www.aucklandfoundation.org.nz/the-reading-revolution> Helensville library supports this group with discounted photocopying.

6/7



Warm wishes

**U3A Sth. Kaipara Committee**

Gloria Middleditch Chair

Leigh Kelly Deputy Chair

Tony Silvester-Clark Treasurer

Bev Silvester-Clark Secretary

Sara Newsome Almoner

Nigel Dempster

Doreen Hogan

*You are receiving this newsletter because you recorded an interest in U3A Sth Kaipara.*  
Want to change how you receive these emails?  
You can [update your preferences](#) or [unsubscribe from this list](#).  
Or email Bev Silvester-Clark [bev.s-c@outlook.com](mailto:bev.s-c@outlook.com)