



Meadowbank

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Secretary: Melda Brunette

www.u3ameadowbank.nz

NEWSLETTER – JUNE / PIPIRI 2024

Greetings from the Acting President

We met for our monthly meeting on Monday 20th May on a beautiful sunny late autumnal day. Members were treated to two outstanding speakers. The link to these speakers came from the efforts of Shirley Grayson and Maria Collins. We are dependent on the generosity of members, as well as the Speaker Committee, reaching out to their own and other family contacts to secure the high calibre of speakers that we enjoy each month. Often this goes unnoticed and I would like to acknowledge the services of those who make these contacts and help to arrange speakers.

The first speaker was Katerina Burgess originally from the Ukraine. She was brought up in Kyrgyzstan but has been living in New Zealand since 2020. Originally trained in Medicine as an Anaesthetist and ICU doctor, she has devoted much of her life to social service and community projects.

Katerina spoke about the plight of the people of the Ukraine suffering from the war with Russia. She spoke of the close connection between the two countries in family ties and shared language and pointed out that the attack was a total shock and left people in a state of disbelief. Lives have been completely disrupted – women and children have been forced to leave their homes and men over 16 are forbidden to leave. There are 6.5million refugees and 14.6 million in need of humanitarian assistance. When Ukrainian people were forced to move, rents went up in the areas they moved to, they are without their jobs and many ended up in refugee camps. Katerina is part of an organisation called “Unite for Ukraine” which undertakes fund-raising to help children, often orphans, and the elderly. From so far away New Zealanders can only help in small ways, but every little helps. She sells beautifully handcrafted traditional dolls to raise money for hospitals. Katerina was a very compelling speaker and shared her love of country and strong anti-war message with our U3A.

Our main speaker was Jon Vardell speaking about the Auckland City Rail Link. Jon specialises in the strategic leadership of multidisciplinary transportation projects. This is the largest infrastructure project ever attempted in New Zealand and Jon is the Group Director. He gave details of the future impact of the rail link which will move 54,000 people per hour and replace 16 lanes of road traffic. He said the essence of the project management was based on “measuring, measuring, measuring” – designing trains that could rise from well below sea level, reducing carbon emissions by 20% and using land-fill for other projects. There are more than 3000 people working on the project and the company AECOM offers a job training scheme for young people especially Māori. It is a dangerous work environment and AECOM provides a health and well-being programme to support each member of their staff.

But the most awe-inspiring part of Jon’s talk was the story of the design inspiration in which history and heritage are at the centre - including representation of Māori Creation Myths, Phases of the Moon, Carvings of Natural Forest and Foreshore creatures, use of local materials such as sandstone and basalt, and reference to the stream that once flowed down Queen Street.

The audience was finally taken on a drone simulation journey through the railway tunnels and stations, a mind-blowing experience which helped to illustrate the progress of the development to date, as well as giving a glimpse of

the design of each interconnected railway station. We were indeed privileged to have this presentation. It certainly helped to overcome the negative complaints about disruption to traffic during the build, which is due for completion in 2026. Those present were excited and proud to be given a first-hand understanding of the new City Rail Link from Jon's presentation.

Maureen Putt. For acting President Gay Williams during her absence.

Who's Who for Monday 17th June 2024 meeting: 9.45 a.m. for 10 a.m. start at St Chad's Church, 38 St Johns Road, St Johns 1072.

Greeters: Cultural Conversations

Mini speakers: Money Matters Books and Authors

Guest speaker: Divya Seth, Health Promotion Coordinator, Age Concern Auckland. 'Steady Steps.' This presentation will introduce facts about slips, trips and falls, their likely causes and provides information on easy strategies to reduce the risk of falling – thereby helping you to maintain your independence. Divya Seth is a Health Promotion Coordinator for West and Central Auckland, through Age Concern. She has a degree in health science, majoring in Health Management.

Who's Who for Monday 15th July 2024 meeting: 9.45 a.m. for 10 a.m. start at St Chad's Church, 38 St Johns Road, St Johns 1072.

Greeters: Shared Reading

Mini Speaker: Op Shops – Margaret Davidson Architecture

Guest speaker: Sam Stubbs – Co-Founder of Simplicity – 'Why New Zealand's Future Will Be Better'. Simplicity is a nonprofit Kiwisaver manager, now with NZ billions set up to give Kiwis a better deal from the finance industry. He is a father of four, and wanting to be a grandfather. He has no time for hobbies. "True happiness has nothing to do with what you have, it is to do with people...There is zero correlation between wealth and happiness."

Travel!

Acting President Gay Williams is away overseas for the May June and July meetings. She is visiting family in the USA and spending two months in France. Members of the committee will take turns chairing the monthly meetings in her absence, and Gay will send us news and photos.



Katrina Burgess, speaking on Ukraine



Jon Vardell, City Rail Link – our main speaker

Whakataukī / Words of Wisdom

Time to enrich our days with some more words of wisdom from around the world!

"It's hard to understand mortality because inside, being eighty doesn't feel any different from being forty."

"There is always one true inner voice: Trust It"

"The only thing worse than failing is not having tried. You will walk around forever thinking, What If?"

"You can tell what your values are by looking at how you spend your extra money."

"Planning ahead is a measure of class. Rich people can plan for generations ahead. Poor people plan for Saturday night." **Gloria Steinem.**



u3a Auckland Network welcomes you to a day of celebration

Salvation Army Church, 18 Allright Place, Mt Wellington
Saturday 27 July 2024 - 9:30am (for 10:00am) to 2:30pm

Speakers:

Morning: Distinguished Professor Emeritus Paul Spoonley MA MSc PhD FRSNZ

"The supersizing and superdiversity of Auckland:
how Auckland will change over coming decades."

Afternoon: Sir Ashley Bloomfield KNZM

"Public trust in New Zealand: where we are at, and how do we
strengthen public trust to build social capital and social cohesion?"

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

To register go to.....<https://www.u3aauckland.net/event>

Newsletter Editor Needed for 2025!

We are looking for someone to volunteer taking over the monthly U3A newsletter from January 2025. It is not a demanding task, and is fun! I would be happy to help someone interested in taking over from me, in the month or two before the end of this year (the October and November newsletters,) so that you are confident and comfortable with the steps involved. Please let me, or any member of the committee know if you are interested. Thank you. **Chris Hawley - mobile: 021671298 chawley48@hotmail.com.**

Notes from the Membership Coordinator, June Newsletter 2024

There have been three new member enquiries this month and they must all be very focused and rather amazing people. Our website has been having problems and the usual channels of contact have been 'temporarily' lost. I hope other folk have not given up in frustration: ---BUT work is being done. Please do encourage anybody, who might be having problems making contact, to use my phone number or email address as written on the last page of our Newsletters.

Our newest member is Ann Campbell, and two prospective members are Anne Greville and Pam Pratt. We welcome you all.

The total number of new members in this 2024 year to date is 19. The committee decided that a welcoming morning tea gathering could benefit settling into and understanding our U3A routines, as well as another chance to meet new friends. Our grateful thanks to Shirley Grayson who is hosting this function on Friday 7th June, 10am - 12noon. Several of the committee will also attend. All new members will be individually emailed, before this Newsletter arrives, for more details.

Judith Stewart, Membership Coordinator: Ph 021 617 481 Email: u3ameadmemb@gmail.com

U3A MEADOWBANK INTEREST GROUPS VACANCY LIST AS AT 24 MAY 2024

U3A is about on-going learning and being part of a group. Join one now!

To enquire about joining a Group Click on "Groups Coordinator" link in "Contact Us"
<https://www.u3ameadowbank.nz/WPress/contact-group-co-ordinator/>

| NAME OF GROUP | SPACE | MEETING PLACE AND TIME |
|----------------------------|-------|---|
| Architecture | 8 | Homes - 4th Thurs, 10.00 am |
| Art Appreciation | 6 | Homes - 4th Fri, 10.00 am |
| Book Club | 1 | Homes - 2nd Tues, 1.30pm |
| Books & Authors | 2 | Shalom Court, St Johns Rd - 4th Thu, 1.45pm |
| Cultural Conversations | 2 | St Andrews Keeling Roo -3rd Tue, 10.00 am |
| Dollars & Sense | 4 | Homes - 2nd Thurs, 10.00 am |
| History | 1 | Meadowbank Retirement Village - 2nd Wed, 10.00am |
| Jazz | 5 | St Andrews Keeling Room- 1st Fri, 10.00am |
| Luncheon Group | 27 | Various - 3rd Fri, 12.30 pm |
| Long Walks | 7 | Meet at the back, Gerard Way side, corner of Meadowbank Carpark-1st Thurs, 9.15am |
| Memoir Writing | 3 | St Andrews Keeling Room - 1st Wed, 2.00 pm |
| Military History | 6 | St Andrews Keeling Room - 2nd Tue, 2.00 pm |
| Modern American Literature | 1 | Homes - 3rd Thurs, 2.00 pm |
| Money Matters | 11 | St Andrews Keeling Room - 4th Tues, 10.00 am |

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| Music | 2 | Homes - 3rd Wed, 2.00 pm |
| Poetry | 4 | Homes - 3rd Thurs 10.00 am |
| Ramblers | 8 | Various - each Thurs, 10.00 am |
| Saints & Sinners | 2 | St Andrews Keeling Room - 3rd Wed, 10.00 am |
| Science & Technology | 7 | Lounge at 7 St Vincent - 2nd Mon, 10.15 am to 12.15 pm |
| Short Walks | 30 | Meet at Meadowbank Carpark-3rd Thurs, 9.15am |
| Time Poor Walkers | 6 | St Heliers Bay Playground-each Wed, 9.00 am |
| Wine Studies | 1 | Homes - last Tues, 2.00 pm |

Travel with ASA Cultural Tours Over 40 years of innovation and excellence

Join an ASA cultural tour for a fresh vision of the world.

We are very pleased to be able to introduce our tours to U3A Auckland members.

Learn about places you have always longed to visit or see your favourites with new eyes. Feed your imagination with new sights and knowledge, and delight in the company of like-minded travellers.

- Broaden your understanding of human history in all its fascinating and colourful diversity on a small group ASA Cultural Tour.

- Our enthusiastic, expert lecturers will bring alive for you the monuments and sites included in the itinerary. They, and expert local guides, will provide comprehensive background talks and on-site commentaries, enriching your travel and cultural experience with well-researched, carefully crafted itineraries.

- ASA provides unique experiences not available to all travellers – access to private homes and palaces, international experts, behind-the-scenes visits to museums, libraries, studios and archives. You will enjoy festivals, theatre performances, amazing dining experiences and other memorable highlights.

All ASA tours reflect a belief that learning is as much an act of imagination and experience as a garnering of information, based on the assumption that an intimate relationship exists between geography, history, and culture. The physical experience of different landscapes, environments and communities that generate myriad colours, sounds and scents is the first step to understanding different cultures and enjoying these diverse places.

History | Literature | Art | Archaeology | Design | Architecture | Landscapes | Gardens

Explore Australians Studying Abroad's diverse range of tours at www.asatours.com.au

We would be delighted to hear from you +61 3 9822 6899

Next Monthly Meeting: Monday 17th June 2024 at 10 am at St Chad's.

Don't forget to send us your U3A news to include in the next newsletter – we rely on your contributions

Deadline for JULY 2024 newsletter items is MONDAY 24th JUNE 2024. Expect receipt confirmation

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:

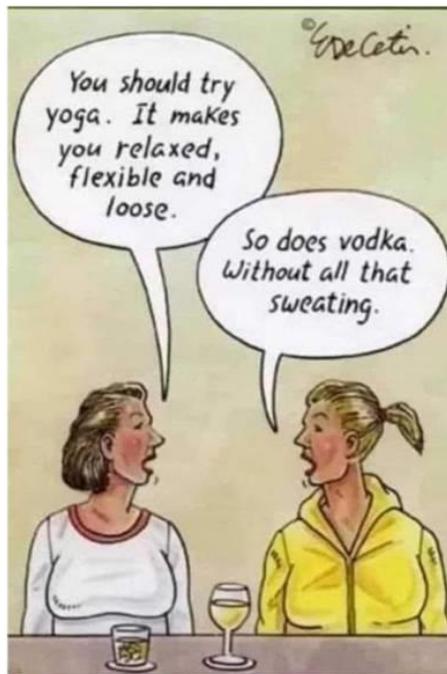
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Something Amusing



"It took me three hours, but I finally discovered why you're limping. You lost the heel off your shoe."



Miserable Monikers in American colonial times, when names often reflected qualities or characteristics that parents wanted their children to emulate, like Charity, Patience, or Virtue. Preserved was a name associated with salvation – preserved from sin, death, or destruction.

However, Thomas and Mercy Fish should probably have given a little more thought to the burden their son would be forced to bear when they named him Preserved Fish.

Don't waste your brain cells. Think CAREFULLY before you answer. This test will keep that dreaded disease that affects your memory at bay! New Senior's Exam, you only need 4 correct out of 10 questions to pass.

- 1) How long did the Hundred Years' War last?
- 2) Which country makes Panama hats?
- 3) From which animal do we get cat gut?
- 4) In which month do Russians celebrate the October Revolution?
- 5) What is a camel's hair brush made of?
- 6) The Canary Islands in the Pacific are named after what animal?
- 7) What was King George VI's first name?
- 8) What colour is a purple finch?
- 9) Where are Chinese gooseberries from?
- 10) What is the colour of the black box in a commercial airplane?

Remember, you need only 4 correct answers to pass.

Check your answers below

ANSWERS TO THE QUIZ

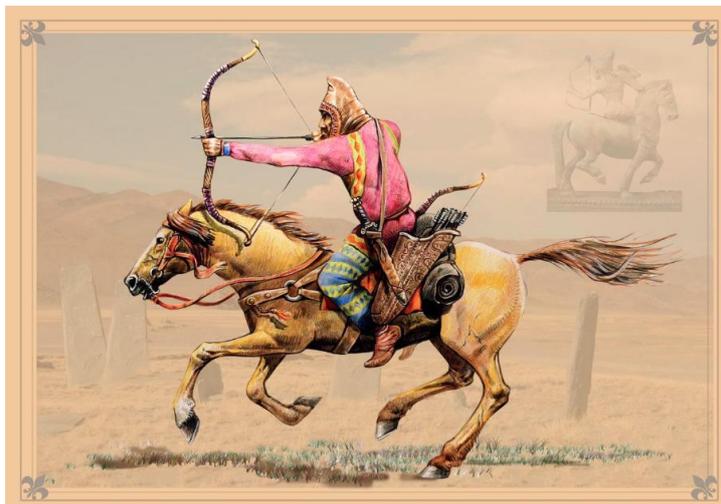
- 1) How long did the Hundred Years War last? **116 years**
- 2) Which country makes Panama hats? **Ecuador**
- 3) From which animal do we get cat gut? **Sheep and Horses**
- 4) In which month do Russians celebrate the October Revolution? **November**
- 5) What is a camel's hair brush made of? **Squirrel fur**
- 6) The Canary Islands in the Pacific are named after what animal? **Dogs**
- 7) What was King George VI's first name? **Albert**
- 8) What colour is a purple finch? **Crimson**
- 9) Where are Chinese gooseberries from? **New Zealand**
- 10) What is the colour of the black box in a commercial airplane? **Orange (of course)**

What do you mean, you failed?

Me, too! (And if you try to tell me you passed, you LIED!) Pass this on to your brilliant friends.

Something Interesting

Quirk of history



An illustration of a Parthian horse-archer, possibly unleashing a parting shot

The expression “parting shot” comes from the Parthians, who ruled Persia for around 500 years until 224AD, says The Times. Whereas their long-term enemies the Romans liked to fight face to face, the Parthians used horse-archers to “dart about, delivering a fatal shot while galloping away”. This was known as the Parthian shot, which, over time, became the “parting shot”.

Recycling plastic is worse than useless

It’s time to acknowledge an uncomfortable truth, says **Eve Schaub** in [The Washington Post](#): plastic can’t be recycled. “This seems counterintuitive.” We’ve been told for decades that the answer to the plastic-waste crisis is more, better recycling. “If only we sorted better!” If only we rinsed more thoroughly! But unlike paper, glass and metal, plastic “is not easily, efficiently turned into new products”. What passes for “recycling” is “costly, energy-intensive and toxic”, and needs the addition of a “shocking amount of new virgin plastic”: around 70%. Only about 5% of plastic actually gets recycled – or 30% at the most for certain varieties – compared to 68% for paper and cardboard. Even if we could properly recycle plastic, we’d be foolish to do so. It’s made from “fossil fuels and toxic chemicals” – when you grind up, melt and re-form it, those thousands of dodgy chemicals “combine to make a Frankenstein material”. Chemicals that are not supposed to be there start showing up. You do not want your food wrapped in this stuff. Recycling plastic also adds to the crisis of microplastics, tiny particles that scientists are finding “everywhere they look”, including in human sperm and human brains. “A study of just one plastics recycling facility discovered that it might be washing three million pounds of microplastics into its wastewater every year.” We should treat plastic “like the toxic waste it is” and send it where it can hurt people least: landfill. Then we need to get to work on the real solution: “making a whole lot less of it”.