



HIBISCUS COAST U3A NEWSLETTER

January / February 2016

www.u3ahbc.co.nz

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Next meeting: ...GM Monday 18th January 2016

St Andrew's Presbyterian Church Hall, 32 Waiora Road, Stanmore bay.

Doors open 9.40 am for a 10 am start, and end at approx... 11.45

Tea duties.....Art Appreciation and Books East & West.

Conveners of these groups please contact each other to arrange kitchen duties.

Please take note of the instructions for the new dish washer..

FROM THE PRESIDENT

I will start by wishing each and every one of you, a Very Happy, Healthy and Peaceful 2016 complete with lots of new material to keep us all stimulated, leading to interesting and lively discussion, the essence of U3A which makes us different to many other organisations who are mainly social and do not have the expectations of participation of group leaders in our specific leadership roles.

On the subject of leadership, a method that is working well in some groups is taking a month each and organising the meeting, these can be planned at the beginning of the year, thus sharing the responsibility. The convenor is still in charge, sending out details to their members. I am available to help with planning as I have found that this gives confidence to some members and helps convenors along the way. Don't hesitate to contact me on the phone number listed above if you would like me to discuss this with you further.

We will be meeting for the first time this year on Monday 18th January 2016, (Where did 2015 go?) Doors open at 9.30am for a 10.10am start.

Subscriptions for 2016 are now due, John Tucker along with help, will be in the foyer to relieve you of your \$25 each, or \$40 per couple. It is very helpful if you could pay your subs ASAP, saves John a lot of checking which can be very time consuming.

The speaker will be a representative from our Hibiscus Coast Hospice, namely Allie Downing the Planned Giving Coordinator, who will outline the structure, funding, various committees, and where the Hospice is heading for future needs. This will be a very positive presentation, Allie is a lively professional, who along with her passion is very worth supporting with your presence.

Following our very successful Convenor sharing sessions at the last General meeting, already new members have joined other groups, we did run out of time, Travel have been promised a slot as they were the last to present and justice was not done, if you need to advise on any matters, please ring me and I will allocate time for you.

Our picnic will be in February at Wenderholm Regional Park, Thursday February 4th, more details in this issue.

Looking forward to seeing and sharing with you our New Year Meeting on the 18th, my last as President before the AGM in March

Trish Litherland .President

This month's speaker

Allie Downing

Allie has had a successful sales and marketing management career within the finance sector working for some well recognised international companies. She juggled her career with raising a family – an ongoing battle to do justice to both.

When Allie's mother became terminally ill, the values that her parents had instilled in her came to the fore – integrity, empathy and family... She had previously felt it was important to climb the corporate ladder, however as soon as it became obvious that her mother couldn't return home from Hospital without a full time caregiver, Allie gave notice. For Allie this was the hardest yet most rewarding role she could have played – caring for her mother while showing her children the importance of family first.

During this period Allie completed some Open Polytechnic papers on Health & Human Behaviour – largely around grief and bereavement – she wanted to understand what she, her mother and the family were experiencing. When her mother passed away the idea of returning to the corporate world, where the return to shareholder was paramount, was no longer of interest to Allie. She went on a quest to find the perfect role where integrity, empathy and family were valued.

She joined the Hibiscus Hospice Fundraising Team as Planned Giving Coordinator. Today she is responsible for the stewardship of those special people who have left a gift in their Will to Hibiscus Hospice. The income from these bequests is currently helping to build an endowment fund designed to help Hibiscus Hospice meet the needs of the community as it grows and ensure contributors legacies live on.

Club picnic

Thursday February 4th, Wenderholm Regional Park.

From 11 am until last member standing.

Park as near to Couldrey House as is possible.

Turn left and look for site 2 with the covered area.

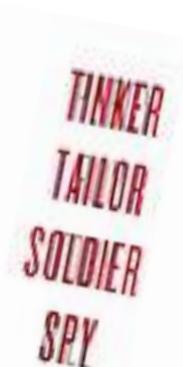
Bring a chair and your own food. Cake, Bucks fiz, wine and juice will be provided.



Wanted.. Club speakers

Do you have an interesting topic,
past profession or history that you'd like to share
at the Bi-monthly General meetings?

If so contact the president to discuss your ideas.



Important notice..

The Newsletter Editor is retiring.

This position will need to be filled.

Having served on the committee for 11 of my 12 years of being a member I feel it's time I stepped down to make room for a new face.

The February / March issue will be my last.

If you would like to discuss what's involved feel free to contact me on 424 3080 or at bobjudy46@gmail.com

2016 Subscriptions.....

2016 Subscriptions due now
Financial year January to December 2016.
Single \$25 couples \$40
3 Payment options as shown below

To the treasurer at the January GM (cash or cheques only)

By mail to the Treasurer....John Tucker, HBC U3A. PO Box 314, Orewa 0946.
(please enclose a stamp addressed envelope if you require a receipt)

On line to the HBC U3A acc at ... ASB 12-3046-0275951-00
(include your initials and full surname as the reference)

This month's featured groups..

Famous & infamous plus Origins

In my role as newsletter Editor, over the past 2 years, I've focused so much on presenting other groups as the feature group that I've never used the groups that I myself convene. When Bob and I joined the HBC U3A in 2004 'Famous & infamous' was the first group we joined. At the time Maureen Gresty was the convenor and she did an excellent job until family commitments took over. I offered to relieve Maureen of the role and have done so ever since. The members have remained pretty static over the years, enjoying topics as diverse as Famous & infamous Rivers, Serial killers, Fetishes, department stores, Poets, musicians...just to name a few.

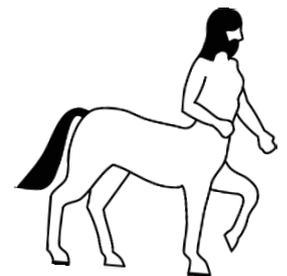


The 'Origins' group replaced 'Customs & cultures' and became a challenge for all in that the general rule of thumb was to go through the alphabet. We covered the letter A over a period of three or four months. Automobile, Auckland, Avocado, Androids, Anaesthetics are just a few topics that the group presented. We finished 2015 having reached the dizzy height of the letter i with topics such as insulin, isometrics, illuminations, the Inca's....as an example.



The 2 groups have maintained healthy numbers and with the exception of 2 have the same members in both groups. We've become a good friendly bunch over the years. Our end of year lunch was a combination of both groups when we discussed the coming year. Moving on into 2016 we're making a change in that 'Famous & infamous' and 'Origins' will combine, still meeting the 3rd Thursday morning of the month, and still in our own homes. We'll structure the meeting to perhaps cover one topic one month and the other the following month. Nothing is set in concrete so we can swap and change as much as we wish. Our numbers are very healthy.

This leaves us with the 4th Monday morning of the month free (when 'origins' would usually meet) so we're going to try using that as a new topic covering 'World mythology'. I've booked the room at the Pohutakawa Room, Whangaparaoa Library for this group. The first meeting will be Monday January 25th. We're looking forward to a new challenge. Our numbers are healthy but we can take extra if anyone is interested.



Contact Judy 424 3080 bjlilley@clear.net.nz

News from the groups...

*Contact details for all groups and general meetings
Can be found on the group's schedule page.*

Regional NZ

The first monthly Regional NZ Meeting for this year will be held in the Pohutakawa Room, Whangaparaoa Library at 10a.m. on Thursday 28th January, commencing with a cup of tea/coffee. We will be discussing the Wellington Region. Member's research will include topics on various Wellington districts, the film industry, tourism, government, geology, fishing, and famous people, amongst many others. We have room for an additional member or two.

Barbara Tucker, Convenor

Mahjong

2015 was a very good year for the Mahjong group. We had good attendances for all games and enjoyed each other's company very much. For our December meeting twelve of us had a delicious lunch at the Suwan Thai restaurant in Orewa and then spent the rest of the afternoon playing

Mahjong. Our next game is on 3rd Tuesday in January. All the best for all members of U3A for 2016.
Geoff & Sheila Taylor, Convenors.

Our discussion group

has such a lot of talent hidden within it. We had a talk on information technology by Mansel Heath. He is an expert. We had a talk on 1st aid by John Clapperton, who had recently done a course.

Tom and Marie Lamb talked on the restoration of architectural treasures on the Volgar river.

There are many others who put in little bits of expert opinion, during our normal discussions. All these contribute to the learning we all benefit from. Our Christmas lunch at the village kitchen was organized by Jack and Joan Farrell, and I am delighted with the wonderful feeling of friendship we share.

Some members leave, and others join, but the same spirit seems to continue. Fay and I are grateful to belong.

Barry Dale, Convenor.

'The Writers'

We concluded our busy year of writing with a very nice lunch at 'Coast' in Orewa and all but one of our group were able to attend.

Everyone was delighted with the production, in November, of our anthology, showcasing examples of our poetry and short stories. Those of you who bought a copy will confirm it is an excellent publication with writing of high quality. If you didn't buy a copy we still have some left at \$15. Please contact Cheril Clarke 426 9567 and a copy will be delivered to you. Quite a few people bought them as Christmas gifts.

On 12 December Chris and Cheril ran a book stall at the Plaza in Whangaparaoa and an American woman was delighted to buy a copy of the anthology to show her group in the States what a local NZ group had done.

Our next meeting will be the first Friday in February. The venue not yet confirmed as Cheril and Noel are having alterations to their house which may not be finished. I will let you know closer to the time.
Cheril Clarke, Convenor:

Humour Group.

This year Margaret, one of our members, invited us to her lakeside home for our Christmas celebration. We each arrived with a plate of goodies and a well-chosen joke or two. Our hostess had gone to a lot of trouble and her Christmas tree was a joy to behold. Each little decoration had a story. Many had come from Sweden where

Margaret lived when she was first married. It's just a pity that no one remembered to take a camera! Laughter rang out as earlier days of the group's occasions were recalled. We look forward to 2016.
Jacqui Driscoll, Convenor.

Art Appreciation

We had four meetings during 2015 in addition to an outing to Matakana where we visited three art galleries all worthy of discussion.

The meeting for 2016 will be at the Whangaparaoa Library, 2pm to 4pm on the third Thursday of the month, during the first meeting on the 21st January we will be planning the subjects for the remainder of the year. Members who wish to join us are welcome, you do not need to paint, just have a love of the Arts.

Trish Litherland, Convenor

Cinematique / Film Discussion

During our last meeting, it was decided to change the format of this group, due to the lack of suitable movies at our local cinema, and the distance to travel to other cinemas.. A list of suggested films to watch, both on DVD and at cinemas, will be distributed each month, these will be discussed on the last Friday of the month at the Peninsula Village at 10.am.

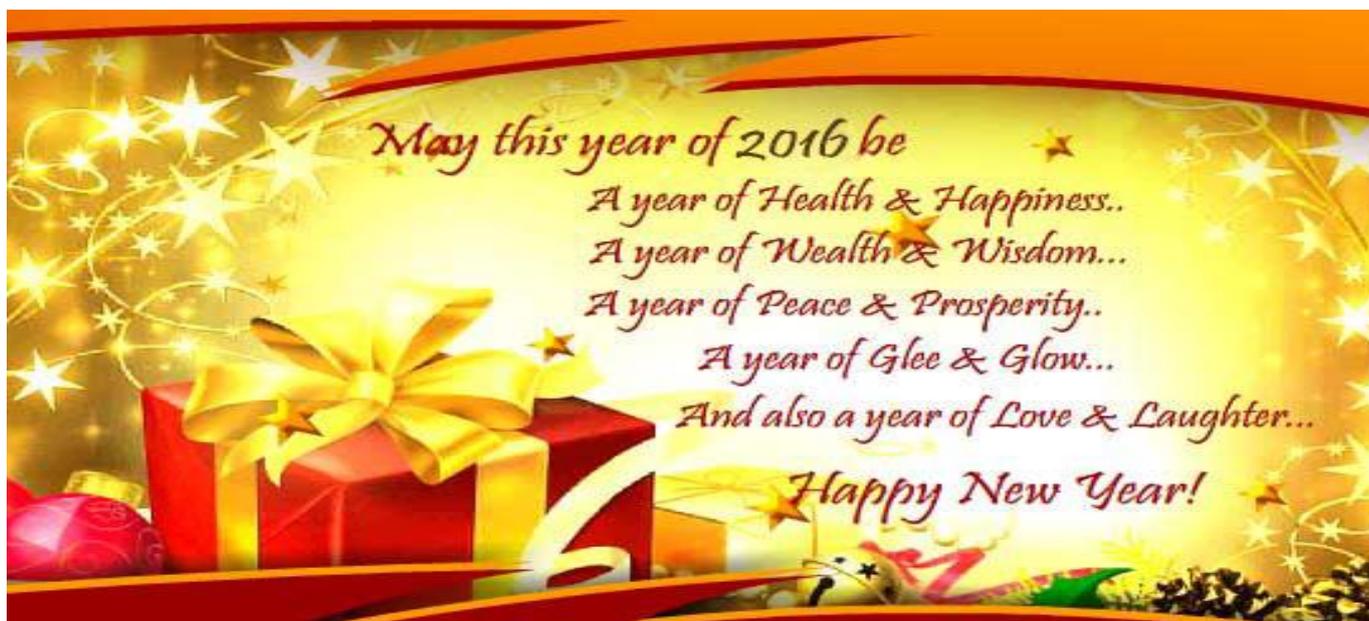
During winter we will show a DVD, times and dates will be distributed in May. You are welcome to join us starting Friday January 29th.

Trish Litherland, Convenor

Card games & puzzles..

With numbers growing this group is now meeting twice a month, see the group schedule for dates.

Elizabeth Ingram: Convenor



An Ode to January.....

'Twas the month after Christmas, and all through the house nothing would fit me, not even a blouse.

The cookies I'd nibbled, the eggnog I'd taste at the holiday parties had gone to my waist.

When I got on the scales there arose such a number!

When I walked to the store (less a walk than a lumber).

I'd remember the marvellous meals I'd prepared; the gravies and sauces and beef nicely rared, The wine and the rum balls, the bread and the cheese and the way I'd never said, 'No thank you, please.'

As I dressed myself in my husband's old shirt and prepared once again to do battle with dirt -

I said to myself, as I only can 'You can't spend a winter disguised as a man!'

So - away with the last of the sour cream dip, Get rid of the fruit cake, every cracker and chip Every last bit of food that I like must be banished 'Till all the additional ounces have vanished.

I won't have a cookie - not even a lick.

I'll want only to chew on a long celery stick.

I won't have hot biscuits, or corn bread, or pie, I'll munch on a carrot and quietly cry.

I'm hungry, I'm lonesome, and life is a bore. But isn't that what January is for.

SCHEDULE OF THE CURRENT GROUPS.....As at January 2016

*Group meeting times and dates as stated,
General meetings meet bi-monthly, being the 3rd Monday morning of
January, March, May, July, September and November at 9.40 am.*

Ancient History: As its name suggests, this group studies ancient civilizations
Convenor: Ayad Hussona (981 0000) Meetings on the fourth Tuesday at 10.00 am.
Venue: The Peninsula Club.....call convenor for directions.

Art appreciation

The result of a planning meeting produced fifteen subjects, the first for May being My Favourite Picture, others include:- Unknown Artists, Visiting local artists, Techniques, Classic Painters etc., We shared stories and conviviality.

Convenor: Trish Litherland (426 4400) meeting the 3rd Thursday at 1.45 pm for a 2 pm start.
Venue: The Pohutakawa Room, Whangaparaoa Library

Books East & West: We each read the same two selected books every month and then we have good discussions about them. Some of us like the book and others don't - makes for a lively and interesting morning.

Convenor: Lesley Newling (421 0961) Meetings on the second Thursday at 10.00 am.
Venue: in each other's homes.

Book review: As the title suggests, a group discussion on books read by the members.

Convenor: Cheril Clarke (426 9567) Meeting the third Friday at 10.00 am
Venue: In each other's homes.

Cards games & puzzles: (formerly card playing for fun). "This is a cheerful, fun loving group who meet on the 1st & 3rd Tuesday of the month at the Pohutakawa Room, Whangaparaoa Library.

Convenor: Elizabeth Ingram (426 5074) 12.45 for a prompt 1 pm start
Venue the Pohutakawa room, Whangaparaoa Library

Cinematique

This groups meets in the morning on the forth Monday of each month to visit a Cinema together.. We try to choose a Movie with a good story which will lead to interesting discussion.

Convenor: Trish Litherland (426 4400)
Venue: Kowhai Room – Peninsula Club

Discussion: Topics discussed by this group are chosen on an ad hoc basis, based on whatever its members currently find of interest or concern.

Convenor: Barry Dale (426 0919) Meetings: on the second and fourth Tuesdays at 10.00 am.
Venue: Hibiscus Coast Retirement Village....call convenor for directions.

Ethical Decisions in the 21st Century this group examines the teachings and principles on which ethical decisions should be based, and whether these have value when making ethical decisions about specific real-life issues today.

Convenor: Dee Davies (428 7525) Meeting: on the second Friday at 10.00 am.
Venue: Hibiscus Lounge, Peninsula Club

Famous & Infamous/ Origins: This combined group covers a wide range of topics, whether it's famous and infamous people, places, items, cars, sport - you name it we can make a topical meeting from it.

Convenor Judy Lilley (424 3080) Meetings: on the third Thursday at 10.00 am.
Venue: in each other's homes

Film Discussion:

Meet on the last Friday of each month in the Peninsula Retirement Village in the Kowhai room at 10.00 am. We discuss any films we have viewed together, plus any others deemed suitable.

Convenor: Trish Litherland (426 4400)

Venue: The Kowhai Room – The Peninsula Club

Convenor: Pat Litherland (426 4400) Meetings on the fourth Friday at 10.00 am:

Venue: ‘Kowhai Room’ - Peninsula Club

History: This group is for anyone who has a keen interest in history. It covers all aspects and reads interesting papers on a wide variety of topics.

Convenor: Allen Crosby (427 4009) Meetings on the first and third Tuesday at 10.00 am

Venue: Peninsula Club...call Convenor for directions.

Humour: We share jokes, humorous poems, stories etc., as well as testing our brains on various set written tasks. If laughter is the best medicine then surely this is the healthiest group around

Convenor: Jacqui Driscoll (427 0426) Meetings on the second Wednesday at 10.00 am

Venue: in each other's home

Mah-jong: Our group is a friendly group who strive to achieve as many different hands of the seventy seven available to us .It can be a frustrating game but offers plenty of challenges in order to work out which of the many hands you could try at each stage of the game. It certainly keeps the brain alive!

Convenors: Geoff or Sheila Taylor (427 4662) Meetings on the first and third Tuesday at 2.0pm.

Venue: in each other's homes

Origins The research and shared knowledge on the “what, where, when and how of everything and anything”. We're going through the alphabet and so far have covered a very diverse range of topics, in the new year we'll be moving on to the letter C

Convenor: Judy Lilley (424 3080) Meetings on the fourth Monday at 10.00 am

Venue: in each other's homes

Out & About: This group organises ‘outings’ to places of interest, new and old, in and around Auckland

Convenor: (Sheila Hussona (981 0000)

Meetings on the second Tuesday Times and locations vary.

Recorded Classical Music: Members share their enthusiasm for particular works or recordings, with brief explanations.

Convenor: Jennifer Wilson (428 2970) Meetings on the fourth Wednesday at 2.00 pm.

Venue: convenor's home, 8 North view Road, Stanmore Bay.

Regional New Zealand: This group takes specific regions of New Zealand and studies each from an historical, economic and demographic perspective. Members with a special relationship to a region often provide insightful or humorous aspects about the area under study. A learning experience about our own country.

Convenor: Barbara Tucker (427 9127) Meetings on the fourth Thursday at 10.00 am

Venue: Whangaparaoa library

Short Film Group: This group is comprised of members with an interest in the art and craft of making short films. The group has, of necessity, no set time or venue for its meetings.

Convenors: Ian and Nancy Miller:

Times and locations vary. Ian.miller.NZ@gmail.com

The World Today: The Group's aim is to help members gain an understanding of the background and implications of what is happening on the world stage. Members are asked to research particular aspects of a topic and to then share what they learn with other members.

Contact Caryl Hayley (428 2971) Meetings on the first Friday at 9.45 am.

Venue: Whangaparaoa Library

The Writers: (formerly Scribbles) A group for people who enjoy writing. We are now trialling a set but optional theme for the month and positively critiquing those who want to improve their writing.

Convenor: Cheril Clarke (426 9567) Meetings on the first Friday at 10.00 am.

Venue: in members' homes

Travel Group: The travel group meets every month to discuss aspects of travel. At most meetings a member gives a talk, usually accompanied by a slide presentation, on a trip they have been on. The range of amazing places people have visited makes this a very interesting group and promotes lots of questions from other members.

Convenor: Noel Newling (421 0961) Meetings on the second Monday at 2.00 pm.

Venue: Whangaparaoa Library

Writing your memoirs: This group encourages members to write down the stories from their lives. The changes we have seen, the experiences we have had, told in our own voices. Writing our memoirs is also helpful to understand our lives, a looking back, a reminiscence. We can share and reflect, and provide a pathway for our descendants to understand us and their roots."

Convenor: Bev. Gomez (424 0573) meeting on the second Friday at 2.00pm

Venue - Whangaparaoa Library

World Mythology: A new group, so hopefully there'll be more to report in the next newsletter.

Convenor: Judy Lilley (424 3080) meeting the 4th Monday morning at 10 am.

Venue: Whangaparaoa Library.

Timetable as at January 2016

	Monday	Tuesday	Wednesday	Thursday	Friday
1st week		History 10am			The writers 10am World today 10am
am					
Pm		Mahjong 2pm Cards, games & Puzzles, 1 pm			
2nd week	Short film making 11am (time varies)	Discussion 10am Out & about (times vary)	Humour 10am	Books east/west 10am	Ethics 10am
am					
pm	Travel 2pm				Writing your memoirs 2pm
3rd week	**General** meeting 9.40am	History 10am		Famous & infamous / Origins 10am	Book review 10am
am					
pm		Mahjong 2pm Card, games & Puzzles 1 pm		Art appreciation. 1.45pm	
4th week	Cinematique (Venue varies) World Mythology 10am	Discussion 10am Ancient history 10am		Regional New Zealand 10am	Film discussion 10am
am					
pm			Recorded classical music 2 pm		