

HIBISCUS
COAST U3A



March 2022

Next Meeting/AGM postponed until Monday, May 16, 9.45 am, at the Salvation Army Hall, 32 Greenview Lane, Red Beach

President's Report

This report was written 2 weeks ago, before the huge surge of Covid cases in the community. The last two paragraphs have been amended as our AGM has been postponed till Monday 16 May.

Congratulations, U3A members, for being fully vaccinated and for turning out so enthusiastically to our first 2022 group meetings. World Today had 18 people turn out for their first meeting which had to be held in the Orewa Community Room after the Whangaparaoa Library restricted numbers in the Pohutukawa Room to 10. It was so great to be meeting in person again. So good to be moving back to some social life again, even if we had to wear masks, watch our spacing, and meet in limited numbers.

I am delighted to report that all our groups have now had their first meeting. Much excitement in searching out alternative venues and, in some cases, adjusting to new times for meetings. Thanks to all convenors for their leadership in this. For obvious reasons, the Short Film Group has not yet been able to operate, but Ian and Nancy Miller assure me that they have been in touch with their small band of current members and will be keen to hear from any new members who would like to have a go at film making when it becomes practicable.

Special thanks to new convenors, Jeannetta Dearsley, who has ably taken over the History Group after John Hoby's departure, and to Gavin Whyte who is currently looking after the Travel Group. And well done, Barbara Tucker, for attracting a full house for the new Playreading Group. In fact, Barbara is skilfully managing a roster so that this group can still meet in the Pohutukawa Room!

We will provide a new *Schedule of Group Meeting Times* as soon as we have finalised all our new venues. We are at an interim stage while we wait for the Covid virus to run its course. Smaller groups are meeting quite successfully in private homes, but your Management Committee has agreed to cover costs for larger groups which have had to pay for alternative venues. If you have any queries about time and place for the group of your choice, please contact the relevant convenor listed in this newsletter.

Under the current Covid framework, we can meet again in the big Salvation Army auditorium for our AGM/General Meeting which has been postponed till Monday 16 May. We will still be required to show our vaccination certificates, wear masks, and sit with spacing between seats (unless sitting with our nearest and dearest).

We have made a great start, despite the omicron virus taking hold in our community. Our U3A is in good heart. Do hope the worst of the virus will have eased by the end of April and we can

confidently come along to our May meeting to enjoy an engaging talk from Prof Julian Paton about how to keep our hearts healthy! Looking forward to seeing you there.

Stay strong, kia kaha

Judy Keall

Committee

President	Judy Keall	
Secretary	Christine Curtis	
Treasurer	John Tucker	
Membership Secretary	Kaye Bennetts	
Newsletter Editor	Maureen Jansen	
Speakers Secretary	Trish Litherland	
Webmaster Editor	Gerard Straka	
Technical Assistant	Hugh Griffiths	

Outdoor Social Gathering

This was held on February 21 at Wenderholm in the shade of the pohutukawa trees. The tide was in, the sun was out, and the Waiwera Estuary which we could see on the drive up was a smooth expanse of sparkling blue.

We lacked the shared champagne and food of pre-Covid times, but it was a lovely picnic with some people dressing for the occasion.

The Hibiscus Coast U3A is lucky to have such stunning outdoor meeting spaces and members with such great taste in clothes.



SUBSCRIPTIONS DUE IN MARCH

Subscriptions will be reduced to \$15 per member this year because of the Covid conditions we are working under.

Please pay your subs into our bank account: ASB 12-3046-0275951-00 and include your initials and full surname as the reference.

May Speaker

Professor Julian F.R. Paton PhD FRSNZ

Novel ideas from a new heart research centre for combatting cardiovascular disease

Cardiovascular disease is Aotearoa New Zealand's biggest killer and responsible for the shorter life span of Māori and Pacific People.



I will present how we have built a new centre for heart research at the University of Auckland called Manaaki Mānawa (preserving the life force of the heart).

For the first time we have united a fully inter-disciplinary workforce focused on improving treatment for cardiovascular disease and preventing stroke, heart attacks, sleep apnoea and renal failure.

I will describe some of the most exciting ongoing research projects including how we are using bionics to reverse heart failure, introduce a new implantable and re-chargeable pacemaker, how we may have discovered the first new drug for treating high blood pressure for nearly 20 years, and how 3D printing could be used to grow new heart valves.



Our Wenderholm picnic on February 21

Groups and contacts

Ancient History: Ayad Hussona,

Art Appreciation: Trish Litherland,

Archaeology: Kay McLean,

Book Club: Sheila Hussona

Book Review: Cheril Clarke,

Cinematique: Trish Litherland,

Cards and Games: Cherry Davies,

Discussion: Bob and Jenny Kelly,

Film Discussion: Trish Litherland,

History: Jeanetta Dearsley

Mah-jong: Geoff or Sheila Taylor,

4662Playreading: Barbara Tucker

Short Film Making: Ian and Nancy Miller,

The World Today: Diana Pipke,

The Writers: Cheril Clarke

Travel: Gavin Whyte

Note

Some groups will meet in person and some on Zoom as the country goes through its Omicron surge.

Venues may have changed. Please contact your friendly convenor!

