

U3A Sth Kaipara News Nov 2022



Our membership is quietly growing and we often reflect on the fact that everyone of you has a rich life experience that most of us have little knowledge of. To remedy that we have started using the mini speaker slot each month as a space to hear from one of our members. At the October meeting we heard from Pam Muirhead and her experience as a teacher, along with her husband and young family, in rural New Zealand schools. Thank you Pam - we loved hearing about your adventures.

To save us from shoulder tapping, please let Bev know of your willingness to share something from your life journey at a future meeting. It can be about anything significant to you.

Our main speakers for the October meeting were Silke Carter CEO, and Irene Hogan, Founder of Mt Tabor. Learning about the quiet and impressive history and vision of this organization was so absorbing we ran short of time and weren't able to watch two videos they brought to show us. Do watch them now. Here are the links.

https://youtu.be/mcqKeV_pvhw
https://vimeo.com/758866577/d575242b8_2

We were delighted to be able to pass on **South Kaipara Good Food** <https://skgf.org.nz/about/> \$50.10 donated by those of you who attended our October meeting. **Thank you!** Please continue to drop into the red box at our monthly meeting just what you can for this very worthy cause.

Almoner Role: Please remember to advise **Sara Newsome**, our almoner, of any of our membership who may be very unwell or coping with a bereavement.

If you have **ideas for new interest groups**, events or speakers for our monthly meeting please let Bev know. We are keen to stay fresh and relevant.



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

Tues November 1st

10.00-12.00

St Johns Room Rata St Helensville

Main Speaker: Helensville Resident Jo Dixey

Since Jo may be called over to London to help embroider the robes and regalia for Charles III coronation next year it felt the perfect time to invite her to tell us about her career as a professional embroiderer and to show us some of her extraordinary work.

Mini Speaker : Janice Webster



First Aid Refresher

When: 9.30 -12.00 Tuesday 22nd November

Where: St Johns Room Rata St

Trainer: KIm McNamara - a highly recommended trainer.

Cost: We need to cover room rental cost so it will be between \$5 and \$10

Come and refresh your knowledge of basic first aid. Things we learned years ago may well have changed. Certainly CPR has.

To Register: Contact Bev **Please let me know as soon as possible. Numbers will determine if we have a viable number.**



Christmas Lunch

December 6th

Please keep this date clear for our Christmas lunch.

Unfortunately McNut Cafe, our planned venue, will not be up and running by then so we are still looking for a suitable place for our lunch. You will be advised when we have those details. Meanwhile if you have any ideas please let Leigh Kelly know leigh@clinicalupdate.co.nz



Goat Island Marine Discovery Centre Friday March 10th 2023

Finally, we have this long awaited day trip for U3A members in place. Friends and family also welcome.

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 a café (to be decided) for lunch. Provision will be made for those who wish to bring their own lunch.

About 3.00-3.30: Arrive back to Helensville

Cost: \$32 - for bus, morning tea and program at the Discovery Centre.

To Register: email Bev bev.s-c@outlook.com



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) or Gloria Middleditch (Chair)

Monday	Tuesday	Wednesday	Thursday	Friday
Out and About Any day or time that suits Doreen Hogan	1st Tuesday General Meeting 10am at St John's room, Helensville	Mahjong every Wednesday 10.00 Janice Webster		
		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 Wednesday 2pm Book Club, Rhiannon Herrick	3rd Thursday 12 midday Food & Wine Group Gloria Middleditch	
4th Monday 1.30.00 U3A Committee 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 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

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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

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

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

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

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

Sara Newsome Almoner

Nigel Dempster

Doreen Hogan

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Or email Bev Silvester-Clark bev.s-c@outlook.com