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November 2024 News

GREETINGS ALL

The year seems to be hurtling towards the end. But there is plenty happening with U3A South Kaipara before then, including a full round of interest group meetings. Here are two important reminders:

- Please notice the change of venue for this month's general meeting.
- Remember to pay for your Christmas lunch by Tuesday 5th Nov if you haven't already done so.

Full details are below along with other news. Don't miss reading U3A member Chuck Rademacher's savvy tips on how to avoid being scammed.

As always there are contact details for all our interest groups at the bottom of the newsletter.

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 on

NEXT MEETING:

Please note the one-off change of venue

Tuesday 5 November 2024 10am

Helensville Community Church, Mill Road, Helensville

(Behind the Hospice Shop, opposite Mitre 10)

Please leave some parking spaces for hospice shop patrons.

Speaker

Chris Ellwood

Topic - The life and work of Michelangelo

Chris is an artist and blacksmith with a deep interest in art history. His talk will be beautifully illustrated on a smart screen.

Please bring a \$2 contribution towards catering and venue costs

Feel free to bring a guest

CHRISTMAS LUNCH

Tuesday 3rd December 2024 12pm

Helensville Golf Club

Peak Road, Kaukapakapa

Instead of a general U3A meeting in December we will come together for a Christmas celebration at the Helensville Golf Club in Peak Road.

What's on the Menu?

Freshly Baked Bread rolls & butter

Smoked Manuka Ham with Cranberry Compote

Garlic Butter Baby Potatoes

Warm Vegetable & Spinach Medley

Broccoli, Feta & Walnut Salad

Small Fruit Christmas Pies

Jugs of Minted Lemonade and Jugs of Minted sugar free lemonade.

Cost \$40.00 per person

Coffee and Tea will be available to purchase separately from the café.

Dietary requests such as vegetarian, gluten free or dairy free options can be substituted. Just let Gloria know once you have confirmed by paying your \$40 into:

Kiwibank account: U3A South Kaipara

38 9022 0201314 00 Please put your name as reference.

Cost per person \$40

Payment needs to be made by Tues 5 November

Pay online with your name as reference

Account 38 9022 0201314 00



AT THE OCTOBER MEETING

At our last meeting we were treated to a quiz and an interesting presentation about the Penan tribe of Borneo. \$45 was collected in our donations box for Kaipara Good Food. Thank you.

We started with warm up balance exercises led by Linda.

Pam Muirhead's quiz about bodies of fresh water around the world had us scratching our heads.

Our main guest was Jacky McLaren, founder of the charitable enterprise Borneo Bags. Jacky spent time teaching in Borneo, and befriended people from the semi-Nomadic Penan tribe. Their rainforest home is being destroyed by the spread of palm oil plantations. The women have wonderful weaving skills, and the sale of their baskets made from traditional rattan or recyclable pallet strapping helps with the tribe's survival. During her

presentation Jacky showed us beautiful photographs of the Penan way of life, and a display of many of the beautiful bags. To learn more about the work or to order a bag visit the [Borneo Bags website](#).



DRIVER REFRESHER COURSE

A well received driver refresher course was held on October 17th. 28 people attended. We are grateful to Age Concern for their support in making the course available to us here in Helensville.

OUT N ABOUT

From our "Out n About" Co-ordinator, Doreen

LOOKING AHEAD TO 2025

Bookings have been pencilled in for five Operatunity concerts next year - all at the closer venue of Centrestage Theatre at Orewa!

The first of these is on Wed 26 March : "From Phantom to Les Mis" ... the best of 70s and 80s musicals ...

We will be collecting names at the February meeting. At that time we'll also give out details of the other programmes. There are

concessions for groups for 4 concerts.

(There's a car-load of members off to enjoy "Christmas Royal Variety Show" on Thurs 14 Nov.)

Would you be interested in a Waiheke Island day trip? Mid-week in March? This has been mentioned a few times. I will ask for names and suggested dates in February.

Please contact Doreen Hogan by email or text if you have questions about any of the above.

CELLPHONE PHOTOGRAPHY

By now you'll have sent in your photo of bark for next week's display. Because December is the Christmas lunch, the next photo display will be at the February general meeting. Check out next month's newsletter for the February photography topic.

Scam of the month.... by Chuck Rademacher

How To Spot a Scammer

This month's article is more about scams in general, rather than about a specific scam.

Although online scams are getting more sophisticated all the time, most online con artists recycle the same social engineering strategies repeatedly. With enough information and vigilance, you'll be able to recognize new scams that you've never seen before.

Here are the most common red flags to look out for:

- **A strong sense of urgency.** Scammers fabricate high-pressure situations like time-sensitive security alerts, urgent messages, or a limited-time offer for an amazing sweepstakes prize. These scams are designed to make you feel rushed and stressed out. The moment you feel that pressure, take a step back and reevaluate.

- **Threats or scare tactics.** Scammers often use fear to get you to act. They may call pretending to be law enforcement and threaten arrest, deportation, cancellation of your driver's licence, or some other dramatic consequence. Legitimate government agencies don't do this.

- **Sob stories and excuses.** Whether you're buying and selling online, trying to find an apartment to rent, or looking for companionship on a dating platform, beware of anyone who uses a sob story or excuse to ask for money, avoid meeting in person, or request nontraditional payment methods for a purchase. They're probably trying to win your sympathy so they can swindle you.

- **Calls or messages from authoritative or trustworthy organisations.** The sooner scammers can establish trust or claim authority, the faster they can steal from you. They impersonate representatives from your credit card company, a well-known organization like Google or Microsoft, or a government agency like the IRD or Work and Income. Don't give away any information or click on

links before verifying the source elsewhere.

- **Asking for sensitive information.** It's not common practice for a legitimate agency or business to contact you out of the blue and request sensitive personal details or have you "confirm" payment information — but this is the bread and butter for all kinds of phishing scams.
- **Insisting on nontraditional payment methods.** Using payment apps, gift cards, or wire transfers as payment for an online transaction with a stranger is extremely risky. Scammers prefer these payment methods because they're immediate, irreversible, and lack the security of transactions made via credit and debit card.
- **If in doubt,** when someone is trying to get information or money from you, use old technology and take the time to ring them to determine if the request is legitimate.

BE CAREFUL OUT THERE !!



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

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

Interest Groups - Month Overview

Week	Monday	Tuesday	Wed	Thursday	Friday
1	Out and About Time and day varies	General Meeting 10am Catholic Church Hall	Mahjong 10am	Board Games 10am Mahjong for Beginners 9am - 12	Classical Music Appreciation 10am
2		Shared Reading 10am		Mahjong for Beginners 9am - 12	
3	Gardening 10am	Ted Talks 10am	Book Club 2pm	Food and Wine 12pm	
4	Committee Meeting 2pm			Mahjong for Beginners 9am - 12 NZ History 2pm	Needles and Stitches 10am last Friday of the month

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 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: Nigel Dempster.

Venue: Waimauku

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 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: Janice

Webster

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

Cellophane 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 cell phone. 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

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Or email Bev Silvester-Clark bev.s-c@outlook.com