

U3A Sth Kaipara News June 2023

Bev ·

Wed 31/05/2023 8:46 AM



We had a great turn out of 33 for our AGM last month, plus 5 apologies. Gloria, our chair person, reported on the steady growth of our club over the past year with a 33% increase in numbers attending our monthly meeting.

The existing committee members (Gloria, Bev, Tony, Doreen, Sara and Nigel) have all agreed to continue for another year, plus we had a wonderful response to our request for more help for the committee. On reflection, as a committee, we realise that we are at a point where we need to plan more consciously, in a way that supports our continued development. To that end the committee is organising a half day planning meeting as follows.

When: June 27th 9.00 - 12.00

Where: St Johns meeting room

Interest group convenors and any interested members are warmly invited to join us. Do come, even if it is just to learn a little more about U3A.

Our annual subscription \$20.00 is now due. If you have not renewed please pay by internet banking to U3A Kiwi Bank account **38 9022 0201314 00** or bring cash to our June meeting. **Ensure you include your name and sub in reference.**

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



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: TUESDAY JUNE 6TH 10.00-12.00

CATHOLIC CHURCH HALL KOWHAI ST HELENSVILLE.

Sue Brewster and Jessica Costa from the Auckland Medical Research Foundation will give us a presentation focused on dementia, Parkinson's disease and research related to End of Life Choice Act 2019. Please check your emails for more information. Computer hassles have made it too challenging to make this newsletter pretty!



Advance Care Planning (ACP) is a process that encourages you to think about, talk about, and document your wishes about the type of health care you would want or not want to receive in the future. This can also include end of life discussions.

Twelve months ago Leigh Kelly and Bev Silvester-Clark lead a very well received morning workshop supporting members to complete their Advance Care Plan. Feedback was that the workshop made a potentially challenging and sombre task much easier and even fun! As a result Leigh and Bev made a commitment to repeat this workshop annually and Bev is honouring this commitment in July on a date to be confirmed. Please contact her at _____ or _____ if you would value support to begin or refresh your Advance Care Plan.

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)
(Chair)

or Gloria Middleditch

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 Barbara Carter	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

Venue:

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

Venue –

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: Barbara Carter

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

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

Venue:

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 Almoner

Nigel Dempster

Doreen Hogan

Pam Muirhead

Jackie Pillay

Glenys Osbourne

Linda Cameron

Rhiannon Herrick

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