



Next meeting: 19 July at Salvation Army Hall, 32 Greenview Lane, Red Beach, Hibiscus Coast, 9.45 am.

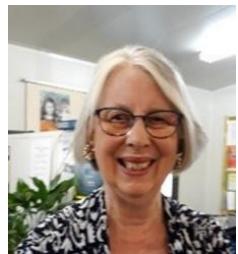
Tea Duty: 2 members from Discussion group

*Picture: View from road to Army Bay towards Okoromai*

## President's Report

Happy Matariki, everyone.

As you know, Matariki is the Maori name for the cluster of stars that rises back into view on the north-east horizon of our sky at this time of year. This cluster is seen all over the world and has different names in different parts of our planet. But here in New Zealand it has special significance to Maori, ushering in the New Year. It is also interesting to note how important this cluster was to early navigators as they travelled long distances across the Pacific guided only by the stars.



On these cold winter days, it is wonderful to find the sun still shining through. I do hope you have all been able to enjoy some of its warmth, sitting or walking in the sunshine – getting your quota of Vitamin D the natural way!

Our Hibiscus Coast U3A is flourishing. So good to see new members enthusiastically getting involved in our many group activities. This is where the warmth of our organisation shines through. Remember you are welcome to visit any one of our groups for a couple of sessions before you decide what you would like to join on a permanent basis. Or you might like to start a new group with kindred spirits. The latest two suggestions are Architecture and Climate Change. Please let one of our committee know if you would like to be involved in a new venture.

We are coming up the straight to our big U3A regional meeting on Thursday 29 July. Registrations have now closed with over 300 people coming from U3As all over Auckland. At last count there were nearly 20 of our Hibiscus Coast

members registered. I think this could be a record number for our attendance at a network meeting. At our next General Meeting on Monday 19 July we will be finalising plans to carpool as parking will be at a premium.

As usual, Trish Litherland has excelled herself in finding another fascinating speaker for our next General Meeting. Dave Gerrard of Olympic fame will be sharing his medical expertise with us before he leaves next day to join our Olympic team in Japan. It will be full circle for him to be returning to Japan as a medical expert where he first competed as an Olympic swimmer 57 years ago.

Looking forward to seeing you on Monday 19 July.

Judy Keall

## Committee

<b>President</b>	<b>Judy Keall</b>	
<b>Vice President</b>	<b>Ireni Esler</b>	
<b>Secretary</b>	<b>Chris Curtis</b>	
<b>Treasurer</b>	<b>John Tucker</b>	
<b>Membership secretary</b>	<b>Kaye Bennetts</b>	
<b>Speakers' secretary</b>	<b>Trish Litherland</b>	
<b>Newsletter Editor</b>	<b>Maureen Jansen</b>	
<b>Webmaster</b>	<b>Gerard Straka</b>	-
<b>Technical Assistant</b>	<b>Hugh Griffiths</b>	

## Main Speaker for July: Professor David Gerrard

Hatfield's Beach resident David Gerrard will only just make our July meeting because he is flying to Japan soon afterwards if the 2021 Olympics go ahead, something that is looking increasingly likely.

David is an emeritus professor at the Otago Medical School in the Department of Medicine. His specialty is sport and exercise medicine. He retired from clinical and academic practice in April 2016.

He continues to Chair the World Anti-Doping Agency Committee for Therapeutic Use and leads many other sports organisations.



As an academic, David spent the bulk of his clinical career in undergraduate medical education, with research his focus at the Otago Medical School where he was also Associate Dean. He has published on topics including paediatric sports medicine, sports injury prevention, bioethics, exercise prescription and sports anti-doping with more than 120 peer-reviewed academic publications and book chapters.

A former national swimming and surf champion, David was a 1964 Olympian and a 1966 Commonwealth Games swimming gold and bronze medallist.

David has served as NZ Olympic Team Doctor, twice NZ Chef de Mission, and Medical Commission member over 10 Summer Olympic Games. His recent appointment to the FINA Medical Commission for Tokyo 2020 will return him to the scene of his first Olympic experience as a competitor in the 200m butterfly.

### Club Speaker for July

July's short club speech will be presented by members of the Book Review Group, a group in which people review books they have read recently and share a monthly poem as well.

### News from the groups

#### Regional New Zealand

JEAN gave an oral tour of Riverton, a very old settled town in Southland, popular with white baiters and crib owners.

Our dear NORMA entertained us with a riveting description of the bridge built from Horseshoe Bend town on the East side of the Clyde River to the West side, where the main road ran, and children walked three miles to school after crossing the bridge. The trials and tribulations of the now defunct township made for fascinating listening.

AILEEN told us about Larnach Castle and its creation in 1871 by thrice married William Larnach, who committed suicide in 1898, supposedly over his third wife's affair with his son.

BARBARA provided a summary of Larnach, a Castle in decline from 1899 to 1967, followed by the story of the current owners, Margaret and Norcombe Barker who have virtually created the castle as it is today.

PAM Filled us in on "Olveston House" in Dunedin and also the Island of Tanna in Vanuatu, when upon the death of Prince Philip, his Godly Title will be inherited by Prince Charles.

GRAEME gave us an interesting discourse on Norfolk Island.

SYLVIE gave us an insight into Mesopotamia Station, an historic high country station which lies between the Rangitata and Forest Creek Rivers and was named by Samuel Butler in 1860. He was the most famous former resident of this place and was the man who wrote the satire "Erewhon".

We wrapped up the proceedings with JACKIE informing us of the saltwater lake which can be seen from the Taieri train as you get near Middlemarch, Otago.

Barbara Tucker, convenor

*"Google is my best friend and my worst enemy. It's fabulous for research, but then it becomes addictive. I'll have a character eating an orange, and next thing I'm Googling types of oranges, I'm visiting chat rooms about oranges, I'm learning the history of the orange." Liane Moriarty, novelist.*



*Aerial view of Riverton in the South Island*

## Ancient History

We look at the interesting details of our ancient history from the start of human civilisation up to the 1st Century AD. For the last couple of months, we have been looking at the most significant and outstanding Discoveries and Inventions of the Ancient World that influenced the life and history of humanity. Imagine the consequences if any of these events did not occur. How different life would be!



<b>Development of agriculture – planting of grains/wheat</b>	<b>8,000/10,000 BC</b>
<b>Smelting of Metals: copper and bronze age</b>	<b>4,500 - 5,000 BC</b>
<b>Iron Age</b>	<b>1,300 BC</b>
<b>Discovery of the wheel</b>	<b>3,500 BC</b>
<b>Development of the chariot and its influence on warfare</b>	<b>3,000 BC</b>
<b>Development of writing cuneiform, hieroglyphs, logographs, Sumerian/Egyptian/Chinese</b>	<b>3,400/3,200/1200 BC</b>
<b>The invention of alphabet by the Canaanite/Phoenician: easiest way in writing</b>	<b>1,200 BC</b>
<b>The invention of the plough</b>	<b>4,000 BC</b>
<b>Numbers / Numerals, their bases, and the invention of zero</b>	<b>3,400/500 BC</b>
<b>The concept of one God – Monolithic Religions</b>	<b>2,000 BC/AD/600 AD</b>
<b>Code of Hammurabi – the world's first codified legal system</b>	<b>1,775 BC</b>
<b>The invention of ink – China, Egypt</b>	<b>2,500 BC</b>
<b>The invention of paper – China</b>	<b>200 BC</b>

If you are interested in discussing and researching any of the above topics, we would warmly welcome you to come along to a meeting. We meet on the fourth Tuesday of the month at 10 am at the Peninsula Club.

Ayad Husson, convenor

### The Writers' Group



### Do not forget to scan!

**Dance like no one is watching,  
Sing like no one is listening,  
Scan like Ashley is going to  
describe you as 'extremely  
assiduous'.**

# SCHEDULE OF THE CURRENT GROUPS

As at July 2021

## Ancient History

As its name suggests, this group studies ancient civilizations and meets on the fourth Tuesday of the month at 10.00 am. Venue: The Peninsula Club (call convenor for directions). **Convenor: Ayad Hussona,**

## Archaeology

This group is exploring archaeological sites from around the world and is well worth attending for its thought-provoking content. Venue: Pohutukawa Room, Whangaparaoa Library, 3<sup>rd</sup> Wednesday of month at 2.30 pm. **Convenor: Kay McLean,**

## Art Appreciation

This is a restart of the previous Art Appreciation group and will now be held in the Pohutukawa Room of Whangaparaoa Library at 2.30 pm on the 2nd Wednesday of the month. **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 of the month at 10.00 am. Venue: in our own homes, taking turns to host. **Convenor: Sheila Hussona,**

## Book Review

As the title suggests – the group discuss books which have been read by the members. Meeting on the third Friday of the month at 10.00 am. Venue: in our own homes, taking turns to host. **Convenor: Cheril Clarke,**

## Cards and Games

This is a cheerful, fun loving group where we exercise our brains at the same time. We are happy to teach you any games that are new to you. New members welcome. Meetings on the first and third Tuesdays of the month at 1.30. Venue: Pohutakawa Room, Whangaparaoa Library. **Convenor: Diana Pipke,**

## Cinematique

Ad hoc depending on what is showing locally. We now work in with Hoyts Senior Mornings usually on a Tuesday at 10am for free coffee and morning tastes. If you are a Hoyts member the charge is only \$8.00, if not it is \$8.50. We are supporting this kind venture. Any members who wish to be notified of the cinema mornings, contact Trish, **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 Tuesday of the month at 10.00 am. Venue: Hibiscus Coast Retirement Village (call convenor for directions). **Convenors: Bob and Jenny Kelly,**

## **Film Discussion**

We discuss any films we have viewed together, plus any others deemed suitable. Meeting 10.30, last Friday of the month. New members welcome. Venue: Pohutukawa Room - Whangaparaoa Library. **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 of the month at 10.00 am. Venue: Pohutukawa Room - Whangaparaoa. **Convenor: John Hoby.**

## **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! Meeting first and third Tuesday of the month at 2pm. Venue: Convenor's home. **Convenors: Geoff or Sheila Taylor,**

## **Regional New Zealand/Pacific**

This year the group will be discussing and studying various regions of NZ and the Pacific Islands. 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 of each month at 10am  
Venue: Pohutukawa Room, Whangaparaoa Library. **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 of the month at 9.45 am. Venue: Whangaparaoa Library. **Co-Convenors: Diana Pipke and Maureen Jansen**

## **The Writers**

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 of the month at 10.00 am. Venue: in our own homes, taking turns to host. **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 taken. 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 of the month at 2.00 pm. Venue: Pohutukawa Room – Whangaparaoa Library.  
**Convenor: Noel Newling,**

## SCHEDULE OF GROUP MEETING TIMES

**As at June 2020**

<b>Week</b>	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
<b><u>1<sup>st</sup> week am</u></b>		History 10 am			The Writers 10 am  World Today: 9.45am
<b>pm</b>		Cards and Games 1.30 pm  Mahjong 2 pm			
<b><u>2<sup>nd</sup> week am</u></b>	Short Film Making (time and venue varies)	Discussion 10 am		Book Club 10 am	
<b>pm</b>	Travel 2 pm		Art Appreciation 2.30 pm		
<b><u>3<sup>rd</sup> week am</u></b>	<b>*General*</b> <b>Meeting 9.40</b> <b>am</b>	History 10 am			Book Review 10 am
<b>pm</b>		Cards and Games 1.30pm  Mahjong 2 pm	Archaeology 2.30pm		
<b><u>4<sup>th</sup> week am</u></b>	Cinematique (Days, Times and Venues vary)	Discussion 10 am  Ancient History 10 am		Regional New Zealand 10 am	Film Discussion 10.30 am (last Friday whether it be the 4 <sup>th</sup> or the 5 <sup>th</sup> Friday)

General meetings are held bi-monthly, on the third Monday of  
January, March, May, July, September, and November, at 9.45 am  
at the Salvation Army Hall, Red Beach.