

# HIBISCUS COAST U3A



## HIBISCUS COAST U3A NEWSLETTER

January/February 2019

[www.u3ahbc.co.nz](http://www.u3ahbc.co.nz)

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<b>Webmaster Editor</b>	<b>Gerard Straka</b>	<b>-</b>
<b>Committee Members</b>	<b>Judy Lilley and Chris Curtis</b>	<b>424 3080 428 4866</b>

**Next meeting:** Monday, 21 January 2019

**Salvation Army Hall, 32 Greenview Lane, Red Beach**

(Doors open at 9.40 am for a 10 am start; meeting ends at approx 11.45 am)

**Morning Tea Duty:** *Book Club and Book Review Groups*

*(Morning Tea will be served at approximately 10.30 am)*

### **President's Report**

Greetings and kind wishes to you all for 2019.

Firstly, my apologies for missing the next general meeting as I will have just had a new hip operation. I know that several of you have already been through that and I have been given lots of encouragement. So I'm looking forward to renewed vigour.

Secondly, at the risk of repeating myself again and again, I must remind you that there are going to be several vacancies on the committee including the position of president. Many members have already made a contribution to our association so it is over to others now to take the helm. Perhaps one of our new members could give it some thought. Otherwise I'm not sure what we can do to keep our association going. Contact me if you have the answer.

Thirdly, Ian and I are still having lunch at the RSA on the second Tuesday of the month. So if you feel like joining us, you are most welcome. The RSA has been closed over the festive season but I think it will be open on 8 January.

The next general meeting is on Monday, 21 January. We have arranged for Ian Miller to show “The Dusketeers”. Some of you may not have seen it yet and some of you will be pleased to watch it again. My grateful thanks to Chris Curtis for standing in for me and undertaking several tasks that I have not thought about, with other things on my mind.

Finally I want to wish you all very good wishes for 2019. May it bring Health and Happiness to you. As we say in Scotland “Lang may yer lum reek”.

President Kay

### ***In Lieu of Guest Speaker***

January being that ‘sort of month’, there will be no guest speaker at our meeting. Instead, it is planned that the Short Film Group will show - “*The Dusketeers*” - a series of six films they made last year. Several members have asked to see these and now as the opportunity has presented itself, Convenor, Ian Miller, will arrange a showing for members. Thank you, Ian.

## THE DUSKETEERS



Start the New Year with a morning of Movies. Not just any flicks but our very own Hit Series:

### **The Dusketeers**

The Web Series made by our Short Film Group has been viewed online nearly 40 thousand times. So if you’ve not seen it or even if you have, come to the meeting on 21 January and see it on the big screen.

Made entirely by our U3A members, the six short stories, skilfully acted, are pretty funny and sort of based on reality.

#### **Small Film Group**

Christine Doorman - *Dot*

Cynthia Green - *Molly*

Richard Saysell - *Robert*

Michael Honney - *Pat*

Carolyn Williamson - *Fleur*

**Continuity/Camera Asst:**  
Gerard Straka

**Writing/Assistant:**  
Melva Ironside

**Producer:** Nancy Miller

**Camera director/Editor:**  
Ian Miller



## SUBSCRIPTIONS – 2019

These are due and payable in January – for the financial year: January to December 2019

Singles \$25 : Couples \$40

Three payment options are available – as shown below:

1. Personally to the Treasurer at the January General Meeting (Cash or cheque)
2. By mail to the Treasurer: John Tucker, HBC U3A, PO Box 314, Orewa 0946.
3. Online to the U3A Hibiscus Coast account at ..... ASB 12-3046-0275951-00

Thank you. John Tucker, Treasurer

***Membership of U3A provides opportunities not only for ongoing learning, social engagement and enjoyment but also for enhanced well-being. Read on ...***



### **Meaningful Activities:**

"Older adults who find meaning in their daily activities may remain in better health as they age, a new study suggests.

Researchers found that when middle-aged and older adults felt their days held meaningful activities, they tended to report better health and well-being four years later. Not only were they less likely to develop physical health conditions or chronic pain than other folks, they were also more physically active and less likely to be depressed." SOURCE: <https://consumer.healthday.com/senior-citizen-information-31/misc-aging-new10/meaningful-activities-may-mean-healthier-old-age-741247.html><https://www.newsmax.com/health/health-news/activities-seniors-healthy/2019/01/08/id/897290/>

"Andrew Steptoe is the British Heart Foundation Professor of Psychology at UCL. He is one of Britain's leading health psychologists and studies the interaction between psychosocial factors and biological responses in human health and disease."

<https://acmedsci.ac.uk/fellows/fellows-directory/ordinary-fellows/professor-andrew-steptoe>

(Article supplied by Gerard Straka. Thank you, Gerard)

## UPDATES FROM THE GROUPS

### Art Appreciation

We ended 2018 at Estuary Arts Cafe, sitting under the beautiful trees and sharing what we had seen in the Arts World during the past two months. The MOMA exhibition in Melbourne was visited by three members, as was the Art gallery in Christchurch in addition to local events.

The meeting place for 2019 will be in the Whangaparao library in various locations depending on the subjects discussed, ie if we require a screen we will use a room otherwise there are selected areas in the main lounge which are private and quiet enough for general discussion.

New members are welcome. We will meet on the third Wednesday of February at 1.30 pm.

Convenor: Trish Litherland

### Book Review

**THE BOOK REVIEW GROUP**, as the title suggests, share books they have been reading, by talking about them to the group. We don't all read the same book but we find this 'review system' is an excellent way of building up a wish list of 'Books I want to read'. If more than one member has read the book being discussed, a stimulating discussion develops. Often the discussion introduces other books by the same author and fascinating facts about authors.

The members find the system an excellent way of deciding on books they want to borrow from the library, from each other or for their Kindles.

As a group we find the meetings interesting and informative and keeping a list of books discussed, saves having to troll through the library or book lists to find something new to read.

By the end of 2018 we were a group of 7 or 8, so would welcome a few more members. For **meetings held in various private homes, we find a group of 10 – 12 is a good number for stimulating discussion** – any more makes it difficult to accommodate the group in some homes

This is a friendly and exhilarating group and if you like to read you will enjoy it.

**We meet on the third Friday of the month at members' homes, beginning at 10.00.am.** The host for the day provides a cup of coffee or tea and a plate of goodies.

The first meeting for 2019 is hosted by Cheril Clarke, the group convenor, **at 17 Edgewater Grove, Orewa, on 18<sup>th</sup> January.** I will send an email out closer to the time with more detail. If you want to try the group, you may come to one meeting without having to commit to membership in U3A.

If you are interested in this group please contact:

Convenor : Cheril Clarke

### Cards and Games

We now have 10 members in our group and we would like it to grow further. We meet at each others' homes on the first Tuesday of the month at 1.30 pm. (Offering your home for a venue is entirely optional.) There are 2 tables set up so you have a choice of games and we can teach anyone who is new to a game. It is so much fun!!

Convenor: Diana Pipke

### **Cinematique**

A very good movie, *The Children Act* was viewed by 14 members in December, starring Emma Thompson who played an amazing part and won a Golden Globe for her acting.

We will resume in February when I am returned to Orewa depending on what is showing and when. If you would like to be notified of these outings email the convenor.

Convenor: Trish Litherland

### **Discussion**

At our last meeting in 2018, we had a little party, and it was typical of theirthe members' attitude, that they showed friendship to each other, with no inhibitions. We decided to start 2019 on the second Tuesday in February and are looking forward to another happy year.

Convenor: Barry Dale

### **Famous, Infamous and Origins**

The group ended the year on a pleasant note by sharing a bring-a-plate lunch at the Convenor's home. With two members overseas and one absent due to ill health, we were still a comfortable group of 9.

We always use this end of year meeting to discuss the group moving forward and our unanimous decision was to carry on as always. We still like to meet in our homes so prefer to keep the numbers down although we could take a couple more members if anyone is keen to join us. We're a cheerful group and always enjoy our meetings which, as well as being educational, are fun and friendly.

Convenor: Judy Lilley

### **Film Discussion**

A lively group joined with Art Appreciation for the final meeting and discussed a number of films, DVDs and Netflix productions.

We all agreed to meet during 2019. Our first meeting will be on the last Friday of February at the Whangaparaoa library, starting at 10.00 am. If you would like to join us, email the convenor.

Convenor: Trish Litherland

### **History**

We are a very active group of enthusiastic historians and a new member late last year brought our membership up to almost 20.

Topics last year included interesting talks on the third century queen Zenobia, Queen Caroline of Brunswick, a talk on Salisbury Cathedral supported by photographs and also a talk given on a family member killed in WW1. The year ended with a celebratory morning tea and a mystery gift event.

The first meeting for 2019 will be on Tuesday, 5 February, at 10 am – Whangaparaoa Library. Please don't forget your \$3!

Convenor: John Hoby

### **Mahjong**

We finished off last year with a lunch at Faridas which was enjoyed by all of us, followed by Mahjong and would you believe, afternoon tea. Where did we put all that food?

Now we look forward to another year of Mahjong and trying to get that hand which seems so elusive. We have room for a couple of new players; you don't have to be able to play as we will teach you. We are a very friendly group and would love to have you join us. We meet at the convenors' home.

Convenors: Sheila and Geoff Taylor

## **Travel**

We finished the year with a pot luck lunch to celebrate Christmas with a good attendance despite some members still overseas.

The year ended on a sad note with the sudden death of Past President, Norma Roberts, who was an active member of our group. She will be sadly missed.

We start this year with a meeting at our home on Monday, 11 February, when we will plan the year's agenda and discuss members' plans for the year. Happy New Year to all our members.

Convenor: Noel Newling

## **Writers**

The Writers, meet on the first Friday of the month in members' homes. We officially begin the meeting at 10.00 am but five minutes early allows us to have coffee, nibbles and a catch up before the meeting proper

This is a group of interested and interesting writers – one or two are published professional writers and the rest love to write. We provide positive feedback to one another and have all found that the comradeship and feedback have helped us develop as writers. The only requirement for joining the group is enthusiasm and a good sense of humour. You will be surprised how quickly the writing will develop in this supportive and warm-hearted group.

We begin each meeting with coffee and a brief chat. The host for the meeting provides the coffee (or tea) and nibbles.

We then read a prepared 500-word piece and talk about it in an encouraging way. We follow this with a quick, 5-minute on the spot writing exercise and once again critique each other supportively. This might sound challenging, but we all agree it is an excellent exercise for improving one's writing.

If this still sounds challenging, then I haven't presented the details well. We all find the meetings fun and inspirational. Give it a go.

We have places for two or three new members this year, if you are interested please contact Cheril Clarke, convenor. For more information: Phone 09 4269567 or 021 515908.

The first meeting for 2019 is at John Tucker's home on 1st February. I will email more details closer to the time. The topic for the prepared writing begins with the words, 'Paul was a character . . . .' The name can be changed. This exercise is in response to a talk from last meeting on, 'developing characters'. If you want to observe the first time and not write, that is okay.

Convenor: Cheril Clarke

## **SCHEDULE OF THE CURRENT GROUPS**

**as at January 2019**

### **Ancient History**

As its name suggest, this group studies ancient civilizations.

Meeting on the fourth Tuesday at 10.00 am

Venue: The Peninsula Club (call convenor for directions).

Convenor: Ayad Hussona

### **Art Appreciation**

We meet to discuss various artists, genres and history in selected countries. It is not required that you are an artist, just have an appreciation of excellence and a love of learning and sharing.

Meeting on the third Thursday at 1.45 pm (for a 2 pm start) to 4 pm.

Venue: The Peninsula Club

Convenor: Trish Litherland

### **Book Club**

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.

Meeting on the second Thursday at 10.00 am

Venue: In each other's homes.

Convenor: Dee Davies

### **Book Review**

As the title suggests – the group discuss books which have been read by the members.

Meeting on the third Friday at 10.00 am.

Venue: In each other's homes.

Convenor: Cheril Clarke

### **Cards, Games and Puzzles:** (formerly “Card Playing for Fun”)

This is a cheerful, fun loving group.

We meet on the first Tuesday of the month - for a prompt start at 1.30 pm.

Venue: At members' homes.

Convenor: Diana Pipke

### **Church History**

Discussion topics include: interaction between Christianity and other faiths, the influence of other religions and the spread of Christianity into the Gentile world. This may sound rather intellectual and deep but, in fact, is a fascinating subject for anyone, whether belonging to a faith or not.

Meeting on the first Friday at 2 pm

Venue: [13 Panorama Court, Red Beach.](#)

Convenor: Ian Mclean

### **Cinematique**

This group visits a cinema together. We try to choose a movie with a good story which will lead to interesting discussion. The group runs on an ad hoc basis, ie: when there is a movie showing at Hoyts Whanaparaoa that we deem worth viewing, an email will be sent to members who have listed their names.

Convenor: Trish Litherland

### **Discussion**

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

Meeting on the second and fourth Tuesdays at 10.00 am.

Venue: Hibiscus Coast Retirement Village (call convenor for directions).

Convenor: Barry Dale

### **Famous and Infamous Origins**

This combined group covers a wide range of topics, whether it is famous or infamous people, places, items, cars, sport – you name it, we can make a topical meeting from it.

Meeting on the third Thursday at 10.00 am.

Venue: In each other's homes.

Convenor: Judy Lilley

### **Film Discussion**

We discuss any films we have viewed together, plus any others deemed suitable.

Meeting on the last Friday of the month at 10.00 am.

Venue: The Kowhai Room – The Peninsula Club

Convenor: Trish Litherland

### **History**

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

Meeting on the first and third Tuesday at 10.00 am.

Venue: The Pohutukawa Room - Whangaparaoa Library

Convenor: John Hoby

### **Mahjong**

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!

Convenor: Geoff or Sheila Taylor

### **Music**

This group is in recession until a suitable location can be found.

Convenor: Jack Wolfe

### **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.

Meeting on the fourth Thursday at 10.00 am.

Convenor: Barbara Tucker

### **Short Film Making**

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. Meeting times and locations vary.

Convenors: Ian and Nancy Miller

### **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 then to share what they learn with other members.

Meeting on the first Friday at 9.45 am. Contact - Pauline Wetton (427 6246)

Venue: Whangaparaoa Library

Convenor: Ria Kamerbeek

### **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.

Meeting on the first Friday at 10.00 am

Venue: In members' homes

Convenor: Cheril Clarke

### **Travel**

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.

Meeting on the second Monday at 2.00 pm

Venue: Whangaparaoa Library

Convenor: Noel Newling

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**Group Meeting Timetable  
as at January 2019**

<b>Week</b>	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
<b>1<sup>st</sup> week am</b>		History 10 am			The Writers 10 am  World Today 10 am
<b>Pm</b>		Mahjong 2 pm	Cards, Games & Puzzles, 1 pm		Church History 2 pm
<b>2<sup>nd</sup> week am</b>	Short Film Making 11 am (time varies)	Discussion 10 am		Book Club 10 am	
<b>pm</b>	Travel 2 pm				
<b>3<sup>rd</sup> week am</b>	<b>*General* Meeting 9.40 am</b>	History 10 am		Famous and Infamous Origins 10 am	Book Review 10 am
<b>pm</b>		Mahjong 2 pm		Art Appreciation. 1.45 pm	
<b>4<sup>th</sup> week am</b>	Cinematique (Venue varies)	Discussion 10 am  Ancient History 10 am		Regional New Zealand 10 am	Film Discussion 10 am (last Friday whether it be the 4 <sup>th</sup> or the 5 <sup>th</sup> Friday)
<b>pm</b>			Recorded Classical Music 2 pm		

**General meetings are held bi-monthly, on the third Monday of  
January, March, May, July, September and November, at 9.40 am  
at the Salvation Army Hall, Silverdale**

