



NORTH-WEST

Communications to: Secretary: Alexis Langhorne. Phone 835-2237. Email: u3anwest@gmail.com

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NEWSLETTER MAY 2022

OUR NEXT MEETING WILL BE HELD ON MONDAY 9 MAY 2022

We will be meeting at Henderson Bowls, 2/20 Alderman Drive, Henderson.

Programme

9.45 President's welcome and announcements

10.00 Presentation by the Art History Plus Group

10.20 Morning tea

10.40 Guest Speaker: Dr Emma Woodward who will be speaking about "Coping with Covid".



Dr. Emma is a Psychologist who works locally with children and their families. She is going to speak to us on strategies to help us cope with the stresses and anxieties of Covid.

Among her roles, Emma is the Clinical Director at the New Zealand Institute of Wellbeing and Resilience. She has almost 25 years' experience working with children, young people and their families to support their mental health and wellbeing.

Having worked in the field of social work with older children and adolescents in East London for several years, Dr Emma decided that the only effective way to support children

and young people with their mental health was to get in earlier and teach them the protective skills they needed in the first instance. So, in 2006 Emma changed careers and undertook her Doctorate in Child, Educational and Community Psychology at the Tavistock and Portman NHS Foundation Trust.

After moving to NZ in 2014, Emma worked for the Ministry of Education where she ended up as Practice Leader for the Intensive Wraparound Service. Emma is now the Director of Psychological Services at The Child Psychology Service in Auckland. Emma supports children and their families with a range of concerns (predominately anxiety in school-aged children) and delivers training nationally around NZ on using strengths-based approaches and Positive Psychology when working with children, young people and their families.

As mother to four wonderfully lively and curious boys, Emma has a specific interest in how we use the science of Positive Psychology to support today's children to develop the skills that they need in order to thrive in their tomorrow. Emma has a warm, genuine and curious approach to her work and her passion lies in enabling clients to use their strengths to support self-motivated and lasting change.

This presentation is one not to be missed!

ARRANGEMENTS AT OUR MEETING

Please wear a mask.

For your continuing safety we will continue to ask for vaccination passes.

Morning tea will be served in disposable cups. The arrangements for serving the tea and coffee so that people are not standing in queues will continue.

JUNE MEETING

Our next meeting will be held on Monday 13 June. The speaker will be Dr Darren Parsons of NIWA.

NEW MEMBERS

We are pleased to welcome Karen Smith, Pam Field and Dawn McGlone as new members of U3A North-West.

ALMONER

Jenny Wilcox is our almoner. If you are aware of anyone who is ill or should be contacted for any reason please let Jenny know. Her email address is jennywilcox@xtra.co.nz and her phone number is 0275382641.

COMMITTEE 2022/2023

At our AGM in April a new committee was elected for U3A North-West. At the first meeting of this committee on 26 April the committee elected the President, Vice-President, Secretary and Treasurer. Other responsibilities were shared out among the members.

The members of the new committee and their responsibilities are listed below:

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

Vice-President and Editor of the Newsletter: Jude Black, phone 832-4037 and 021-02453347, email: judeblack@gmail.com.

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

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

Study Group Coordinator (Interim): Peter Wright, phone 837-0042 and 021-08251083, email wrightpm2@gmail.com.

Speaker Coordinator and Manager of Archives: Robert Woolf, phone 816-8899, email: robert.woolf@gmail.com

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

Data and IT: to be shared by Mike Smith, Peter Wright and Alexis Langhorne.

Morning Tea Roster: Peter Wright, phone 837-0042 and 021-08251083, email wrightpm2@gmail.com.

Facebook pages and Publicity: John Stagg and Jude Black

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

Two special volunteers who will be supporting the committee are:

Bill Whittome (morning teas)

Alison Kittelty (greeter)

STUDY GROUPS

Study Group Coordinator

At present the duties of the Study Group Coordinator have been assigned by the committee to Peter Wright. Peter's contact details are: phone 837 0042, Mobile 021 0825 1083, and email wrightpm2@gmail.com.

Peter will be contacting all the group coordinators so if you have any issues, items of interest please contact him directly.

One urgent item for all groups to consider at present is the possibility of one of the members of a group stepping up as a mini speaker at the U3A Network event this year. (See below for more information.)

CELEBRATING U3A IN ACTION



LIFELONG LEARNING - SHARING KNOWLEDGE - FRIENDSHIP - LEADING EDGE INFORMATION

Celebrating U3A in Action - 2022

Auckland 30 July 2022

AUCKLAND U3A NETWORK WELCOMES YOU TO A DAY OF CELEBRATION

Salvation Army Church, 18 Allright Place, Mt Wellington
Saturday 30 July 2022 - 9:30am (for 10:00am) to 2:30pm

Speakers: Sir Peter Gluckman, Scientist and Former Science Advisor to the NZ 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

Registrations are now open. Please go to this link for more information or to register. <https://u3aauckland.net> . Payment method is by Internet banking or Bank deposit. You will receive a confirmation email containing your registration number and our bank account details by return.

WALKING GROUP

Each month one person from the Walking Group leads the group on a walk that they enjoy, or that they have recently discovered or share an old favourite. In June 2021 Annette led us to Lake Wainamu (Bethells Lake), which is very close to Te Henga (Bethells Beach). For all of us the lake and sand dunes were new places to explore and enjoy.

From Annette we learnt some of the history of the area. The Māori name for the area "Te Henga" is due to the long foredunes which run along the beach and look like the "Henga" or "Gunwhale" of an upturned waka hull. The area was a major settlement for the local iwi Te Kawerau a Maki and in the mid 1800s much of the area (1180 hectares) was set aside as the Waitakere and Puketotara Native Reserve. These reserves were deemed to be 'inalienable' for Kawerau people to live on in perpetuity but the Native Land Court sold land to European immigrants.

John (Pa) Bethell was the youngest child of seven and arrived in Auckland in 1858 aged two, and from a young age helped his older brother to clear and farm his father's 225 acres of land on the northern side of the Anawhata Stream. After purchasing the new property, he named it 'Te Henga'. The Wainamu property was first farmed in 1920 by Harold Houghton after the land was cleared of its kauri trees. Happy and Elizabeth Wheeler purchased the farm in 1954, reinstating the Māori name for Lake Wainamu.

Lake Wainamu is a beautiful dune lake that formed during the last 6,500 years when the Wainamu Stream Valley was dammed by sand being blown inland. In the 1990s the water quality of the lake was poor and it was thought that exotic fish were accelerating the loss of the submerged plant life. So, the Auckland Regional Council removed over 9,000 exotic fish, especially perch, goldfish and rudd between 2004 and 2007. In 2009, grass carp were introduced to the lake to try and get rid of introduced egeria. The lake is also home to native freshwater fish including banded kokopu, inanga, common smelt, common bully, grey mullet, longfin and short-finned eel.

The Bethells family and other families who are descendants of the original settler families have sold and given land to create parks, access to the beach and protecting areas through covenanting, leading and participating in dune and stream restoration. However, currently the iwi are in negotiations with Auckland Council to set up a new marae at Te Henga so they can return to their ancestral heartland.

Lake Wainamu is a stunning lake with huge sand dunes and an amazing history. It is well worth the climb on hot dark sand to see.



