

U3A Sth Kaipara News July 2024

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July 2024 News

GREETINGS ALL

Mānawatia a Matariki! Winter is well and truly here, but following Matariki the days will be getting longer. Hopefully our U3A meetings and are providing bright spots in the dreary season. You might want to consider visiting a new interest group to see if you would enjoy it. Details of our groups are at the end of this newsletter along with contact details for the convenor. Try something new!

Each month at our U3A general meeting a donations box is available to support the work of South Kaipara Good Food. At the June meeting it was collected. Thank you.

Irene Hogan is our **membership care** coordinator. If you know of any U3A member who may be unwell or going through hard times please let Irene know.

Have you paid your \$20 annual sub? Subs for the year 24/25 are now due. The cost of membership has been kept at \$20. If you haven't already please pay your \$20 online:

NEXT MEETING:

Tuesday 2 July 2024 10am

Catholic Church Hall, Kowhai Street, Helensville

Guest Speaker:

SARAH MULVANEY

Holistic Animal Therapist

Bowen Therapist Please bring your \$2 contribution towards catering and hall hire costs.

Feel free to bring a guest



GETTING TO INTEREST GROUPS

Is transport a challenge preventing you from attending an interest group?

Our group convenors will happily try to put you in touch with someone who could give you a lift. Don't hesitate to call the convenor. Contact details for convenors are shown with the information about groups at the bottom of this newsletter.

Covid is still active in our area. Please feel comfortable about wearing a mask at our meetings if you wish to.



NEW GROUP - CELLPHONE PHOTOGRAPHY

This month Pam is convening a new activity for anybody interested in impromptu snapshots captured on your cellphone. The plan is that provided for the month and people will take a photo related to that topic and submit it to Pam by email or messenger etc. photos will be printed and displayed at the monthly meeting. It should be interesting to see how people interpret each topic.

FOOTWEAR is the topic chosen for August display

BOARD GAMES INTEREST GROUP

First Thursday of the month 10am

This group is keen to welcome new members. Sara Newsome is the convenor of this small and enthusiastic group. They meet at Sara's h Huapai and ride sharing is possible.

In Sara's words:

"Our Board Games group is for people who like playing board games, who like getting together and who like having fun. Playing board g extends knowledge, keeps the mind active and builds relationships.

We have a range of around a dozen games to choose from which range from simple Tri-Ominos through to the word-building game of Sc
We have games that require quick thinking, games that require deliberation, games that draw on memory and games that require recogn
patterns.”

Contact Sara see her at the July meeting if you'd like to give it a go.



AT THE JUNE MEETING

Our guest speaker in June was Elin Noyer, a Community Strength and Balance Trainer from Harbour Sport. Elin is an expert in fall preve
Following an interesting presentation Elin put us through our paces trying out the “Super Seven” exercises. Much laughter ensued. Elin
a provided a range of printed resources including a list of exercise classes in our area. If you missed the meeting and would like a copy
of the classes list or the Super Seven exercise sheet email Heather to be sent one. Or to find an exercise class click [here](#) to visit the
Live Stronger website recommended.

“MINI” SPEAKERS

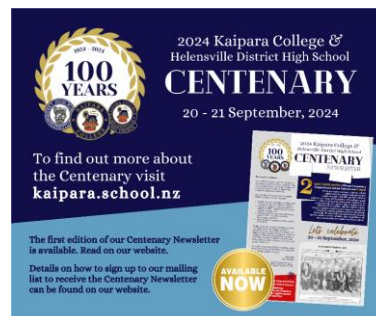
Jackie Pillay is our

speakers' coordinator. She has a great line-up of speakers organised for us for the rest of this year. However, we're looking for members
to give a short ten minute talk on any subject of their choosing before morning tea at the general meetings. Please offer to do this if you
Everyone's life experience and knowledge is so different. You're guaranteed a warm, supportive audience.

Feel free to talk to Jackie about this at our July meeting.
Were you once a student at Kaipara College or involved in some way?
Please keep the September centenary dates in mind.

More information at kaipara.school.nz
Upcoming U3A Event
CELEBRATING U3A IN ACTION - 2024

At the time of preparing this newsletter there were only a few places left
the Auckland network event described below. To register visit
<https://www.u3auckland.net/event>



for



u3a Auckland Network welcomes you to a day of celebration

Salvation Army Church, 18 Allright Place, Mt Wellington
Saturday 27 July 2024 - 9:30am (for 10:00am) to 2:30pm

Speakers:

Morning: [Distinguished Professor Emeritus Paul Spoonley MA MSc PhD FRSNZ](#)

"The supersizing and superdiversity of Auckland:
how Auckland will change over coming decades."

Afternoon: [Sir Ashley Bloomfield KNZM](#)

"Public trust in New Zealand: where we are at, and how do we
strengthen public trust to build social capital and social cohesion?"

Also included are four presentations by u3a Members and lunch - \$45.00

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 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 membership please contact

Bev Silvester-Clark (Chair) or Gloria Middleditch (Membership Coordinator)

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Out and About Any day or time that suits Doreen Hogan</p>	<p>1st Tuesday General Meeting 10am at Catholic Church Hall Kowhai St, Helensville</p> <p>Includes Cellphone Photography Pam Muirhead</p>	<p>Mahjong every Wednesday 10.00 Janice Webster</p>	<p>Board games 1st Thursday 10.00 Sara Newsome</p> <p>Every Thursday 9 - 12 except 3rd Thursday Mahjong for Beginners Gloria Middleditch</p>	<p>Classical Music Appreciation dates advised Bev Silvester</p>
	<p>Play Reading Shared reading 2nd Tuesday 10am ph Bev Silvester-Clark</p>		<p>Every Thursday 9 - 12 except 3rd Thursday Mahjong for Beginners Gloria Middleditch</p>	
<p>3rd Monday 10am Gardening, phone Heather</p>	<p>3rd Tuesday 10am Ted Talks ph Bev SilvesterClark</p>	<p>3rd Wednesday 2pm Book Club, Rhiannon Herrick</p>	<p>3rd Thursday 12 midday Food & Wine Group Gloria Middleditch</p>	
<p>4th Monday 2.30 U3A Committee Meeting</p>			<p>Every Thursday 9 - 12 except 3rd Thursday Mahjong for Beginners Gloria Middleditch</p> <p>4th Thursday 2-4pm NZ History Tony Silvester-Clark</p>	<p>Last Friday of month Needles and Stitches Wendy Daniel</p>

More about our interest groups.**Classical Music Appreciation**

Friday 2.00 - 4.00 dates to be advised

Convenor: Bev Silvester-Clark

Based on the 2024 Auckland Philharmonia's concert series Grand Classics, prior to 5 concerts throughout the year we will listen to some music that will be played and learn together about the music and it's composer. Attending the concerts in the town hall is not a requireme part of this group.

Play Reading/Shared reading

2nd Tuesday of month 10.00-12.00

Convenor: Bev Silvester-Clark

We alternate month about between Play Reading and Shared Reading. **Play reading** is a fun process where we simply read aloud the va roles from a play script that we hire from The Play Bureau. No acting skill required but a willingness to have fun is a big help. In

Shared R we read a short story out loud together and reflect on what it evokes for each of us.

Board Games

1st Thursday of month 10am

Convenor: Sara Newsome

Venue: Huapai

Our Board Games group is for people who like playing board games, who like getting together and who like having fun. Playing board ga extends knowledge, keeps the mind active and builds relationships.

We have a range of around a dozen games to choose from which range from simple Tri-Ominos through to the word-building game of Sc We have games that require quick thinking, games that require deliberation, games that draw on memory and games that require recogn patterns.

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 w 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 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 group. As an adjunct to this activity we also arrange guest speakers, view other media (films, documentaries, theatre), organize site visits 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 suc 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 styl 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 ad 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 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.

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

Mahjong for Beginners

This group meets from 9am until noon every Thursday, except for the 3rd Thursday of the month. For more information phone Gloria

Convenor: Gloria Middleditch

Cellphone Photography

Convenor: Pam Muirhead

Optional part of the General meeting 1st Tuesday of the month

Venue: Catholic Church Hall, Kowhai Street

For anybody interested in impromptu snapshots captured on your cellphone. A topic is provided for the month and people will take a photo to that topic and submit it to Pam by email or messenger etc. The photos will be printed and displayed at the monthly meeting.



Warm wishes,

U3A Sth Kaipara Committee

Bev Silvester-Clark Chair

Tony Silvester-Clark Treasurer

Noeline Sheldon Secretary

Gloria Middleditch

Doreen Hogan

Pam Muirhead

Linda Cameron

Jackie Pillay

Irene Hogan

Heather Hyland

You are receiving this newsletter because you recorded an interest in U3A Sth Kaipara.

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Or email Bev Silvester-Clark