



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

Newsletter June/July 2022

Monthly Meetings: Mark the Dates in Your Diary

3rd Monday of the month at Mt Pleasant Community Centre, 3 McCormacks Bay Road, Christchurch.

10-10.20am: Social time in the foyer. Meeting starts in the main hall at 10.30am.

Next Meeting: Monday 20 June. Our guest speaker will be Garry Moore, a former Mayor of Christchurch, who will talk about the proposed Three Waters Reform.

Monday 18 July Meeting: The guest speaker will be Professor Douglas Sellman, University of Otago, Christchurch. His lecture is entitled 'The Most Important Thing known about Addiction: My Experience with the Alcohol Industry.'

NB: Masks are still required until further notice when you enter the Community Centre. Once you are seated, you may remove your mask.

PRESIDENT'S MESSAGE

Since our April newsletter, Covid restrictions have eased a little. There is now no requirement for social distancing in the main hall and we can serve a pre-meeting cup of tea or coffee. However the requirement for all members attending our monthly lectures to be fully vaccinated still remains. The end of May is the date by which all subs for the current year must be paid.

I thank all members for paying their subscriptions. As at the end of May there were 248 paid up members. 12 members resigned during the month and 5 people remain on the waiting list.

Inevitably advancing years and declining health results each year in a number of retirements- including sadly this year Neil O'Brien our remaining foundation member.

I wish to acknowledge and thank our Treasurer Barbara Hampton for her sterling work in dealing with membership matters in addition to her other tasks. As Barbara is retiring from her role at the end of this year, I repeat the plea made orally at recent monthly meetings and in the last newsletter, for one of our members to join the U3A committee and work with Barbara to assist her and learn the system she has put in place to manage our financial affairs. If you are willing to help with the

Treasurer's role or know of a member whom you think would be suitable please contact me by phone or email. I'm very keen to have someone in place who can seek election as Treasurer at next year's AGM.

Our hard-working newsletter editor, Vivienne Allan, with assistance from Jorgen Schousboe is in the process of replacing and upgrading our website. I thank them both for their excellent work engaging a suitable contractor and overseeing this work. When completed, the website will be more informative and user-friendly. We will send you a link when the work is finished.

Finally, a word about our speakers. Our May speaker was David Round who talked about 'He Puapua' – the proposed roadmap for Maori self-governance and our June speaker Garry Moore, a former Christchurch Mayor will talk about 'Three Waters'. These are both subjects of great topical interest but have the potential to be political. Given the subject matter of these talks, I take the opportunity to restate U3A's philosophy: namely to provide opportunities for members to continue to learn. U3A simply wishes members to learn all relevant facts about 'He Puapua' and 'Three Waters' but of course has no political position on these two topics.

John Delugar
President

OUR GUEST FOR THIS NEWSLETTER

Introducing Hugh Cable ... swimming is his way of life



Hugh is a swimmer par excellence – whether it is starting his day with a 15 minute dip at Sumner or swimming around the coast from Taylor's Mistake to Sumner, Hugh takes it all in his 'stride', or should I say 'length'. Nowadays he wears a cap to protect his ears and gloves to protect his hands, otherwise, he says, he wears swimshorts. A recent acquisition is a wet suit which he wore when trawling the coast for two hours with a boat and a paddle boarder for company. The water over the 2.6km distance was relatively calm, he says, about 14C and the currents were in his favour. Apart from a short hot chocolate break, he completed the distance in two hours.

Hugh started swimming as a youngster in his home town Pretoria preferring butterfly stroke and freestyle, perfecting his sport to become the captain of his school house team and continuing to swim while at university. He learned to body surf in South Africa where the waves were as big as those on the West Coast of New Zealand. While running was also a favourite pastime, Hugh has concentrated on his swimming, meeting up with the rest of the Scarborough Dippers at 7am every morning for 15 minutes of brisk exercise in the water. It is, he says, the best way to start the day. Hugh and Uschi came to Sumner eight years ago – their decision based on one of their children choosing to come to New Zealand while another chose Australia and the third opted for Scotland. Sumner, say Hugh and Uschi is the perfect place in which to retire, with the water within walking distance and there are several people living in the village who come from other parts of the world. Their fellow morning swimmers are a bit younger, mainly in their 50s and 60s; several are long distance swimmers and runners. Hugh understands their enthusiasm and says he swam in the

annual Masters tournament in Pretoria for more than a decade from aged 50 while his father aged 80 did the same. His father eventually stopped aged 92.

Does he have any tips for aspiring dippers? One of the benefits of an early morning swim, he says, is the exercise regime that follows because it not only warms the body, it improves muscle strength. He is a real inspiration.

(Hugh is our second guest to be interviewed for our newsletter in this new series. We invite members to suggest guests for forthcoming newsletters. The only criteria is that the person is a member of Pegasus U3A – Ed)

INTEREST GROUP UPDATES

Armchair Travel

The armchair travel group has taken a break while Omicron has been at its zenith. Robin Fear reports the group will reconvene in July and resume its usual monthly discussions about places seen and enjoyed.

Art Appreciation



Our May meeting began with morning tea at Fiddlesticks Café after which we gathered at the Christchurch Art Gallery to concentrate on two ground floor exhibitions. Francis Uprichard's 'Paper, Creature, Stone' which is on until 24 July is displayed in two linked rooms. London-based Uprichard returned to Christchurch as artist-in-residence at Sutton House. Her work 'combines the familiar with the strange' and includes ceramics, figurative sculptures and water colours in a wide variety of materials. Especially fascinating was the use of

balata, a Brazilian rubber imported for her, which, when worked and dried, resembles wood.

Collaboration with other artists is evident as in the pots thrown by Nicholas Brandon then decorated by UPrichard.

'Atlas of Anti-Taxonomis' Alicia Frankovich's installation, utilises media such a drawing, sculpture and photography to present a collection of items grouped by difference rather than sameness.

Frankovich is 'de-categorising the world to reveal the wild disorder of nature.'

To complete our morning, we visited Pumanawa Gallery, a community space upstairs in the Christchurch Arts Centre off Worcester Boulevard. A pop-up exhibition by Maryrose Crook provided a rare opportunity to see a display of contemporary surreal art. Crook is a New Zealander who now lives in Joshua Tree in the Southern California desert.



Dream-like scenes with unexpected juxtapositions both features of surrealism are evident.

These perfectly executed paintings (see right) require study to appreciate the unusual colour combinations and intriguing detail.

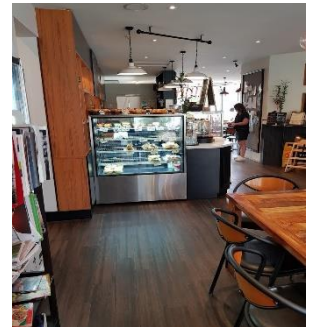
A full morning made up for not having a meeting in April. (contributed by Helen Harkness)

Book Discussion Group

Our book for May was Witi Ihimaera's *'Ask the Posts of the House'*, written in 2007. One of New Zealand's foremost writers, Ihimaera was a Burns Fellow in 1975, and in 1993 was the recipient of the Katherine Mansfield Menton Fellowship. He is perhaps best known for his book *'The Whale Rider'* which was made into a film in 2003. *'Ask the Posts of the House'* was long-listed for the 2008 Frank O'Connor International Short Story Award and comprises five novella-length stories. They prompted much discussion within our book group although we reserved our judgement for the accompanying notes. (contributed by Vivienne Allan)

Café Group 1

The Spur in Redcliffs is a frequent favourite choice for our group as we met together. Our April visit again proved to be popular with our regular members. This Tuesday afternoon we were seated together at the rear of the cafe after placing our order and we were the only people in that space. We were drawn towards the sweet things to go with our coffees. The Spur is a place where we can gather locally, be comfortable together and chat at length. This time our discussions seemed to go on at length and we lingered on until late in the afternoon. Cleaning up had begun and we knew it was time to move. A pleasant afternoon, spent with an interesting group of people. (contributed by Judy Calder)



Café Group 2



Moving from the morning's lecture across the hallway to The Front Room Cafe is a short distance and that's what works well for our group. Our May lecturer was David Round, [previously a lecturer in law.] He joined our coffee and discussion group to chat about himself, his experiences and his thoughts about He Puapua. David Round is a controversial character with a controversial topic. Our time with him proved to be very interesting indeed. As a sixth generation Kiwi with a strong involvement in conservation issues, he takes seriously many legislative matters and now

writes and speaks substantially on Treaty issues and Treaty principles. We were able to spend time with him, asking questions, talking about possibilities in the future and expanding some of his statements made in the hall earlier in the morning. It was a fascinating, challenging session with a person of strong views that he clearly expanded. (contributed by Judy Calder)

Canterbury History Group

In May we went to visit the Christchurch Toy Museum.

This was a surprise discovery for our large group. How many people knew we had a toy museum in NZ and that it was based here in Christchurch? (*only a couple of people, it turned out*). It is hidden away on the corner of Manchester and Allen Streets, and it is the second building used by the owners for their magnificent toy display. They quickly outgrew their Waltham site and now find they still have much more in store that is still unable to be displayed due to space issues.

We listened to the story of this collection from the owner, then took an 'I remember when...' slow moving tour through the large display areas. Divided into a series of different focus rooms, the route is designed so that you don't miss anything out. Star Wars, Barbie Dolls, Sylvanian Families, Harry

Potter, Lego, Matchbox cars and a great many others, showed us such an incredible collection made by one family, that is now shared with visitors. (contributed by Judy Calder)



Cycling Group

This month the group rode to Kaiapoi along the motorway cycle trail. We meet on the second Wednesday of the month at about 10.30am. The group members undertake to organise the ride and send out information well in advance. Most of us have e-bikes and the rides are of various lengths. (contributed by Jan Dobson)

DVD Series

After a somewhat lengthy "Covid Holiday Break" our DVD groups are now operating once again. Groups set their own day, time and frequency of meeting, so that changes can be made during the course of each series if need be.

Three groups have started:

The Great Trials of World History (a lecture series); Leader is Lyn Russell. Ph 021 238 8788. Email: nylrus1951@gmail.com

Journey Through the British Isles (a documentary); Leader is Uschi Cable. Ph 326 4295 Email: hughcable@yahoo.com

The Great Tours – France Through the Ages (a lecture series) which has had high praise from previous viewers. It crisscrosses France and different time periods visiting areas such as Normandy, The Loire, The Camargue, Paris, Corsica and Brittany looking at events that occurred in these places. The series starts on 28th June and will meet every 2nd and 4th Tuesday of the month at 10am. If you are interested in joining the group contact Lyn on nylrus1951@gmail.com.

The World's Greatest Paintings (a lecture series) is starting shortly.

When a viable number of people, 6-7, record their names on the lists in the atrium, they will be contacted to establish a new group.

Lists of all the lecture series and documentary programmes are always available on the display tables at our monthly meeting. Otherwise contact Judy Calder ph 384 1269 for more information.

(contributed by Judy Calder)

Garden Group

The group met at the Mt Pleasant Community Centre for its May meeting to listen to local horticulturalist and chrysanthemum expert Michael Coulter give a wide-ranging talk on gardens, changes and ideas. Michael is a specialist when it comes to chrysanthemums and begonias, however, he broadened the discussion to include hints on what to do with biennials and when to trim shrubs and plants for the winter. He talked about trends and fashions e.g. nowadays gardens

are all about easy-care compared with a generation or two ago. Michael talked for an hour and was happy to answer questions. (contributed by Lynne Haslett)



Chrysanthemums, according to the Chrysanthemum flower guide are ideal plants for gardeners of all abilities because they are easy to grow. The challenge can be which varieties to choose because they are so many. The flower types can be single, double, anemone, centred, two-toned or spoon-shaped.

Geology/Botany Group

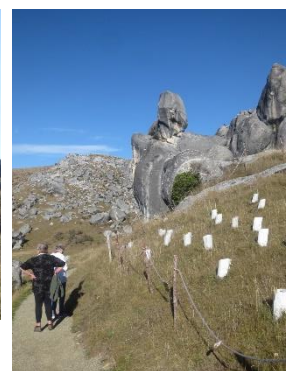
On 2nd May we enjoyed an excellent talk by Colin Heinz on South Island Rivers.

Colin has spent 6 decades exploring the rivers that are sourced from the Main Divide. There are 9 rivers on the East side flowing into the Pacific and 15 on the West side flowing into the Tasman Sea. Their sources are usually on the highest peaks as they intercept the clouds and cause rain. Colin talked about the geology of the South island. The Alpine Fault splits into 4 faults which are all moving differently. The Hope Valley is the most active. Rivers often flow along these fault lines. He talked about the early world of Zealandia, which drifted away from Australia, stretched and mostly sank. Now there is no limestone in the parts that stayed above ground. There are limestone plateaux in Nelson and Otago where erosion has exposed them. Compression caused the Alpine fault and pushed up the mountain ranges. Some of the valleys filled with swamp and vegetation which rotted and sank, eventually forming coal. When compression occurred, this was forced up again. Our coal fields are younger than those in the Northern hemisphere and the Stockton mine has excellent quality coal which is exported for use in steel smelting.



Colin's book '*Upriver*' was published in 2020 and will appeal to everyone who loves New Zealand's South Island. It is a blend of trip descriptions laced with background notes about the meaning and significance of places that were encountered; it tells the story of the author's journeys to the principal sources of each of the 24 rivers that flow down to the sea from the Main Divide of the Southern Alps.

On 18th May we went to Castle Hill. Colin joined our bus trip and gave us an excellent commentary as we went along, including the history and boundaries of the first stations, the geology of the terrain and the Maori names and translations for several places.



At Castle Hill, we wandered up to the limestone rock formations, looked at the new native plantings and enjoyed watching two Rangī Ruru pupils abseiling down the biggest rock. After lunch outside in the sun, we drove on to Cass railway station (where Rita Angus painted her famous picture) and then to the Bealey Hotel.



It was shut but we wandered round the grounds and looked at the moas. It was a great day out. (contributed by Pat Whitman)

Scrabble Group

We continue to meet fortnightly at members' homes starting at 1.30pm on alternate Tuesdays. It is great fun and we welcome new members. (contributed by Alison Harrington)

CLUB DIRECTORY

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INTEREST GROUP DETAILS

Below is the list of U3A Pegasus Interest Groups, their convenors and contact details. If you would like to join any of the groups, please contact the convenor.

ARMCHAIR TRAVEL	Meets monthly in members' homes on 1 st Tuesday of the month at 3pm in members' homes. Contact Robin Fear Ph 9664278 or Mob 027 430 9937. Email randhfear@gmail.com
ART APPRECIATION	Meets monthly, 2 nd Friday of the month. Contact Helen Harkness Ph 384 2890 Email donandhelen@xtra.co.nz
BOOK DISCUSSION	Meets monthly after the U3A lecture, 3 rd Monday of the month in the Café Mt Pleasant Community Centre. Contact Vivienne Allan Mob 021 067 9420 Email ayndavar@outlook.com
CAFÉ GROUP 1	Meets monthly, 2.30pm on Tuesday of the week following 3 rd Monday of the month. Contacts Frances Cole Ph 326 8522 or Erin Higgins Ph 384 4385
CAFÉ GROUP 2	Meets monthly, after the U3A lecture, 3 rd Monday of the month in the room off the Café Mt Pleasant Community Centre to meet the guest speaker over a cup of coffee. Contact Norma Hampton Ph 332 8990 Email colin-norma36@xtra.co.nz
CANTERBURY HISTORY	Meets monthly, 2 nd Monday of the month. Contact Judy Calder Ph 384 1269 Email judycalder@hotmail.com
CYCLING GROUP	Meets monthly, 2 nd Tuesday. Contact Jan Dobson Email donandjanclear@gmail.com Ph 381 8925
DVD: SERIES	Several groups have started again this month. Check the section Interest Group Updates for more information or contact Judy Calder Ph 384 1269 Email judycalder@hotmail.com
GARDEN GROUP	Meets 4 th Monday of the month. A mixture of speakers, garden visits and 'tea & cuttings'. Contact Lynne Haslett Ph 027 229 2294 Email lynnehaslett@gmail.com
GEOLOGY/BOTANY	Meets twice a month on 1 st Monday at Redcliffs Bowling Centre and 3 rd Wednesday for an outing. Contact Pat Whitman Ph 384 3475 Email patwandpate@gmail.com
SCRABBLE	Meets fortnightly Tuesdays 1.30pm. Contact Alison Harrington Ph 022 307 4039 Email Alison.harrington@xtra.co.nz
WRITING GROUP – OUR LIFE STORIES	This group is currently in recess but will resume when there is sufficient interest.