



University of the Third Age The Age of Active Retirement: People Exchanging Knowledge

NEWSLETTER SEPTEMBER 2021

MONTHLY MEETINGS

3rd Monday of the month at Mount Pleasant Community Centre, 3 McCormacks Bay Road, Christchurch
10 -10.20am: Social Time in foyer over a cuppa, 10.30 am: meeting starts in main hall.

PROGRAMME 2021

~~20th SEPTEMBER JENNY HAWORTH~~ Author ~~"Vienna Behind the Facades" — a personal journey~~
Our September meeting is cancelled due to Covid restrictions

18th OCTOBER *Jenny and Trevor Agnew* Early Chinese migrants in Otago
Followed by a light lunch and information session to welcome new members

CLUB DIRECTORY

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PRESIDENT'S COMMENTS

The saying 'what can't be cured must be endured' is very applicable to us all at the present time as we face a further period in lockdown to contain the spread of the Delta variant of covid-19. For the common good, we of course, willingly accept these restrictions on our personal freedom. It does seem likely the present lockdown will affect our next monthly meeting. We will email /or phone all members if we can't hold our next monthly meeting.

Interest groups that are able to meet without infringing the lockdown rules are of course free to do so.

Over the winter months Pegasus U3A has been very active. Attendances at recent monthly meetings have filled to capacity our venue at Mt Pleasant Community Centre. Membership of Interest groups continues to increase. Despite the removal of 22 names from our membership register new members continue to join. Membership now stands at near our ceiling limit of 250.

The lunch for new members, to be held after the September monthly meeting is postponed until October or later if covid restrictions require. I encourage new members to read this newsletter carefully. The newsletter names all interest groups and the convenors of those groups. It-the newsletter-will give you the flavour of some of the activities undertaken by the Interest groups.

We have now taken delivery of our own microphones -which were used at our last meeting. The Community Centre does provide microphones for all users of the Centre-but some of those users have, from time to time, damaged the microphones. Our microphones will be stored off-site.

Committee members enjoy a very warm relationship with management at the Community Centre. I thank the Community Centre management for the use of their audio equipment over the years and their unfailing helpfulness in meeting our needs.

At its August meeting the Committee used its powers under the Rules to co-opt Vivienne Allan to membership of the Committee. Vivienne is the convenor of our Book group, and, will be newsletter editor next year. I know that Vivienne will strengthen our management team.

John Delugar
President



**The U3A
Pegasus
Committee
hold their
September
meeting
physically
distanced and
masked**

NOTICES

- **EXPLORING DIFFERENT WAYS OF MEETING AND OPERATING**



Given the uncertainty and unpredictability of the current environment, the committee is exploring options for how we might continue our U3A activities, especially if we are unable to return to the normality of alert level 1.

Many individuals and organisations are using the technology offered by ZOOM to keep connected. And this could offer exciting possibilities for U3A, with the ability to use speakers from other places, and our interest groups to stay connected, while we remain in the safety of our own homes.

A small group is being set up, one with the expertise and time to assist us explore the options offered by ZOOM, to make recommendations to the committee and manage the system we might set up.

Please get in touch with our president John if this is something you could help with.

- **INFORMATION ON CLUB WEBSITE** www.pegasus.u3a.nz

In the PDF noticeboard section of the website there are a number of files of interest to members

U3A Pegasus Rules: The club rules can now be viewed on the website.

Newsletters: If you need to refer to one of our club newsletters that you have deleted or can't find, check out past editions on the U3A Pegasus website – just click on the tab to open the newsletter you want to look at

Life Stories: the fascinating stories shared by members are available for you to peruse at your leisure.

DEADLINE FOR NEXT NEWSLETTER IS 4th NOVEMBER 2021

SPEAKERS PAST

JULY **JOHN MINTO** Political Activist

John was brought up in Dunedin, the third of ten children in a strongly Catholic family. Life rotated round home, school and church and gave him a strong feeling for social justice. At the time when Pope John XXIII was leading the changes in the church with Vatican II John embarked on a career in teaching.

We are about to commemorate the 40th anniversary of HART (Halt all racist tours) and the traumatic times of the Springbok tour protests in 1981. In any change, rational thought only convinces a third of the people. Emotive power is a much stronger influence.

In South Africa political leaders trying to change apartheid were being shot, and international help was needed. Boycotting goods and sport were requested and the All Blacks match cancellation in Hamilton had a huge impact. Whites were appalled while the blacks rejoiced and it led to a quicker end to apartheid. Nelson Mandela was released and Desmond Tutu said how important it had been. Blacks living in their bubble only then realised what life without the restrictions of apartheid was like in the rest of the world. In New Zealand there was an impact too, and there was a challenge to reduce racism here. The Waitangi Tribunal was set up to redress Māori grievances and this was one of the most important legacies of the protests.

"Championing the Underdog"



A current crisis in New Zealand is the housing shortage. There is a simple solution but the government isn't taking it. There are 23,000 on the state housing waiting list but only 1,700 houses are being built each year, with old ones being knocked down too. The target is for 8,000 in the next 4 years. The government needs to borrow money or sell land to pay for this. If they set up an agency, used the existing resources and paid a decent wage tradesmen would rush in to build affordable homes. In 1948 they were building 3,500 per year. With today's comparable population they would need to build 20,000.

John answered questions on apprenticeships (hard to find); climate change; Reduce Reuse Recycle; education standards due to the distractions of devices; and dysfunctional families, often caused by people needing several casual jobs to make ends meet, paying proportionally higher tax rates as they have to spend everything they earn.

Nedra summed up John with a quotation. "We need people who run so the rest of us can walk behind." John is a runner.

AUGUST **ASHLEIGH DONALD** Audiologist and Clinical Educator "*Hearing Loss and Communication*"

466M people in the world have disabling hearing loss which occurs in 18.9% of New Zealanders, is more prevalent in men, and increases with age.

Trust is based on previous experience + knowledge + expectations + a leap of faith. Daily we are bombarded with a myriad of competing, conflicting opinions making it hard for us to know who to trust.

Ashleigh described the anatomy of the ear, how hearing works and the 3 types of hearing loss which affect different parts of the ear. Tinnitus, which are sounds heard in the absence of external sound, affects 1 in 5 people over the age of 65 with 90% of people experiencing tinnitus also experiencing hearing loss. While tinnitus can't be cured, it can be managed. And while there is some correlation between dementia and hearing loss, hearing loss is not a cause of dementia.

Ashleigh then explained hearing tests, hearing aids and how they work with a reminder that while hearing aids are an aid to the hearing you have left, they can't help everything.

Ashleigh then talked about communication and communication strategies that could be beneficial such as:

- choosing environments with good lighting, non reverberating hard surfaces, positioning yourself to minimize the impact of background noises.
- attracting the attention of the speaker, position yourself to see the speaker, speak clearly, be patient, use visual information, pay attention, be assertive, provide feedback, and don't bluff.
- Using the phone on the speaker setting can improve hearing because both ears are involved.

INTEREST GROUP UPDATES

Details for all Interest groups including the contact person are on the last page of this newsletter

• **CAFÉ GROUP 2**

Our group meets monthly, directly after the lecture in the community centre. We head off to the Front Room Cafe, just a few steps away and use the time either talking to the guest speaker, or discussing the topic of the morning's lecture. We are finding that it's a useful time, right on the spot (no travel required) and we're there when the topic is still fresh in our minds and we are full of questions.

At our **July Cafe Group**, we were pleased to welcome **John Minto** and his wife to our group. John is well known New Zealand wide as a political activist and enthusiastic driver of the HART (Halt All Racist Tours) of the 1980s. This was the scene of the largest civil disturbance in NZ since the 1952 Waterfront Strike, when the Springbok Rugby Tour was announced. John Minto was a strong leader in this movement and since then has stood for the

Christchurch Mayorality (in 2016) under the “Keep Our Assets” group. He spoke to us about his upbringing, family values and drive for fairness for all. It was a good opportunity for our cafe group to sit round the table with him and hear some of his passion that drives the action he gets involved in.



Our August speaker, **Ashleigh Donald**, an audiologist and clinical educator, was also able to stay after her lecture to talk with our group. Her clear presentation to the large group beforehand, enabled us to take her aside in the cafe and discuss individual issues that listeners wanted to question her about. We found this session most worthwhile in that she could answer personal questions and discuss options for improved hearing communication between both the listener and the speaker.

We are finding that Cafe 2 gives us the time to talk with the monthly speaker and address that person on a more individual level. You are welcome to just pop in and join us for a cuppa. It also saves quite a lot of time if you pre-book your coffee and food.

• **ARMCHAIR TRAVEL**

In July the Armchair Travel group heard about Lyn Russell’s journey through Northern India. Then in August we met at Pat Whitman’s to hear about Pat’s visit to the National Parks of the USA. However, a number of last-minute apologies were received so we decided to defer Pat’s presentation for a later date and settled back to enjoy a cup of tea while we watched the Olympic rowing on TV. Our meeting for September was to be at Vivienne Allan’s to hear about travel in Israel, however Covid caused the cancellation of that meeting. We have some fascinating talks to come - as well as those previously postponed, we also have talks on Egypt and Peru. However, travel is proving to be difficult at present, even from our armchairs.

• **STORY WRITING**

Covid-19 popped up its head once again and we all went back into lock-down. Stay home was the order of the day. Along with so many other groups and organisations, our regular get-together was cancelled. But thanks to the world of electronics, family research can still be done at home. And for some, what wonderful stories can be found in the process.

Because so much family history hasn’t been recorded it is more important than ever to write our stories. We all think our lives are not unusual and have nothing to tell but future generations could find our lives interesting and want to ask us questions long after we have departed this earth.

My great great grandparents arrived and settled in Lyttelton in December 1850. But where in Lyttelton? Who built their house? What was it made of, and what was it like? How many rooms did it have? Where did they get their water from – was there a spring nearby? What sort of toilet did they have? If their section was rocky it wouldn’t have been a long drop! Where did their firewood come from? Did great great grandmother cook over an open fire? Were they still living in Lyttelton in 1870 when fire destroyed a large part of the town including many private homes? We have no idea and there is no one left to answer our questions. This is why it is important to write our stories while we can. We are very grateful to our leader Kim who guides us and helps us bring out the best in our stories.

If you would like to know more about our group, our contact details are below. We meet on the fourth Monday of each month, in the afternoon, at various locations.

For further information please contact: Beverley 027 628 7809 or email candbbuist@xtra.co.nz

Or Rosemary 021 373 180 or email r.smart@xtra.co.nz

• BOOK DISCUSSION GROUP

Reading is one of the great salvations when we are in lockdown or the weather isn't good enough to get outside. Not only members of the U3A book group will have combed their shelves to find something to read this past month.

At our August meeting, our book group enjoyed a lively discussion about Kate De Goldi's book 'The 10pm Question' which is often used as a class set for secondary school students and which has double value for adults. Now our book group is immersed in 'Every Note Played' by Lisa Genova who is a Harvard graduate and author of several best sellers in the US including 'Still Alice' which became an Oscar winning film starring Julianne Moore.

If any U3A member subscribes to the online Newsroom Daily Briefing, well known literary critic Steve Braunias provides a lively section on the latest books usually by NZ authors and most often novels, although C K Stead's latest memoir (his third) 'What you made of it', is something to be dipped in and out of, along with Vincent O'Sullivan's biography about artists Ralph Hotere and Keith Ovenden's memoir about his inlaws Bill Sutch and Shirley Smith.

• GEOLOGY/BOTANY

JULY Visit to Orana Park

We had a brilliantly sunny day as we took the 1½ hour shuttle trip round the park. It was founded in 1976 with just 28 animals but now has over a thousand, some of which are endangered and on breeding programmes. It costs up to \$90,000 a week to run with heating bills, staff salaries and food for the animals. The apes alone eat 180kg of high quality vegetables each week



and meat for the carnivores is very expensive too.

We saw everything from smallest meerkats to tall giraffes. One giraffe we were allowed to feed with a sprig of macrocarpa. We had to hang on to it very tightly while she wrapped her tongue round it and stripped off the foliage. It was a very close encounter and their eyelashes were the envy of us all. The tour commentary is excellent and we could get off at several places for close views of the different animals. There are over 30 to see and to walk round and see them all is a 3km trip



AUGUST Trees in the Botanic Gardens

Pat Whitman

Due to the late cancellation of the speaker, Pat used the emergency back up plan and gave a talk on the trees in the Botanic Gardens. There are so many variations of leaf, flower, seed or cone that each tree has something of interest. The Archery Lawn alone has nearly 30 different trees, some deciduous but mostly conifers, and all have distinguishing features or stories associated with them. We are lucky that the gardens are so accessible and easy to walk through.



• CANTERBURY HISTORY GROUP

JULY A Visit to Rapaki Marae Grounds

Carpooling from the Community Centre, we drove through the tunnel and around the bays, spotting the bright yellow AA sign that pointed down the steep hillside to the Rapaki Marae.

The viciously cold wind that swept down the hillsides overnight brought icy slopes and cold air to greet us as we piled out of our cars and moved towards the old church positioned on the lower headland. And it was just as cold inside the building! Dedicated in 1869, this picturesque building is one of several historic buildings still on this Ngai Tahu site. We heard the story of this once bustling marae, where now only about 75 permanent residents live.

Then it was time to tour around.

We went along the hillside track and down to the beach. A surprise! Hot springs were bubbling up over the sand. Some people stood over them in an attempt to capture some of the warmth through their shoes and up into their bodies. But finally the cold won the morning and we headed back uphill to see the old school house (now closed because of low pupil numbers) the recently restored Gallipoli jetty and memorial stones, Te Wheke (the newly built meeting house) and a visit round the shared garden areas. Finally, we were welcomed to the Community House, with a welcome hot drink and nibbles. There was much to see and learn.



Rapaki Marae schoolhouse



Hot springs- Rapaki Beach



Interior of the church

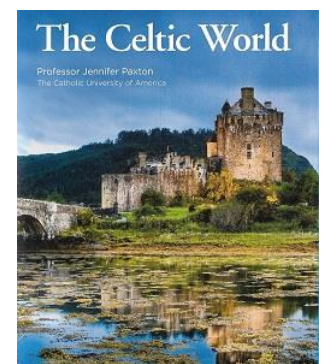
• A HISTORY OF WORLD LITERATURE DVD GROUP

The DVD Literature group is steadily working through the 48 lectures in this very interesting series, with the end in sight. Some of the literature discussed by Professor Voth is familiar to members and other titles have been completely unknown. Consequently, the possibility of reading or rereading some of the literature is on our "to-do" lists. We have worked our way up to the 20th Century and look forward to hearing about such writers as Faulkner, Beckett and several non-European writers.

• THE CELTIC WORLD DVD GROUP

The Celtic World DVDs have taken us from the classical world of Europe and the origins of the Celtic people through art, language and religion. We are now heading to England, Scotland and Ireland to study the influence there. It is a fascinating journey through history.

Seven members have met in homes to view and enjoy these DVDs. Of course, we have been interrupted by the COVID lockdown but hope to complete the series before Christmas



• ART APPRECIATION

JULY

Following morning tea and chat at Robert Harris Cafe South City, it was a short walk round the corner to 249 Moorhouse Avenue to The National. This gallery concentrates on contemporary work in jewellery and object-making with an emphasis on innovation. An example of experimentation was Aaron Beehre's "The Venetians." Beehre is a Senior Lecturer in Design at Ilam School of Arts. Beginning with photographs of Venetian Glass, he created various print versions enhanced with different colours and bold black frames. A longer walk took us to 468 Colombo Street Sydenham to Form Gallery, a firm favourite with our Group. Specialising in jewellery, ceramics and glass, it was the glass pieces that really excited us this time, especially those placed in front of windows allowing bright sunlight to set off the greens, blues, reds and purples.

AUGUST

The only thing unlucky for us on Friday August the 13th was the weather which did not encourage walking from Under the Red Verandah where we had morning tea to the Eastside Gallery to see "Dredging new Histories: three women printmaking." Senior printmakers Tiffany Thornley and Jane Zusters were joined by Robyn Webster in a display of their recent prints. Among our various questions was "what does "intaglio" mean?" We learnt that this is when something is incised into a surface and the incised/sunken area holds the ink.

LOOKING AHEAD

Once more we have to rely on viewing art online by either looking under an artist's name or by checking out local or overseas galleries. Many Christchurch galleries do have online "exhibitions." When we can visit in person again, providing the galleries agree, our coordinator encourages members to take photos on their phones of our visits that can go in the U3A Newsletter or on the screen at the beginning of our general meetings. Perhaps practice interior photography during lockdown?



INTEREST GROUP DETAILS

Just a reminder - you need to be a member of U3A, to join our interest groups.
Contact the convener if you are interested in knowing more about any of our interest groups

ARMCHAIR TRAVEL: **Vacancies** Meets monthly in members' homes 3pm 1st Tuesday of month.
Contact: Robin Fear Phone: 9664278 Mobile: 027 430 9937 Email: randhfear@gmail.com

ART APPRECIATION: **Vacancies** Meets monthly, 2nd Friday of the month.
Contact: Helen Harkness Phone: 384 2890 Email: donandhelen@xtra.co.nz

BOOK DISCUSSION GROUP: **Vacancy** Meets monthly 3rd Monday atrium Mount Pleasant Community Centre after the main U3A monthly lecture. Contact: Vivienne Allan Phone 0210 679-420 Email: ayndavar@outlook.com:

CAFÉ GROUP 1: **No Vacancies.** Meets monthly, 2.30pm on Tuesday of the week following 3rd Monday of the month. Contacts: Frances Cole Ph. 326 5822 or Erin Higgins Ph. 384 4385

CAFÉ GROUP 2: **Vacancies** Meets monthly 3rd Monday immediately after the main U3A monthly lecture in the cafe at the Mount Pleasant Community Centre to discuss the morning's lecture over a cup of coffee.
Contact: Norma Hampton Phone: 332-8990 Email: colin-norma36@xtra.co.nz

CANTERBURY HISTORY: **Vacancies** Meets monthly, 2nd Monday of the month.
Contact: Judy Calder Email: judycalder@hotmail.com Phone: 384 1269

CYCLING: **Vacancies** Meets monthly, 2nd Wednesday of the month.
Contact: Jan Dobson Email: donandjanclear@gmail.com Phone: 3818925



GARDEN GROUP: **Vacancies** Meets 2nd Monday of month in members' homes "Tea and Cuttings" & 4th Monday for an outing or lecture. Contact: Sue Swift Phone: 384 5377 Mobile: 021 216 1971 Email: sswiftysp@gmail.com

GEOLOGY/BOTANY: **Vacancies** Meets twice monthly on 1st Monday at Redcliffs Bowling centre and the 3rd Wednesday for an outing. Contact: Pat Whitman Ph. 384 3475 Email: patwandpate@gmail.com

WRITING GROUP - OUR STORIES: **Vacancies** Meets monthly on 4th Monday in various locations
Contact: Beverley Buist Ph. 376 4960 Mobile: 027 628 7809 Email: candbbuist@xtra.co.nz

HISTORY OF WORLD LITERATURE (DVD/Dinner Series): **No Vacancies.** Meets fortnightly in members' homes 6pm Thursdays Contact: Lyn Russell Ph: 021 2388788 Email: nylrus1951@gmail.com

THE GREAT TOURS - FRANCE THROUGH THE AGES (DVD/Dinner Series) No vacancies
Meets in homes of members Contact: Hugh and Uschi Cable Email: hughcable@yahoo.com Phone: 326 4295

THE CELTIC WORLD DVD Group **Vacancies** Meets fortnightly on Monday afternoons, commencing 19th July
Contact: Barbara Crooks Email: Ph: Barbara 384-3190 Email: barbaracrooks273@gmail.com

SCRABBLE Meets fortnightly Tuesdays 1:30pm **Vacancies**
Contact: Alison Harrington Ph: 022 307-4039 Email: alison.harrington@xtra.co.nz