



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

Newsletter August 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 15 August. Our guest speaker will be Nicholas Myers from the ANZ Bank whose talk will be on 'Scams and Frauds'.

After the meeting there will be a lunch for new members.

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

It is pleasing to be able to report that our U3A activities are no longer affected by Covid restrictions, either imposed by the government, or Community Centre rules.

The lifting of all restrictions has enabled the Committee to hold a luncheon for new members, following our August monthly meeting. Since our last new members' luncheon in March 2021, approximately 70 new members have joined.

Our membership remains at 250, the level at which it is capped. So, although we have welcomed a good number of new members an equal number have retired.

Amongst the retiring members are old stalwarts such as Glen Metcalf, Bidy Pollard and Neil O'Brien. Neil was a foundation member.

Both Glen and Bidy were very dedicated members for a long period. Glen has recently made Pegasus U3A a gift of \$1000. This is the second such gift Glen has made U3A. I thank Glen very sincerely for her generosity. The Committee has decided to treat Glen, Bidy and Neil as honorary members, entitled to receive all newsletters and bulletins.

The Committee, also, has recently decided to promote a change in the Rules to provide for the creation of life members. I will be asking the Committee at our next meeting to consider updating the Rules to provide for Committee members to attend meetings by audio visual means.

Any changes will of course be subject to approval at the AGM by a 75% majority vote.

Finally, I wish to thank the many volunteers who give so freely of their time and talents to provide ongoing educational opportunities to our membership.

John Delugar
President

July's Guest Speaker: Prof Doug Sellman



At our U3A July meeting, Professor Doug Sellman from the Otago School of Medicine (Christchurch) was our guest speaker, talking about alcohol addiction, (pictured left enjoying a cup of coffee with Norma Hampton).

He spoke comprehensively about the extent of the addiction in New Zealand which, he said, costs taxpayers about \$7.8billion every year. 25% of people who consume alcohol are heavy drinkers and a third of all arrests involve drunkenness.

There are more than 70,000 assaults annually attributable to drunken behavior. Over 200 medical problems are caused by alcohol and there are about 3,000 babies born every year with foetal alcohol syndrome. Prof Sellman suggested there are five things we should be doing.

- Reduce alcohol marketing/advertising
- Increase the price
- Make access to alcohol more difficult by reducing hours
- Put up the age limit for buying alcohol
- Increase penalties for drunk driving.

Public surveys have shown that over 75% of the population would agree to these things happening but successive governments have failed to do anything. The industry pretends to help solve the problems and advises education, which, says Prof Sellman, has proven to be ineffective.

As one of five spokespeople for Alcohol Addiction New Zealand, Prof Sellman is dedicated to change and has been frustrated with the lack of political will to take on the industry.

The only hope, he says, is for public awareness to change as it has with cigarette smoking. If it can be seen to be 'cool' when not drinking alcohol, then the number of young people drinking might reduce.

(Notes contributed by Pat Whitman. Photograph courtesy of Derek McCoullough)

OUR GUEST FOR THIS NEWSLETTER

Introducing Katherine Peat...

(Katherine is our third 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)



Katherine and husband John live on Mt Pleasant with a wonderful view of Pegasus Bay and its environs. A former chair of our U3A, she took up the mantle during the worst of the earthquakes, a time, she says, that was incredibly difficult for many members especially those who had no relatives nearby. It was important to find speakers for the monthly meetings who could provide some light relief and

humour, at the same time, appreciating that for some, their lives had been turned upside down. It would take years for any visible improvement.

That level of understanding has been the hallmark of Katherine's life both in New Zealand and overseas, first as a secondary school teacher plus decades of involvement with WEA and adult education. Her global research and attendance at many international conferences has given her the opportunity to meet with people who have provided their own insights into the need for understanding of cultures through education and learning.

She is fully engaged with Network Waitangi Ōtautahi (NWŌ) – a Christchurch-based organisation which runs classes for people and organisations who want to learn about the Treaty. The principles by which NWŌ operates are set out in its 2022 annual report, the most important of which is that 'No English language version was signed at Waitangi on 6 February 1840'. The focus, as Katherine reiterates, isn't on racism and anti-racism but on 'supporting the struggle for decolonisation and a Tiriti-based future – a multi-cultural future where the indigenous status of Tangata Whenua is understood.'

It's a challenge. However, the list of organisations and groups that Katherine and her dedicated team talk with is almost endless covering NGOs, government departments and agencies, commercial enterprises and other community-based groups.

Katherine is positive about the future, and in a recent 'Stuff' interview said 'To live in a country where the Treaty is entrenched in the Education and Training Act, for me, is exciting but we do need so much more education in order to unlock the potential to be a nation led by honourable relationships with the indigenous people.'

The recipient of the QSM for community service in 1988, Katherine was also recognised with a Civic Award by Christchurch Mayor Lianne Dalziel in 2019.

INTEREST GROUP UPDATES

Armchair Travel



The Armchair Travel group met in July to hear of a trip that Robin and Heather made to Corsica in 2004. They travelled with a small group of fellow New Zealanders for 3 weeks tramping crossing Corsica 3 times on Mare a Mare trails in the north, centre and south. They spent their first night in Ajaccio where their suitcases were left in storage at the hotel and for the next 23 days everything and anything they needed they had to carry in their small backpacks. On the trails across Corsica they stayed in a variety of accommodation including an old convent and a disused hydro-power station, on the northernmost trail they were in snow and ice going over the mountains while in the south it was

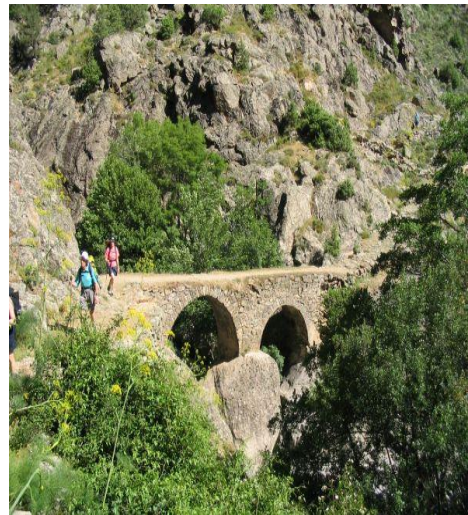
so hot - when they arrived at the Mediterranean Sea on the coast it was off with their backpacks and boots and straight into the ocean.

Many of the trails they walked were the historic Genoese trails with original bridges and a wonderful



variety of plant life. Robin's birthday was celebrated en route with a chocolate cake that Heather had made and carried.

(left) Crossing the Scala de Santa Regina which is surrounded by Corsica's highest peaks with the river Golo below.



The valley is said to

embody the 'Soul of Corsica'.



Left: Robin and Heather observing the preparation for a confirmation service in Corte which is one of the larger communities on the Island of Corsica after Ajaccio, Bastia and Porto-Vecchio.

The armchair travellers group will take a break in August until members are over the various winter ailments not to mention Covid, and reconvene in September.

(Contributed by Robin Fear)

Art Appreciation

Art galleries are not always easy to locate on the ground. Despite being not too far from Oddfellows Cafe at 5 Disraeli St., our morning tea meeting place, City Art Depot at 96 Disraeli St. our June destination, is one such gallery. Here on exhibition were works by Francis van Hout collectively titled "Disillusioned Thinker." These 2022 paintings look back to his 2014 "Every Tom, Dick and Harry" series with reworking of his earlier ideas.

Created digitally, his oil paintings demonstrate the importance of balance to the artist for example, in shape and colour. Helpful background was provided by our guide, plus useful printed handouts. There was time to checkout upstairs where there were works by different artists in many different styles, also for sale. We always enjoy discussing these amongst ourselves.



Windsor Gallery at 386 St. Asaph St. is less than five minutes' walk from The Purple Weka Cafe at 48 Fitzgerald Avenue making it perfect for a fine day visit. This was not to be on July's second Friday of the month when a handful of brave souls faced a miserable wet morning. However, once dry and warm in the cafe, we enjoyed a good old chat before the short walk to the gallery.

Always popular with the Group, Windsor Gallery



specialists in framing, always display a mix of paintings, photographs and sculptures.

We particularly wanted to see work by their featured artist Miles Dover (left). Christchurch based, he works in mixed media and his colourful paintings combine darkness and humour. As we browsed, co-owner Philip Wynands took time to discuss Cornelius (Kees) Bruin's "Revised Doubting Thomas after Caravaggio" an oil on canvas 1020x765mm painting where the artist "synthesises traditional realism with contemporary and photo-realistic techniques."



We were astonished at the skilful and realistic detail in fabrics depicted as in the leather jacket worn by one of the figures who Philip explained was actually a self portrait of the artist.

As Covid continues, some members are choosing to skip the usual cafe morning tea, instead joining us at the gallery. This is working well.

(Contributed by Helen Harkness)

Book Discussion Group

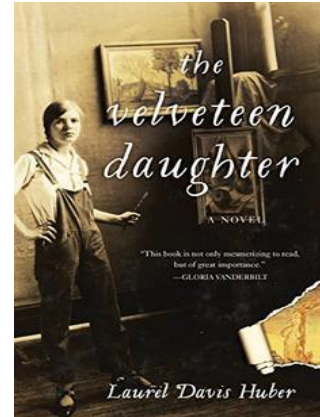
Our book for July was *'Confessions with Blue Horses'*- an outstanding novel based in East Germany in the aftermath of WW2 and in advance of Germany's reunification. Shortlisted for the UK Costa Novel Awards in 2019, it is a compelling story of life under Stasi rule. Despite being a novel it was factual in its content and difficult to put down.



It provoked much discussion amongst our group about life at that time and the constraints people lived under. Author Sophie Hardach was born in 1979 and grew up in Germany. She wrote this book as part of her PhD in Creative Writing at Goldsmith College London. Hardach has written several other books including *'Of Love and other Wars.'*

Our August book is also a winner. A novel based on the actual lives of mother and daughter Margery and Pamela Bianco: *'The Velveteen Daughter.'* Many U3Aers may have read *'The Velveteen Rabbit'* when they were children. The author of this book,

Laurel Davis Huber says in her end notes that she marveled no one had written biographies about the two women before she began her research. Like many other books about men and women of a past century, Huber has embellished her research with some fiction which she readily acknowledges. However it doesn't detract from the reality of the two women in much the same way as Paula McLain did with *The Paris Wife* and *Love & Ruin* when she was writing about two of Ernest Hemingway's wives. (Contributed by Vivienne Allan)



Café Group 1

Cafe Metro



With heavy rain pouring down and the wind occasionally sending swooping gusts across the city, just a small group of our regulars donned our wet weather gear and ventured outdoors to meet together. At Cafe Metro in Humphries Drive, Ferrymead, we parked nearby, then dashed indoors through the glassed in room where customers' dogs are always welcome. But this day there was not a dog to be seen.

Fortunately for us, the cafe turned out to have well heated premises, hot coffee and tasty treats. With the recent change of hands, it is great to see that the service is still excellent and the quality of the food is still consistently good. The cabinet food continues to have a good selection of eats so some of us chose a late lunch, while others had a sweet treat nibble with their coffee. We all voted that it was worth another visit on a fine day when we could look out across the water towards The Spit in the distance. (Contributed by Judy Calder)

Café Group 2

Cossetted up closely in the Playroom beside the Front Room Cafe, our group had a chance to talk in depth to Professor Doug Sellman, who for more than twenty years, has helped to fight the battle against alcohol addiction in New Zealand. We quickly settled in with coffee, scones and muffins to learn some of the facts that have allowed our country to continue to abuse alcohol at such widespread levels. Why? How come? Who runs this show? Why are they allowed so much power and decision making? Who wins here?

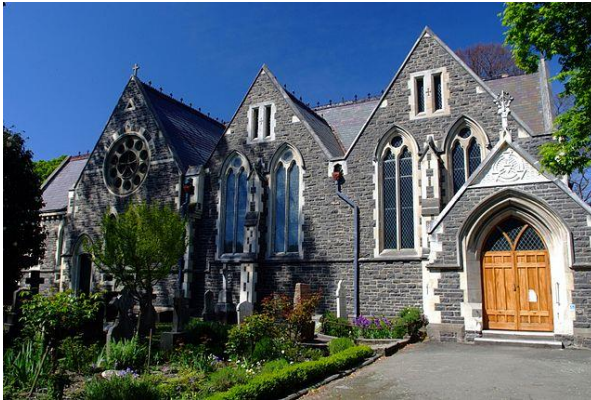
"In between the scenes is big money, thwarting the efforts and frightening governments into inaction on alcohol." With a goal of helping to reduce the damage he sees from alcohol addiction, Doug Sellman, calls it how it really is. With vested interests the big money spent on advertising and

enormous profits pushing out bank balances, the alcohol industry has captured many into a belief that alcohol adds to life. Instead, it is actually a depressant. He asks, “Is it not hypocritical of the alcohol industry to blame heavy drinkers for irresponsibility and then quietly reap the enormous profit that is strategically derived from those same individuals?”

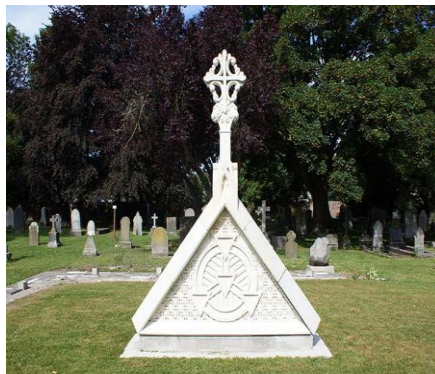
The five point plan his research group has suggested, makes worthwhile suggestions that could help New Zealand face up to this major widespread problem we have. We only need to look along the road from MPCC at the sports fields by the estuary where school children play each Thursday and Saturday morning, to spot goalposts newly covered with alcohol. (Contributed by Judy Calder)

Canterbury History Group

A Visit to Holy Trinity Church, Avonside – June 2022



From the old to the new - Damaged beyond repair in the 2011 earthquake, Holy Trinity has gone through quite a dramatic change in building styles. The original cob building, built in 1857, was the site of the first Anglican Church in Christchurch. Later additions by parishioner Benjamin Mountfort,



included a bell tower and a stone chancel and transepts. Mountfort's son later replaced the original cob building with stone and extended the church. But it wasn't until 1989 that the church received a Category 1 Historic Places Listing, The demolition of this much loved building caused considerable controversy, but by incorporating a number of treasured pieces from the old building into the design of the new, greater acceptance resulted. Vicar Jill Kerr explained the old to the new for us. “I thought that the structural factors married beautifully with the modern architecture,” mused one of our group members.

And The Cemetery ...

“The most English-looking God's acre in Canterbury” was an early description given to this peaceful area with its well-kept gardens. Michael Williams walked us round the a number of important sites, pointing out that many well-known early identities were buried in this place, including Julius von

Haast, the Mountforts, Joseph Brittan, William Rolleston and James Flesher. A fascinating morning exploring the past.

A Visit to the Tece Museum – July 2022

How few of us knew of the existence of this well-hidden little museum! Proceed under the clock tower and through to the back buildings of the Arts Centre, to find this wonderful gem. Expertly displayed in temperature, light and atmosphere controlled environments, great treasures of enormous ages are available to be seen. The Logie Collection is cared for by Canterbury Museum. Originally Greek and Roman artefacts were gifted to the university by Classic Reader Marion Steven in 1957. Added to under her leadership, the collection grew to include artefacts from Egypt and Cyprus.



The Medusa funerary vase, dates from the second century BCE. Snake haired Medusa, in Greek mythology known as one of the three sister monsters of the Gorgons, guards the ashes of the dead and so faces the viewer defiantly. On either side of her stand two tritons, and three mourning women look down from above.

Silence fills the room and we tiptoe around, trying hard to remember long forgotten details of Greek and Roman mythology to bring many of these ancient artefacts closer to our understanding. From places far distant from Christchurch and times of the far away past, these treasures have been gathered, cared for and so well displayed.

On 8 August we will be visiting St Peters Anglican Church in Upper Riccarton.

(Contributed by Judy Calder)

Garden Group

Winter is not an ideal time to visit public gardens, so the group enjoyed a meeting at Tania Parson's hillside home for afternoon tea, a short talk by one of the members and a wander through Tania's garden where, despite the rains, there were interesting plants and shrubs to view.

Our July meeting was to be a rose-pruning demonstration but unfortunately due to the wet weather, this had to be cancelled. However, refreshments and gardening chatter ensured a warm and convivial afternoon.



A Visit to the Botanic Gardens is scheduled for September.

(Contributed by Lyn Russell)

Cycling Group



Taking a coffee break in Rangiora (left) during the group's ride from Kaiapoi to Woodend via the Pegasus Trail which includes Woodend to Rangiora via Jill Creamer Trail and Rangiora Woodend Path - Rangiora to Kaiapoi via Passchendaele Memorial Path. The total distance is 28.8 kilometres plus a few connections between trails. Total ride time 2 hours 20 minutes plus coffee/refreshment break in Rangiora. Grade: easy riding.

The group met to plan the rides for the next several months, and now have good number

of trips to do, weather permitting. (Contributed by Jan Dobson)

DVD Series

Our DVD groups are now in full swing.

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

The History of World Literature (no vacancies). Leader is Uschi Cable. Ph 326 4295 Email: hughcable@yahoo.com

The Great Tours – France Through the Ages (a lecture series The series started on 28th June and will meet every 2nd and 4th Tuesday of the month at 10am. Leader is Lyn Russell:

Email nylrus1951@gmail.com.

The World's Greatest Paintings (a lecture series) needs 2-3 more participants before it begins.

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.

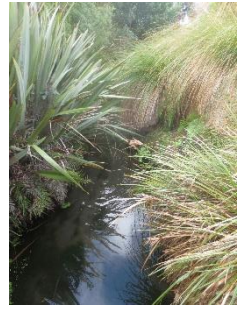
Geology/Botany Group

Four Reserves Walk



The tour started at Te Oranga Waikura at 521 Ferry Road, the old Linwood playing fields. After the earthquake the land sank and in 2014 there was extensive flooding. The Christchurch City Council bought the land and with Colin Meurk's planning, created two lakes and a swale with native trees and shrubs. There are good paths through the site and plenty of trees, shrubs and reeds to see.

The second reserve was Thistledown at the end of a Thistledown Place off Hargood St. This is an area of streams from freshwater springs with good paths and bridges throughout. It is a short walk from one dead end road to the neighbouring one, but with plenty of detours. It is maintained by the Estuary Trust and features many native trees and some rare shrubs. It is a real gem and well worth a visit.



The third reserve was King George V between Aynsley Terrace and Centaurus Road. It is a riverside walk where since 1990, volunteers have planted layers of trees representing lowland wetland to higher dry land species. We were entertained by two fantails, but their chicks did not survive because of rats.

Finally, we met at Birdsey Reserve off Bridle Path Road. The main planting was done 20 years ago and native trees grow densely up the hillside with paths among them. A lower area is being developed with fruit trees and two fenced dog walking areas.

(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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U3A Pegasus website address: www.u3apegasus.org.nz

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.

Details of the groups are highlighted on the table in the foyer of Mt Pleasant Community Centre.

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	If anyone is interested in resuming this class, please contact Vivienne Allan on 021 067 9420 or email ayndavar@outlook.com The idea is to learn and practice how to write about our personal lives and experiences so that our children and grandchildren know about our histories.