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June 2024 News

GREETINGS ALL

We had a successful AGM in May. Thank you to all who came, and especially to those who made themselves available for office. The following officers were elected:

Chair: Bev Silvester-Clark

Treasurer: Tony Silvester-Clark

Secretary: Noeline Sheldon

The following people will serve on the committee:

Gloria Middleditch, Doreen Hogan, Pam Muirhead, Linda Cameron, Jackie Pillay, Irene Hogan and Heather Hyland. Our sincere thanks go to outgoing committee members Sara Newsome, Nigel Dempster, Rhiannon Herrick and Glenys Osbourne.

We look forward to working together to support our members and grow our U3A branch.

U3A Sth Kaipara Account number or bring cash to the June meeting.

Membership Care. Irene Hogan has taken on this role. If you are aware of any U3A member who may be unwell or going through hard times please let Irene know. You can contact her.

NEXT MEETING:
Tuesday 4 June 2024 10am
Catholic Church Hall, Kowhai Street, Helensville

Guest Speaker:
ELIN NOYER
Community Strength and Balance Trainer
Harbour Sport
Elin will talk to us about fall prevention.

Please bring your contribution of \$2
towards catering and hall hire costs.
Feel free to bring a guest

Coming up!

STAYING SAFE ON THE INTERNET
Friday May 31st 10am - 12pm

St John's Rooms, Makiri Street, Helensville

Our own South Kaipara U3A member, Chuck Rademacher, will present a seminar with the latest information about how to protect ourselves online and avoid being scammed. An RSVP to would be appreciated, but you will be made welcome if you just turn up on the day.

\$2 entry to help with costs please

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



At the May meeting

Following the AGM we had an enlightening presentation about brain anatomy, brain injury and recovery and brain plasticity from Toni Foster of HEADWAY: BRAIN INJURY AUCKLAND. Toni referred to apps such as Lumosity and Peak which are fun ways to keep the brain lively. Some of these have a subscription cost, but many also offer a few free games or a free trial period. See Jackie at the June meeting if you'd like the full list. Toni also mentioned Nymb! which is an app with activities to engage both brain and balance. This one comes free courtesy of ACC.

At the May meeting \$29.20 was donated to our local organisation Good Food. Thank you.

SUGGESTIONS FOR GUEST SPEAKERS

Do you have some thoughts on who might make a good guest speaker at our monthly meeting? Jackie Pillay, our speakers' coordinator would welcome your suggestion. If you can provide contact details that would be even better. Feel free to talk to Jackie at our meeting or to email Her.

Please consider taking a turn as a "mini speaker" yourself. This is an opportunity to spend just 10 minutes sharing an area of expertise or experience. These talks are always well received. Interest group



OUT AND ABOUT IN JUNE

Doreen is organising outings to attend three films at the French Film Festival at the Bridgewater Cinema in Northcote. We will be carpooling.

Dates and times:

Fri 7/6 11am

Mon 10/6 4pm

Wed 19/6 1:30pm

Full details on sign-up sheets at our June 4th meeting. If you can't make the meeting you can email [Doreen](#)

Free Hearing Tests

Grafton Campus
University of Auckland

There is an opportunity available to have your hearing tested by (supervised) students of the Master of Audiology programme.

Appointments are on Mondays, Wednesdays and Fridays in Park Ave Grafton and can be repeated annually. If you're interested please contact [Heather](#) and she will email you the information and form.

Upcoming U3A Event

CELEBRATING U3A IN ACTION - 2024

Registrations are open to attend U3A Auckland Network's event in July. See below.

To register visit



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

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

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) [0274316205](tel:0274316205) bev.s-c@outlook.com or Gloria Middleditch (Chair) [021 165-8428](tel:0211658428) [.jandgmiddleditch@outlook.com](mailto:jandgmiddleditch@outlook.com)

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>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 to be advised Bev Silvester-Clark</p>

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	<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 Hyland</p>	<p>3rd Tuesday 10am Ted Talks ph Bev Silvester-Clark</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 10am 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 of the 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 requirement to being 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 various 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 Reading** 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:

Our Board Games group is for people who like playing board games, who like getting together and who like having fun. Playing board games 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 Scrabble. We have games that require quick thinking, games that require deliberation, games that draw on memory and games that require recognition of patterns.

[Subscribe](#)[Past Issues](#)[Translate ▼](#)**Convenor:** Wendy Daniel wendydan@xtra.co.nz

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

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.

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. 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

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

[Subscribe](#)[Past Issues](#)[Translate ▼](#)**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

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

**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

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