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We are looking forward to seeing you at our next meeting, **May 3rd**. This meeting is our AGM where we are looking to confirm our committee officers for the upcoming year. Please send any **nominations** for any of the four committee officers to Gloria [jandgmiddleditch@outlook.com](mailto:jandgmiddleditch@outlook.com). That is, chair, vice chair, secretary and treasurer. Nominations will also be accepted from the floor at the meeting.. The existing committee members are willing to continue.

**Our annual membership subscription of \$20.00 is also due in May. Please pay online to 38-9022-0201314-00 with your name and U3Asub as reference or bring cash to the next meeting.**

We had a little drama at our April meeting when we found that St Johns had double booked the venue. I have been assured that won't happen again. Thank you everyone for proving how adaptable we are by willingly moving round to the Masonic Lodge in Kowhai Street.



Since we are still in a vulnerable place with covid the committee requests that we continue with mask wearing and physical distancing for our May meeting. If weather permits, please take your cuppa outside. This will be reviewed month by month.

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## NEXT MEETING

May 3rd - 10.00-12.00

StJohns meeting room Rata Street Helensville.

## SPEAKER: SENIOR CONSTABLE MELISSA HAVEN our community constable

Sgt Damian Albert was our speaker at our July meeting last year. He encouraged us to have Melissa come this year to bring us her perspective of policing in South Kaipara.

Because this is our AGM we will wait until our June meeting to begin having mini speakers in addition to the main speaker.

Heads up for our June Meeting. We have **Professor Julian Paton from Manaaki Manawa**, the Centre for Heart Health, University of Auckland, as our speaker. Manaaki Mānawa is the hub of a new CoRE, Healthy Hearts for Aotearoa New Zealand. Its aim, directed by Professor Paton, is to research ways to slow down, reverse or prevent heart disease. Feel free to friends to this meeting.

Last year a group from Helensville attended this annual event. We thoroughly enjoyed the day and encourage our member's to consider going this year. It will be booked out so don't wait to reserve a place. We will organise car pooling.

## AUCKLAND U3A NETWORK WELCOMES YOU TO A DAY OF CELEBRATION

Salvation Army Church 18 Allright Place Mt Weliington

Saturday 30 July 2022 - 9.30 for 10.00 to 2.30pm

**Speakers: Sir Peter Gluckmand**, Scientist and Former Science Advisor to the Prime Minister, Director of Centre for Informed Futures 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>

## 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

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please contact

Bev Silvester-Clark (Secretary) \_\_\_\_\_

Gloria Middleditch (Chair) 021 165-8428 .jandgmiddleditch@outlook.com

Note - there are three new groups that have yet to establish meeting times. You will find them in the window below this one.

Monday	Tuesday	Wednesday	Thursday	Friday
	1st Tuesday General Meeting 10am at St John's room, Helensville			
3rd Monday 10am Gardening, phone Heather Hyland venue varies	2nd Tuesday 10 am Crafts, temporarily closed Prue Townsend	2nd Wednesday 2pm Shared Reading Helensville Library Bev Silvester-Clark	2nd Thursday 2pm Critical Thinking phone Verna Healy	
	3rd Tuesday 10am Ted Talks ph Leigh Kelly	3rd Wednesday 2pm Book Club, phone Rhiannon Herrick	3rd Thursday 12 midday Food & Wine Group phone Gloria Middleditch  Venue TBA	
	3rd Tuesday 12.00 U3A Committee Meeting at Bev & Tony's home	4th Wednesday 2pm Shared Reading Helensville Library Bev Silvester-Clark		

## More about our interest groups.

### New Group – Needles and Stitches.

Suggested Time: Last Friday of month 10.00-12.00

Convenor: Wendy Daniel \_\_\_\_\_

This can be 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.

### New Group - NZ History

Convenor – Tony Silvester-Clark \_\_\_\_\_

Venue – Community Room, Helensville Library

It is thought that this group will be a self-study group that meet monthly (date yet to be determined) where members pursued their line of interest through reading and sharing their discoveries and learning in the group. As an adjunct to this activity we could 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 \_\_\_\_\_

An initial meeting at my place on Monday 9th May (2nd Monday) at 10am ... Email or call me beforehand, so I know how many to expect (plenty of room!).

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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)

**Convenor: Heather Hyland** \_\_\_\_\_

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)

**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**

**Convenor: Verna Healy** \_\_\_\_\_

2nd Thursday of the month 2pm – 3.30pm (and no later than 4pm)

**Venue: Parakai, but may rotate to different homes.**

This is the old Philosophy group with a new format.

It is planned that each person will have a turn at choosing the topic, researching it, and then leading subsequent discussion.

**BookClub**

**Convenor: Rhiannon Herrick** \_\_\_\_\_

3rd Wednesday of the month. 2pm-3pm Venue:

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** \_\_\_\_\_

**Venue**

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**

**Convenor. Gloria Middleditch**

Lunch 3rd Thursday each month

**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



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**Venue:** Community Room Helensville Library.

This group has been paused due to library covid regulations and hopefully restarting Tues May 10th, 2.00-3.30. 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 free photocopying and venue.



### U3A becoming more visible

We missed out on featuring in Helensville Community News last month. However, we have been assured we will feature in the May edition in the 'Whats happening this month' and 'Regular events' columns. Do help us to become more known in our community. We are sure there are many out there who would really enjoy what we are offering if they only knew about us.

Meanwhile we hope to see you on the 3rd. Do bring a friend!

Warm wishes

#### U3A Sth Kaipara Committee

Gloria Middleditch Chair

Tony Silvester-Clark Treasurer

Bev Silvester-Clark Secretary

Nigel Dempster

Leigh Kelly

Doreen Hogan

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