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Our year draws to a close with our Christmas lunch. See below for details. We do hope as many of you as possible are able to join us. If the cost would prevent you from coming please contact our Almoner, Sara Newsome (contact details below). Our club could subsidise the cost if that makes a difference to your ability to you coming.

**Please note that the Christmas lunch replaces our usual monthly meeting.**

We were delighted to have four new members last month. A warm welcome to Terri, Glenys, Glenys and May. Also lovely to have Janice McMurdo back with us.

We were pleased to be able to pass on **South Kaipara Good Food** <https://skgf.org.nz/about/> \$26.00 donated by those of you who attended our November meeting. **Thank you!** Please continue to drop into the red box at our monthly meeting just what you can for this very worthy cause.

**Almoner Role:** Please remember to advise **Sara Newsome**, our almoner, of any of our membership who may be very unwell or coping with a bereavement.

Our next monthly meeting will be February 7th. where the topic will be brain health. Some interest groups may meet in January. Each group will decide what will work best. Thank you all for your involvement over this past year. It is wonderful to see our club growing and making a useful contribution. Thank you also, to the interest group convenors. You are the back bone of U3A!

We wish you all and those dear to you a Christmas season that is full of reminders of how much love and care there is in our fraught world. And may the new year be one that does bring peace and good health to you, and to our wonderful country.



**Mask wearing is now optional** at our monthly meeting. We do hope you will still feel comfortable wearing a mask as we want to make protecting each others health a priority. We will continue to have our cuppa outside if weather permits.



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## **CHRISTMAS LUNCH**

Our Christmas Lunch will be as follows

**VENUE:** Helensville Golf Club 197 Peak Road Helensville.

**DATE & TIME:** Tuesday 6th December 12 midday

**MENU:**

Sliced Ham off the bone with condiment.

Risoni Pasta Salad with Spinach, Cranberry & Citrus dressing.

Warm Roast Veg Salad with an orange balsamic dressing

Bread Rolls.

Sweet Fruit Slice.

**COST:** \$25 per head with drinks extra. To be paid on entry to the venue.

**Please let Gloria know if you plan to come so we can advise the club of numbers.**  
If you can offer transport or are needing a lift also let Gloria know. She will also coordinate car pooling.



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## **Goat Island Marine Discovery Centre**

**Friday March 10th 2023**

Finally, we have this long awaited day trip for U3A members in place. Friends and family also welcome.

**9.00:** Board a big bus at Helensville Museum, further pick up in Kaukapakapa:

**10.30:** Morning Tea at Goat Island Discovery Centre

**Followed by**

- An interactive talk – Marine Science at the University of Auckland; Marine Conservation and innovation – 20-25 min
- An interactive session at the touch tank: Species Identification -15 min
- An interactive session at the BiG Eye microscope -15 min
- Free time to look around the Marine Discovery Centre – 15 min.

**12.30:** Bus to a café (to be decided) for lunch. Provision will be made for those who wish to bring their own lunch.

**About 3.00-3.30:** Arrive back to Helensville

**Cost:** \$32 - for bus, morning tea and program at the Discovery Centre.

**To Register:** email Bev



## 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
<b>Out and About</b> <b>Any day or time that suits</b> <b>Doreen Hogan</b>	<b>1st Tuesday</b> <b>General Meeting</b> <b>10am at St John's room, Helensville</b>	<b>Mahjong every Wednesday</b> <b>10.00</b> <b>Janice Webster</b>		
		<b>2nd Wednesday</b> <b>2pm Shared Reading</b> <b>Bev Silvester-Clark</b>	<b>2nd Thursday</b> <b>2pm Critical Thinking</b> <b>Verna Healy</b>	
<b>3rd Monday</b> <b>10am Gardening,</b> <b>phone Heather Hyland</b>  <b>currently full</b>	<b>3rd Tuesday</b> <b>10am Ted Talks</b> <b>ph Leigh Kelly</b>	<b>3rd Wednesday</b> <b>2pm Book Club,</b> <b>Rhiannon Herrick</b>	<b>3rd Thursday</b> <b>12 midday Food &amp; Wine Group</b> <b>Gloria Middleditch</b>	
<b>4th Monday</b> <b>1.30.00 U3A Committee Meeting</b>			<b>4th Thursday</b> <b>2-4pm NZ History</b> <b>Tony Silvester-Clark</b>	<b>Last Friday of month</b> <b>10am Needles and Stitches</b> <b>Wendy Daniel</b>

More about our interest groups.

**Needles and Stitches.**

Last Friday of month 10.00-12.00

**Convenor:** Wendy

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 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:** Leigh Kelly **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 (and no later than 4pm)

**Convenor:** Verna Healy\_This is the old Philosophy group with a new format.

Each group member has a turn at choosing the topic, researching it, and then leading subsequent discussion.

**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** **Convenor:** Janice Webster [janiceirenewebster@gmail.com](mailto:janiceirenewebster@gmail.com) 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. 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

### **Shared Reading**

2nd Tuesday 2.00-3.30

**Convenor:** Shared reading is a process developed in UK which encourages the reading and discussing of literature, short stories and poetry. We read out loud a short story and a poem, pausing throughout and discussing what the story is evoking for us. To know more see <https://www.aucklandfoundation.org.nz/the-reading-revolution> Helensville library supports this group with discounted photocopying.



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Warm wishes

**U3A Sth Kaipara Committee**

Gloria Middleditch Chair  
Leigh Kelly Deputy Chair  
Tony Silvester-Clark Treasurer  
Bev Silvester-Clark Secretary

Sara Newsome Almoner  
Nigel Dempster  
Doreen Hogan