



Meadowbank

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President: John Goodman

Secretary Vivianne Child

www.u3ameadowbank.nz

NEWSLETTER – AUGUST / HERE-TURI-KŌKĀ 2025

Greetings from the President

Hasn't the last week been simply marvellous? The sun shines and the sea glistens. Great gardening weather, although it's freezing out of the sun. And at night. As predicted last newsletter, July has been a very busy month. Most recently, a strong Meadowbank contingent attended the Auckland Network Big Day Out, at the Salvation Army Centre in Mt Wellington. We heard four mini talks from members of other Auckland U3As, and two longer presentations. The highlight was the final talk, by Professor Lynette Tipping, from University of Auckland School of Psychology. Her talk was titled "Reducing Dementia Risk, never too early, never too late". Professor Tipping gave a fascinating presentation, packed full of scholarly research, useful information, graphs and easy to read pages of main points. The venue was packed, the event was well organised, the parking wardens were superb and my lunch included the smallest apple I have ever seen.

Gay Williams gave a virtuoso performance over three sessions of the Winter Series on AI to a capacity audience. We have never had a Winter Series delivered by one person before. This is really quite an achievement. We have all been given a lot of information, many references and much to think about. Thank you Gay and well done! Thanks again to Chris Dee for managing the AV for Gay's talks, and to (mostly committee) members who set up, cleared away, vacuumed, baked and served afternoon tea.

At a busy, buzzy, well attended (over 140) July meeting, Ev McGowan was our first mini speaker, introducing the New Zealand History group by demonstrating how she would go about creating a talk on the social history of WWI. She was followed by two presentations about potential new groups, Vivianne Child introducing Art History, and David Arrowsmith introducing "Everything German". These two new groups would bring the number of groups offered to 31, which would bring us much closer to the 40 groups which were offered a few years ago. Unfortunately, only a small number expressed interest in David's new group, so this will not now be offered which is a pity. It is expected that every member of U3A will belong to at least one interest group. If you do not belong to a group, please contact the Groups Coordinator, Margaret Davidson, to discuss.

Later, refreshed by morning tea, we heard from our main speaker, Tessa Duder. Tessa is always easy to listen to, a very experienced and accomplished speaker who accompanied her talk with many interesting paintings and sketches. She was introducing us to Sarah Mathew, the wife of Felton Mathew, New Zealand's first Surveyor General, who has an Avenue named after him, not far from here. Sarah was the author of journals and letters, now held in the Auckland Library, of her colonial adventures, journeys under sail and the politics and personalities of early Auckland. After joining Felton in the Bay of Islands in March 1840, she accompanied him on a two-month journey south as far as the Firth of Thames to identify a suitable site for Governor Hobson's first capital. Later, on 18th September, she was the only woman ashore for the flag raising and regatta which celebrated the birth of Auckland. They made their home, first in tents, and then in a lovely house on the foreshore of Officials Bay, between Britomart Point and Mechanics Bay. When Felton's position was in doubt, they returned to England to seek official recognition in 1845. Returning to Auckland, Felton fell out with Governor George Grey and they left their house and sailed for England once again. Sadly, Felton died on the journey. Sarah returned again ten years later to settle her affairs.

The committee decided at our last meeting to institute a policy on dogs at our main meeting:
“Given the crowded environment and the presence of older people who could trip and fall and for whom the consequences of any fall may be severe, the committee has decided that, apart from service dogs, whose presence should be notified in advance and for whom arrangements can be made, no dog shall be permitted to attend U3A Meadowbank meetings.”

I am sorry to announce that Tony Hill died on 20th July. He was a member from 2014 to 2024. Tony was our AV operator from 2017 to 2019 and frequently prepared funny and interesting Power points to show in the main meeting room prior to the 10.00 am start. Tony’s wife Lois is still a member and is involved with the Time Poor Walkers group.

Our August meeting will be on Monday 18th August, when we will be having our 25th Anniversary party. There will be cake! I look forward to seeing you all then.

John Goodman

**+++ 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**



**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



Wendy has more than 30 years’ experience as a lawyer primarily working in property matters including Residential and Commercial Conveyancing, Wills, Estates, Trusts, and Relationship Property Matters. For many years Wendy has had her own legal firm on Auckland’s North Shore but has recently sold her practice. Over the years Wendy has gained extensive knowledge and experience in Estate Administration and is now travelling around New Zealand presenting talks on the importance of keeping a good record of your personal details in one place to ensure the administration of your estate can be carried out efficiently and cost effectively.

In her experience Wendy has found that one of the reasons it can longer to finalise an estate is the time it takes for family to find the information needed about the deceased. If all the information was at the Executors’ fingertips from the start the estate administration process would be far smoother and much less distressing for grieving loved ones left behind.

To assist her clients with their estate planning Wendy created The Estate Planner Book which is an easy-to-follow record book which enables all the important information to be kept in one place. She has recently had the book published and made available to the public.

Wendy’s talk will explain why you need to create a comprehensive record of your details and what information you should record. The Estate Planner is by far the best legacy you can leave your loved ones

Who's Who for **Monday 15 SEPTEMBER 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: Luncheon Group

Mini Speakers: Wine Studies and Short Walks Groups

Guest Speaker: Dr Craig Radford, Professor of Marine Science, University of Auckland

Topic: The Reef Whisperer: Researching and Understanding through microphones; the life of the Hauraki Gulf

New Members

We are pleased to announce that we have 8 new members. Well done to our membership group for your hard work and regular advertising.

Our new members are:

Diana Burslem, Desre and Keith Simpson, Ken Hulls, Susan Kelt, Ian Russell, Pat Clemo and Mary Jones.

Welcome to you all!

July's Meeting



A president's work is never done!



Our guest speaker, Tessa Duder with Chris Hawley and David Morris



Auckland in the 1800s. Tessa challenged us to identify where this memorial is found in Auckland. (Far right)

Book Review

Surprise surprise! - my book choice this month is about Artificial Intelligence (A.I.) - the topic of this month's Winter Series.

As you probably know our news, social media, YouTube's and podcasts are full of fascinating information about A.I. To quote Stephen Fry -both "thrilling and chilling".

I have chosen a very relatable book about A.I. written in 2024,[any book written before 2023 will be out of date- AI is developing so fast.]

Chris Stokel-Walker has written the book titled "**How AI ate the world - a brief history of Artificial Intelligence - and its long future**" published in 2024.

Chris introduces the reader to the story of A.I. beginning in the 1950s with pioneering researchers Alan Turing and John McCarthy. He follows up with the impacts and issues of the use of A.I. suggesting that A.I. is eating the world - and we need to act now if it is not going to "chew us all up- and spit us out broken, battered, and beaten"

A crash course in how we got to this current point of thrilling chaos.

Gay Williams.

U3A Auckland's Network Day: Saturday 26 July



Reassembling
after lunch



Notices

Groups: Still looking for a group? Check out the groups with vacancies from the list at the end of this newsletter.

Coming up:



A wine and cheese event for new members
(all those who have joined in the last 2 years)

Thursday August 21st at 4.30pm.

A personal invitation including venue details will be sent.

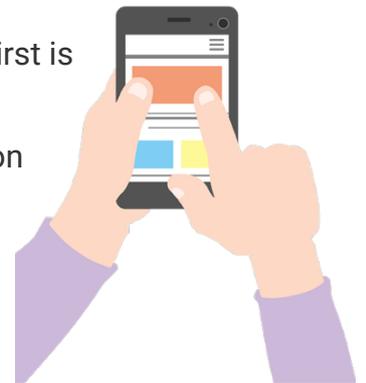
Save the date!

In Case of Emergency (ICE) Contact Information – Is it on your Phone?

An emergency contact is a contact that exists inside of your address book that has a few additional privileges compared to your other contacts.

There are two reasons to set up an emergency contact on your iPhone. The first is so that they appear as a next of kin on your Medical ID. This is accessible by strangers and first responders from your lock screen and contains information such as your name, allergies, blood type, and (once set up) people who should be contacted in the event of an emergency.

An additional reason is that the emergency person can be contacted if someone finds a phone that has been lost.



Putting this information on to your phone is easy, whether you have an iPhone or Android. Below are some links that can help with this.

<https://www.youtube.com/watch?v=7R9SEUTQ550>

<https://www.youtube.com/watch?v=9gYAn7UCDrA>

<https://www.howtogeek.com/768576/how-to-set-an-emergency-contact-on-iphone-and-why/>

Auckland's Lost Heritage: A series of lectures

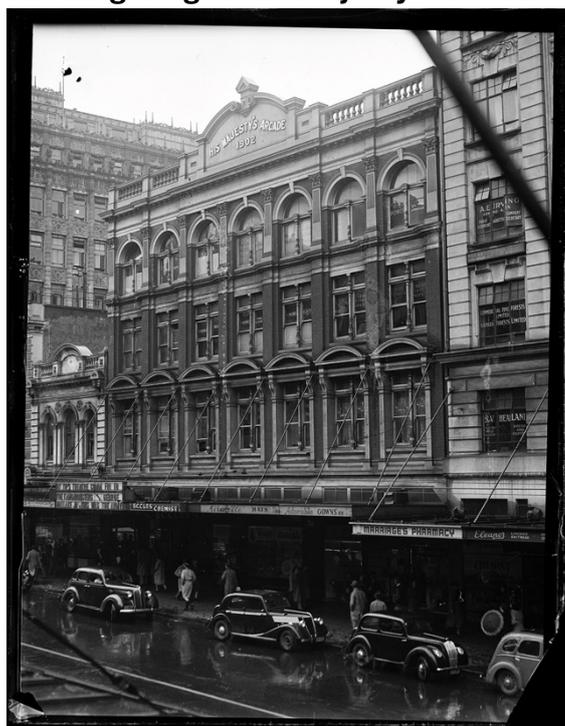
Highwic has been lucky to host a number of U3A students from Auckland over the years and we believe our upcoming lecture series dedicated to the theme of Lost Heritage may interest some of Auckland's U3A members.

The three speakers presenting at the Highwic Spring Lecture Series will bring to light the complex and rich stories of Tāmaki Makaurau's lost heritage sites.

Please forward the following details on to any members of the U3A, should you feel, they would be interested.

Lecture 1 - **Douglas Lloyd Jenkins** - Saturday 30 August, 1pm

The Lingering of His Majesty's Theatre in the Auckland Imagination



Any talk of heritage or demolition in Auckland will spiral back to the demolition of His Majesty's Theatre in 1988. Why does this single event resonate so strongly in the imagination of Aucklanders? Join writer and historian Douglas Lloyd Jenkins as he looks at the history of His Majesty's and its ongoing role in the imagination of Aucklanders.

Lecture 2 - **Tania Mace** - Saturday 6 September, 1pm.

The Lost Neighbourhoods of Central Auckland

Tania Mace will provide a glimpse into the history of three lost central Auckland neighbourhoods during the city's first century – Chancery Street, Greys Avenue and Princes Street – and the people who made them home. Mace is a freelance historian and author, with a Master of Arts with Honours in History from Auckland University. Her talk is based on research she has undertaken as the 2024/2025 recipient of the prestigious Auckland Library Heritage Trust John Stacpoole Scholarship.

Lecture 3 - **Richard Wolfe** - Saturday 13 September, 1pm

The Changing Face of Auckland: a personal perspective on the city's past

The series will finish with an illustrated talk by author and curator Richard Wolfe as he provides a personal perspective on the changing face of Auckland City. Wolfe has written and co-authored 38 books covering aspects of New Zealand art, history and popular culture including the 2013 publication *New Zealand's Lost Heritage: The Story Behind Our Forgotten Landmarks*.

Cost: Normal entry (Free for HNZPT Members, Adults \$10, Children free)

Bookings: Please email or call Highwic to book highwic@heritage.org.nz

Kind Regards,

Grace Pooley | Visitor Services Coordinator | Highwic, Ewelme Cottage | Proudly cared for by Heritage New Zealand
Pouhere Taonga | Highwic, 40 Gillies Avenue, Newmarket, Auckland 1023 | Ph: (+64) 027 416 0266
| Visit <https://www.heritage.org.nz/> and learn more about New Zealand's heritage places.

Something Amusing

This was read out at the Pakuranga monthly meeting I attended – written by their president – and read aloud by her. I thought it was fun, truly pertinent and a great example of their ‘writing for fun’ interest group. Shirley

**They rise like a Dalek army
Taking over streets
So their command we must obey
To get to where we need.**

**Not a day goes by
Not a journey done
But there, dazzling the eye- is
The Ubiquitous Orange cone!**

**They do not like to work alone
Separated from their friends
So through them we must slalom
Often a long way to the end.**

**Be it as a guard for workers
Or roadworks yet again
They’re always there to haunt us
And drive us round the bend.**

**Sometimes there seems no reason
For their presence in our way
No activity going on
Seems they’ve just come out to play.**

**Some have reflecting silver
A few are shades of red
And they will be with us forever
For plastic there is no dead.**

**Echoing through Tāmaki Makaurau
Daily swearing, moans and groans
But valiantly we all face our foe
“Cos that’s just life now in this City of Cones.**

by Cath Macintyre



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 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 18 August 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 THURSDAY 28 AUGUST 2025.

Expect receipt confirmation.

Current Groups & Vacancies

Title	Convenor	Email	Telephone	Day and Week	Time	Spaces
Art History	Vivianne Child	vivchild@gmail.com	021 180 6943	Second Tuesday	1:30 PM	6
Book club	Ann Hay	ann@hay.co.nz	521 7077	Second Tuesday	1:30 PM	
Books & Authors	Adele Hirsh	wanda@hirsh.co.nz	521 5714	Fourth Thursday	1:45 PM	2
Bridge for Beginners	John Goodman	jgoodman4647@gmail.com	022 108 7251	Second & Fourth Thursday	1:30 PM	4
Classic films 1	Gill Dudley	barryandgill@gmail.com	528 7249	Last Wednesday	7:30 PM	
Classic films 2	Valerie Kinley	valerie@kinley.org.uk	027 268 8232	Fourth Friday	7:00 PM	
Current Events	Anneka de Castro	annekadecastro@hotmail.com	028 400 8187	First Wednesday	10:00 AM	8
Dollars and Sense	Gay Williams	bgaywilliams@gmail.com	020 4132 6454	Second Thursday	10:00 AM	3
Foodie Group	Margaret Davidson	nzmargaret@gmail.com	021 293 3009	Fourth Thursday	10:00 AM	1
French	Vivianne Child	vivchild@gmail.com	021 180 6943	First and third Tuesday	9:45 AM	
History	Yvonne Kennedy	ykennedy1935@gmail.com	575 3963	Second Wednesday	10:00 AM	1
Jazz	Chris Dee	chrisandbrond@gmail.com	021 066 3186	First Friday	10:00 AM	7
Literature	Jocelyn Goodman	jgoodman4647@gmail.com	022 645 7959	Second Wednesday	10:00 AM	
Long walks	Jo Crooks	crooks.jo@gmail.com	021 039 4553	First Thursday	9:15 AM	9

Title	Convenor	Email	Telephone	Day and Week	Time	Spaces
Luncheon Group	Margaret Collie	maggieflo@xtra.co.nz	0211648195	Third Friday	12.30pm	25
Memoir writing	David Arrowsmith	david.arrowsmith759@gmail.com	021 262 9556	First Wednesday	2:00 PM	6
Mid Walkers	Vivianne Child	vivchild@gmail.com	021 180 6943	Fourth Thursday	9:30 AM	
Modern American Literature	Carol Cowan	carol.john.cowan@gmail.com	021 159 9227	Third Thursday	2:00 PM	3
Money matters	Joan Duncan	joanied@xtra.co.nz	528 8487	Fourth Tuesday	10:00 AM	8
Music	Roger Peak	peakfamily@xtra.co.nz	570 7078	Third Wednesday	2:00 PM	2
New Zealand History	Stephanie Markson	stephanie@markson.co.nz	021 106 5302	Second Monday	10:00 AM	1
Poetry	Gay Williams	bgaywilliams@gmail.com	020 4132 6454	Third Thursday	10:00 AM	5
Ramblers	Karen Cleary	karen.cleary.nz@gmail.com	027 339 6709	Every Thursday	10:00 AM	3
Saints and Sinners	Jill Wilson	jtw_378@yahoo.co.nz	526 0104	Third Wednesday	10:00 AM	
Science & Technology	Peter Allen	peterjallen@xtra.co.nz	521 1493	Second Monday	10:15 AM	3
Shared Reading 1	Margaret Davidson	nzmargaret@gmail.com	021 293 3009	Second Tuesday	10:00 AM	
Shared Reading 2	Jocelyn Goodman	jgoodman4647@gmail.com	022 645 7959	Third Wednesday	1:30 PM	1
Short walks	Alison Robinson	alirob162@xtra.co.nz	021 0250 6373	Third Thursday	9:15 AM	33
Time poor walkers	Jan Throne	janthrone@xtra.co.nz	575 7949	Every Wednesday	9:00 AM	5
Wine studies	John Cowan	carol.john.cowan@gmail.com	021 469 000	Last Tuesday	2:00 PM	2