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President: John Goodman

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NEWSLETTER – JULY / HŌNGONGOI 2025

Greetings from the President

Here we are, nearly July, on a truly miserable day. However, and by the way, haven't we had some lovely days in June? Makes you glad to be alive. Not much happening in the garden, but croquet is going well.

July is going to be a busy month. We have the Winter Series starting in just under two weeks and the Auckland Network event at the end of the month. More information on both of these can be found later in this newsletter.

At our June meeting Jeanette de Heer gave us some glimpses of her European travels some years ago, when we were all much younger. You would need to be young to cover the ground at Jeanette's pace.

Later, refreshed by morning tea, we heard from our main speaker, Esther Haver. Esther was also an inspiration, in a different way. Starting at age 67, she completed a degree in Criminology and volunteered in Auckland prisons to do the critical thinking process known as "The six thinking hats". Esther talked about her work in various prisons, explaining that her favourite prison was Paremoremo maximum security facility, because the prisoners were so polite. After Covid she trained as a Restorative Justice facilitator. Restorative justice involves a facilitated meeting between the victims and the perpetrator of a crime, who must have pleaded guilty and agreed to the meeting. In this meeting the victims of crime express the harm they have experienced and the offender acknowledges his or her crime and may apologise. Both then discuss how that harm might be redressed and future harm prevented. Esther's account of her work since her retraining was truly fascinating and much appreciated by those present.

Two new groups have started: Introductory Bridge and The Foodie Group and a third is in final planning stages. If you are not in a group, please join one. If you have ideas for a new group, or would like a group which is not offered, please talk to Groups Convenor, Margaret Davidson, or any other committee member.

We can always do with new members. Please mention U3A to people you meet, friends, neighbours, strangers. Visitors are always welcome at our meetings. If you have any comments, suggestions, questions or any other feedback we would like to hear from you. We are not getting enough feedback from you, the members, to know if we are doing a good job.

I am sorry to announce that Wendy Easterbrook died on June 19th at the age of 93. She was a foundation member, newsletter editor, active member of several groups, and life member. Our condolences to her husband of 72 years, Arthur, also a foundation member and life member.

Our next meeting will be on Monday 21st July, in a very busy week. I look forward to seeing you all then.

John Goodman

Who's Who for **Monday 21 JULY 2025** meeting: 9.45 a.m. for a 10 a.m. start at St Chad's Church, 38 St Johns Road, St Johns 1072.

Greeters: Shared Reading 1

Mini Speakers: NZ History, Ev McGowan; Literature, Jocelyn Goodman

Guest Speaker: Tessa Duder, author

Topic: Who was Sarah Mathew and why is she important in Auckland's history?

Who's Who for **Monday 18 AUGUST 2025** meeting: 9.45 a.m. for a 10 a.m. start at St Chad's Church, 38 St Johns Road, St Johns 1072.

Greeters: Wine Studies

Celebration

Guest Speaker: Wendy Hampton, lawyer and author

The importance of estate planning

**+++ A Special Celebration
Monday 18 August 25 Meeting
U3A Meadowbank 25th Year Anniversary**



**Time to share memories, celebrate good times
and enjoy a special morning tea**

**Please come and help commemorate 25 years of shared learning and
friendship**

New Members

**We are pleased to announce that Caroline Fenton, Sharyn Williams and
Carole Williams have joined U3A Meadowbank. Welcome to you all!**

Book Review

Lessons in Chemistry by Bonnie Garmus (2022)

One of the New York Times notable books of the year.

What a fun read!

Set in the 1960s Elizabeth Zott wants to be a scientist in a time when women were stereotyped as homemakers - often confined to the kitchen.

Elizabeth is thwarted in her efforts as a chemist in a predominantly male environment until she is offered a chance to host a TV cooking show.

Unexpectedly she involves knowledge of chemistry in her cooking presentations, and encourages her enthusiastic, mostly female, audience to refuse to 'dumb themselves down' and to follow their dreams of a more satisfying and fulfilling life.

Growing up in the 1960s myself I quickly identified with the role of feminism at the time, and thoroughly enjoyed the links the author made between women and their roles at this time with a focus on resilience, rationalism, and determination.

Gay Williams

Groups News



A Shared Reading group enjoying afternoon tea after spending time unpacking a Margaret Atwood short story.



The inaugural meeting of the new Foodie group...an Indian feast! There are still two vacancies...if you would like to join please contact Margaret Davidson.

Current selection of study groups does not meet your interest?

Create a new study group!



- Are you passionate about a topic?
- Are you curious about a topic?
- Would like to connect with like-minded individuals?



Let us make it easy for you.

- Choose a topic
- Write a short description for our newsletter, so that potential members know what they might be signing up to
- Decide on the ideal number of people in the group
- Contact me and I will help you with all of the process: u3ameadconv@gmail.com
- Ask our President for a mini slot time during our monthly meeting to publicise the new group
- Contact all of your interested participants, decide on a place & time to meet, start a new study group

You don't need to be an expert or a teacher.

- All you need is an interest in a topic/subject
- Use teaching aids like YouTube videos, Music CDs, podcast recordings, guest speakers



Margaret Davidson

Groups Coordinator

021 293 3009

Two New Groups

Art History

The objective of this group is to provide an opportunity for u3a members who are interested in visual art to study some great masterpieces in depth. We would aim to look at works of art not just as objects, but as a way of understanding the world and the societies in which they were created. Visual art could include paintings, sculpture, architecture, drawing, printmaking, photography, ceramics, glass.

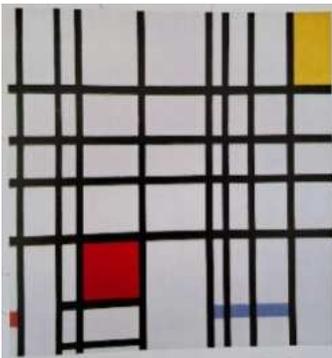
The group would meet once a month for 2 hours in the Keeling Room at St Andrews, where we would be able to show the works of art under discussion on the large screen. Two people would do the necessary research and give a presentation at each session on an art work of their choice. A book called Annotated Art will be available as a resource. The group will be limited to 12 people.

If you are interested, please contact Vivianne Child

0211806943

vivchild@gmail.com

I will be at the Membership table in the St Chads foyer at morning tea time of our July meeting to meet with anyone who is interested.



'THINGS GERMAN' – PROPOSED U3A INTEREST GROUP – DAVID ARROWSMITH

Guten Tag

My first car was a blue VW – Volkswagon - 'people's car', first introduced by the Nazis in 1930s Germany, and by the 1960s the most popular car worldwide – apart from the Mini...while fascinated by German history at school, my teenage self in the late nineteen-sixties was oblivious to that Hitler connection as I whizzed in my VW around the roads of Franklin County near Pukekohe on the way to the next student party...

I'm proposing to start a "Things German" interest group. Where to start? The majestic music of Beethoven, the science of Einstein, Munich beer festivals, the philosophy of Hegel, John F Kennedy's famous "Ich bin eine Berliner" speech, John le Carre's Cold War spy novels, The Beatles in Hamburg, the fall of the Berlin Wall, Mercedes F1 racing cars, the novels of Hermann Hesse, the 1936 Olympic Games under the shadow of Nazism, German sausages – bratwurst. As far as topics are concerned, "Things German" goes beyond

Germany itself. Austria's language and culture is Germanic. eg Mozart's operas; Germany had colonies eg Western Samoa; German people emigrated and settled in other countries eg NZ or USA; the musical "The Sound of Music" is set in Salzburg against the backdrop of the Nazi takeover of Austria.

The aim is to have two presenters per monthly session. IT format preferred, but all formats acceptable eg CD for music of Schubert.

First meeting: 2pm, Wednesday, 30 July, Keeling Room, St Andrews – and henceforth last Wednesday of each month. Please contact me for more information and to register your interest.

Auf Wiedersehen

David Arrowsmith

021-2629556

David.arrowsmith759@gmail.com Guten tag

News from Gay – Travels in France

Bonjour a tous

I am writing this while on my latest vacation in France. As many of you know I have been holidaying in France nearly every year since 2000, when a friend and I rent a house for two to three months in the Languedoc, Provence, Brittany or Alsace.

Our family and friends join us and we have many fun adventures. While I have not in the past been able to say which area I have liked more, this time I think I can say this is it!

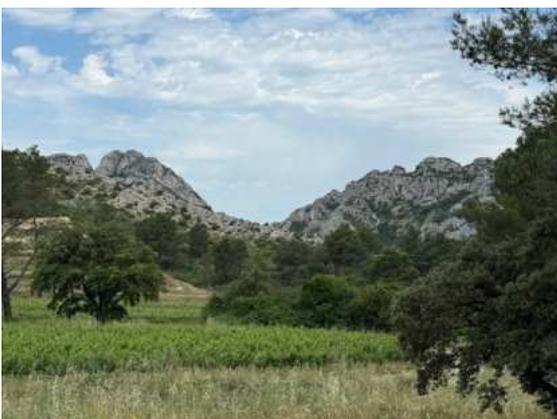
Our house in Le Paradou in the Alpilles in Provence is very suitable- with a pool, plenty of parking, and three minutes from the boulangerie, the boucherie, the Spar grocery store, the local restaurant, and even a hair salon.

The best aspect though is how close we are to so many fabulous places - most less than an hour's drive, some only a few minutes. With markets close by every day of the week, we have become regulars and astute purchasers of local rock melons, strawberries, and cheeses in particular.

We have visited St Remy de Provence (Van Gogh area), Les Baux and the famous Carriere des Lumières , the Camargue and thousands of flamingos, Arles and Roman ruins, Abbeys, Alphonse Daudet's windmill, Aqueducts built in the year 200 AD, the tower in Arles designed by Frank Gehry and built only three years ago, many local villages and the famous Alpilles rocky hills of which we never tire.

We have also enjoyed fabulous meals in some amazing environment. The French sure know how to make the most of seasonal foods and how to present them.

If any of you plan a French visit, this is certainly a great area to consider. Gay Williams



The beautiful Alpilles



Roman aqueduct- built in 200 AD



Indoor dining in Estboulon - an amazing estate
Begun in 1462!



A little chapel by Abbey Montmajour



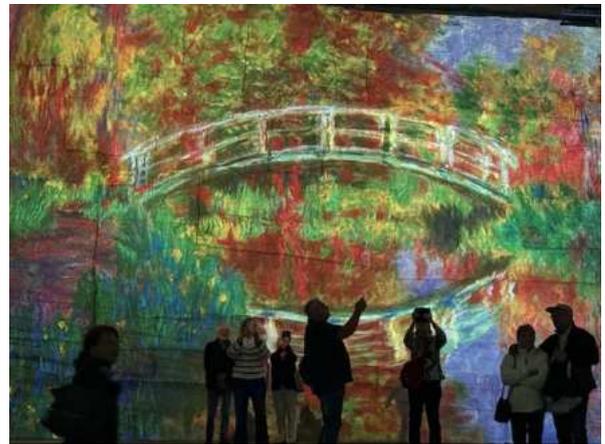
Those fabulous flamingos



Inside Carrieres des Lumieres (Claude Monet)



The entrance to Carrieres des Lumieres



Monet again

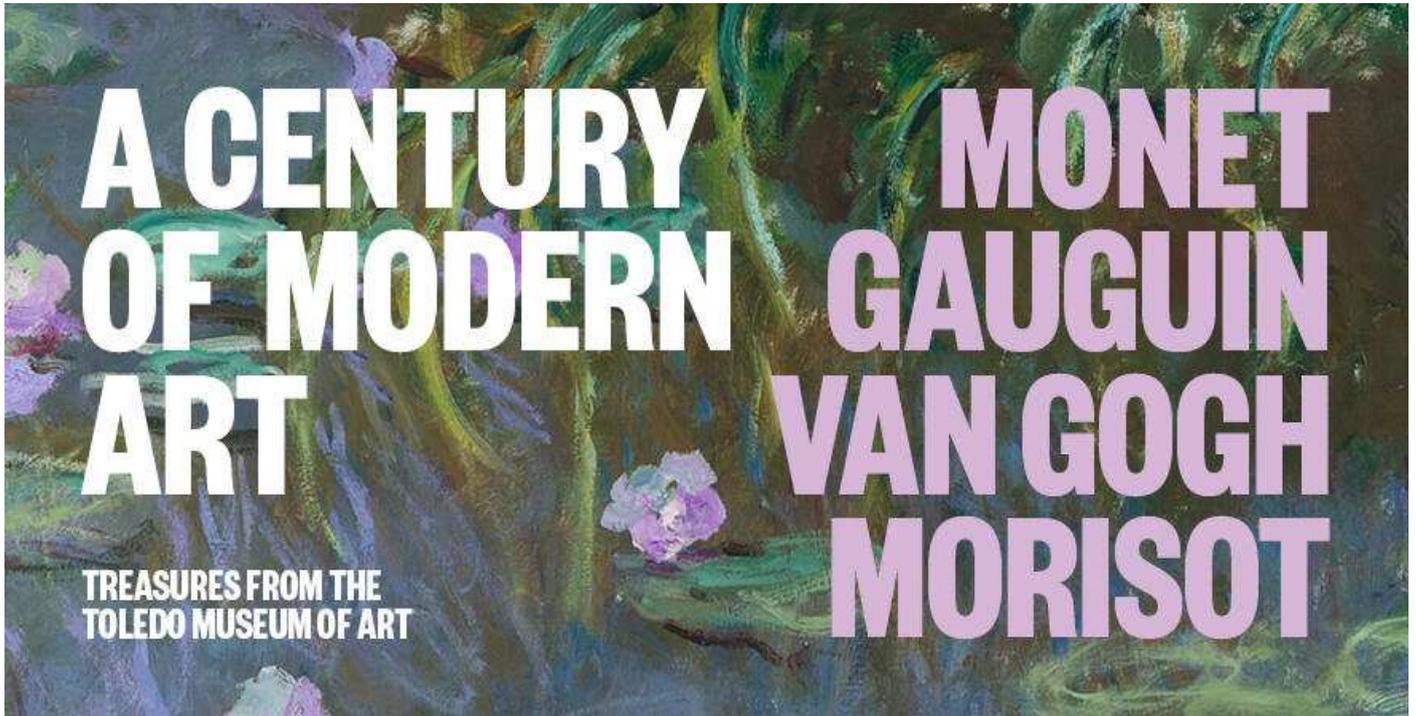


Alphonse Daudet's windmill

For the Art Lovers

A Century of Modern Art

Auckland City Art Galley – 7 June to 28 September



On loan from the Toledo Museum of Art, Ohio, A Century of Modern Art offers a sweeping survey of the visionary painters who transformed modern art.

Be dazzled by the much-loved highlights of Toledo Museum of Art's internationally-renowned collection, on display from 7 June until 28 September 2025.

The collection includes 57 iconic works by 53 artists, such as Claude Monet, Edgar Degas and Vincent van Gogh, and premier examples by pioneering artists of the American and European avant-garde.

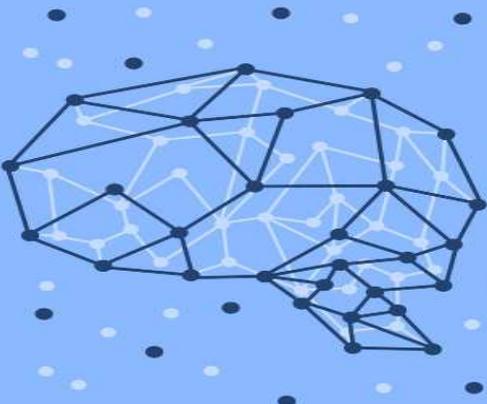
A Century of Modern Art traces the birth of modern painting, beginning with the Impressionists in the 1860s, and follows its evolution through key movements such as PostImpressionism, Symbolism, Cubism, Surrealism, Constructivism, German Expressionism, Bauhaus, De Stijl, Precisionism, and Colour Field Painting and Abstract Expressionism.

The exhibition include works by Paul Cezanne, Edgar Degas, Helen Frankenthaler, Édouard Manet, William Merritt Chase, Amedeo Modigliani, Berthe Morisot, Claude Monet, Pablo Picasso, Camille Pissarro, Robert Rauschenberg, Pierre-Auguste Renoir, Vincent van Gogh, James McNeill Whistler, among others.

A Century of Modern Art showcases the diversity and innovation that defined modern art movements. From the emotive brushstrokes of Van Gogh to the evocative landscapes of Monet and Rauschenberg's bold abstractions, these works not only revolutionised Western art history but continue to inspire new generations.

A Century of Modern Art is organised by the Toledo Museum of Art, Ohio.

Reminder Notices – It's not too late!

A graphic of a human brain composed of a network of interconnected nodes and lines, set against a blue background with scattered white dots.

Artificial Intelligence
[.ä-r-tə-'fi-shəl in-'te-lə-jən(t)s]
The simulation of human intelligence by software-coded heuristics.

 Investopedia

U3A Meadowbank Winter Series 2025

Book now, and bring a friend, or two.

When: Wednesdays the 9th, 16th and 23rd July 2025, 1 – 3 pm

Place: St Chads Church, 38 St Johns Road, Meadowbank

Presenter: Dr Gay Williams

Topic: Artificial Intelligence

Cost: \$50.00 for three sessions

Including: Afternoon tea

Topics include :

- The history of AI
- AI applications
- AI use in everyday life
- How AI could be used by U3a groups
- AI terminology and stories demonstrating the use of AI
- Safety and security when using AI
- Possible future uses of AI
- Resources

Bookings:

Book by paying \$50.00 for each attendee to the U3A Meadowbank bank account Kiwibank account number 38-9014-0359752-00.

Enter “winter series” and your name as reference for the transaction.



u3a Auckland Network welcomes you to a day of celebration

Salvation Army Church, 18 Allright Place, Mt Wellington
Saturday 26 July 2025 - 9:30am (for 10:00am) to 2:30pm

Speakers:

Morning: [Professor Allan Blackman](#)

"A Quick Trip Around the Periodic Table."

Afternoon: [Professor Lynette Tippett ONZM PhD DipClinPsych](#)

"Reducing Dementia Risk: never too early, never too late."

Also included are four presentations by u3a Members and lunch - \$45.00



Professor Allan Blackman

Chemistry is critical to our everyday lives and yet the vast majority of the population spends no time thinking about it or its vital role in our world. Professor Allan Blackman wants to correct that oversight through good science communication and chemistry education. "Chemistry is the reason we live as we do, and it will be chemists who will make the discoveries that will ensure the continuance of life on Earth as we know it. The more that everyone on the planet knows about chemistry, the better our chances of survival will be."

Professor Lynette Tippett

During almost 30 years in the School of Psychology at the University of Auckland, she has provided training in neuropsychology to thousands of undergraduates, supervised more than 80 postgraduate students and played a major leadership role in the promotion of women and Māori at the University.



To learn more about the Event or to register go to
u3a.nz/event

If you change your personal details, OR LEARN OF THE BEREAVEMENT OF A U3A MEMBER, please email the change to u3ameadmemb@gmail.com. Please include YOUR full name, physical address, phone number and email address.

TO CONTACT COMMITTEE MEMBERS please use the correct gmail addresses below:

Secretary: u3ameadowbank@gmail.com

Treasurer: u3ameadtrea@gmail.com

President: u3ameadpres@gmail.com

Membership Coordinator: u3ameadmemb@gmail.com

Newsletter Coordinator: u3ameadnews@gmail.com

Groups Coordinator: u3ameadconv@gmail.com

Next Monthly Meeting: Monday 21 July at 10 am at St Chad's

Don't forget to send in your U3A news to include in the next newsletter. We rely on your contributions.

Deadline for the AUGUST 2025 newsletter items is MONDAY 28 JULY 2025. Expect receipt confirmation.

Something Amusing



Sometimes you have to do it yourself if you want it done

