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With the added energy of our expanded committee U3A South Kaipara is in good heart and looking forward to offering more interesting opportunities to grow and learn together.

If any of you have an idea for a **new interest group** support is now available to help you to get that started. Contact Nigel Dempster or Rhiannon Herrick

Ideas for **speakers for our monthly meeting** are greatly appreciated. Contact Bev Silvester-Clark or Jackie Pillay on with your suggestions.

Movies Anyone? Anyone interested in going to either **Barbie** or **Oppenheimer** movies in the next week or two please contact Doreen Hogan

Auckland Network Meeting is this coming Saturday - see below for details. I understand there still may be time to register for this great event. Car pooling from Helensville is available.

Membership Care: Please advise **Sara Newsome**, if you know of any of our membership who may be very unwell or coping with a bereavement.

Donations to Good Food: Thank you for the \$12.50 donated at our last meeting. They are grateful for every dollar. Call in to The Hub in Awaroa Road on Monday or Tuesday mornings to see the enormous effort that goes into packing food bags going out into our community. Say you are from U3A and would like to see how our donations are being used.



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.



NEXT MEETING:

Tues August 1st 10.00 -12.00

WHERE : Catholic Church Hall, Kowhai Street, Helensville

MAIN SPEAKER: Sharon Dooney

Sharon and her husband Warren run JUMBUCK CARDING in Kaukapakapa. Sharon also teaches and runs craft groups for spinning weaving knitting and

crochet. She will talk about her life and the carding process. There will be the opportunity to visit the Carding Works at a later date.

MINI SPEAKER:

Tony Silvester-Clark

Tony will complete his talk that was cut short last month.

Feel free to bring a guest.

Celebrating u3a in Action

29 July 2023

U3A Auckland Network welcomes us to a day of celebration

Salvation Army Church 18 All bright Place, Mt Wellington

Saturday 29 July 9.30(for 10.00) to 2.3

Speakers:

Chris Finlayson

"The Treaty of Waitangi and its place in New Zealand History"

Paul Buchanan

"New Zealand's Changing Threat Environment"

Included are four presentations by U3A members and lunch \$45

To register:

<https://www.u3a.nz/home.htm>

Contact Bev 0274316205 for car pooling.

CURRENT INTEREST GROUPS

Interest group 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) 0274316205 bev.s-c@outlook.com or Gloria Middleditch (Chair) 021 165-8428 jandgmiddleditch@outlook.com

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		
			Critical Thought group 2nd Thursday 2pm-3.30pm Convenor Jackie Pillay	
3rd Monday 10am Gardening , phone Heather Hyland currently full	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.

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

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 (currently full)

3rd Monday 10.00

Convenor: Heather Hyland

Venue: Varies

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-

Clark

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.

Critical Thought Group

2nd Thursday of the month 2pm – 3.30pm (no later than 4pm)

Convenor Jackie Pillay

Venue Rotates to different homes.

This is the old philosophy group with a new format. Each group member has a turn at choosing a topic, researching it and then leading the subsequent discussion.

Book Club

3rd Wednesday 2.00-

3.00

Conven

or: Rhiannon Herrick [r](#)

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 Webster

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

Terri Williams

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