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We were delighted to be able to pass on the **South Kaipara Good Food** <https://skgf.org.nz/about/> \$17 donated by those of you who attended our September meeting. Thank you. That will have paid for 25 cans of baked beans or similar. If you are not aware, it was decided, after Gemma Donalson's presentation to us at our August meeting, that as a club, we will make on going contributions, as people feel able. Giving even a small amount of cash is much more useful than donating food.

South Kaipara Good Food scooped the pool for awards at the recent North West Country Business Awards, winning four, including the supreme award for it's work in tackling issues of food inequality and security. It is much more than just a food bank. So, please drop what you are able into the red box at the next meeting.

Almoner Role: Please remember to advise **Sara Newsome, 021 1274743** kristine_sara@yahoo.co.nz our almoner, of any of our membership who may be very unwell or coping with a bereavement.

If you have **ideas for new interest groups**, events or speakers for our monthly meeting please let Bev know bev.s-c@outlook.com 0274316205. We are keen to stay fresh and relevant.

Since we are now mandate free we are making **mask wearing optional** at our monthly meeting. We do hope you will still feel comfortable wearing a mask as we want to make

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NEXT MEETING
Tues Oct 4th
10.00-12.00

St Johns Room Rata St Helensville
Come and learn about the quiet and remarkable work of
Mount Tabor, here in our own community.

Main Speakers:
Irene Hogan: Founder of Mt Tabor
Silke Carter: CEO

Mini Speaker : Pam Muirhead



Out n About with Fresh Air, Harbour Views - and Alpacas!

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12kms along Sth Head Rd, on the right - more detailed directions given to drivers 'on the day')

Transport : Car share

Time : Pick up at Museum 9.20am / Visit 10am - 12pm

Gear : Footwear for walking on grassy paddocks (no long walks - the alpacas will be close to the house); raincoat or umbrella if weather uncertain ... this is an outdoors outing on a life-style block ...

Refreshments: Tea, coffee, biscuits provided by U3A - \$gold coin donation

RSVP : Doreen Hogan dmhogan@xtra.co.nz 0272054044 094206444 by or before Tuesday 13 October. Let her know if you are bringing a car, including the number you can take.



Would you like to refresh your first aid knowledge? We have the opportunity to offer a three hour workshop at minimal cost. Please let Bev know if you are interested. bev.s-c@outlook.com 0274316205

At long last! Plans are underway for a day trip to the Goat Island Discovery Centre next March. Details will follow as they come to hand.



CURRENT INTEREST GROUPS

Interest group 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) 0274316205 bev.s-c@outlook.com or
 Gloria Middleditch (Chair) 021 165-8428 jandgmiddleditch@outlook.com

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Out and About Any day or time that suits Doreen Hogan 0272054044</p>	<p>1st Tuesday General Meeting 10am at St John's room, Helensville</p>	<p>Mahjong every Wednesday 10.00 Janice Webster 420 8382</p>		
		<p>2nd Wednesday 2pm Shared Reading Bev Silvester-Clark 027 4316 205</p>	<p>2nd Thursday 2pm Critical Thinking Verna Healy 420 7088</p>	

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Heather Hyland 021 829 454 currently full	Kelly 021 625 491	Rhiannon Herrick 027 222 9393	Wine Group Gloria Middleditch 021 165 8428 or 420 3007		
4th Monday 1.30.00 U3A Committee Meeting			4th Thursday 2- 4pm NZ History Tony Silvester- Clark 0211390631	Last Friday of month 10am Needles and Stitches Wendy Daniel 094209674 021133510	

More about our interest groups.

Needles and Stitches.

Last Friday of month 10.00-12.00

Convenor: Wendy Daniel wendydan@xtra.co.nz 094209674 0211335109

Venue: 31 Caberleigh Dr

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 tony.s-c@outlook.com 0211390631

Venue – 14 Kassa Rise, Helensville

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 dmhogan@xtra.co.nz : 027 205 4044.

2 / 214 Parkhurst Rd, Parakai (n.b. park on road) :

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 heathertrish.hyland@gmail.com 021829454

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 leigh@clinicalupdate.co.nz 021625491

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

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Critical Thought Group

2nd Thursday of the month 2pm – 3.30pm (and no later than 4pm)

Convenor: Verna Healy v.healy9@gmail.com 09 420 7088, 021 0550209,

Venue: initially at 9 Pengelly Place, Parakai, but may rotate to different homes.

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 rhiannon.herrick@xtra.co.nz 0272229393

Venue: 15 Green Lane Helensville

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 02108287281 094208382

Venue: 85Awaroa Road

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 021)165-8428.

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: Bev Silvester-Clark bev.s-c@outlook.com 0274316205

Venue: 14 Kassa Rise Helensville

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

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

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