



Greetings All

As we come to the end of this year we are already looking forward to next year and to some interesting opportunities to keep U3A a space that supports our brains to stay engaged along with making warm connections with others.

Here are some of the ideas that are percolating.

- **Gardening Group.** This group has been fully subscribed since it's beginning. A decision has been made to open it to any who wish to join, and to find a way to cope with numbers if it gets too big. Contact Heather if you are interested joining. Also see more details about this group further down in the newsletter.
- **Birdwatching at Miranda.** This could be a day trip, or an overnight stay. Details have yet to be confirmed but if you are interested please contact Rhiannon

- **Classical Music Appreciation.** Bev and Tony are subscribing to a 2024 series of concerts with the Auckland Philharmonia. Bev plans to offer a music appreciation interest group based on these concerts. Attending the concerts will be optional to be part of this group. Contact Bev if this interests you.
- **Waiheke Day Trip** This idea has been floated. If you are interested do contact Doreen on
- **Play Reading Interest Group or Shared Reading Group.** Bev has found the energy to either start a Play Reading group, or reconvene the Shared Reading Group. If either of these ideas interest you or if you would like to know more, contact Bev
- **Opera in the Park** Free event January 24th in St Heliers. Contact Bev at if you would like to go as part of a group.
- **Pizza lunch party** at Tony and Bev's on Tuesday January 9th. Tony would love an excuse to get his pizza oven going and he still has some wood left over from winter. RSVP by Jan 1st to Bev

Other ideas that may interest you.

- <https://ourauckland.aucklandcouncil.govt.nz/news/2023/11/best-auckland-walks-reopen-for-summer/?>
- Did you know there is a huge range of online U3A courses available? See <https://www.u3aonline.org.au/home>

Thank you all for your continued interest in U3A South Kaipara. We look forward to seeing you again in the new year.

Our Christmas Lunch

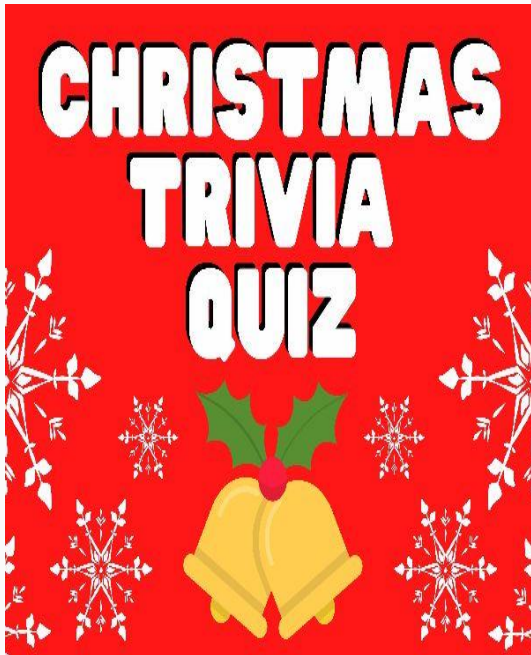
On Tuesday December 5th, and thanks to Gloria's organisation, we enjoyed an excellent **Christmas lunch at Helensville Golf course**. Great turn out.



Thanks to Pam's beautifully **home made Christmas crackers**, full of hand crafted surprises, we have been able to donate \$166 to Kaipara Good Food.

The **bar** was a focus of great interest!





Nigel led us in a quiz that had us so cognitively challenged we missed taking a photo to record his splendid effort. Thank you Nigel!

Trip to Tiritiri Matangi





We had a perfect day for our trip to Tiritiri Matangi on Dec 7th. Eight of us car shared over to Gulf Harbour where we took a 20 min ferry ride to the island. There we were met by John who guided us on a gentle and informative 90min walk, up through the regenerating bush, filling us in on the remarkable work done by an army of volunteers, turning the island once stripped of trees into a wonderland of growth and life. We ended up at the lighthouse, built in 1864, for lunch. On our walk there was an abundance of Bellbirds drinking at the feeding stations and Tui taking bomb baths in the water troughs. Although we certainly enjoyed seeing and hearing a wide range of birdlife we were encouraged to go back in the winter when, surprisingly, there is much more feeding activity. Thank you, Rhiannon, for organising a great day.

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 Any day or time that suits Doreen Hogan	1st Tuesday General Meeting 10am at Catholic Church Hall Kowhai St, Helensville	Mahjong every Wednesday 10.00 Janice Webster	Board games 1st Thursday 10.00 Sara Newsome 0	
			Critical Thought group	

			2nd Thursday 2pm-3.30pm Convenor Jackie Pillay	
3rd Monday 10am Gardening, phone Heather Hyland	3rd Tuesday 10am Ted Talks ph Bev Silvester- Clark	3rd Wednesday 2pm Book Club, Rhiannon Herrick	3rd Thursday 12 midday Food & Wine Group Gloria	
4th Monday 2.30 U3A Committee Meeting			4th Thursday 2- 4pm NZ History Tony Silvester- Clark	Last Friday of month 10am Needles and Stitches Wendy Daniel

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 **Venue** –

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.

As ideas of places, shows or movies to go to arise, Doreen is available to organise a group trip. Do contact her if you have an idea for such an outing.

Gardening 3rd Monday 10.00

Convenor: Heather Hyland

Venue: Varies

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 centre 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: Bev

Silvester-Clark

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 (no later than 4pm)

Convenor Jackie Pillay

Venue Rotates to different homes.

This is the old philosophy group with a new format. Each group member has a turn at choosing a topic, researching it and then leading the subsequent discussion.

Book Club

3rd Wednesday 2.00-

3.00

Convenor:

Rhiannon Herrick

Venue:

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:

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



Warm wishes

U3A Sth Kaipara Committee

Gloria Middleditch Chair

Tony Silvester-Clark Treasurer
Bev Silvester-Clark Secretary
Sara Newsome Membership Care
Nigel Dempster
Doreen Hogan
Pam Muirhead
Linda Cameron
Rhiannon Herrick
Glenys Osbourne
Jackie Pillay

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