

U3A Sth Kaipara News April 2024



Greetings All

It sure comes around quickly! **We have our AGM in May.**

U3A South Kaipara is in its fifth year. We are grateful for the support and enthusiasm of you all that has enabled us to expand and thrive. The committee has been giving much thought as to how we can be assured of continued growth and energy. This will be a topic of discussion at our April meeting so please come and contribute to this conversation. **Meanwhile please start paying your annual sub online** (include name and U3A as reference) **or bring cash to the April meeting. It is proposed it will remain at \$20.00 per person.**

Two new interest groups have been launched.

- Play Reading and Shared Reading
- Classical Music Appreciation

Details are in the lists describing all our interest groups at the bottom of this newsletter. Do contact Bev if you would like to know more about either of these groups. Or just to come along and give it a try.

Mahjong. Janice Websters weekly group continues. Thank you, Janice, for your years of generous hosting of this group. Gloria Middleditch is also starting another Mahjong group suitable for learners. Contact Gloria if you are interested.

Membership Care. Gloria has taken on this role. Please contact her if you know of any of our members who may be unwell or going through hard times



NEXT MEETING:

MAIN SPEAKER: Ken Brown

Ken is the bee keeper who was featured in a recent Helensville Community News. He will tell us about the wonderful life of bees.

MINI SPEAKER:

Mary Bateman

Tues April 2nd 10.00 -12.00

Catholic Church Hall, Kowhai Street, Helensville

Feel free to bring a guest.

Did you miss our March meeting?

Orquidea Tamayo Mortera gave us a very entertaining talk on how we can keep well by getting our daily happiness chemicals. See below. She also introduced us to a fun practice called RGM, developed by Ronnie Gardiner, a jazz drummer it combines rhythm, music and movement to support brain health. [RGM Aotearoa NZ | Try the Ronnie Gardiner Method today \(auckland.ac.nz\)](#)

Our mini speaker, Jackie Pillay, gave us part two of her fascinating adventures as a young woman working in the Windsor Castle stables.



GET YOUR DAILY HAPPINESS CHEMICALS

The happy brain chemicals that make you feel good

1 What are the Happy Chemicals?

- DOPAMINE**
 - Enables motivation, learning, and pleasure
 - Gives you determination to accomplish goals, desires, and needs
- OXYTOCIN**
 - Feeling of trust, motivates you to build and sustain relationships
 - Known as "Cuddle or Love Hormone", plays a role in bonding
- SEROTONIN**
 - Feeling significant or important among peers
 - Calm form of accepting yourself with the people around you
- ENDORPHINS**
 - Releases a brief euphoria to mask physical pain
 - Response to pain and stress that alleviates anxiety and depression

2 How Deficiency Affects You

<ul style="list-style-type: none"> procrastination low self-esteem lack of motivation low energy or fatigue inability to focus feeling anxious feeling hopeless mood swings 	<ul style="list-style-type: none"> feeling lonely stressed lack of motivation low energy or fatigue disconnect of relationships feeling anxious insomnia 	<ul style="list-style-type: none"> low self-esteem anxiety/panic attacks mood swings feeling hopeless social phobia obsession/compulsion insomnia 	<ul style="list-style-type: none"> anxiety depression mood swings aches and pains insomnia impulsive behavior
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3 How to Increase Happiness Levels

<ul style="list-style-type: none"> meditate daily to-do list long term goals food rich in L-Tyrosine exercise regularly create something: writing, music, or art 	<ul style="list-style-type: none"> physical touch socializing massage acupuncture listening to music exercise cold shower meditate 	<ul style="list-style-type: none"> exercise cold showers sunlight massage 	<ul style="list-style-type: none"> laughter/crying creating music/art eat dark chocolate eat spicy foods exercise/stretching massage meditate
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We need to be intentional when trying to find recreational activities to that meet our needs.

We need to know ourselves!

Lacking	Glimmer
Dopamine 'I procrastinate'	I write a To Do List
Oxytocin 'I am stress'	I Hug my husband
Serotonin 'I feel Sad'	I put on clean sheets on my bed
Endorphins 'I am feeling anxious'	I go swimming



TR

Pūkorokoro Miranda Shorebird Centre Visit.



Organised by Rhiannon, in March a group of us had a glorious and fascinating day at this centre that included an excellent 90 minute guided tour at Pukorokoro.

Thousands of shorebirds can be seen on the shellbanks and tidal flats. Some species, such as the Godwit, migrate annually between New Zealand and the Arctic. Other birds, like the Wrybill and South Island Pied Oystercatcher migrate within New Zealand. Still others, including Pied Stilts, NZ Dotterel and Variable Oystercatchers, are resident in the area and breed there. We saw them all!



2024 Kaipara College & Helensville District High School
CENTENARY
20 - 21 September, 2024

To find out more about the Centenary visit kaipara.school.nz

The first edition of our Centenary Newsletter is available. Read on our website.

Details on how to sign up to our mailing list to receive the Centenary Newsletter can be found on our website.

AVAILABLE NOW

Were you once a student at Kaipara College, or involved in some way? Please keep their centenary dates in mind.



Covid is certainly still active in our area so we do hope you will feel comfortable wearing a mask at our meetings, if you wish. We will continue to have our cuppa outside if weather permits.

CURRENT INTEREST GROUPS

Interest groups are the great strength of U3A. As members we step up and convene small groups that offer rich opportunities for growing knowledge, skills and friendships. The following interest groups are offered by our members for our members. If you are a current U3A member and are interested in knowing more about a group feel free to contact the convenors direct. If you would like to join U3A South Kaipara or renew your membership please contact

Bev Silvester-Clark (Secretary) or Gloria Middleditch (Chair)

Monday	Tuesday	Wednesday	Thursday	Friday
Out and About Any day or time that suits Doreen Hogan	1st Tuesday General Meeting 10am at Catholic Church Hall Kowhai St, Helensville	Mahjong every Wednesday 10.00 Janice Webster	Board games 1st Thursday 10.00 Sara Newsome	Classical Music Appreciation dates to be advised Bev Silvester-Clark
	Play Reading Shared reading 2nd Tuesday 10am ph Bev Silvester-Clark			

3rd Monday 10am Gardening, phone Heather Hyland	3rd Tuesday 10am Ted Talks ph Bev Silvester-Clark	3rd Wednesday 2pm Book Club, Rhiannon Herrick	3rd Thursday 12 midday Food & Wine Group Gloria Middleditch	
4th Monday 2.30 U3A Committee Meeting			4th Thursday 2- 4pm NZ History Tony Silvester- Clark	Last Friday of month 10am Needles and Stitches Wendy Daniel

More about our interest groups.

Classical Music Appreciation

Friday 2.00 - 4.00 dates to be advised

Convenor: Bev Silvester-Clark

Based on the 2024 Auckland Philharmonia's concert series Grand Classics, prior to 5 concerts throughout the year we will listen to some of the music that will be played and learn together about the music and it's composer. Attending the concerts in the town hall is not a requirement to being part of this group.

Play Reading/Shared reading

2nd Tuesday of month 10.00-12.00

Convenor: Bev Silvester-Clark

We alternate month about between Play Reading and Shared Reading. **Play reading** is a fun process where we simply read aloud the various roles from a play script that we hire from The Play Bureau. No acting skill required but a willingness to have fun is a big help. In **Shared Reading** we read a short story out loud together and reflect on what it evokes for each of us.

Needles and Stitches.

Last Friday of month 10.00-12.00

Convenor: Wendy Daniel

This is a group of like minded people interested in knitting, patchwork ,crochet, embroidery, appliqué or any sort of sewing or mending who like to meet in a casual atmosphere for a couple of hours or so each month. There is room for about 6-8 people and space for a person to bring a sewing machine.

NZ History

4th Thursday 2.00-4.00

Convenor – Tony Silvester-Clark

This is a monthly self-study group where members pursue their line of interest through reading and sharing their discoveries and learning in the group. As an adjunct to this activity we also arrange guest speakers, view other media (films, documentaries, theatre), organize site visits (trips – local and further afield).

Out n About

Convenor: Doreen Hogan.

As ideas of places, shows or movies to go to arise, Doreen is available to organise a group trip. Do contact her if you have an idea for such an outing.

Gardening

3rd Monday 10.00

Convenor: Heather Hyland

Our group focuses on practical gardening and knowledge sharing. The group includes a wide range of experience levels and garden styles. We meet at each other's homes or occasionally at a garden centre cafe. Over coffee we report back on the month's gardening, ask for any advice, and share friendship and laughter as well as surplus plants.

Ted talks (currently full)

3rd Tuesday 10.00-12.00

Convenor: Bev Silvester

Purpose: To stimulate our minds and provide the opportunity to learn something new or expand existing knowledge by watching a TED talk together. The group offer free and open discussion on the topic chosen by a different member of the group each time. We find we discuss many aspects of not only the topic but other areas that it directs us to move to. It is a fun group where we often laugh together and learn a lot from the collective background of everyone.

Book Club

3rd Wednesday 2.00-3.00

Convenor: Rhiannon Herrick

We have an enthusiastic group of readers. We follow a simple format where each person gives a brief description of a book read recently. This has become a rich resource for reading ideas for the members. A list of the books presented is then shared by email and some books are passed on to others. We usually have about 8 attending and our hour long meeting goes by very quickly.

Mahjong

Convenor: Janice 10.00-12.00 every Wednesday

Apart from lockdowns this keen group has been meeting weekly for three years. We welcome learners.

Food/Wine

Group

Lunch 3rd Thursday each month

Convenor. Gloria Middleditch

Venue: Various restaurants and eateries

We comprise of between 8-15 persons enthusiastically coming together from very varied backgrounds to learn about and enjoy foods or wines from around the world that are available or made in NZ. There are a few interesting older buildings that have been repurposed from homes or business' now adapted for use as a restaurant with very interesting histories. We can carpool if necessary all to be organised through Gloria Middleditch



Warm wishes

U3A Sth Kaipara Committee

Gloria Middleditch Chair

Tony Silvester-Clark Treasurer

Bev Silvester-Clark Secretary

Sara Newsome Membership Care

Nigel Dempster

Doreen Hogan

Pam Muirhead

Linda Cameron

Rhiannon Herrick

Glenys Osbourne

Jackie Pillay

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Want to change how you receive these emails?

You can update your preferences or unsubscribe from this list.

Or email Bev Silvester-Clark