



Meadowbank

Email: u3ameadowbank@gmail.com

President: John Goodman

Secretary Vivianne Child

www.u3ameadowbank.nz

NEWSLETTER – OCTOBER / WHIRINGA-Ā-NUKU 2025

Greetings from the President

It is truly amazing the way the last few months have flown by. It's nearly October, which is renewal season, among other things. Fortunately, the President is not involved in such mundane matters, ours is a loftier role and vision.

There was a story at sea in the good old days of sail, schooners and square-riggers, that the equinox brought gales. Science might now know better but the spring equinox was six days ago and the winds have been blowing pretty strongly for a couple of weeks. Nothing to do with the equinox of course.

Before morning tea at the August meeting we had short talks from Jocelyn Goodman of the Literature group and Alison Robinson from Short Walks. As well, Terry Lord gave us a run through of the renewal process through the form on the website. Thank you Terry, Jocelyn and Alison.

The President gave a short summary of Gay William's outstanding service to U3A Meadowbank and welcomed her as our latest Life Member. I had assumed with that much going on, erroneously as it happened, that we would be running short of time, but as it turned out we broke for morning tea quite early, after a rousing rendition of "For she's a jolly good woman" for Gay. Gay has been president or acting president on three occasions; as the society's archivist, she has contributed to or given, by herself, two winter series; she convenes two groups; and has contributed to writing constitutions, handbooks and our histories. Her Life Membership is richly deserved and long overdue.

After morning tea, we heard from our main speaker, Craig Radford, "The Reef Whisperer". Craig's talk was one of which the audience could say, "I had no idea". He dispelled the myth of "The Silent World" showing us by means of his recordings that most, if not all, sea creatures, not just whales and dolphins, use sound for some purpose, and apparently shrimps are particularly noisy. Talking, warning, attracting, keeping in touch or just for the sake of it, underwater creatures use sound, possibly in the same general way as birds. Man made sound can disrupt and interfere with this communication, as shown by the way sea creatures live, feed etc closer together in noisy environments, where naturally they would be further apart.

Unfortunately, this genuinely fascinating talk was enjoyed by a disappointingly small audience. Try coming to a meeting, even if you don't think you are interested in the topic. You may be pleasantly surprised.

Remember that October is *renewals month*, and that our November meeting is also our *Annual General Meeting* (with a speaker as usual and an end of year function to follow). See the notice of meeting in this newsletter. The renewals process is the same as last year's, and note that the easiest method is to fill out the renewal form on the website (u3ameadowbank.nz) and pay your subscription by internet banking. We will need two or three members to come onto the new committee. Please consider allowing your name to be put forward. Anyone who could consider taking over the role of Database Coordinator or Treasurer would be particularly welcome.

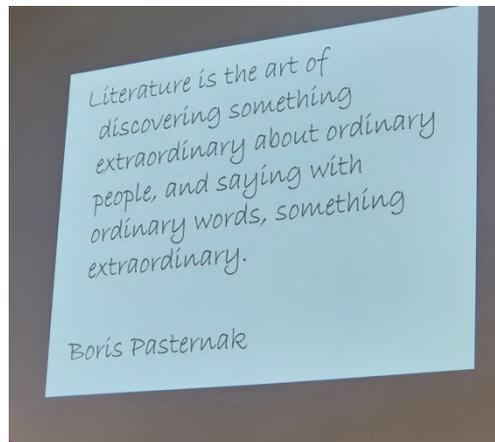
John Goodman

September Meeting

John Goodman presenting
the Life Membership
Award to Gay Williams



Jocelyn Goodman
Literature Group



Alison Robinson
Short Walks Group



Our guest speaker, Craig Radford

(right) with Chris Hawley



Who's Who for **Monday 20 OCTOBER 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: Jazz

Mini Speakers: External Speaker – Rachel Hopkins. Topic: Less is More

Guest Speaker: Barrie Brown

Topic: Generous Philanthropy: Helping restore NZ Wildlife (especially on Rotoroa island in the Hauraki gulf)



Barrie Brown retired as a Partner in PwC in 2001. In 2003 he was appointed Chair of the Hutton Wilson Charitable Trust, a Philanthropic Trust set up by Neal and Annette Plowman and at the same time Chair of the Rotoroa Island Trust. In 2014 he was appointed Chair of the NEXT

Foundation with a gift of \$100 million from the Plowmans to be spent over 10 years on Environmental and Education projects.

Barrie will cover the restoration of Rotoroa Island into a nature sanctuary and the progress being made with pest eradication and the



techniques being used in other NEXT projects throughout New Zealand.

Who's Who for **Monday 17 NOVEMBER 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: Poetry

AGM

Guest Speaker: James Duncan

Topic: Part 2 of the story behind Auckland's much loved electric trams

New Members

We have 3 new members this month.

A warm welcome to Jocelyn Armstrong, Glenys Wong and Barrie Driver.
Best wishes for many enjoyable experiences at U3A Meadowbank!

Committee News

Nomination of Officers and Committee Members for 2026

The forms for members of our u3a to make a nomination will be available at our 20th October meeting, at the Membership desk.

You can also access a form by emailing the Secretary, Vivianne Child –
u3ameadowbank@gmail.com

These Nomination forms need to be received by the Secretary by Friday 31st October.

The Secretary will be at the membership table on Monday 20th October to receive them, or you can email them to her at the above email address.

Reflections from a new Committee Member - 'Behind the Scenes'

So, the third Monday of the month comes along.... u3a meeting! I arrive, am welcomed, get my new name badge, check out the Noticeboard to see what is happening, pick up a book from the Book Exchange Table, and take my seat. There are some interesting short talks, then a convivial time chatting over a cup of coffee and biscuit. I am then entertained with an interesting talk on a topic that often I think will not necessarily interest me, but it does, as our Speakers are invariably highly qualified in their area of expertise, and very interesting.

In the past I have taken all of this somewhat for granted. Now, after 8 months on the Committee, I know how much planning and work goes into every one of these aspects of my Monday u3a experience.

A major undertaking for the Committee this year was the rewriting of the Constitution so that it complies with the Incorporated Societies Act 2022. This task has been overseen by our President, John Goodman. It has been a big, time consuming undertaking, and it is important that we acknowledge and thank him for his time, skills, and commitment in completing this task, which is necessary for the future viability of our u3a as a Society. So a big 'thank you' for this, John, and also for your competent leadership. We always look forward to our monthly dose of chuckles and laughter!

And did you know?

-The Committee meets after every Monday meeting. A quick lunch, and then down to business.

Reports read, discussion – often robust, all in the interest of making our u3a group function smoothly, and be as vibrant and interesting as possible.

-There is a new sub-Committee this year whose sole function is to raise awareness in our community about our u3a. They are very active with flyers, stalls, posters etc

- There is a Main Speakers group, who spend many hours researching and contacting possible speakers for us. Without them we would not have such interesting speakers to look forward to at each meeting.

- We have a Committee member who actively liaises with the Auckland u3a Network, another who meticulously keeps our Database up-to-date, and others who competently oversee the Interest Groups, Finances, Membership, Noticeboard, and the monthly Newsletter. Plus of course our Hospitality Co-ordinators who oversee our morning teas. We also need to acknowledge our past Presidents, Gay Williams and Maureen Putt, who have continued on the Committee to offer us their wisdom and insights gained from experience.

Being a Committee member is meaningful, fun, a great way to meet new people, and it helps to ensure that our u3a continues to thrive and grow. There will be some resignations at the end of the year. ***Have a think about joining us – this could be the new challenge and interest that you have been looking for!!***

Vivianne Child (Secretary)

U3A Notices

U3A Meadowbank Incorporated.

Notice of Annual General Meeting

Notice is hereby given that the 25th Annual General Meeting of the Society is to be held on Monday, 17 November 2025, at St Chad's, Meadowbank, at 10am

Order of Business

- To approve the minutes of the 24th Annual General Meeting, held on 18th November 2024 at St Chad's, Meadowbank.
- To receive and approve the President's Annual Report.
- To receive and approve the Treasurer's Report and reviewed annual accounts for the year ending 30th September 2025.
- To approve a reviewer for the 2026 annual accounts
- To elect the Officers and Committee for 2026.
- To approve the recommendation to re-register as an Incorporated Society
- To approve the revised Constitution
- General Business

The official Agenda, Minutes, Reports and Constitution to follow.

U3A MEADOWBANK RENEWAL FORM.

You will only be able to complete your renewal in October

1. Log on to u3ameadowbank.nz
2. Complete the **RENEWAL FORM** by filling all the sections that have a * after them.
3. When you get to the **U3A MEADOWBANK INC. MEMBERSHIP RENEWAL 1st October 2025 to 30th September 2026** make sure you **tick the box** that indicates that you will be paying your subscription either **using on-line banking with in 24 hours** OR in **cash at the meeting on MONDAY 21st October**.
4. The Committee **will appreciate** any feedback you decide to give them in the last three boxes.
5. Tick the **confirmation** box.
6. Tick **Submit**.
7. After you **tick submit** the details you need for the internet banking will appear. Please follow them. Your receipt will be on your phone or computer.
8. If you are paying by cash at the **October 21st** meeting ignore this message. You have completed your Renewal.

Thanks, in anticipation for prompt payment.

Something Amusing?



Group News

Mid Walkers – out and about in Regional Parks

This year the Mid Walkers have proved that a lot can be packed into two days... Instead of a camp we have had a couple of overnight trips to Regional Parks, staying in their accommodation. We went to Atiu Creek Regional Park in February, and in September we went to Scandrett Regional Park.

The Atiu Creek accommodation was in Courtyard House, an old and very spacious farmstead. We spent time relaxing on the deck overlooking the Kaipara Harbour, and also looking at the stars as the light pollution was minimal – when we weren't doing the various walks, of course!

At Scandrett Regional Park we stayed at Graham Bach which is right on the waterfront. We timed it brilliantly, so that for dinner and breakfast on the deck we had a high tide with the waves lapping close by. The first day we walked in Tawharanui Regional Park, and on the second day we explored Scandrett Regional Park – both beautiful parks with open ground as well as bush walks, surrounded by coastline, and with great views. A highlight was a stop on our way home at Brick Bay Sculpture Park, and a walk to the far end to see the kauri grove - hundreds of wonderful young kauri trees!

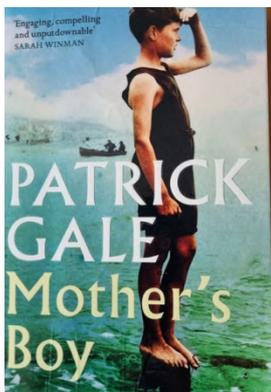
With thanks to the members of the group for their energy, enthusiasm, and great conversations...



Vivianne Child

Literature group

I have had many requests for the titles of the books I mentioned in my talk. So here they are.



***Mother's Boy* by Patrick Gale**

This is a fictionalised biography of the reclusive Cornish poet, Charles Causley.

***Time of the Child* by Irish writer Niall Williams**

In Ireland in the 1960s, under the ever watchful eyes of the Catholic church, and the gossiping tongues of the parish, a newborn baby girl is abandoned and arrives into the care of the local doctor and his unmarried daughter. What transpires is the subject of this novel.

***Orbital* by Samantha Hayes, winner of the Booker prize in 2024**

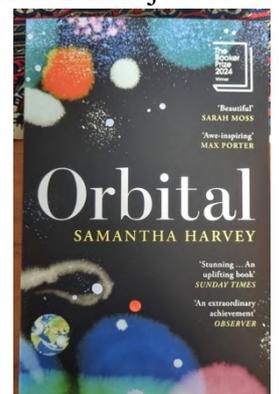
Six astronauts circle our earth, together watching our silent blue planet spool beneath them, and ask this question of us all...how do we care for our fragile world?

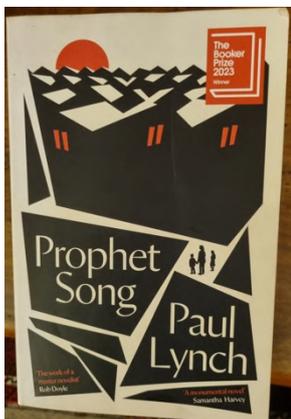
***Question 7* by Richard Flanagan**

This devastating book defies classification. It's part memoir, part a history of the development of the atomic bomb and its aftermath in Hiroshima, partly an indictment of the extinguishing of the aborigines of Tasmania...and much more besides. Like the last book, it poses the question... Why do we do the things we do to each other?

***Demon Copperhead* by Barbara Kingsolver**

This novel won the Pulitzer prize in 2023. It is a skilful retelling of David Copperfield, with a most engaging young narrator. It is also a shocking exposure of the opioid crisis in America.





Prophet Song by Paul Lynch

Another recent Booker prize winner. It's a spellbinding tale of an ordinary family caught in the grip of a government lurching towards tyranny. A very prescient book, given the world we live in now.

And finally, for a touch of gentleness, we have

Elizabeth Strout's Tell me Everything, where the redoubtable Olive Kitteridge and the slightly fey Lucy Barton finally get together to tell their stories.

Just a quote about the benefits of reading: *Research shows that people who read the most fiction score higher on both empathy and social ability tests. It might even help us to live longer!*

So next time you curl up with a book, do it with no guilt whatsoever!

Jocelyn Goodman
Convenor Literature Group

ABOUT BOOKS IN AUCKLAND LIBRARIES:

U3A Meadowbank "**Books and Authors**" group were fortunate to join Hilary Arrowsmith Librarian at Remuera Library to discuss related features we might not know about our library books!!

What an interesting presentation.

Here are some highlights that might be of interest.

Statistics

There are 56 library branches in the wider Auckland area. They hold 3.4 million books (550,000 digital copies). A management system delivers some 12-15000' books each day.

Book selection policy

Auckland Libraries policy reflects Auckland's diverse community. It is committed to its bi-cultural responsibilities and making the substantial Māori and Te Reo Māori collections easily accessible, as well as freedom of access to information.

Acquisition

PeterPal and Wheelers are specialist library suppliers, providing a one-stop shop where all the book processing is done by them in-house. They then go to a central sorting system which sorts them into hampers for each library or a mobile bus.

Standing orders are a vital part of book acquisition: PeterPal and Wheelers pursue publishing houses for their imminent releases and pre-order well in advance, in order to have them physically present when the public expects them. Magazines are on a subscription-type set-up, reviewed annually by each community library.

Discard policy

Dates vary for fiction and non-fiction, but books that are not pristine are discarded.

Suggestions for purchase

If people want to urge the library to buy a book they have heard about which is not on the catalogue, they can use the library website/ contact us/ and then the link to *Ask us to buy*.

Digital apps discussed

- Overdrive
- Libby
- Wheeler's e-books
- Borrow box
- Bridget Williams books.
- Press Display app

How to find new books

Library website "ACL podcast"	General search - 'recently published fiction- non-fiction'
The Listener	Book clubs in libraries - new books and discussion
Podcast	Instagram

Gay Williams

Events in Auckland

Welcome to Joy of Walking! A project of the Rotary Club of Maungakiekie
So, what exactly is Joy of Walking?



Each month, we feature one beautiful Auckland walk and create a fun theme around it. This month it's **One Tree Hill** with a "Spring Awakening" theme - perfect timing as we head into the warmer months!

Here's How It Works:

1. The Walk

This month's featured route is the **One Tree Hill** loop walk. It takes about an hour, but you go at your own pace. You can start anywhere on the route and it brings you back to where you began.

Got kids? Get our [Spring Nature Hunt](#) - a fun checklist of spring items to discover around One Tree Hill!

Want to explore more? Check out our [Local Discoveries page](#) for Cornwall Park maps, seasonal highlights, and fascinating local insights - including why Rudyard Kipling called Auckland "Last – Loneliest - Loveliest" back in 1891!



Parking: Free at Cornwall Park visitor centre

2. When to Walk

Walk whenever it suits you - morning, afternoon, weekend, weekday. Some people do it once, others go multiple times. Completely up to you.

3. Photo Competition

Share any photo from your walk (the summit view, spring flowers, or just your post-walk coffee) in our [Facebook group](#) or email it to us at: comp@joyofwalking.nz. Monthly winner gets to choose from amazing prizes like MOTAT family passes, local dining vouchers, or movie tickets.

4. Community

Join our Facebook group "[Joy of Walking](#)" to see photos from other walkers, but it's totally optional. Some people prefer to just walk and enjoy the peaceful time.

About Our Partnership

Joy of Walking is brought to you by [Rotary Club of Maungakiekie](#) (your local community group for over 50 years) and [Freewalks.nz](#) (New Zealand's trusted walking website with over 600 walking tracks). We've combined community spirit with walking expertise to make exploring Auckland more fun and social.

Questions?

Joy of Walking <hello@joyofwalking.nz>

Reply to this email - Barry and the team read every message and we're here to help.

Next week we'll send you some insider tips to make your One Tree Hill walk even better.

Know someone who'd love this? Invite them to join our walking community at joyofwalking.nz

Looking forward to hearing about your first walk!

Joy of Walking Team

Rotary Club of Maungakiekie & Freewalks.nz

P.S. Remember, there's no right or wrong way to do this. Some people power-walk for exercise, others stroll slowly and take photos. Both are perfect!

Enjoy Community Programs Like This?

1. Joy of Walking is one of many projects run by the [Rotary Club of Maungakiekie](#). We bring people together through community service, mentoring, school support, and other local initiatives.

[Get the walking map](#)



It's all go behind the scenes as we prepare to transport and install more than 120 incredible sculptures - some over 4m high - created by 100+ artists from all over New Zealand.

Saturday 8th to Sunday 23rd November

Have you bought your tickets yet?

Early bird prices are still available, including family & concession passes.

Don't miss this biennial opportunity to experience the joy and wonder of NZ Sculpture OnShore - NZ's largest outdoor art event - held at Operetu Fort Takapuna, Devonport with glorious views of the Hauraki Gulf. Proudly supporting Women's Refuge NZ.

[Buy tickets here](#)

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 20 October 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 NOVEMBER newsletter items is TUESDAY 28 OCTOBER 2025. Expect receipt confirmation.