



U3A North-West
Study and Interest Groups Handbook
March 2022

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Editor's Note

If you become aware of alterations or additions that should be made to this handbook, please send the information to martinem@xtra.co.nz. Update sheets that can be stapled to the 'notes' page will be produced as needed.

What is U3A?

The University of the Third Age is an international organisation whose aims are the education and stimulation of retired or semi-retired members of the community – those in the ‘third age’ of life. It is commonly referred to as U3A and there are thousands of members throughout the world.

Professor Pierre Vellas started U3A in Toulouse, France in 1973 with an academic model associated with a local university. By the early 1980s the scheme reached Britain where it became more of a self-help organisation. In the British model of peer learning, it is acknowledged that retired people have a lifetime of experience and, collectively, a vast amount of knowledge that can be shared. This model is followed in New Zealand, Australia, South Africa, and other countries.

In New Zealand the term ‘university’ may be used only by recognised tertiary institutions, so U3A is the name of our organisation.

U3A New Zealand says on its website that the purpose of U3A is to: Encourage further learning by listening, understanding, contributing, researching and participating in discussion and relevant excursions about topics.

Tap the great reservoir of knowledge, skills and experience of senior men and women.

Provide a venue for the meeting together of like-minded people to learn, contribute and make new friends in their local community.

U3A North-West

U3A North-West was established in 1994 and currently has approximately 200 members living in the north-western part of Auckland, mostly in New Lynn, Glen Eden, Titirangi, Te Atatu, Te Atatu Peninsula, Henderson, Oratia, Waitakere and Swanson.

Our monthly meetings are held on the second Monday of the month, beginning at 9.45 am and finishing by 12.00 noon. There is a guest speaker and usually a presentation by one of the study groups. **The venue is Henderson Bowls Inc., 19 Alderman Drive, Henderson.** This is just behind the West Wave Aquatic Centre. There is 120

minute parking outside, and 180 minute parking at the far end of the car park. There is also parking at The Falls car park and at Tui Glen. If you need assistance with transport or have special parking needs, please contact our almoner, whose phone number and email address are always listed in the newsletter.

We currently have about 27 study and interest groups plus two U3Aonline groups where people meet in small groups to study and discuss interests in common.

It is a requirement of financial members that they are expected to attend the monthly meetings and join at least one study or interest group.

At our AGM we elect our committee for the following year. The committee appoints the President, Vice-President, Secretary, Treasurer, and Study Group Coordinator from its members and allocates responsibilities to each member of the committee.

We put out a monthly newsletter for members.

Study and interest groups

If you wish to join a particular study group, contact the convenor of the group. If there is no vacancy at present the convenor will put your name on a waiting list and notify you when a place becomes available. If there are several people on the waiting list, consideration will be given to forming a second group. You are welcome to visit a group for one session to see if it is right for you.

As many groups meet in private houses, please observe any requirements of the host and remember that you are a guest in their home.

If you are unable to attend the meeting, please notify the convenor in advance. A member of a group who does not attend for three months without notifying the convenor of their absence may forfeit their place in the group so that it can be given to another person.

You may join a U3Aonline group at any time.

We are always keen to form new groups, so, if you have an idea for a study group, contact Martine MacGregor-Reid, the Study Group Coordinator, and she will assist you in getting started.

Study and interest groups for 2022–23

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Mornings

	Week 1	Week 2	Week 3	Week 4
Monday	Music Appreciation	Monthly General Meeting	Play Reading	Monthly Committee Meeting
Tuesday	Art History Art History Plus	Food in History and Society		Medical History and Science
Wednesday	Computer Users	Creative Writing 1 Mathematical Diversions	Bloomsbury Plus World History	
Thursday	All about Plants	Poetry Appreciation	Astronomy	Walking Group
Friday				Critical Thinking

Afternoons

	Week 1	Week 2	Week 3	Week 4
Monday			Creative Writing 2, <i>Brainwaves</i> Creative Writing	Science News Economics
Tuesday	Current Events			
Wednesday				Classic Films Book Group
Thursday	Famous and Infamous	Recorder	Epicureans every 2nd month Recorder	Quiz
Friday				

Descriptions of study and interest groups

Art

Art History Group (code 2)

Convenor Pat Green
Phone 827 0308
Email alexpat@slingshot.co.nz
Time 1st Tuesday of each month at 10 am
Venue Member's homes

Aims: to study the life and works of artists and see how their art portrays life in the country where they live. We choose a country on which to focus for as many months as is necessary to learn about art in that place from earliest times until the early twentieth century. For 2022 our Art History group is studying all aspects of Maori art in NZ. All members research the artist chosen for each month and take their turn to lead the discussion.

Art History Plus (code 7)

Convenor Margaret Bol , Lynda Cartwright
Phone 837 5274, 827 2709 or 027 333 2656
Email margbol@xtra.co.nz, cartwrightlynda764@gmail.com
Time 1st Tuesday of each month 9.45 am to 12 noon
Venue Henderson Croquet Club (next to Henderson Bowls)

Our theme for this year is 'Aotearoa – the Community of New Zealand Artists'. Members choose a N.Z. painter, potter, weaver, graphic designer, architect, etc. We have two presentations for each session. We meet in the Henderson Croquet Club rooms. Two dollars koha.

Current Events and Economics

Current Events (code 46)

Convenor Celia Wood-Calvert
Phone 814 9660
Email celiawoodcalvert@gmail.com

Time 1 pm on the 1st Tuesday of the month

Venue Members' homes

Our overall programme is: two talks for 10 to 15 minutes each on a news topic of the speaker's choice. This allows time for discussion and comments before we break for a cuppa. So often the discussion continues into the next half of the session. At this point we check to see if anyone has prepared a five minute talk on one of the 'breaking' news events.

Economics (code 53)

Convener Peter Wright

Phone 021 082 51083 or 837 0042

Email wrightpm2@gmail.com

Time 4th Monday of the month 1 pm to 3 pm

Venue Glen Eden Library

Economics is an important factor in our everyday lives and politics. Our aim is to understand the subject better, realising its impact and consequences. We are reminded that economists are more often wrong than weather forecasters. We see what can be learned from economic models adopted by various countries in previous eras. We also examine the terms used in the numerous economic theories and aim to understand economic terms used in the media.

History

Famous and Infamous (code 6)

Convenor Karen Tichbon

Phone 827 3434 or 027 636 7152

Email karentichbon@gmail.com

Time 1st Thursday of the month at 1.30 pm

Venue Members' homes

At each month's meeting one member gives a well-researched presentation about the life and influences of a subject of their choice. The subject can be a person or group from any time in history. This is followed by a discussion and a cuppa.

Food in History and Society (code 38)

Convenor Rosemary Stagg
Phone 817 4038
Email Rosemary.Stagg@xtra.co.nz
Time 2nd Tuesday of the month at 10 am
Venue Members' homes

We explore various topics in the history of food such as Roman banquets, medieval cooking, the spice trade, the Irish potato famine, Maori food before European settlement, rationing in World War 2, and the history of specific foods and flavourings.

We also discuss current issues to do with food in society today such as food waste, food deserts, food insecurity, and the obesity epidemic.

World History (code 45)

Convenor Peter Wright
Phone 021 082 51083
Email wrightpm2@gmail.com
Time 3rd Wednesday of the month at 10 am
Venue Glen Eden Library Meeting Room

World History is a broad description of the topics expected to be examined by this group, and not limited to any particular time period, ancient or modern.

In 2022 our focus will be more flexible involving members contributing ideas and research on various countries and regimes over time. Discussion by email pre and post meetings is encouraged.

Literature

Book Group (code 12)

Convenor Margaret Adams
Phone 817 6595
Email cma@xtra.co.nz
Time 4th Wednesday of each month at 12.30 pm
Venue Glen Eden Library meeting room

Each member of the group outlines two or three books read and enjoyed since the previous meeting. This way we learn of new authors and are sometimes reminded of those we may have forgotten. A list is made of our recommendations and given to us at the next meeting.

We happily lend personal copies to other group members.

Play Reading (code 13)

Convenor Mary Davies
Phone 412 2262
Email marydavies1934@gmail.com
Time 3rd Monday of each month at 10 am
Venue Members' homes

The group reads a variety of plays, from classic to comedy. On arrival, we discuss the play and author over morning tea before starting the reading. Plays are hired from the Play Bureau, and members pay \$3 a meeting to help defray costs.

Poetry Appreciation (code 14)

Convenor Doreen Hunkin
Phone 818 4704
Email doreenhunkin@gmail.com
Venue Glen Eden Community House, 13 Pisces Rd, Glen Eden
Time 2nd Thursday of each month 10 am to 12 noon

The group covers the wide area of poems, authors, styles, contemporary and historical examples, translations and audio of poets' work. (We are not a writing group.)

Each member introduces a pre-notified theme/poet at a session and the other members supplement and/or comment. Discussion is an integral part of the group. There is a cost of \$10/person, every three months, for venue hire.

Music and Performing Arts

Recorder Group (code 52)

Convenor Jenny Freewalker
Phone 022 067 0963
Email jenny.freewalker@gmail.com
Time 2nd and 3rd Thursday of the month at 1.30 pm
Venue To be advised

We are a small group who have fun learning to play the recorder. If you wish to learn, or if you already play the recorder, come and join us. We aim to cater for all the various abilities within our group.

Music Appreciation (code 15)

Convenor Margaret Bol
Phone 837 5274 or 027 628 8807
Email margbol@xtra.co.nz
Time 1st Monday of each month at 10 am
Venue Members' homes

Our Focus for 2022 is 'Aotearoa New Zealand'.

Members will choose from a N.Z. composer, musician, choir, orchestra etc. for their presentations.

We meet in a member's home to listen to CDs or watch DVDs and You Tube clips.

Classic Films (code 43)

Convenor Robert Woolf
Phone 816 8899
Email Robert.Woolf@gmail.com
Time 4th Wednesday of each month at 12.30 pm
Venue Matai Room, Pinesong, 66 Avonleigh Road, Green Bay

We view and discuss a wide variety of movies including the products of the Hollywood Studio System such as musicals and landmark works like *Gone with the Wind* and *Casablanca*. We include foreign films like those from the thriving Chinese, Japanese and Korean movie industries. The history and art of cinema is also covered,

encompassing film creation and technique, production and distribution.

Philosophy and Religions

Critical Thinking Group (code 40)

Convenor Robert Woolf
Phone 816 8899
Email Robert.Woolf@gmail.com
Time 4th Friday 10 am each month
Venue Glen Eden Library meeting room

We critically examine issues in a wide range of areas including Philosophy, Sociology, Anthropology, Comparative Religion and the Natural Sciences. Most areas are seen as potential grist to our mill. We carry out intellectual exploration with lively argumentation but **without** attacking the person **rather than** discussing the views they propound. The 'scientific method' is seen as a key way to determine what constitutes good evidence for any claim.

Science and Mathematics

Astronomy (code 51)

Convenor Andrew Tichbon
Phone 827 3434 and 027 811 0655
Email andrewtichbon@gmail.com
Time 10 am on the 3rd Thursday of the month
Venue 42 La Rosa St, Green Bay

To study what is known about the universe and to discover what isn't known.

To present topics in layman's language so the material is enjoyed and understood.

To study the history of human research into the nature of the universe. To gain insight into where our future in the universe might lie.

All about Plants (code 33)

Convenor Lynda Cartwright
Phone 827 2709
Email lyndac623@gmail.com
Time 1st Thursday of each month at 10 am
Venue Members' homes

This study group focuses on the wonderful world of plants that we are so dependent on for life. We cover all aspects of plant life, including history.

We make several visits to gardens in the year, and at home meetings we give small presentations and swap cuttings, seeds and there are always good discussions and sharing.

Bring along your passion and interest in the plant world and enjoy!

Computer Users (code 32)

Convener Peter Wright
Phone 021 082 51083
email wrightpm2@gmail.com
Time 1st Wednesday of each month 10 am to 12 noon
Venue 42 Felgrove Street Glendene

The group's objective is to assist persons in learning more about computers, as well as how to use our computers more efficiently. We consider, and attempt to solve, problems that users are experiencing. We also look at 'tricks' that can be used as well as tips that make them more fun. Members are also asked to put forward topics that the group will then research.

Mathematical Diversions (code 20)

Convenor Martine MacGregor-Reid
Phone 021 211 3548
Email martinem@xtra.co.nz
Time 2nd Wednesday of each month 10 am to 12 noon
Venue Glen Eden Library Meeting Room

Each meeting deals with a mathematical topic, presented by a member or members of the group. Topics in the recent past have

included The Golden Ratio, The Mathematical Brain, Genetics and Probability, Financial Mathematics, Pythagoras, Wind Farms. At each session a problem sheet is distributed for members to try before the next meeting. The problems are of varying degrees of difficulty so that every member of the group should be able to solve one or more. Solutions are presented and discussed during the next session.

There is no specific mathematics requirement other than an interest and enthusiasm for mathematics and a willingness to participate.

Medical History and Science (code 29)

Convenor Joan Stroud
Phone 836 8770
Email joanlemming@xtra.co.nz
Time 4th Tuesday of each month 10 am to 12 noon
Venue Members' homes

We are a group interested in a wide range of topics covering the history of medical science from ancient times to the present and beyond. We often have an ongoing theme for a year, as well as members discussing interesting things they have come across in their general reading. There are many fascinating characters to investigate, books and magazines to read and websites to explore. We also take advantage of the resources offered by museums and libraries and attend off-site lectures of interest.

Science News (code 21)

Convenor Lorraine Bartley
Phone 827 1181
Email lorrbart@gmail.com
Time 4th Monday of each month, 1.30 to 3.30 pm
Venue 117/38, Golf Rd, New Lynn

Members share news items about recent scientific research in its widest applications. These can range from climate change to neuroscience; astronomy to microbiology. If you are curious about life, the universe and everything, please join us for some lively

discussion. Information comes from many sources, e.g. *The NZ Herald*, other newspapers, magazines like *New Scientist*, *Scientific American*, and internet research.

Writing

Creative Writing 1 (code 22)

Convenor Judy Harre
Phone 818 6483
Email judeharre@gmail.com
Time 2nd Wednesday each month 10 am to 12 noon
Venue Members' homes or a café or similar

Meetings begin with morning tea and catching up chats. During the month members write on a given topic or continue with an ongoing piece they are considering for publication and read it to the group. Feedback is given on the work which usually leads to discussion of many aspects of writing.

Brainwaves Creative Writing Group 2 (code 44)

Convenor: Jude Black
Phone 021 024 53347
Email: juderblack@gmail.com
Time: Third Wednesday of the month at 1 pm, finished by 4 pm.
Venue: Via Zoom – group members share a small cost for the sub. If unfamiliar with Zoom, help is available.

Do you want to write your memoirs or family history in a more interesting way? Do you have a love of writing? Perhaps you used to write in the past and want to find out if you still can. Maybe you enjoy tinkering with poetry or stories. Or are you a serious wanna-be published author? Whatever your motive, our aim is to support one another to improve our writing and try out new ideas and skills.

Each month we set writing 'homework,' a short piece maximum 1500 words/approx. 2 pages. We take turns coming up with the idea.

Although we can always write on our own choice of topic, we've found that sparking off different ideas can compel us to try new ways of writing and nudge us out of our comfort zone. We email our stories out to members to read before the session.

We're always surprised and impressed at how we each interpret an idea in such vastly different ways. During the session, we take turns to read out our piece. The group offers the author constructive feedback to help them improve. The discussion is supportive, dynamic, sometimes thought-provoking, and fun. Trust and bonding levels are high which explains our longevity.

Epicureans (code 24)

Co-convenor Dareen van der Voort

Phone 817 8935 or 021 083 10060

Email voort@xtra.co.nz

Co-convenor June Wheaton

Phone 827 8469

Email June_wombat@slingshot.co.nz

Co-convenor Alison Kittelty

Phone 836 3441 or 021 171 8990

Email ali.kat@xtra.co.nz

Time 3rd Thursday of every second month at 12 noon

Venue Different ethnic restaurant.

We are a social group who like to experience many different ethnic restaurants, which are chosen in turn by Dareen, June and Alison. We meet every second month on the 3rd Thursday of the month. The group is contacted early in the month to let everyone know where the next venue will be and members are asked to reply to let us know if they are interested in attending. Depending on the size of the restaurant, we try to limit the numbers attending to about 15. At the end of the meal we discuss our like or dislike of that particular restaurant and have a quiz about the culture and people of that country, finding quite a few laughs in the answers.

Quiz (code 9)

Convenor Ann Wilson
Phone 817-5938
Email wntng@orcon.net.nz
Venue RSA Titirangi South Titirangi road 1–3 pm 4th Thursday of the month

If you enjoy quizzing come along and stir some neurons and get those grey cellsworking. It is a ‘do it yourself’ quiz as our RSA quiz master has deserted us; so bring along six quiz questions (plus answers) to put into the pot. The aim is to have some fun and test our general knowledge both in setting and answering the questions. Also to enjoy some RSA hospitality as they do a Gold Card special lunch deal.

Walking Group (code 50)

Convenors Karen Tichbon
Phone 827 3434/027 636 7152
Email karentichbon@gmail.com
Time 4th Thursday of the month at 10 am
Venue Varies depending on where we are walking

Walking is a great way to meet new people and to have fun while you raise your fitness level. We walk in a variety of settings to see parts of West Auckland and beyond and listen to others in the group share their knowledge of the area. We walk at a pace that allows you to be as conversational as you like while enjoying the scenery. Come and join us!

Explorers Group (code 54)

Convenor Robert Woolf
Phone 816 8899
Email Robert.Woolf@gmail.com

The Explorers Group engages in urban adventures, seeking out both the delightfully mundane as well as the interesting, colourful and unusual features of Auckland. Typically I get a bright idea for a location to investigate, then set a date and time for the adventure. We **always** use public transport as much as possible. We gather at a

starting point around 9.30 am going on to the area of interest by train or bus and then wandering on by foot. We never push ourselves but deliberately meander at a steady but comfortable pace, enjoying conversation as we soak up the sights and sounds of the chosen location.

Recent outings have included: a wander in the Westhaven Marina-Victoria Park area; investigating the 'Secrets of the City' and a sortie to Ponsonby Road. The latter included a touch of retail therapy. Oh, yes, and lunch at a suitable eatery for some well-earned victuals is a vital part of the whole operation! Now of course there will be some dates that won't suit **everyone** all the time but that is life.

U3Aonline groups

Note you may form or join these courses at any time and complete as much of them as you wish. The online forum and our own discussion groups will be available for you to join.

The History of Science 1 (code 88)

Left, Right or Centre: A very brief Introduction to Political Ideologies (code 92)

Details of all the courses available can be obtained at
www.u3aonline.org.au

If you wish to study one of these courses or if you would like to study a different U3Aonline course, contact martinem@xtra.co.nz

Committee members 2021–2022

Your committee members are:

President: Mike Smith, phone 021-1720737, email mike.s@xtra.co.nz.

Vice-President and Study Group Coordinator: Martine McGregor-Reid, phone 021-2113548, email martinem@xtra.co.nz.

Treasurer: John Stagg, 027-2405520, email johnstaggnz@gmail.com.

Secretary: Alexis Langhorne, 835-2237, email alexis@value.net.nz.

Speaker Coordinator: Jude Black, 832-4037 and 021-02453347, email: juderblack@gmail.com.

Almoner: Jenny Wilcox, phone, 0275382641, email jennywilcox@xtra.co.nz.

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Morning Tea Coordinator: Bill Whittome, 836-7433 and 021-02515489, email whittw64@gmail.com.

Greeting Coordinator: Jenny Freewalker, phone 022-0670963, email jenny.freewalker@gmail.com.

U3A Network representative: Peter Wright, phone 837-0042 and 021-08251083, email wrightpm2@gmail.com

Notes