

Next meeting **22 March** at Salvation Army Hall, 32 Greenview Lane,
Red Beach, Hibiscus Coast, 9.45 am.

Tea Duty: Cards and Games (2 members)

Picture: Orewa Estuary near the Art Centre one February noon.

President's Report

Great to see a good turnout for our January General Meeting where we were happy to welcome four new members. And what an inspiring speaker local artist John Charles turned out to be. It's hard to believe that he almost pulled out because he was so nervous about speaking in public for the first time! For your enjoyment we have included one of his memorable sayings, a quote from his father, later in this newsletter.

Fortunately, nearly all of our U3A groups successfully resumed before the current lockdown. Keeping our brains active! The smaller group meeting is a place where new members can find their niche in our organisation. In fact, for every member, to become a contributing member of a U3A group is the best way to benefit from U3A's goal of having fun and enjoying friendship through sharing



knowledge. No tests, no examinations. Simply the joy of learning by active participation. And ideas for setting up new groups are always welcome. Anyone keen to join a group on Climate Change?

My hope is that we will come down to Level 2 before our next General Meeting on Monday 22 March. In the meantime, I hope group convenors are keeping in touch with their members by phone, email or (for those who are digitally skilled) Zoom.

If you have not yet experienced a Zoom meeting, now's your big chance to try it out. All you need is an iPad or a laptop or an old-fashioned desktop computer. Your group leader will send you an email inviting you to click on a link to join the meeting at the appointed time and hey presto you will soon see all the other members of your group in little frames on your screen. Hopefully!

As we come up to our AGM meeting, I am encouraged that we now have nominations for a new vice-president while most of the rest of our committee are happy to serve again. However, we are looking for a new secretary. The AGM part of the meeting will be followed by another interesting speaker, Dr Roy Davies, who will provide some amazing insights into the digital world where he straddles the divide between research and practical application.

See you there!

Judy Keall

Committee

President	Judy Keall	
Secretary	Judy Lilley	
Treasurer	John Tucker	
Membership Secretary	Kaye Bennetts	
Newsletter Editor	Maureen Jansen	
Speakers Secretary	Trish Litherland	
Webmaster Editor	Gerard Straka	

*"A man who works with his hands is a labourer
A man who works with his hands and his brain is a craftsman
A man who works with his hands, his brain and his heart is an artist."*

John Charles' Dad

March Speaker: Dr Roy C Davies

Mixed Reality and Calm Computing

“Technology is evolving a paradigm shift from the information age to the intelligence age; placing powerful, mind enhancing tools at our fingertips, new non-physical ways to alter our realities.”

Dr. Roy Davies is a pioneer in Virtual Reality, specialising initially in its application to real world situations such as brain injury rehabilitation and participatory design.

He completed his post-graduate studies at Lund University in Sweden and set up one of the first VR research centres in Europe. He then returned to New Zealand to head Nextspace, a collaboration between the NZ government and software developers Right Hemisphere to catalyse research and new product/application development in the 3D graphics space. A spell at AUT’s Business Innovation Centre followed before he co-founded Imersia, a company involved in bringing the power of multi-user mixed reality to mobile devices. At present he is a senior technician (VR) at Auckland University



Roy has spent time in both research and business environments and is uniquely placed to understand the stresses of both and bridge the ‘gap’. He conveys useful research and education into the commercial world and brings complex, practical problems into the research world, as well as providing valuable direction to courses and training programmes.

Roy is the son of ex-President Chris Curtis and an experienced speaker.

Note from the Editor:

Notice the new photo under the masthead.
Would you like to contribute a picture of our beautiful Coast environment?
Group photos are also welcome for elsewhere in the newsletter.

AGM

A reminder, our March meeting is also our AGM. We look forward to seeing you there. March 22, Salvation Army Hall, 9.45 am.

News from the groups

Art Appreciation



Art Appreciation enjoyed their first outing of the year visiting the Art trail at the Kaipara garden centre.

Always a favourite as the trail is into its 15th year featuring local artists and artists known throughout NZ mainly through sculptures and outside exhibits, some interactive with sound which proved very entertaining when the leaders in the group were the first to walk over a musical bridge.

There is an undercover cafe where we relaxed for lunch and discussion and

where all of us enthused over our decision to start our year with an outing.

The photo was inspired by the life-sized models from "The Love Boat" Not the normal standard of art in the exhibition!

Trish Litherland, Convenor

Book Club

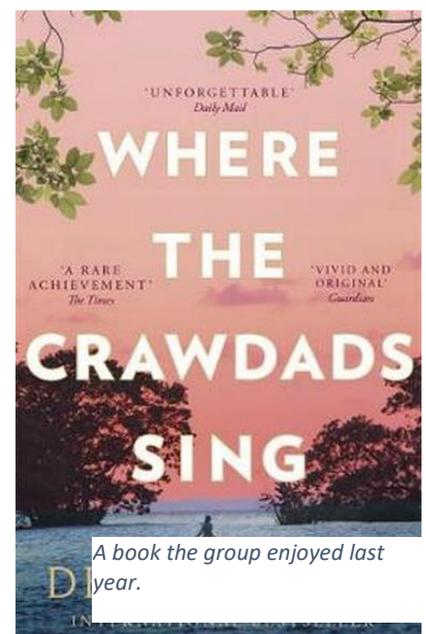
This is from Sheila's talk at the last meeting.

In preparation for this talk I did some research into reading. A growing body of research indicates that reading literally changes your mind. Using MRI scans, researchers have confirmed that reading involves a complex network of circuits and signals in the brain. As your reading ability matures, those networks also get stronger and more sophisticated.

In one [study](#) conducted in 2013, researchers used functional MRI scans to measure the effect of reading a novel on the brain. Study participants read the novel "Pompeii" over a period of 9 days. As tension built in the story, more and more areas of the brain lit up with activity.

Brain scans showed that throughout the reading period and for days afterward, brain connectivity increased, especially in the [somatosensory cortex](#), the part of the brain that responds to physical sensations like movement and pain.

Every day more than 1.8 million books are sold in the US and another half a million books are sold in the UK. Despite all the other easy distractions available to us today, there is no doubt that many people still love reading. Books can teach us plenty about the world, of course, as well as improving our vocabularies and writing skills.



The claims for fiction are great. It's been credited with everything from [an increase in volunteering and charitable giving](#) to the tendency to vote.

Characters hook us into stories. Aristotle said that when we watch a tragedy two emotions predominate: pity (for the character) and fear (for yourself). Without necessarily even noticing, we imagine what it's like to be them and compare their reactions to situations with how we responded in the past or imagine we might in the future.

Anyway - the U3A Book Club. A few years ago, the group became so large that it was split into two – east and west. Currently we are down to 10 members and we are comfortable with that, given that we prefer to meet in each other's homes. We meet on the second Thursday of the month. We start in February with a planning meeting, where we all come up with reading suggestions for the year. We read two books a month for 9 months, making 18 books. We all read the same titles, which make for interesting discussions. As one member said, "Would we have all read these books if someone from the group hadn't recommended them? We like that we're being introduced to a wide variety of titles."

Sheila Hussona, Convener

Lifelong learning



"The best thing for being sad," replied Merlin, ... "is to learn something.

That's the only thing that never fails. You may grow old and trembling in your anatomies, you may lie awake at night listening to the disorder of your veins, you may miss your only love, you may see the world about you devastated by evil lunatics, or know your honour trampled in the sewers of baser minds.

There is only one thing for it then — to learn. Learn why the world wags and what wags it. That is the only thing which the mind can never exhaust, never alienate, never be tortured by, never fear or distrust, and never dream of regretting. Learning is the only thing for you. Look what a lot of things there are to learn."

— T.H. White, *The Once and Future King*

SCHEDULE OF THE CURRENT GROUPS

as at March 2021

Ancient History

As its name suggests, this group studies ancient civilizations and meets on the fourth Tuesday of the month at 10.00 am. Venue: The Peninsula Club (call convenor for directions).

Convenor: Ayad Hussona

Archaeology

This group is exploring archaeological sites from around the world and is well worth attending for its thought-provoking content. Venue: Pohutukawa Room, Whangaparaoa Library, 3rd Wednesday of month at 2 pm.

Convenor: Kay McLean

Art Appreciation

This is a restart of the previous Art Appreciation group and will now be held in the Pohutukawa Room of Whangaparaoa Library at 2 pm on the 3rd Wednesday of the month.

Convenor, Trish Litherland

Book Club

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 of the month at 10.00 am. Venue: in our own homes, taking turns to host.

Convenor: Sheila Hussona

Book Review

As the title suggests – the group discuss books which have been read by the members. Meeting on the third Friday of the month at 10.00 am. Venue: in our own homes, taking turns to host.

Convenor: Cheril Clarke

Cards and Games

This is a cheerful, fun loving group where we exercise our brains at the same time. We are happy to teach you any games that are new to you. New members welcome. Meetings on the first and third Tuesdays of the month at 1.30. Venue: Pohutakawa Room, Whangaparaoa Library

Convenor: Diana Pipke

Cinematique

Ad hoc depending on what is showing locally. We now work in with Hoyts Senior Mornings usually on a Tuesday at 10am for free coffee and morning tastes. If you are a Hoyts member the charge is only \$8 00, if not it is \$8.50. We are supporting this kind venture. Any members who wish to be notified of the cinema mornings, contact Trish Litherland,

Convenor: Trish Litherland

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 Tuesday of the month at 10.00 am. Venue: Hibiscus Coast Retirement Village (call convenor for directions).

Convenors: Bob and Jenny Kelly

Film Discussion

We discuss any films we have viewed together, plus any others deemed suitable. Meeting 10.30, last Friday of the month. New members welcome. Venue: Pohutukawa Room - Whangaparaoa Library

Convenor: Trish Litherland

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 of the month at 10.00 am. Venue: Pohutukawa Room - Whangaparaoa

Convenor: John Hoby

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! Meeting first and third Tuesday of the month at 2pm. Venue: Convenor's home.

Convenors: Geoff or Sheila Taylor

Regional New Zealand/Pacific

This year the group will be discussing and studying various regions of NZ and the Pacific Islands. 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 of each month at 10am

Venue: Pohutukawa Room, Whangaparaoa Library.

Convenor: Barbara Tucker

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

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 then to share what they learn with other members. Meeting on the first Friday of the month at 9.45 am. Venue: Whangaparaoa Library

Co-Convenors: Diana Pipke and Maureen Jansen

The Writers

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 of the month at 10.00 am. Venue: in our own homes, taking turns to host.

Convenor: Cheril Clarke

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 taken. 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 of the month at 2.00 pm. Venue: Pohutukawa Room – Whangaparaoa Library.

Convenor: Noel Newling



SUBSCRIBE

2021 Subscriptions

These are due and payable in January – for the financial year: January to December 2021.

Single \$25, Couples \$40

Three payment options are available – as shown below

1. To the Treasurer at the January General meeting on 18 January (cash or cheque only)
2. By mail to the Treasurer. John Tucker, HBC U3A, 15D Puriri Avenue, Orewa, 0931
3. Online to the HBC U3A account atASB 12-3046-0275951-00

(Include your initials and full surname as the reference)

Please Note: If you choose to receive your newsletter by mail, please add \$10 to your sub payment to cover postage and costs.

The treasurer is now at 15D Puriri Avenue, as shown above.

Cheques apart from Kiwibank are acceptable up to 31 May 2021 at least.

SCHEDULE OF GROUP MEETING TIMES

As at June 2020

Week	Monday	Tuesday	Wednesday	Thursday	Friday
<u>1st week am</u>		History 10 am			The Writers 10 am World Today: 9.45am
pm		Cards and Games 1.30 pm Mahjong 2 pm			
<u>2nd week am</u>	Short Film Making (time and venue varies)	Discussion 10 am		Book Club 10 am	
pm	Travel 2 pm		Art Appreciation 2pm		
<u>3rd week am</u>	*General* Meeting 9.40 am	History 10 am			Book Review 10 am
pm		Cards and Games 1.30pm Mahjong 2 pm	Archaeology 2pm		
<u>4th week am</u>	Cinematique (Days, Times and Venues vary)	Discussion 10 am Ancient History 10 am		Regional New Zealand 10 am	Film Discussion 10.30 am (last Friday whether it be the 4 th or the 5 th Friday)

General meetings are held bi-monthly, on the third Monday of
January, March, May, July, September, and November, at 9.45 am
at the Salvation Army Hall, Red Beach.

The next meeting is on 22 March, because of booking difficulties.