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At our August meeting Gemma Donaldson, CE of **South Kaipara Good Food** gave us a high energy and inspiring presentation about the marvelous work being done by this enterprise. What began as a food bank early in our Covid journey has now become a comprehensive approach to food security for our community. See <https://skgf.org.nz/>. At the meeting, as a group, we voted to increase the usual gratuity we give our speakers and donated \$100.00 to South Kaipara Good Food. In addition there was agreement that this was an organisation that we, as a group, could support on an ongoing basis. To that end, from our next meeting there will an opportunity to drop a coin or two into marked box. There is no expectation or obligation. Because food is purchased at wholesale or even lower rates cash is far more useful than food. It is helpful to remember that a can of baked beans costs them 70cents or \$1.60 for a packet of pasta. .

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. We are looking to offer the **Goat Island Marine Discovery trip** in the new year.

Since we are still a vulnerable place with Covid the

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please take your cuppa outside. This will be reviewed month
by month.



NEXT MEETING Tues Sept 6th 10.00-12.00

St Johns Room Rata St Helensville

**Main Speaker: Raven Stevens, Healthy Lifestyle
Advisor from Harbour Sport .**

Come and learn more about Green Prescriptions and how this resource can our
health and well being.

Mini Speaker : Verna Healy



Advance Care Plan Workshop

Our second Advance Care Plan workshop on Aug 9th was well received by 14 of our
members. Some admitted they were nervous that it would be a bit depressing. The
reality was they found it an encouraging and enjoyable process. The consensus was

Wills and Enduring Power of Attorney

Please contact Leigh Kelly if you you are interested in being part of a group clinic with lawyer Wendy Hampton to revise your will and set up an Enduring Power of Attorney.

Phone Leigh



Wanting to improve your balance and prevent falls? Do check this out. NO cost involved apart from 10 mins of effort three or more times a week.

<https://nymbblscience.com/nz-fallsfree-welcome/>

Nymbbl, sponsored by ACC, is for older adults wanting to maintain or improve their balance in the comfort and safety of their home. All you need is a smartphone or tablet. The trial is limited to 20,000 users, so sign up now and download Nymbbl to get better balance and live falls free.



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
<p>Out and About Any day or time that suits Doreen Hogan</p>	<p>1st Tuesday General Meeting 10am at St John's room, Helensville</p>	<p>Mahjong every Wednesday 10.00 Janice Webster</p>		
	<p>2nd Tuesday 10 am Crafts, temporarily closed Prue Townsend</p>	<p>2nd Wednesday 2pm Shared Reading Bev</p>	<p>2nd Thursday 2pm Critical Thinking Verna Healy</p>	

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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

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 (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

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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: 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.

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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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