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August 2024 News

GREETINGS ALL

Please note there's a one-off change of venue for this month's U3A general meeting. **We will meet on Tuesday August 6th at the Fire Station in Rata Street.** Full details and directions are below. This is a wonderful opportunity to learn more about the work of our Volunteer Fire Brigade and to see the equipment and fire appliances close up. Don't miss it!

There is plenty on offer at U3A to brighten the winter days, not the least of which is good company. Check out the information about interest groups near the end of this newsletter to see which you might like to attend.

Irene Hogan is our **membership care** coordinator. If you know of any U3A member who may be unwell or going through hard times please let Irene know. You can contact Irene



NEXT MEETING:

**Tuesday 6 August 2024 10am
Helensville Fire Station Meeting Room
Rata Street, Helensville**

Guest Speakers

Volunteer Firefighters Dave and Chontelle

We will hold our meeting there and serve morning tea as usual. After a short introduction Dave and Chontelle will take the group to the fire station. If the day is fine the fire appliances will be parked on the

forecourt to allow a close up look at the gear and specialist equipment used in fires or vehicle crashes. A number of people may be able to be accommodated in the fire engines to enjoy a ride around Helensville.

Directions

The entry to the meeting room is down the side of the fire station building. There is parking outside the St John's room in Makiri Street where we used to hold meetings. There is also some street parking on Rata Street and plenty of street parking on Makiri Street. **It is very important NOT to park in any space marked No Parking.**

Please bring your \$2 contribution towards catering and venue costs.

Feel free to bring a guest

AT THE JULY MEETING

To warm us up Linda led us in a few of the "Super Seven" exercises.

Our mini speaker was Gemma from South Kaipara Good Food.

Gemma came to update us on the extensive work being done by this organisation to reduce food insecurity in our area. You can read more about South Kaipara Good Food here: <https://skgf.org.nz/>

Our Donations Box for South Kaipara Good Food resulted in a \$40 donation this month. Thank you.

Our main speaker was Sarah Mulvaney who is a holistic animal therapist and Bowen therapist. In her interesting talk Sarah spoke of the need to discern when an animal needs veterinary care and when other

methods may be helpful. She described ways various herbal remedies can be useful for animals as well as humans.



REMINDER - PHOTOS WELCOME

You're invited to send in a photo on the theme of "Footwear"

This month Pam Muirhead is convening a new activity for anybody interested in capturing snapshots on your cellphone. The plan is that a topic is provided for the month and people will take a photo related to that topic and submit it to Pam by email:

The photos will be printed and displayed at the monthly meeting. It should be interesting to see how people interpret each topic.

FOOTWEAR is the topic chosen for August display

Email your pic to Pam Last day to submit a photo this month is

Friday 2nd August

CLASSICAL MUSIC APPRECIATION

First Friday of the month 10am - 12 noon

This group is keen to welcome new members. Bev Silvester-Clark is the convenor of this group for people who enjoy music. They meet at Bev's home

In Bev's words:

"At each meeting one of us talks about a piece of music they enjoy, why it appeals, its composer and the historical context. Then we listen to it on YouTube, and discuss our experience. There is no obligation to be a presenter. You are very welcome to just come along and enjoy the music with us. New members welcome."

Contact Bev if you'd like to go along.



Covid is still active in our area. Please feel comfortable about wearing a mask at our meetings if you wish to.



**AOTEAROA
CONTEMPORARY**

UPCOMING OUTING

"Aotearoa Contemporary Art"

Auckland Art Gallery

Thursday Aug 29th

Carpool departs 9.30am

from Helensville Museum / Kaukapakapa Hall

Koha of \$8 per passenger (driver's discretion)

Want to join us?

You need to let Doreen know by Friday 16th August

Please include car-pooling information i.e. I have a car - can take
(number) passengers / I'm needing a place in a car.

Feel free to ring Doreen if you need further information.



GETTING TO INTEREST GROUPS

Is transport a challenge preventing you from attending an interest group?

Our group convenors will happily try to put you in touch with someone who could give you a lift. Don't hesitate to call the convenor to request this. Contact details for convenors are shown with the information about groups at the bottom of this newsletter.

EXERCISE AND MEDICATION TRIAL

This research study being conducted by Aotearoa Clinical Trials may be of interest to some U3A members:

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

2024 Kaipara College of Helensville District High School
CENTENARY NEWSLETTER

Let's celebrate
20-21 September, 2024

Were you once a student at Kaipara College or involved in some way?
Please keep the September centenary dates in mind.
More information at kaipara.school.nz

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 (Chair) [0274316205](tel:0274316205) bev.s-c@outlook.com or Gloria Middleditch (Membership Coordinator) [021 165-8428](tel:0211658428) 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,	Every Wednesday 10.00 Mahjong Janice Webster	1st Thursday 10.00 Board games Sara Newsome	1st Friday 10am Classical Music Appreciation Bev Silvester-Clark

	Helensville Includes Cellphone Photography Pam Muirhead		Every Thursday 9 - 12 except 3rd Thursday Mahjong for Beginners Gloria Middleditch	
	2nd Tuesday 10am Shared reading Bev Silvester- Clark		Every Thursday 9 - 12 except 3rd Thursday Mahjong for Beginners Gloria Middleditch	
3rd Monday 10am Gardening, Heather Hyland	3rd Tuesday 10am Ted Talks 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			Every Thursday 9 - 12 except 3rd Thursday Mahjong for Beginners Gloria Middleditch 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

1st Friday of the month 10.00-12.00

Convenor: Bev Silvester-Clark

At each meeting one of us talks about a piece of music they enjoy, why it appeals, its composer and the historical context. Then we listen to it on You Tube, and discuss our experience. There is no obligation to be a presenter. You are very welcome to just come along and enjoy the music with us.

New members welcome.

Shared reading

2nd Tuesday of month 10.00-12.00

Convenor: Bev Silvester-Clark

Venue:

In **Shared Reading** we read a short story out loud together and reflect on what it evokes for each of us.

Board Games

1st Thursday of month 10am

Convenor: Sara Newsome

Venue: Huapai

Our Board Games group is for people who like playing board games, who like getting together and who like having fun. Playing board games extends knowledge, keeps the mind active and builds relationships.

We have a range of around a dozen games to choose from which range from simple Tri-Ominos through to the word-building game of Scrabble. We have games that require quick thinking, games that require deliberation, games that draw on memory and games that require recognition of patterns.

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

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.

Book Club

3rd Wednesday 2.00-3.00

Convenor: Rhiannon Herrick

Venue:

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

10.00-12.00 every Wednesday

Convenor:

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 businesses now adapted for use as a restaurant with very interesting histories. We can carpool if necessary, all to be organised through Gloria Middleditch

Mahjong for Beginners

This group meets from 9am until noon every Thursday, except for the 3rd Thursday of the month. For more information phone Gloria

Convenor: Gloria Middleditch

Cellphone Photography

Convenor: Pam Muirhead

Optional part of the General meeting 1st Tuesday of the month

Venue: Catholic Church Hall, Kowhai Street

For anybody interested in impromptu snapshots captured on your cellphone. A topic is provided for the month and people will take a photo related to that topic and submit it to Pam by email or messenger etc. The photos will be printed and displayed at the monthly meeting.



Warm wishes,

U3A Sth Kaipara Committee

Bev Silvester-Clark Chair

Tony Silvester-Clark Treasurer

Noeline Sheldon Secretary

Gloria Middleditch

Doreen Hogan

Pam Muirhead

Linda Cameron

Jackie Pillay

Irene Hogan

Heather Hyland

You are receiving this newsletter because you recorded an interest in U3A Sth Kaipara.

Want to change how you receive these emails?

You can [update your preferences](#) or [unsubscribe from this list](#).

Or email Bev Silvester-Clark