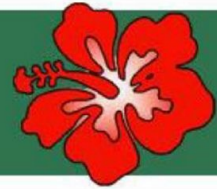


# HIBISCUS COAST

# U3A



[hibiscusu3a@gmail.com](mailto:hibiscusu3a@gmail.com)

*Next meeting: Monday 16 September 2024, 9.45am, Salvation Army Hall, Greenview Lane, Red Beach.  
Going towards Auckland from Orewa, Hibiscus Coast Highway, turn first left after the fire station.*

**Our website:**  
<https://www.u3ahbc.co.nz>

**Auckland U3A network:**  
<https://www.u3a.net.nz/auckland.html>

## Message from the President



Spring is nearly here, the tui are out in force. Our groups are going well. Of note, the Short Story Group, which meets at the Pinehouse Cafe in Orewa, is very popular and finds this meeting place ideal. Our Play Reading Group members have found their voice with an increased turnout and most other groups report growing membership.

There are now A3 signs outside the Pohutukawa Room alerting passers by to groups in action and this has led to us enrolling several new members.

Our recent members survey attracted nearly 60 responses which, when compared to other U3A groups, was excellent. We have received requests to set up several new groups including cycling, computing and te reo. If you are keen on supporting these groups, we need volunteers to convene them.

There is a lot of research about the importance of lifelong learning and socialisation to the health of older people, and U3A offers that. Added to that is mobility so please keep active wherever possible. Attending our groups gets you out and about along with meeting like minded people, forming friendships, encourages your thinking and challenges your memory.

I encourage to bring a friend to our next general meeting at 9.45 on Monday, September 16, to listen to Dr Stephen Hoadley at the Salvation Army Hall.

All the very best,  
Yours in U3A,  
Gavin



## Subscriptions

Since we are halfway through the year, subscriptions are now \$10 for an individual or \$20 for a couple. We need your subscription!

Please pay your subs into our U3A Kiwibank account: **38-9025-0566036-00**, and include your initials and full surname as the reference.

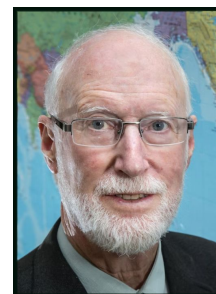
It is also possible to pay using phone banking - you will need your own and the U3A bank account number (above), or in person at a bank. Again you will need your own account number and U3A's.

## September Speakers

We will begin with our own speaker, a role that Peter Gillmore has kindly agreed to undertake. He will be introducing the main topic with a 20 minute presentation about the Founding Fathers, the Constitution and setting up of the American system.

Our guest speaker will be Professor Stephen Hoadley, Associate Professor of Politics and International Relations at the University of Auckland. You will remember he spoke to us last year about the Chinese in the Pacific.

On September 16th he will be speaking to us again, the topic this time being the US Elections. Given the events of the last two months leading up to the US elections, this is going to be a well-informed and timely address.



## Management Committee

|                      |                    |
|----------------------|--------------------|
| President            | Gavin Whyte        |
| Vice President       | Peter Gillmore     |
| Secretary            | Maureen Jansen     |
| Treasurer            | David Shaw         |
| Membership Secretary | Wendy Hawkins      |
| Speakers Coordinator | Jill Everest       |
| Speaker Secretary    | Jeannetta Dearsley |
| Newsletter Editor    | Jenny Casale       |
| Technician           | Hugh Griffiths     |

## Disinformation: Don't Be Duped

“Disinformation: Don't Be Duped” was the title of Dr Helen Sisson’s presentation at the last general meeting. She pointed out the effects of social media on young and old with young people on media like Instagram and Boomers on Facebook.

Social media can amplify disinformation.

She showed the alarming statistics in the US with 63% of Republican believing the last election was stolen and 43% of Republicans believing that climate change is not a real threat.

We are not immune with 42% thinking the All Blacks were poisoned before the 1995 game. (This stat comes from 2019)

### You can protect yourself by asking yourself the following questions

- Is it an advert? Or a joke?
- Is it an anecdote or a story?
- Emotional language: “greatest”, “worst”, “shameful” etc
- Who has shared it? Do you know them? Do they have any personal or political reason to share the information?
- Is it someone’s opinion or is it verifiable fact?
- Does the information contain other perspectives?

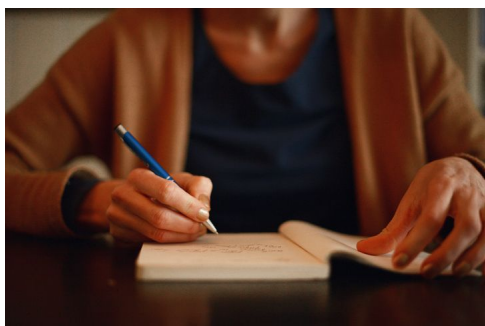
*Dr Helen Sissons is an Associate Professor in Communication Studies at AUT.*

## Groups

If you would like to peruse the information about all of our groups, you can go to our website (thank you, Gerald) <https://www.u3ahbc.co.nz/groups.html>.

### News from Groups

#### New Group: Memoirs



Do you want to write stories from your life but feel daunted by the task? My name is Bronwyn Bryant. I'm a newbie to U3A but an old hand at taking writing classes. When I retired from teaching I became a tutor at Uxbridge Creative Leisure Centre in Howick and ran a course called Writing Your Story which became very popular. I found myself taking the course up and down New Zealand to groups in rural education, prison and mental health trusts as well as piloting a writing course for the housebound. If you are looking for an easy, fun approach to writing your life stories please join me at the Pōhutukawa room, Whangaparaoa Library, Thursday 26 September at 1pm.

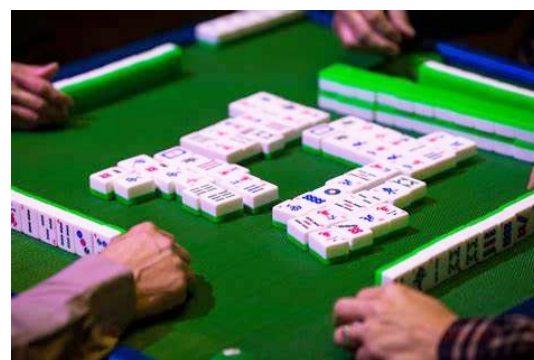
[bbryant@xtra.co.nz](mailto:bbryant@xtra.co.nz)

027 273 2290

#### Mah Jong

Mah Jong is thriving to the extent that it now needs a 'Wait List'.

Please contact Connie to have your name placed on the wait list if you are interested in playing with us. Contact by text: 021 0686 967



#### Poetry Discussion Group

This group has changed somewhat since its inception. We are now writing poetry as well as reading it but in a totally non-threatening way. Each month we have a task, usually as simple as using six given words in a short poem.

The group still looks at an established poet each month. We have studied William Blake twice and try to factor in some New Zealand poets too. Another fruitful field for discussion is looking at song lyrics as poetry.

This is a small group of about 13 members and we welcome newcomers. Convenor: Maureen Jansen, [mjansener@gmail.com](mailto:mjansener@gmail.com)

#### Science group

This is a group for people who want to learn about science. It's a 'learning through doing' group where members research a topic and present it to those present. Some members are scientists however and we have all learnt a lot about quantum physics (impossible even for experts) from Karl and Jon. Jon has also talked to us about the different forms of energy and the alluring prospect of having nuclear fusion available. As Jon says, it's always 10 years away.

This is a small group needing more members. We meet at the Pohutukawa Room on the first Thursday of the month at 2pm. We cover all aspects of science: human behaviour, the ethics of science, biology, consciousness, chemistry, physics, medicine – even the philosophy of science. Contact [jenicasale@gmail.com](mailto:jenicasale@gmail.com) to join.

**Travel**  
2.00 - 4.00

### U3A Schedule

| Week            | Monday                                                                      | Tuesday                                                                          | Wednesday                                                                                                                           | Thursday                                                             | Friday                                                                                  |
|-----------------|-----------------------------------------------------------------------------|----------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------|-----------------------------------------------------------------------------------------|
| <b>1st week</b> | <b>Mahjong</b><br>1.30 - 4.30                                               | <b>Cards and Games</b><br>1.30 - 4.00                                            | <b>Short Story</b><br>10 - 11.30                                                                                                    | <b>History</b><br>10.00 - 12.00<br><br><b>Science</b><br>2.00 - 4.00 | <b>Writers</b><br>9.45 - 12.00<br><br><b>World Today</b><br>9.45 - 12.00                |
| <b>2nd week</b> | <b>Travel</b><br>2.00 - 4.00                                                | <b>Discussion</b><br>10.00 - 12.00<br><br><b>Art Appreciation</b><br>2.00 - 4.00 | <b>Art of Photography</b><br>10.00 - 12.00<br><br><b>Idioms and Proverbs</b><br>12.15 - 1.45<br><br><b>Quizzer</b><br>2.00 - 4.00pm | <b>Book Club</b><br>10.00 - 12.00                                    |                                                                                         |
| <b>3rd week</b> | <b>General Meeting</b><br>9.45 - 12.00 every 2nd month, Jan - Nov           | <b>Cards and Games</b><br>1.30 - 4.00                                            | <b>EcoWarriors</b><br>1.00 - 3.00                                                                                                   | <b>History</b><br>10.00 - 12.00                                      | <b>Book Review</b><br>9.45 - 12.00                                                      |
| <b>4th week</b> | <b>Poetry Discussion</b> 10.30 - 12.00<br><br><b>Mahjong</b><br>1.30 - 4.30 | <b>Discussion</b><br>10.00 - 12.00                                               | <b>Music Appreciation</b><br>10.00 - 12.00                                                                                          | <b>Playreading</b><br>10.00 - 12.00                                  | <b>Film Discussion</b><br>10.30 - 12.00<br><b>LAST Friday:</b><br>the 4th or 5th Friday |

**Cinematique** and the **Short Film Group** meet when there is a film or project on the go.



EcoWarriors save world

Just a bit of news from Trish

I met John and Barbara Tucker at Burleigh Heads Queensland All three of us are U3A long term members and have enjoyed a friendship through the many workshops and meetings over the last 18 years which confirms that the organization is very worth while.

