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# U3A Sth Kaipara News July 2023

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Our planning workshop last Tuesday went very well thanks to the 16 members who came to share their energy and ideas. Our purpose was to support the ongoing development of U3A South Kaipara. In two and a half hours we addressed the following questions.

- Where have we come from?
- Where are we now?
- Where to from here?
- What do we need to support this?

The committee will prepare a full report and bring that to the membership at the monthly meeting. Meanwhile many thanks to those who have stepped forward to be involved. We can now see a sustainable way forward for our branch of U3A. **Membership Care:** Please advise **Sara Newsome**, if you know of any of our membership who may be very unwell or coping with a bereavement.

**Donations to Good Food:** Thank you for the \$12.00 donated at our last meeting. They are grateful for every dollar.

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Covid is certainly still active in our area so we do hope you will feel comfortable wearing a mask at our meetings, if you wish. We will continue to have our cuppa outside if weather permits.



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**NEXT MEETING:**  
**Tues July 4th 10.00 -12.00**

**WHERE:** Catholic Church Hall, Kowhai Street, Helensville

**MAIN SPEAKER: Mark Dennis**  
**Parakai resident and member of the Rodney Local Board.**

Mark will speak about the South Kaipara Emergency Response Plan that is being developed in the aftermath of Cyclone Gabrielle and the recent floods.

**MINI SPEAKER:**  
Tony Silvester-Clark

**Feel free to bring a guest.**



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## Advance Care Plan Workshop

**When:** Tuesday 25th July 9.30 - 12.00 **Where:**

St Johns Meeting Room - Rata St.

**Cost:** \$2.00 to cover room rental

**Facilitator:** by Bev Silvester-Clark

**To register:**

**Advance Care Planning (ACP)** is a process that encourages you to think about, talk about, and document your wishes about the type of health care you would want or not want to receive in the future. This can also include end of life discussions.

If you have never completed your plan, or are wanting to review your plan, do join us on the 25th. This will be a relaxed process that will hopefully make it a comfortable subject to tackle. Please bring your plan if you have one. Copies will also be available.

### ***Celebrating U3A in Action***

29 July 2023

U3A Auckland Network welcomes us to a day of celebration

Salvation Army Church 18 All bright Place, Mt Wellington

Saturday 29 July 9.30(for 10.00) to 2.3

#### **Speakers:**

**Chris Finlayson**

"The Treaty of Waitangi and its place in New Zealand History"

**Paul Buchanan**

"New Zealand's Changing Threat Environment"

Included are four presentations by U3A members and lunch \$45

To register:

<https://www.u3a.nz/home.htm>

carpooling.

## CURRENT INTEREST GROUPS

Interest groups 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
<b>Out and About Any day or time that suits</b> <b>Doreen Hogan</b>	<b>1st Tuesday General Meeting 10am at Catholic Church Hall Kowhai St, Helensville</b>	<b>Mahjong every Wednesday 10.00</b> <b>Janice Webster</b>		
			<b>Critical Thought group</b> <b>2nd Thursday 2pm-3.30pm</b> Convenor Jackie Pillay	
<b>3rd Monday 10am Gardening, phone</b> <b>Heather Hyland</b> currently full	<b>3rd Tuesday 10am Ted Talks ph. Bev Silvester-Clark</b>	<b>3rd Wednesday 2pm Book Club,</b> <b>Rhiannon Herrick</b>	<b>3rd Thursday 12 midday Food &amp; Wine Group</b> <b>Gloria Middleditch</b>	
<b>4th Monday 2.30 U3A Committee Meeting</b>	<b>Advance Care Plan workshop 25th July.</b> <b>Bev Silvester-Clark</b>		<b>4th Thursday 2-4pm NZ History</b> <b>Tony Silvester-Clark</b>	<b>Last Friday of month 10am Needles and Stitches</b> <b>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 \_

**Venue** Helensville

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 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:** Janice Webster

**Venue:**

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 businesses now adapted for use as a restaurant with very interesting histories. We can carpool, if necessary, all to be organised through Gloria Middleditch



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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

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