



## HIBISCUS COAST U3A NEWSLETTER

July/August 2017

[www.u3ahbc.co.nz](http://www.u3ahbc.co.nz)

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**Next meeting:** Monday, 17 July 2017

St Andrew's Presbyterian Church Hall, 32 Waiora Road, Stanmore Bay.  
Doors open 9.40 am for a 10 am start; meeting ends at approx 11.45 am

**Tea duties:** Groups: *Art Appreciation and Book Club*

Convenors, please contact each other to arrange kitchen duties

### From the President:

I have had a growing concern that our U3A group is going a little through the 'Doldrums'. Membership is down; we have fewer groups and attendance at our General Meetings could be better. However, as often happens in life, things can suddenly take a turn for the better and I do believe it is doing just that.

Regarding membership: Elizabeth, our membership secretary, wondered if prospective members might prefer to be offered the option of paying fees via the internet and has included these details in her application form.

I have occasionally heard comments from people considering joining, that they were put off by the word "University" as being too intellectual. We cannot change our name, but I prefer to think of us as being of "Universal" interest. So if you have any friends who are hesitating to join, maybe that will help!

Regarding groups: I am delighted to say we have three new ones proposed. Details are further on in this newsletter.

Your previous President, Trish, and I have been thinking for some time of relocating to premises which are easier to access and with better parking. Grateful as we are to the Presbyterian Church, I think its location presents difficulties for some of our members.

Our Vice president, Kay, may have come up with a possible alternative. I am not saying much about it at the moment, as this needs to be investigated further. If it should prove suitable, it would mean we would have a convenient location, enough parking, level access to the meeting room and a different seating pattern where we could sit sociably round small tables. I think this would be more appealing and may encourage more to attend.

I am also wondering if it would be a good idea to have our tea/coffee break between the club speaker and main speaker. This would give members a chance to socialise a little more: accommodate late-comers and give the main speaker time to set up and not need to arrive so early.

I am pleased to have positive news to report – a possible, improved location for general meetings, 2 – 3 new interest groups and ideas on how to lift membership. The future is looking bright.

I would be grateful for your feedback on any or all of the above.

Chris Curtis  
President

### **Introducing July's Guest Speaker – Pauline Smith** *Conservation on the Coast*



**Pauline Smith:** A long-time resident of the Hibiscus Coast, Pauline has been active in conservation for many years and recently journeyed with Heritage Expeditions to the Auckland and Campbell Islands. Getting up close to the Southern Royal Albatross and having time to observe their behaviour on land was a real thrill.

### **Conservation on the Coast**

As project manager for Forest and Bird's Hibiscus Coast Branch *Pest Free Peninsula* programme, Pauline was especially interested in the pest eradication on these islands and observing the results of restoration of their flora and fauna. Pauline is a staunch supporter of Tirititi Matangi and Shakespear Open Sanctuary.

### **Club Speaker**

The club speaker will be a surprise. At the time of printing, Maureen was still negotiating to find someone who will be a suitable lead-in to Pauline. We hope you will be pleasantly surprised.

**EXCITING NEWS!** Three new interest groups are being proposed -  
*Church History with Ian McLean*  
*Meditation with Bev Gomez*  
*Learn to play the Ukulele with Lorna Robinson*



This group will be led by member, **Ian McLean** who was a lay preacher for 60 years.

At Aberdeen University, he studied Greek and the Old Testament; Hebrew and the New Testament, Systematic Theology, Church History and Christian Apologetics



**Topics covered will include -**

The interaction between Christianity and other faiths

The spread of Christianity into the Gentile World

The development of the Hierarchy

The influence of other religions

This may sound rather intellectual and deep; in fact, it is a fascinating subject for anyone, whether belonging to a faith or not.

For example, consider:

- ❖ People volunteering for martyrdom and the impact of this on the churches.
- ❖ Various persecutions and which emperors were involved.
- ❖ What was the Children's Crusade and its connection to the Pied Piper of Hamelin?
- ❖ The influence of converts from other religions, e.g. Isis and Cybele worship.
- ❖ The famine in AD 49 which led to aid being sent from some of the churches in Asia and to official sanction being given to preach to the gentiles.

Expressions of interest to, or for more information:

Contact Kay McLean on [0273287363](tel:0273287363)

## PROPOSED UKULELE GROUP FOR U3A MEMBERS

### FOR ABSOLUTE BEGINNERS



#### **This group is intended for beginners**

Any members who wish to join will not need to have had any prior experience with music or any other instrument. The instructions will start from scratch.

Once 5 simple cords have been mastered, approximately 100 well-known songs can be played.

We have been lucky enough to enlist the help of CHERRY, who will be introducing the first set of lessons to the group.

The first sessions will commence on 2 August and will continue on the first and third Wednesday of the month for the remainder of the year. Sessions will be 90 minutes long (2.00 – 3.30 pm) and will be held in the Pohutukawa Room, Whangaparaoa Library.

It is scientifically recognised that senior people who learn to play a musical instrument find their memory loss becomes less of a problem as the learning involved actively engages that portion of the brain and consequently helps to halt the ageing process – as well as being very sociable and enjoyable. Additionally, we would welcome a few people who would just like to come along to listen and to sing along.



Ukuleles are not overly expensive. Initially, it is probably wise to borrow or purchase a cheap little model and then if the user wishes to continue playing, it is easy enough to upgrade. KBB MUSIC at either Albany (09-448-5453) or Takapuna (09-489-4131) have a good selection of ukuleles but there are, of course, other stores available.

To assess the level of interest or if you have any queries, please contact Lorna at text : 029 773 0011. You will be contacted towards the end of July.

Whoever said *"Diamonds are a girl's best friend"*, never played ukulele.

Gentlemen! Should you be buying the woman in your life a ukulele?

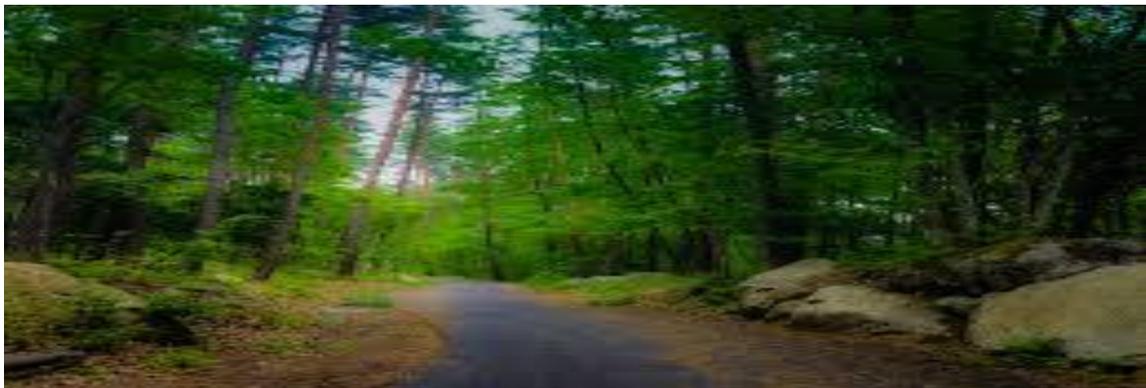


### ***Meditation Group***

This group is for beginners to learn meditation and for those who already practise meditation to join a weekly group. Meditation can be very powerful when done with others and we will discuss and practise various techniques, finding which one suits us best.

This is not a religious form but is open to everyone who wishes to learn or/and practise regularly which brings many benefits such as:

- Reduces stress
- Improves concentration
- Encourages a healthy lifestyle
- Increases self-awareness
- Increases happiness
- Increases acceptance
- Slows aging
- Benefits cardiovascular and immune health



There are many more benefits. For some, meditation helps to reduce blood pressure and assists sleeping; it can help relieve depression, anxiety, insomnia and worry, creating more inner peace and contentment. (Who doesn't need that?)

Come along and find out for yourself. I am NOT an expert but have gained a lot of benefit from practising meditation and am happy to share what I have learned.

Please contact Bev Gomez for further information.

Tel: 094240573 or 0277331722

## News from the groups:

### Art Appreciation

Great learning, jointly from our members who take turns in developing a presentation on their chosen subject. John Hoby presented a collage of artists who have portrayed women in various roles through the ages, which led to much discussion. We welcomed two new members and more new members are welcome.

We meet on the third Thursday of each month at the Peninsula Retirement Village at 1.45pm

Convenor: Trish Litherland

### Book Club (formerly East)

Earlier this year, due to slightly dwindling membership in each of the two groups; we decided to condense to one group, becoming the 'Book Club'. Our thanks go to Lesley Newling who had been overall Convenor for quite some time and we welcomed her into the former 'Book group East' some three months ago. We now number eight.

I was appointed the new Convenor and we have continued to meet in each others' homes, as before. Our gatherings take place on the morning of the second Thursday monthly at 10.00 am, where for the following two hours we enjoy lively discussion about the books we have read during the month. This discussion includes, enjoyment of the book, the standard of writing, how well drawn the characters were (in the case of fiction) how believable and what, if any, message the writer was aiming for.

We all read the same two books each month, these having been chosen for the year, during the first meeting of each year.

We try to provide a good cross section – fiction/non-fiction, New Zealand writers/ others. On this year's list we have "Mrs Lincoln's Dressmaker", "The Hotel on Place Vendome", "Snow on the Lindis", "The Red Door" and "Coming Clean" among others.

Something we all agree on is that a certain author or title could easily be overlooked to our detriment, were it not for the fact that someone in the group recommended it and it was added to the list. Of course, we occasionally stray from the main subject as we enjoy a 'cuppa' together at the start of the meeting.



If anyone feels that a morning of discussion, good company and fun around reading appeals, you would be most welcome.

Convenor: Dee Davies

### **Cards and Games**

Although our numbers were down because of members being ill or needed elsewhere. our monthly cards and games session was a lovely fun afternoon, with a gathering of eight.

Convenor: Isobel Naish

### **Cinematique**

We met in June and viewed "My Cousin Rachel" at Hoyts Whangaparaoa. We meet when there is a suitable movie on locally.

Towards the end of the month, we will commence showing movies, date and time to be advised when a venue that can accommodate us is found.

Convenor Trish Litherland

### **Film Discussion**

Three new members have joined during the last two months. We have a humorous and rewarding discussion about anything we have seen since we last met. We meet on the last Friday of the month at the Peninsula Retirement Village at 10.00 am. We have room for one or two more members.

Convenor: Trish Litherland

### **Meditation (New Group)**

We have met once already and will continue to meet each Sunday morning at 11am in one of our houses. For further information: 4240573 or [0277331722](tel:0277331722)

Convenor: Bev Gomez

### **History Group**

A shared love of delving into the past, along with researching and writing about topics which catch our interest is part of what keeps our group together. Add to this the pleasure of listening to, and learning from, the papers presented by our members. Over the years members have worked their way through the centuries beginning at 1 AD and proceeding chronologically to the outbreak of World War I.

However, for the last two years members have been able to choose any era in any country, making for a delightful variety of presentations which entertain, educate, inform and inspire us. Everyone present leaves the meeting having learned something new. We might have had insights into the life of a medieval Welsh chronicle writer; we might have been made aware of the painstaking observations of a 19<sup>th</sup> century German botanist as he travelled through New Zealand recording the flora and fauna; we might have learned something of the softer side of a notoriously tyrannical king of England.

While many members are regular contributors of papers, we very much welcome anyone who shares our love of learning about the past. There is usually an opportunity for members to share relevant magazine articles and accounts which have caught their interest and this often leads to interesting and far ranging discussions. We look forward to another 20 years of researching, writing and sharing our knowledge.

New members are always given a warm welcome!

Convenor: Caryl Haley (09 428 2971/021 02584024)

### **Regional New Zealand**

Our group meets on the fourth Thursday of each month at 10 am in the Pohutukawa Room, Whangaparaoa Library.

This month we are talking about the Bay of Plenty, Gisborne and the Waikato Regions. I am sure some of you have experiences regarding one of these places - perhaps a holiday, or you might have even lived or worked in an area. We would love to hear from you!

You are most welcome to come and join us, and yes, coffee/tea is served during our meeting!

Convenor: Barbara Tucker

### **Travel Group**

At our last meeting, we had a very interesting talk by a member about his journey through the Kimberley area in North West Australia.

Numbers at the meeting were down due to members' travel and the usual winter sickness; however, with three new members we are now at full strength and will be unable to add any other new members due to the limitations of the room.

We meet on the second Monday of the month in the Pohutukawa Room at the Whangaparoa Library.

Convenor: Noel Newling

## **SHARING OUR NEWSLETTER FOR A GOOD CAUSE**

We are always hesitant to share our newsletter space with other organisations. The request we have received from a visitor to the U3A Website, however, appears to be a great idea supporting a very good cause and with no associated financial interest. Many of you may also be interested in taking up the invitation to participate.

***Boomerang Bags*** - a volunteer group from the Hibiscus Coast, is a community initiative to reduce plastic bag use by offering free fabric tote bags that can be borrowed and brought back to shops for ongoing use. This is in response to the staggering statistic of one billion plastic bags used by New Zealanders per year. We are all aware that plastic bags can take anywhere between 500 and 1000 years to break down in landfill.

A dedicated group of volunteers is currently working hard towards our local launch of Boomerang Bags in a few months' time and we need your help. There are lots of ways to get involved: donating unwanted fabric (including calico) or thread, taking part in our sewing bees, or making bags at home. You don't need to be an expert sewer – we also need help cutting, ironing, and stamping logos.

For more information, and to register your interest, please visit our Facebook page "Boomerang Bags Hibiscus Coast" or contact local coordinator Stephanie

*AND ...*

### **TGS REUNION:**

And for the past pupils and staff of **Takapuna Grammar School** amongst us – a warm welcome is offered to you to register for and to help celebrate 90 years of Takapuna Grammar School: A wonderful selection of activities is planned for Labour Weekend 2017.

**Ex Pupils 90th Reunion - Labour Weekend, 2017** (*Friday to Sunday, 20 – 22 October*)

Registration will be open later this year...but please mark the date in your diary and spread the word.

Reunion Convenor:

*We are excited to have in our midst two recently published authors:*

**President Chris Curtis and John Clapperton**  
**CONGRATULATIONS TO YOU BOTH!**

Reviewer Theresa Sjoquist (<http://www.theresasjoquist.com/?p=6008>) describes John's book, *The Clapperton Diaries*, as a charming story which is gentle, good-humoured and quintessentially New Zealand - a very personal record of days which are fast slipping from New Zealand memory as the young become older, but it is also a record of how some of the most important infrastructure of our developing country was achieved and a worthwhile read from that aspect alone.

**The Clapperton Diaries**



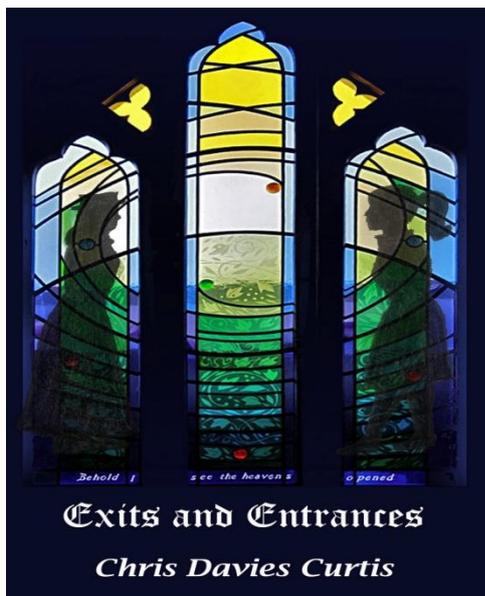
*The Clapperton Diaries* was written by John in collaboration with journalist, Crispin Caldicott.

It is selling well at Paper Plus and is available from John at a discounted price.

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Chris was asked by St Stephen's Anglican Church, Stanmore Bay, about a year ago, if she would like to write an historical novel to commemorate their 100th anniversary. When she said 'yes', she was not sure what she was taking on: she assumed it would follow the same pattern as her four memoirs and five romances. She says it has proved quite different. Readers say she has managed to tell the story of the development of the Whangaparaoa Peninsula, and that of the Church, within a fictional basis, to make it very 'readable.'



*Exits and Entrances* is a story within a story. The heroine is the little Chapel of St Stephen the Martyr, in the Whangaparaoa Peninsula just North of Auckland, New Zealand. It was built in 1917 by families living there at that time.

Who were those families? How did they survive the rigours of life on this wild, undeveloped area? Chris has used her imagination to create a dynasty of hardy pioneers.

'*Exits and Entrances*' is an entertaining and interesting way to learn a little history: not only of the Church, but also of Whangaparaoa and New Zealand.

The book is available from Amazon Books (UK and US) – and from Chris

**(Chris and John have been asked to have copies of their books available for sale at the GM)**

**SCHEDULE OF THE CURRENT GROUPS**

as at July 2017

### **Ancient History**

As its name suggest, this group studies ancient civilizations.

Meeting on the fourth Tuesday at 10.00 am

Venue: The Peninsula Club (call convenor for directions).

Convenor: Ayad Hussona (981 0000)

### **Art Appreciation**

We meet to discuss various artists, genres and history in selected countries. It is not required that you are an artist, just have an appreciation of excellence and a love of learning and sharing.

Meeting on the third Thursday at 1.45 pm (for a 2 pm start) to 4 pm.

Venue: The Peninsula Club

Convenor: Trish Litherland (426 4400)

### **Books East**

We each read the same two selected books every month and then we have good discussions about them. Some of us like the book and others don't – makes for a lively and interesting morning.

Meeting on the second Thursday at 10.00 am

Venue: In each other's homes.

Convenor: Lesley Newling (426 0961)

### **Book Review**

As the title suggests - a group discussion on books which has been read by the members.

Meeting on the third Friday at 10.00 am.

Venue: In each other's homes.

Convenor: Cheril Clarke (426 9567)

### **Cards, Games and Puzzles:**

This is a cheerful, fun loving group.

Meeting on the first Tuesday at 12.45 pm for a prompt 1 pm start.

Venue: The Pohutukawa Room – Whangaparaoa Library

Convenor: Isobel Naish (428 2552)

### **Cinematique**

This group visits a cinema together. We try to choose a movie with a good story which will lead to interesting discussion. The group runs on an ad hoc basis, ie: when there is a movie showing at Hoyts Whangaparaoa that we deem worth viewing, an email will be sent to members who have listed their names.

Convenor: Trish Litherland (426 4400)

### **Film Discussion**

We discuss any films we have viewed together, plus any others deemed suitable.

Meeting on the last Friday of the month at 10.00 am.

Venue: The Kowhai Room – The Peninsula Club

Convenor: Trish Litherland (426 4400)

### **Discussion**

Topics discussed by this group are chosen on an ad hoc basis, based on whatever its members currently find of interest or concern.

Meeting on the second and fourth Tuesdays at 10.00 am.

Venue: Hibiscus Coast Retirement village (call convenor for directions).

Convenor: Barry Dale (426 0919)

### **Famous and Infamous Origins**

This combined group covers a wide range of topics, whether it is famous or infamous people, places, items, cars, sport – you name it, we can make a topical meeting from it.

Meeting on the third Thursday at 10.00 am.

Venue: In each other's homes.

Convenor: Judy Lilley (626 3080)

### **History**

This group is for anyone who has a keen interest in history. It covers all aspects and members read interesting papers on a wide variety of topics.

Meeting on the first and third Tuesday at 10.00 am.

Venue: The Pohutukawa Room - Whangaparaoa Library

Convenor: Caryl Hayley (428 2971)

## **Mah-jong**

Our group is a friendly group who strive to achieve as many different hands of the seventy seven available to us. It can be a frustrating game but offers plenty of challenges in order to work out which of the many hands you could try at each stage of the game. It certainly keeps the brain alive!

Convenor: Geoff or Sheila Taylor (427 4662)

## **Music**

For members who have a love of music from classical, opera, jazz and easy listening. The first hour is spent listening, tea break follows and then lively discussion.

Meeting on the fourth Wednesday of each month

Venue: The Hibiscus Room – The Peninsula Club

Convenor: Jack Wolfe (426 9871)

## **Regional New Zealand**

This group takes specific regions of New Zealand and studies each from an historical, economic and demographic perspective. Members with a special relationship to a region often provide insightful or humorous aspects about the area under study – a learning experience about our own country.

Meeting on the fourth Thursday at 10.00 am.

Convenor: Barbara Tucker (427 9127)

## **Short Film Making**

This group is comprised of members with an interest in the art and craft of making short films. The group has, of necessity, no set time or venue for its meetings. Meeting times and locations vary.

Convenors: Ian and Nancy Miller (424 0388)

## **The World Today**

The group's aim is to help members gain an understanding of the background and implications of what is happening on the world stage. Members are asked to research particular aspects of a topic and to then share what they learn with other members.

Meeting on the first Friday at 9.45 am.

Contact: Neil Burgham

Venue: Whangaparaoa Library

Convenor: Ria Kamerbeek (424 0486)

## **The Writers (formerly Scribbles)**

A group for people who enjoy writing. We are now trialling a set but optional theme for the month and positively critiquing those who want to improve their writing.

Meeting on the first Friday at 10.00 am

Venue: In members' homes

Convenor: Cheri Clarke (426 9567)

## **Travel**

The travel group meets every month to discuss aspects of travel. At most meetings a member gives a talk, usually accompanied by a slide presentation, on a trip they have been on. The range of amazing places people have visited makes this a very interesting group and promotes lots of questions from other members.

Meeting on the second Monday at 2.00 pm

Venue: Whangaparaoa Library

Convenor: Noel Newling (421 0961)

## **Writing your Memoirs**

This group encourages members to write down the stories from their lives. The changes we have seen, the experiences we have had, told in our own voices. Writing our memoirs is also helpful in understanding our lives - looking back, reminiscing. We can share and reflect and provide a pathway for our descendants to understand us and their roots.

Meeting on the second Friday at 2 - 4 pm

Venue: Whangaparaoa Library

Convenor: Bev Gomez (424 0573)

## Group Meeting Timetable

as at July 2017

Week	Monday	Tuesday	Wednesday	Thursday	Friday
<b>1<sup>st</sup> week</b> <b>am</b>		History 10am			The Writers 10am  World today 10am
<b>Pm</b>		Mahjong 2pm  Cards, Games & Puzzles, 1 pm			
<b>2<sup>nd</sup> week</b> <b>am</b>	Short Film Making 11am (time varies)	Discussion 10am		Books East 10am	
<b>pm</b>	Travel 2pm				Writing Your Memoirs 2 – 4 pm
<b>3<sup>rd</sup> week</b> <b>am</b>	<b>**General** Meeting 9.40am</b>	History 10am		Famous & Infamous / Origins 10am	Book Review 10am
<b>pm</b>		Mahjong 2pm		Art Appreciation. 1.45 pm	
<b>4<sup>th</sup> week</b> <b>am</b>	Cinematique (Venue varies)	Discussion 10am  Ancient History 10am		Regional New Zealand 10am	Film Discussion 10am (last Friday whether it be the 4 <sup>th</sup> or the 5 <sup>th</sup> Friday)
<b>pm</b>			Recorded Classical Music 2 pm		

**General meetings are held bi-monthly, on the third Monday of  
January, March, May, July, September and November, at 9.40 am  
at St Andrew's Presbyterian Church Hall, 32 Waiora Road, Stanmore Bay**

**[Doors open 9.40 am for a 10 am start; meeting ends at approx 11.45 am](#)**