



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

NEWSLETTER FEBRUARY 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

15th FEBRUARY **ANNUAL GENERAL MEETING** Followed by Insights from 4 of our members: Vivienne Allan, John Delugar, Heather Fear, and Paul Hammonds.

15TH MARCH **JOHN MINTO** Political activist "*Championing the Underdog*"

19TH APRIL **FRIEDA LOOSER** History tutor, author, tour leader "*Northland the Cradle of New Zealand*"

NOTICE OF ANNUAL GENERAL MEETING



The Annual General Meeting of U3A Pegasus will take place on Monday 15th February 2021 at Mount Pleasant Community Centre, commencing at 10.30am

Nominations for positions on the Committee are called for.

The Committee must comprise not less than six but fewer than twelve members consisting of: President, Vice-president, Secretary, Treasurer, and at least three other members

Each Committee member must be nominated, seconded and have agreed to accept nomination.

Nominations to be advised in writing to the Secretary Pat Whitman by 8th February 2021

Email: patwandpate@gmail.com

The agenda, minutes of the previous AGM, Presidents report and financial report are in the separate attachment sent with this newsletter.

NOTICES

- **SUBSCRIPTIONS FOR THE 2021 YEAR ARE NOW DUE** \$25 per person

Here is what you need to know:

1. You need to complete the attached membership form only if you are a new member or your contact details have changed.
2. The preferred method of payment is by direct credit directly into the club bank account SBS 031355 0462188 00.
Enter your name and first initial in the reference along with Sub 21.
3. If direct credit is not an option then payment can be made by cheque or cash, placed in an envelope clearly marked with your name.



- **LUNCH FOR NEW MEMBERS 15th March**

Members who have joined U3A over recent months will be invited to a light finger food lunch following the monthly meeting on 15th March. This provides an opportunity to learn more about U3A and meet with the committee, interest group leaders and others who help make our organisation run smoothly.

- **U3A NETWORK SEMINAR CURIOUS MINDS4** **FRIDAY 14th MAY 2021**



The 2021 seminar is all booked to take place at the St Albans Baptist Church, McFaddens Road, St Albans. There is a need to book early after the programme comes out as the facility holds only 500 people. Keep an eye on the U3A network website so that you know when bookings open. www.u3anetcant.nz

- **MEMBERSHIP MATTERS**

The committee is currently monitoring membership numbers as at times we are nearing the seating capacity allowed in the community centre for our monthly meetings. At some stage we may have to close our membership list – meanwhile there are a number of things you can do to help:

- If you no longer wish to remain a member of Pegasus U3A please let us know
- please sign the attendance sheet when you arrive (also important for contact tracing)
- be aware that if the seats are already filled when you arrive you may have to stand!

- **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 some of our members are available for you to peruse at your leisure. This file will be added to as more stories become available.

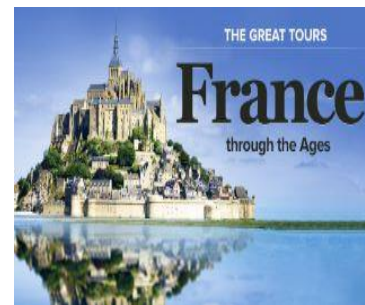
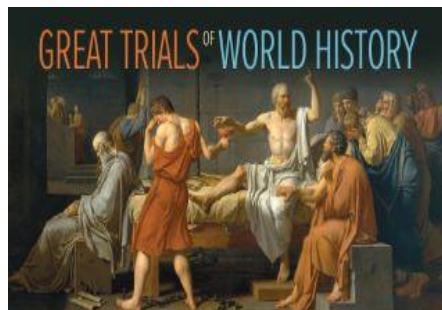
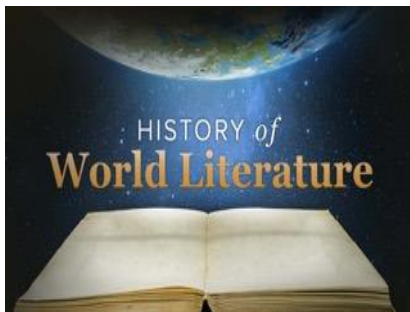
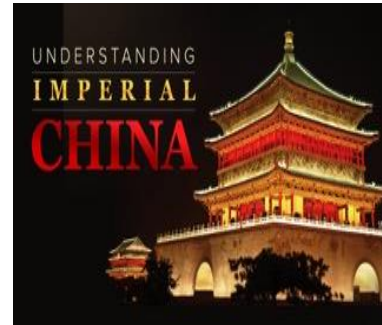
- **CITIZENS ADVICE BUREAU RECRUITING VOLUNTEERS**

The Citizens Advice Bureau is looking for volunteers. While basic computer skills are needed, full training is given with the next course starting at the end of March with applications required by Friday 12th March

For more information about volunteering, contact 0800 367 222 or email manager.cabchch@gmail.com or click on <https://www.cab.org.nz/what-we-do/volunteer-for-cab/>

- **THE DVD LECTURE SERIES - OUR LIBRARY**

Recently we added two new titles to our collection of Great Courses DVD Lectures, purchased from the United States. We now have a collection of 9 series as follows:



- The Great Tours: Greece and Turkey, from Athens to Istanbul (24 half hour lectures)
- The World's Greatest Paintings (24 half hour lectures)
- Years That Changed History – 1215 (24 half hour lectures)
- The Celtic World (24 half hour lectures)
- The Iliad of Homer (12 half hour lectures)
- Understanding Imperial China: Dynasties, Life and Culture (24 half hour lectures)
- The History of World Literature (48 half hour lectures)
- The Great Trials of World History and the Lessons They Teach Us (24 half hour lectures)
- The Great Tours: France through the Ages (24 half hour lectures)

How to use the DVD lecture series

- Groups are able to borrow the discs
- Form a group of about 7-8 people (or put your name on the list in foyer)
- We always wait until a group has viable numbers to commence
- Have someone in charge of the group

Ensure that at least a couple of people in the group have DVD players and are willing to host
Agree on a set format for use (e.g. evenings or afternoons, fortnightly or monthly, with or without meals or afternoon tea, make a roster for host/meals/etc,

Most groups show one lecture, have a break (meal or not) then show the second lecture

You do not need to

Host a session or provide a meal

Pay to hire the videos

You do need to

Pay your share of the meal costs if not hosting (possibly \$10)

Take your turn at hosting if you are able to

Other useful information

Groups terminate at the end of a course or choose to continue, using a different series

To date 11 groups have now used these lectures

The feedback is quite positive – from the lecture material to the opportunity to get to know others

Most groups last for 6 months by showing 2 lectures each fortnight.

One goal for U3A groups is: “*Life long Learning*” and these lectures may help meet that goal.

As the group size is quite small, meeting dates can change to suit the members of the group

Each course of lectures provides you with the discs and a back up booklet which gives a detailed summary of each lecture in the series

You can look online at *The Great Courses* and type in the name of the lecture series to find further details of the lectures and information on the lecturer

Funding has been provided from our U3A Budget, but we always try to purchase at a 70% discount or free shipping, which occurs once a year for each available title

You are welcome to suggest a further title for purchase after viewing online previews. Let a committee member know of your suggestion.

The lecture series operate like a borrowing and returning library.

Our DVD Library is held by Judy Calder. Please consult her for further details or borrowing.

DEADLINE FOR NEXT NEWSLETTER IS 8th APRIL

CLUB DIRECTORY

Co-Presidents: Judy Calder and Beth Bradley

Judy Ph. 3841269 Email: judycalder@hotmail.com; Beth Ph. 382 1386 Email: bethannie@xtra.co.nz

Secretary: Pat Whitman Ph. 384 3475 Email: patwandpate@gmail.com

Treasurer: Barbara Hampton Ph. 384 2411 Email: barbsie98@hotmail.com 16 McCormacks Bay Rd

Committee: John Delugar (*Membership*) Ph: 376 6386, Email: johnantheadelugar@gmail.com

Heather Fear (*Newsletter & publicity*) Ph. 9664278, Email: randhfear@gmail.com

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John Paerata Ph: 0278285405 Email: diandjohn2009@xtra.co.nz

Lyn Russell (*co-opted*) Ph: 021388788 Email: nylrus1951@gmail.com

U3A Pegasus email address: u3apegasus@gmail.com **U3A Pegasus website address:** www.pegasus.u3a.nz

SPEAKERS PAST

NOVEMBER ***Fleur McDonald*** **Three basic items for your legal toolbox** *Lawyer and Elder Law Specialist*

Fleur is a lawyer with 20+ years of experience in Elder Law, who runs her own law firm in Bealey Avenue.

Everyone should make provision for the future by having 3 vital documents

(1)Enduring Power of Attorney for Health and Welfare; (2)Enduring Power of Attorney for Property, and (3) a valid Will. It is important to choose people you know, love and trust, who have the necessary skills and detachment to make the decisions that you would make for yourself if you were not incapacitated.

Enduring Power of Attorney for Personal Care can only be held by one person, though you can nominate a succession of backup people. It only comes into force when a medical assessment by a doctor or specialist issues a certificate saying you are unable to make your own decisions.

Enduring Power of Attorney for Property can have more than one person and they can administer it singly or jointly as you specify. It starts whenever you want and can be tailored to suit your requirements. You need to put into it any donations and regular payments that you want to continue as the attorney may not gift any money for you unless it's specified in the document. You may need to go to the bank with the document and ID and possibly a doctor's letter to set it up. You may want to pay your attorney, especially for expenses, but they aren't obliged to take it.

Your will gives information on what you want to happen to you and your assets after death. It is advisable to talk things over with family and/or friends so everyone knows your wishes. You don't have to divide your money equally between your offspring but it is sensible to attach a letter saying why you have made such a decision if someone is to get little or nothing. If you don't have a will in place, your family will have to apply to the High Court at a cost of \$3,000-5,000, to appoint someone.

Advanced Care Plan, ACP, is not a legal document but gives useful information on such things as resuscitation. You consult with your doctor who signs it with you. Then it is loaded onto the national website and can be used in emergency situations. For a form, go to ACP@hqsc.govt.nz

DECEMBER ***Margaret Copland*** Heritage Story Teller **The Story of Sarah Stokes**



This is Margaret's great great grandmother, Sarah Stokes, who came out on the Randolph in 1850. Margaret acted the part of Sarah as she told the story of little work in England, crop failures and poor education - none for girls. There was the chance of a better life in America, Australia or New Zealand. When she left England, Sarah had a husband William, 5 sons, 3 daughters and another on the way.

The regulations for those leaving were strict. 6 pairs of worsted stockings for each person, i.e., 120 stockings, 6 shirts for each man and 6 shifts for each woman as well as 2 sets of outdoor clothes. A huge amount of hand sewing. They borrowed £30 to pay 1/3 of the fare and the Canterbury Association paid the rest. She packed 6 boxes of tools, household goods and clothes. She sold the furniture and bought cups and saucers ready for genteel living in New Zealand.

The voyage out was horrendous, a top bunk with a mattress 36" x 6' for the parents, and the children 3 to a bunk underneath. 27 families crammed into a small space. They were fed on salt meat and dried peas for the 99 days of the voyage, oatmeal for breakfast and ships biscuits with weevils. A ration of 1/2lb potatoes per person per week, but lots of mustard! Men and women were summoned to wash themselves on deck each morning and bring up the bedding to air. In a 3-day gale they were imprisoned down below with no light or sanitation and all were seasick. When it calmed down, they were given vinegar to clean up. 5 children died on the voyage and 9 were born.

On 16th Dec 1850 they arrived at Lyttelton where the Charlotte Jane was docked and the George Seymour arrived the next day. The Maoris sold them fresh food; potatoes and gooseberries. The men got work at 6d an hour for 8

hour shifts on the docks and double for overtime. They unloaded all the animals. Locals charged 30/- per ton to carry stuff over the hill to Christchurch, but they couldn't afford that so walked over the Bridle Path. A wonderful view of flat land and dark green of swamps and flax. Her husband found a campsite by the river, a 5 hour walk from Lyttelton. He worked cutting and selling timber for building from Riccarton Bush and with £26 bought land on the corner of Chester and Durham St. Later he leased 50 acres in Papanui and planted fruit trees, raised animals and he built a 6-roomed house there for them. Sarah died in 1854 giving birth to twins leaving 12 children, and her husband remarried. She is buried in Papanui next to one of her sons. With the gold rush trade improved and William died in 1865, a wealthy man.

Margaret then changed into a black bonnet and cape and became her Prussian great great grandmother Rosalia Gierszewski. Prussia was overrun by Germany and under Bismarck laws of speaking only German were introduced. All 20-year olds had to do 5 years in the Prussian army. The couple and their son travelled 400 miles to Hamburg where a New Zealand agent lent them money and persuaded them to board a ship to NZ. On arrival there was an interpreter, they got fresh food and were taken on a 20-minute train ride to Addington. After 2 weeks they were given land at Pigeon Bay and dynamite to get out tree stumps and prepare the land for farming at 6/- a day. They planted potatoes, shot rabbits and a pig, ate fish and for 2 months harvested free hillside cocksfoot to sell.

Eventually in Christchurch they bought land to drain the swamps, but couldn't plough it because of kahikatea swamp timber that was only useful as firewood. Eventually they planted carrots and vegetables, used horse manure to enrich the soil and became the onion kings of Marshland. Some of their descendants are still working there, growing onions Margaret has written a book called "Portraits of the Pioneers" which is available for \$20 by emailing

margaretcopland@netaccess.co.nz

INTEREST GROUP UPDATES

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

• ART APPRECIATION

NOVEMBER

When we met at the Christchurch Art Gallery's cafe, numbers were down as our usual meeting day fell on Canterbury Anniversary Day. We planned to have a general look round the gallery, however we became totally absorbed in just two displays.

Firstly, Max Gimblett a New Zealand born New York based artist, known for his use of colour and ink, mostly on paper, was represented by drawings, paintings and prints covering his career from the 1960s to 2010.

Secondly, "Graham Bennett: Seeking a Balance" saw a selection of sculptures and drawings from a career spanning more than 5 decades demonstrating a variety of scales, media and materials. Most intriguing, was how in some of his works, Bennett looked back to "The Garden of Earthly Delights" with its dire warnings of human excesses, painted 1490-1510 by Hieronymous Bosch, as a starting point for his own warnings of environmental collapse unless a balance is maintained. Beautifully executed sculptures combining natural materials such as stone and wood with stainless steel and bronze are worthy of a second visit. It is on until 21st February 2021.

DECEMBER

Avoiding central city shoppers, we met at Linwood's Under the Red Verandah, a popular welcoming cafe. Following a chatty morning tea, it was a short walk to Eastside Gallery, Linwood Community Arts Centre to see "Animal Therapy", where a group of artists paid homage to the animal kingdom. We marvelled at how everyday materials were used to execute such original ideas and enjoyed the work by pupils of St. Martin's Primary School.

We closed our broken year thanking the galleries who despite having to work round rescheduling, have always welcomed us with enriching displays and interesting interpretation when it has been required.

Our group looks forward to 2021 and welcomes any newcomers.

• CYCLING

The cycling group has a meeting planned for immediately post the AGM on 15th February to plan how to work the group for 2021. The group currently has had rides monthly on the 2nd Wednesday morning.

In October the group did the Northern line from Mona Vale to Northlands, a coffee stop at the Papanui Mitre 10 and then back on the Papanui Parallel to the city.

November saw a small group doing the Te Aro Otakaro trail from the Margaret Mahy playground to New Brighton, and in December 2 members tried out the Quarryman's trail to Halswell community centre. Hopefully 2021 will bring opportunities to try a range of trails and cycle rides to suit the groups varied members.

• BOOK GROUP

The book group has continued to thrive this past year with some interesting books to read and some lively discussions about them. We ended the year with 12 members which is our maximum and we look forward to continuing our group's sessions following the regular monthly u3a meetings.

• WRITING GROUP – OUR STORIES

(this group was formerly known as Writing for Grandchildren)

Where: We are a small group who meet at a number of homes.

When: On the 4th Monday of each month at 2pm starting on 25th January.

What: We write and read 500-word stories of our lives, the past, the present, and the future. We write for ourselves, our families, or to publish.

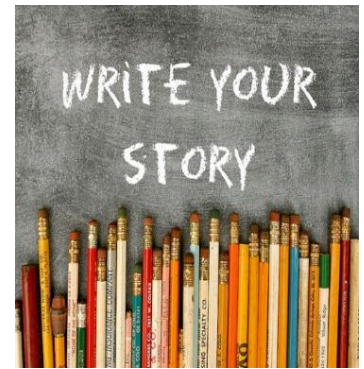
Who: We are led and encouraged by Kim Triegaardt who gives us topics to write about each month. These are read the following meeting.

The topics for this month were: A musical instrument; A special Christmas; A memorable New Year and Someone from our family tree.

We are not restricted to these topics and can write of other happenings as well.

We have vacancies and new members are welcome.

As our next meeting falls on 22nd February - the 10th anniversary of the Christchurch earthquake, we have postponed it for a week. It will be on 1st March instead.



• GARDEN GROUP

We held a Tea & Cuttings in December when Jenny J hosted us at her home in Mt Pleasant. What a lovely garden she has and some unusual plants. There were plenty of cuttings and plants brought to the meeting and most of us went home with some.

In January we had another T&C - this time Philippa hosted us at her lovely home in Redcliffs. Surprisingly, in spite of it being the holiday month, there were 18 of our group of 27 in attendance. It was a good start to the New Year and great to see everyone after Christmas. Again, we all left with lovely plants and cuttings. For our January outing we visited The Rusty Acre in Mandeville, 16 of us spent time wandering round the large gardens with over 120 metal sculptures on display.

Allan is extremely artistic and down paths were displayed his, sometimes, rusty sculptures and at other times silvery metal ones, some hanging from trees and others revealed as you came round another bend in the path. There is also a lovely small shop selling some quite exquisite goodies which tempted a few of us! Afterwards we went to The Platform nearby for lunch or a snack and it was a great end to a lovely morning.

The Rusty Acre is open to the public on Fridays, Saturdays and Sundays or by appointment and costs just \$10pp. You can take a picnic and spend time at your leisure and it's well worth a visit.

Our next Tea and Cuttings is on Monday 8 February at Lynne H's home in Redcliffs.



• **YEARS THAT CHANGED HISTORY 1215 (DVD DINNER GROUP)**

Our group decided not to take a break over the summer holidays, so we have just kept going with our lectures and dinners. We continue to meet every two weeks and enjoy the special time of sharing each other's company as well as learning more about the major events that happened in 1215.

This lecturer is very competent and she makes listening and watching a worthwhile time with the way she puts the lectures together. We are finding that the overview she gave us first, of what was happening in different parts of the world at this time, was helpful in putting the scene together for us.

We have moved from King John and the time of the Magna Carta and are now learning more about the Crusades. We're now finding out about the fourth Crusade and the sacking of Constantinople that began in 1198 and will next look at the disastrous Children's Crusades of 1212 when tens of thousands of children started a crusade and kings and popes told them to go home – but they persisted. We are always learning.



Children's Crusade at Sea

• **CANTERBURY HISTORY GROUP**

November 2020

Some Historic Sites in Lincoln

Setting off on foot from The Famous Grouse Pub in the centre of Lincoln, we divided into small groups and began our morning of triple visits with members of the Lincoln Historic Society. The town was founded in 1862 by the flamboyant *James Edward Fitzgerald* who named the four belts North, South, East and West. Next, he used his sons' names - Robert, Maurice and William - for the cross streets, then took his own names for the main streets – James, Edward and Gerald. However, his daughters weren't worth a mention!

We visited the Liffey Cottage, the Pioneer Hall and the Down by the Liffey Art Gallery, learning about the past of the town and its people. It's good to see that a number of people in this place work to protect the historical features and memories of this lovely rural town, so close to Christchurch.

Then it was time for a walk alongside the gentle Liffey Springs Stream before heading off to coffee at a nearby cafe. We did note that a number missed this walk and headed straight down to the cafe though!



OUR NEXT PLANNED VISITS ARE:

- | | |
|--------------------------|---|
| Monday 8 February | St Marys Anglican Church, Heathcote Valley and the Maltworks |
| Monday 8 March | Englefield |
| Monday 12 April | Kate Sheppard House |
| Monday 10 May | Selwyn Huts |

You are most welcome to attend.

• THE HISTORY OF WORLD LITERATURE (DVD/DINNER GROUP)

With an enthusiastic lecturer who demonstrates a broad knowledge of his topic, our group is the first to listen to this series of talks. So far we have heard the first 8 lectures in this series of 48 lectures, so we expect to be going for the rest of this year on this topic.

From the Epic of Gilgamesh, through to Greek tragedy and Virgil's Aeneid (about 19 BC) we have so far roamed across some early pieces of writing that have had considerable impact on world literature. Gilgamesh, written about 2100 BC is one of the world's oldest literary works. It's an ancient heroic poem that tells of a legendary King who experiences many great adventures. Gilgamesh is known to be the first great literary hero but finally he comes to learn the death is inevitable.

We have much to look forward to with Beowulf, T'ang poetry, Chaucer's Canterbury Tales and 1001 Nights in the next couple of months.

• GEOLOGY/BOTANY

NOVEMBER

Visit to Orton Bradley Park

With rain and a strong Southerly forecast the brave (or foolhardy) set out for the end of year outing to Orton Bradley Park. We were very lucky yet again, with only the odd spit of rain on the journey and completely clear on arrival.

We all wandered along the rhododendron walk, amazed at how many were still in bloom; all colours and sizes.

Under them were the most prolific and healthy clumps of hostas with no sign of being eaten by slugs or snails. Big redwoods, pines and gum trees grew all along the path. Some had amazing bark.

By now 15 people were enjoying the place, looking at plants or wandering round the old buildings. There were beautiful roses and a Poor Knights Lily

Geoff and Lyndsay had found a sheltered spot behind the old schoolroom and we all met up there for lunch under the trees. Heather produced the traditional Christmas cake for all of us and a merry time was shared by all.

A fitting conclusion to our year's events.



Poor Knights Lily



Whau, the lightest wood in the world

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: **No Vacancies** Meets monthly on 3rd Monday in the atrium of 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 on 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 for "Tea and Cuttings" and 4th Monday of the month 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
Contact: Leith McMurray Email: leith.mcmurray@xtra.co.nz Phone: 337 2008

YEARS THAT CHANGED HISTORY: 1215 (DVD/Dinner Series) **No vacancies** Meets in homes of members
Contact: Hugh and Uschi Cable Email: hughcable@yahoo.com Phone: 326 4295

THE WORLD'S GREATEST PAINTINGS (DVD series) **Vacancies.** Meets in homes of members. 2pm every 2nd Thursday. Contact: Lyn Russell Email: nylrus1951@gmail.com Phone: 9807202 or 0212388788