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We do hope this new year we find you well and enjoying, finally, some good weather.

As we are confronted daily with so much uncertainty, tragedy and suffering in our world your U3A committee is resolved to continue providing opportunities for enrichment and enjoyment. We are grateful for suggestions from you all so **please support us by offering ideas** for speakers and interest groups.

Unfortunately the planned speaker for the **February meeting** had to cancel. We'll certainly seek out a replacement as her topic of brain health is so relevant for us all. See below for our replacement speaker. **Jacynthia** will definitely be a very approachable and entertaining speaker. Please bring along questions you may have around the challenges of living in what is officially described as bi-cultural New Zealand.

Goat Island Marine Discovery Centre trip is happening on March 10th. We need to fill a 40 seater bus so please register as soon as possible (details below) and do bring friends and family.

Almoner Role: Please advise [redacted] our almoner, of any of our membership who may be very unwell or coping with a bereavement.

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Mask wearing is now optional at our monthly meeting. We do hope you will still feel comfortable wearing a mask as we want to make protecting each others health a priority. We will continue to have our cuppa outside if weather permits.



NEXT MEETING: February 7th 10.00-12.00

WHERE : St Johns Meeting Room, Rata St

MAIN SPEAKER: Rev Jacynthia Murphy
MINI SPEAKER: Heather Hyland

Jacythia completed theological studies with St John's Theological College, and the University of Otago. She has served on numerous Anglican national, provincial, and international boards. Also, her grandmother was Dame Whina Cooper so she comes from a line of strong tangata whenua wahini. She now resides in Helensville, serving St Matthews Uniting parish. Jacynthia has agreed to speak to us on the topic of reaching across the gap that separates the pakeha and Maori worlds.

Feel free to bring a guest.



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Friday March 10th 2023

Finally, we have this long awaited day trip for U3A members in place. Please bring friends and family.

9.00: Board a big bus at Helensville Museum, further pick up in Kaukapakapa::

10.30: Morning Tea at Goat Island Discovery Centre

Followed by

- An interactive talk – Marine Science at the University of Auckland; Marine Conservation and innovation – 20-25 min
- An interactive session at the touch tank: Species Identification -15 min
- An interactive session at the BiG Eye microscope -15 min
- Free time to look around the Marine Discovery Centre – 15 min.

12.30: Bus to the Sawmill Cafe, Leigh for lunch.

About 3.00-3.30: Arrive back to Helensville

Cost: \$35 - for bus, morning tea and program at the Discovery Centre.

To Register:

1. Deposit \$35 into our U3A account , **38-9022-0201314-00**.

Include your **name and Goat** as reference or bring **cash** to the Feb 7th meeting in a named envelope .

2. Also, please email Bev to let her know of you wish to register [\[redacted\]](#)

Goat Island Marine Discovery Centre

Leigh Marine Laboratory, University of Auckland, PO Box 349, Warkworth 0941
160 Goat Island Road, Leigh 0985, New Zealand

+64 9 923 3645 (Centre) | +64 9 923 3621 (Office) | +64 9 422 6111 (Lab)



South Kaipara U3A Summer BBQ at Chuck and Kathie's .

Where: 68D Tu Parekura Rd, South Head
(go down long concrete driveway, veer right at the end)

When: : 16 February 2023 Gather at 11a.m. / Eat at 12p.m.

What to Bring:

(1) a plate to share

[a savoury or sweet snack or a salad];

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vegetarian option if needed - let Gloria know when you register!] Tea, coffee, water, plates, cutlery all provided.

Payment of \$4.00: Cash, in envelope with your name, phone no ... can pay at our Mtg on 7 Feb ... or bring on the day ...

RSVP : Contact Gloria contact details : [redacted] [redacted] before 5pm on Saturday 4 Feb, including details of your 'plate' and, also, whether you need, or can supply transport.

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) [redacted] or Gloria Middleditch (Chair) [redacted]

Monday	Tuesday	Wednesday	Thursday	Friday
Out and About Any day or time that suits Doreen Hogan [redacted]	1st Tuesday General Meeting 10am at St John's room, Helensville	Mahjong every Wednesday 10.00 Janice Webster [redacted]		
		2nd Wednesday 2pm Shared Reading Bev Silvester-Clark [redacted]	2nd Thursday 2pm Critical Thinking Verna Healy [redacted]	
3rd Monday 10am Gardening , phone Heather Hyland 021 [redacted] currently full	3rd Tuesday 10am Ted Talks ph Leigh Kelly [redacted]	3rd Wednesday 2pm Book Club , Rhiannon Herrick [redacted]	3rd Thursday 12 midday Food & Wine Group Gloria Middleditch [redacted]	
4th Monday 1.30.00 U3A Committee Meeting			4th Thursday 2-4pm NZ History Tony Silvester-Clark [redacted]	Last Friday of month 10am Needles and Stitches Wendy Daniel [redacted]

More about our interest groups.

Needles and Stitches.

Last Friday of month 10.00-12.00

Convenor: Wendy Daniel [redacted]

Venue: [redacted]

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.

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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 (currently full)

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: 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**Venue:** initially at

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**Venue:** 45

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

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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 0914105 8100

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 0974818885

Venue: [Redacted]

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.



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

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