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Greetings All

**This month's meeting includes our AGM.** Hopefully you've been giving some thought to how our U3A branch can continue to thrive, and how you can contribute in either an official or volunteer role. We are wanting this to be a time of refreshment for our committee so that we don't fall into a pattern of the same people continuing to take the lead. To this end we are asking all our members to help, even in some small way. If you have any questions about the various roles, or to indicate your interest please phone Bev or Gloria and have a chat.

**Meanwhile please start paying your annual sub online** include name and U3A as reference or bring cash to the May meeting. It is proposed membership will remain at \$20.00 per person.

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

**NEXT MEETING:  
ANNUAL GENERAL MEETING  
Tuesday 7 May 2024 10am**

**Catholic Church Hall, Kowhai Street, Helensville**

**Guest Speaker:**

**TONI FOSTER**

**HEADWAY: BRAIN INJURY AUCKLAND**

Toni will give an overview of brain anatomy and function, how this can be affected by a brain injury and things we can do to enhance our brain plasticity.



**Feel free to bring a guest**



Upcoming Seminar

## **STAYING SAFE ON THE INTERNET**

Friday May 31st 10am - 12pm  
St John's Rooms, Makiri Street, Helensville

Our own South Kaipara U3A member, Chuck Rademacher will present a session with the latest information about how to protect ourselves online and avoid being scammed.

\$2 entry to help with costs please

Upcoming U3A Event

## **CELEBRATING U3A IN ACTION - 2024**

Registrations are open to attend U3A Auckland Network's event in July. See below.

To register visit <https://www.u3aauckland.net/event>

**Newsflash: We are advised that registrations are filling fast, with more than 100 people registered by mid-April, so don't delay if you're planning on going.**



## u3a Auckland Network welcomes you to a day of celebration

Salvation Army Church, 18 Allright Place, Mt Wellington  
Saturday 27 July 2024 - 9:30am (for 10:00am) to 2:30pm

### Speakers:

**Morning:** [Distinguished Professor Emeritus Paul Spoonley MA MSc PhD FRSNZ](#)

"The supersizing and superdiversity of Auckland:  
how Auckland will change over coming decades."

**Afternoon:** [Sir Ashley Bloomfield KNZM](#)

"Public trust in New Zealand: where we are at, and how do we  
strengthen public trust to build social capital and social cohesion?"

Also included are four presentations by u3a Members and lunch - \$45.00

## U3A Festival

York, United Kingdom

18 - 20 July 2024

If you're heading to Europe this year you might like to consider attending the U3A festival in York. Information is available [here](#)

## Missed our April meeting?

**Ken Brown** gave a fascinating presentation about bees and bee keeping. Our mini speaker, **Mary Bateman**, told us of her childhood with pacifist parents, and life growing up on Matakana Island in the Bay of Plenty.

\$22.90 was donated to our local organisation Good Food. Thank you.

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
<b>Out and About</b> Any day or time	1st <b>Tuesday</b> <b>General Meeting</b> 10am	<b>Mahjong</b> every <b>Wednesday</b> 10.00	<b>Board games</b> 1st <b>Thursday</b> 10.00	<b>Classical Music</b> <b>Appreciation</b> dates to be

that suits <b>Doreen Hogan</b>	at Catholic <b>Church Hall Kowhai St, Helensville</b>	<b>Janice Webster</b>	<b>Sara Newsome</b>  Every Thursday 9 - 12 except 3rd Thursday <b>Mahjong for Beginners Gloria Middleditch</b>	advised <b>Bev Silvester-Clark</b>
	<b>Play Reading Shared reading 2nd Tuesday 10am ph Bev Silvester-Clark</b>		Every Thursday 9 - 12 except 3rd Thursday <b>Mahjong for Beginners Gloria Middleditch</b>	
<b>3rd Monday 10am Gardening, phone Heather Hyland</b>	<b>3rd Tuesday 10am Ted Talks ph Bev Silvester-Clark</b>	<b>3rd Wednesday 2pm Book Club, Rhiannon Herrick</b>	<b>3rd Thursday 12 midday Food &amp; Wine Group Gloria Middleditch</b>	
<b>4th Monday 2.30 U3A Committee Meeting</b>			Every Thursday 9 - 12 except 3rd Thursday <b>Mahjong for Beginners Gloria Middleditch 4th Thursday 2-4pm NZ History Tony Silvester- Clark</b>	<b>Last Friday of month 10am Needles and Stitches Wendy Daniel</b>

## More about our interest groups.

### Classical Music Appreciation

Friday 2.00 - 4.00 dates to be advised

**Convenor:** Bev Silvester-Clark

**Venue:**

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

**Venue:**

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

**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**

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**

**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

**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



Warm wishes

**U3A Sth Kaipara Committee**

Gloria Middleditch Chair

Tony Silvester-Clark Treasurer

Bev Silvester-Clark Secretary

Sara Newsome

Nigel Dempster

Doreen Hogan

Pam Muirhead

Linda Cameron

Rhiannon Herrick

Glenys Osbourne

Jackie Pillay

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Or email Bev Silvester-Clark [bev.s-c@outlook.com](mailto:bev.s-c@outlook.com)