

U3A Sth. Kaipara News June 2022



1/8

We are looking forward to seeing you at our next meeting, **June 7th**. We enjoyed a good turn out for our AGM on May 3rd when the existing committee officers were reconfirmed for the upcoming year.

A new role - Almoner. An important addition to committee responsibilities is the establishment of the **almoner**. When we heard about this role from our March speaker the committee agreed it was something we want to offer our members who are unwell or who have experienced a bereavement. This can be a very isolating time. Sara Newsome has undertaken to fill this role. So, if you hear of any U3A member who is ill or bereaved please contact Sara. She will send a message from U3A South Kaipara and ensure they are adequately supported.

Please note our annual membership subscription of \$20.00 is due. If you haven't already done so, please pay online to 38-9022-0201314-00 with your name and U3Asub as reference or bring cash to the next meeting.



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

JUNE 7th

10.00-12.00

St Johns Room Rata St Helensville

Speaker : Professor Julian Paton

International cardiovascular disease expert.

Director of Manaaki Manawa - Centre of Heart Research University of Auckland

Feel free to bring friends to this meeting.



At our June 7th meeting we will begin having a 'mini speaker' prior to morning tea. This month Leigh Kelly will be providing a brief outline of Advance Care Planning and offering a workshop for any of you who would like support in completing your care plan.

3/8

Please note there has been a speaker change for this event. If you haven't already registered do consider coming. It will be a great day. We will organise car pooling at the July monthly meeting.

**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>

COMMUNITY NOTICE BOARD.

If you know of **non U3A** events or activities in our local area that may interest our members please let Bev know. They can be posted here.

Weekly meditation group: Catholic Church Hall every Monday 5.15 pm. Any meditation tradition welcome. Contact Bev for more information.

Aquarobics at Parakai Pools

For fitness, rehabilitation, make you friends

Mon, Wed, Fri 0930 -1030 (winter) 0900-1000 (summer)

For more information contact Ruth Hudson 02102277481

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
	1st Tuesday General Meeting 10am at St John's room, Helensville			
	2nd Tuesday 10 am Crafts, temporarily closed Prue Townsend	2nd Wednesday 2pm Shared Reading Bev Silvester Clark	2nd Thursday 2pm Critical Thinking Verna Healy	

3rd Monday 10am Gardening, phone Heather Hyland currently full	3rd Tuesday 10am Ted Talks ph Leigh Kelly	3rd Wednesd ay 2pm Book Club, Rhiannon Herrick	3rd Thursday 12 midday Food & Wine Group Gloria Middleditch	
	3rd Tuesday 12.00 U3A Committ ee 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 would 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 self-study group that meet monthly 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).

New Group Out n About

Convenor: Doreen Hogan

Doreen will share further about this group at June 7th meeting.

It's about sharing our favourite nooks n crannies, activities and places with stories. Suggestions made already include Chuck & Kathy's Alpacas, Hville Art Heritage Trail, and a movie (for that rainy day!) ... I propose members of the group taking their turn to organise the outing of the month.

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.

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:

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 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.



Warm wishes

U3A Sth. Kaipara Committee

Gloria Middleditch Chair

Leigh Kelly Deputy Chair

Tony Silvester-Clark Treasurer

Bev Silvester-Clark Secretary

Nigel Dempster

Doreen Hogan

Sara Newsome

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