



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

Newsletter June 2023

Welcome to this June newsletter

Our next meeting will be on Monday 19 June 2023

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.

Our guest speaker is Judith Coullie. Her talk is entitled: 'The Ethics of Memory.'

Message from the President



On 19 May, I attended the AGM of the U3A Canterbury Network. I was there with Beth Bradley, and I was standing in for John Delugar who is overseas. You may be aware of the larger network of U3A organisations in New Zealand - if not you can have a look at their website www.U3A.nz. There is an impressive total of 90 U3A organisations in New Zealand, with 22 of them in the Canterbury region. Looking further you can find access to their many activities and newsletters.

The Canterbury network has a website <https://www.u3anetcant.nz/canterburyu3ap.html>. Now this is unfortunately where the fun stops, at least for a little while, because if you click on a specific U3A, like ours, you will be taken straight to a gambling site. This is because some entrepreneurial soul has bought the domain name, presumably hoping to sell it back to the Network. This should produce no more than a smile, while the Canterbury network is sorting the problem out. There is nothing sinister about this. But this doesn't affect our web address of u3apegasus.org.nz, because we have our own domain name. On a positive note, I have taken on the task of maintaining the register of speakers for the Canterbury network, a valuable resource for all the U3A organisations.

While I have been delighted with the response to my call for new committee members for U3A Pegasus, the Canterbury network does not enjoy that level of support from the many participants. The Chair, the Treasurer and the Secretary want to be relieved of their duties, and there will be a huge gap in institutional knowledge when they retire next May.

On Monday 19 June following our monthly meeting, I am looking forward to hosting a small luncheon for our new members, the committee and the many volunteers that make sure Pegasus U3A maintains its leading position in Canterbury.

Jorgen Schousboe

Our May Speaker

Our May speaker was Linda White who gave an entertaining talk on living and working in China. Linda was born and educated at Avonside Girls' High, then attended Christchurch Teachers' College and Canterbury University. She has a Masters degree from Greenwich University London and has lived and worked in New Zealand, Singapore, Malaysia, Spain, Turkey, the UK and China. Prior to retirement, she was a language support teacher working in the International Baccalaureate School system. Linda told us she worked from 2006 to 2012 at an International School in Nanjing which is 700kms from Shanghai. At aged 55 and with an 80-year-old husband, she was surprised to find they were both allowed to work with accommodation and insurance provided. It was a safe place, she said with hundreds of people everywhere. She noticed that city people were all very well educated and parents encourage their children to do well. Age is highly respected. Inevitably, there were some challenges. She described their first meal when they wanted to eat what others had, but the chef insisted on something special. Eventually a cauldron with a whole cockerel arrived at their table but it was too tough to eat. There were always huge queues at hospitals, she said. Water and air were polluted and spitting was wide-spread. It was said to get rid of bad Chi. There were many highlights including the cheerful people, the excellent public transport system which was frequent and well organised to cope with the 1.5 billion people. Flowers were cheap and people loved nature with dancing in the parks. The Chinese think there is no better place to live. They are community conscious, Linda said, and use the word 'we, the family want...' not 'I want...' She asked us to discuss whether we thought China was a threat to world people and about 80 per cent of us thought it was. She said she thought China had nothing to gain in starting a war although it has substantial military forces. Economically, it needs to trade and uses aid as a means of coercing countries for that. Xi Jinping sees himself as a world leader. Now that she is back in New Zealand, Linda finds it hard to adjust to the smaller population size and she feels quite defensive when she hears anyone criticising China. There never seems to be anything positive about the country in the New Zealand media. (Contributed by Pat Whitman.)

Latest News & Updates

- **Archival Project:** The committee is undertaking the task of collecting the Club's records to ensure our archives are complete. Could all those members who have held office, and any newsletter editors, please have a search to see if you have a cache of paperwork hidden in your cupboards. We are looking for records for the first 10 years of U3A Pegasus. If you do find any records, please contact Lyn Russell at nylrus1951@gmail.com
- **Guest speakers:** Mark your diaries for the next few months.
 - 19 June: Judith Coullie: 'The Ethics of Memory'
 - 17 July: David Simmons: 'Sustainable Tourism'
 - 21 August: Richard Mallet: 'Making Sense of Climate Change'
 - 18 September: Moyra Sweetman: 'Comprehension: how we hear, see and read things.'

WHEN THE ALPINE FAULT GOES

This talk was a presentation at Cowles Stadium on Tuesday 2nd May about the energy released by earthquakes, the frequency, the hazard areas, the risks and how to reduce them. It was one of several road shows throughout the South Island and was organized by Civil Defence Emergency Management Canterbury. Joint presenters were Dr Matthew Hughes and Prof Tom Wilson. We can't predict when quakes will happen but they are caused by the two tectonic plates moving together at about the rate our fingernails grow. This squeezes up the Southern Alps at an average rate of 25mm per year. This doesn't happen smoothly but in jumps whenever there is a quake. The Alpine Fault lies in a straight line along the West Coast for 350km, but in the 1940s, research found identical rocks in a curve further south towards the Catlins showing quakes had moved material there over millions of years.

The energy released in a quake depends on its magnitude. Magnitude 5 would move an area enclosed by the Christchurch Four Avenues about 3cm. The Darfield magnitude 6.1 would move them 3-4metres and a magnitude 8 would affect an area of 10,000km² with the equivalent energy of 1,000 Hiroshima atomic bombs.

The frequency of historic Alpine Fault quakes can be found from evidence of the movement of rocks near the fault which can be dated. A regular pattern has emerged going back 8,000 years that shows it ruptures about every 300 years. The last one was in 1717 so we are due for one soon, likely in the next 50 years. It will probably go the full length of the fault and be 500 times stronger than the Christchurch earthquake. There will be lots of shaking, liquefaction and landslides but the energy will disperse over the whole South Island. The worst shakes will be on the West Coast, less so as it goes East but it might even be felt in Sydney. If the epi-centre is at the southern end there will be shaking at the top of the South Island and the alluvial plain here could increase our shaking making it similar to what we felt in the Kaikoura quake. Just a gentle rock. The secondary effects are sometimes more drastic than the quake, with tsunamis, landslides and liquefaction.

Roads will be blocked for months, especially the Lewis, Arthurs and Haast Passes, so helicopters will be needed to get essentials to the Coast and hard to reach places. This side of the South Island will be less affected. Electricity will be affected but great efforts have gone into strengthening the National Grid and into making alternative arrangements. Even so, we could be without power, water and roads for up to three days. The restoration of roads will be a priority but could take 6 months or more. Many West Coaster will come across to Christchurch so planners need to make provision for this.

Earthquake prone buildings are the biggest danger, though we are better off here now. Most injuries happen straight after a shake when people may step out onto broken glass or into other dangers.

What we do now should help minimise problems. Keep a week's supply of food and water, fix heavy furniture to the walls. All the things we learnt after the Christchurch quake. We will have 10 hours warning.

(The project partners for AF8 Roadshows are: the six South Island Emergency Management Groups, Toka Tū Ake EQC, QuakeCoRE, NZ Centre for Earthquake, Resilience to Nature's Challenges and GNS Science.)

OUR GUEST FOR THIS NEWSLETTER

Introducing Gaynor Button.....

Gaynor Button is a live-wire – a garden enthusiast and keen member of our garden club. It's more about enjoying what other people do with their plot of land regardless of size, rather than anything



else, she says. Her own garden at Streamside Court is a spring/summer one with plenty of colour and an abundance of pots some of which have their own piece of history. She also grows the essentials for winter – silver beet, herbs and lettuces.

Originally from Dunedin, Gaynor moved to Wellington to earn enough money to travel. Instead, she met her husband-to-be Mike who had come to New Zealand from England. They spent seven years in England living in Letchworth Garden City in northern Hertfordshire. They bought a house thinking they would stay, but were tempted back to New Zealand when

their son and daughter were still pre-schoolers.

'We flew home with two small children, it wasn't easy,' she recalls. Relocating here became a roller coaster between Christchurch and Wellington, eventually settling first in Cashmere and then Leeston after the earthquakes. Everywhere there was a new garden to establish, she says. Her husband always tended to the vegetables while she concentrated on flower beds as time allowed.

'I joined Avonhead U3A, Port Hills U3A, then Ellesmere and always enjoyed them as well as the Somerfield Garden Club.' In 2020 after Mike died, Gaynor joined Pegasus U3A and has continued her enthusiasm for gardens. As a member of the Pegasus Garden Club committee, she is one of two convenors helping organise outings, finding new gardens to visit and more than that, meeting new people.

..... It's the hallmark of U3A – friendship, learning and having fun.....

INTEREST GROUP UPDATES

Armchair Travel

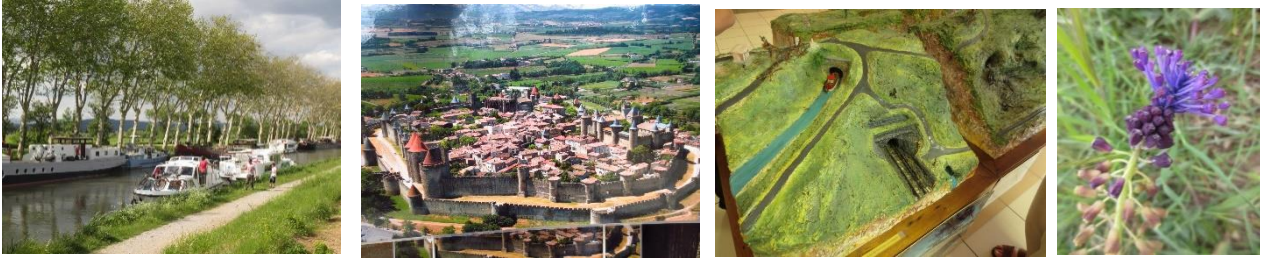


At our May meeting, Pat took us to two villages where an old school friend lives for 6 months each year. The first was Maldon in Essex, famous for its sea salt and sailing barges. It lies on the river Blackwater and is close to several yachting places.

The second village was St Marcel sur Aude



in the south of France near the Canal du Midi. It is in easy reach of several interesting places including Carcassonne. In one place, Malpas, a road, railway and canal cross each other with two tunnels at different depths. There were interesting plants and flowers everywhere – note the tassel hyacinth which grows on the banks of the canal (below extreme right).



At our June meeting, Lyn Russell entertained us with her latest adventures, this time when she recently spent 12 days on the 'MS Vesteralen' travelling around the Norwegian coastline leaving from Bergen. Breakfast and lunches on board were a smorgasbord of delicious hot and cold main dishes with desserts if anyone could manage them. Dinners were more formal affairs with a set menu including wines. With between 200-250 people on board, it was considered one of the smaller boats that take the coastal routes. There was a daily detailed programme handed out to passengers the night before with an excellent translation service. Their first port of call was at Alesund, a three-hour flight from the UNESCO heritage city of Bergen. Although it was early spring, snow and ice was still prevalent but they didn't detract from the beauty of the mountains, the colourful homes, mostly wooden, and many memorials and statues.

The boat carried vehicles as well as people, many of whom were locals. The boat went beyond the Arctic Circle with a visit to Nordkapp (the North Cape) which is known for its puffins, gannets and cormorants and around to Kirkenes, known as the Borderlands area.

Lyn and her travelling companion enjoyed an exciting two-person ride in a sled pulled by a team of 10 Alaskan huskies driven by a 'Musher', and sightings of huge salmon farming, and one of the main industries in Norway - dried cod.



Photo above: Part of the Children of the World Monument at North Cape. The discs were created in 1988 by seven children from around the world.



Photo above: Drying racks for hundreds of Cod fish caught in the seas off Norway.

Art Appreciation

APRIL

PG Gallery 192 is in Bealey Avenue, not surprisingly, at No 192. From the street, you see an attractive villa in a garden setting. Inside, a 2014 remodelling means art can be displayed in almost every room. Carpooling from Under the Red Verandah's morning tea, we were free to roam between rooms displaying "Autumn Harvest," a group exhibition from 11 artists. We were particularly taken with Dunedin-based James Robinson's 'Medusa Helmet' (below left). Pleasing from a distance, on close inspection, materials included burnt objects, threads, fabric and sea shells. In complete contrast to this generally dark-coloured work, nearby was Barbara Boekelman's equally large but



Brilliantly vibrant 'Avarice' (right) one of her self-described 'socially or politically driven' paintings. Both gave us plenty to discuss and speculate on.



MAY

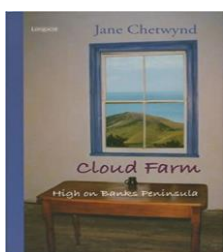
Paris for the Weekend, the cafe in the former railway station on the Kaiapoi River, proved a popular choice for the group, some having travelled by bus from Christchurch. Just across the river was Art on the Quay, tucked away through the library in the Kaiapoi Community Centre. "Favourites" the current exhibition was an eclectic mix from private collections. Explanation notes on each work told how it was acquired and/or what it meant to the owner. "Spanish painter" by Eion Stevens (see above) is loved by its owner for its strong colours and boldness of design. "Three kina" by Paul Jackson (see right) reminds its owner of old masters of Europe who like Māori, revered food. Its frame is a reproduction of those used by Goldie.



There was time for a peek at the museum items and upstairs in the library, to admire the paper creation of Mark Lander. (Contributed by Helen Harkness.)



Book Discussion Group



Our book for May was 'Cloud Farm' by Jane Chetwynd, a memoir published in 2004 by Longacre Press. The reviewer for 'Good Reads' gave it 3.5 out of 5 stars. It was about the same for us. Jane was a professor of public health at the Otago University Christchurch School of Medicine when she decided to buy a piece of land on Banks Peninsula. You could be forgiven for wondering why anyone who lived the good life with plenty of social activities in the city and overseas travel because of her work, would want to buy 165 acres of scrub land, not to mention gorse, 2,000 feet above sea level. But she did and wrote a book about it. It wasn't idyllic, it was hard work to begin with, an old cottage infested with a 'mischief' of rats, mostly dead, little drainage, dirt tracks – in short everything that would stop most people from taking on such a mammoth task. With plenty of help from knowledgeable friends and neighbours, she turned what was a wasteland into a home and a farm with a magnificent view. Chetwynd was known to some of our group members which gave more insight into our discussion.

(Contributed by Vivienne Allan)

Café 2

10 members joined Linda White upstairs for coffee and a chat following her very interesting talk of her time in China. Having a quiet space made it so much more inclusive and meant that everyone was able to enjoy Lynda's answers to the many questions asked, not all relating to her time in China but also the other postings she had with the International Schools.

NB you don't have to join Cafe 2 just pop in whenever you feel you would like to talk to the speaker. (Contributed by Norma Hampton.)

Cycling Group



through some lanes new to many of us, to C1 for coffee just as the drizzle thickened. After a pleasant coffee break, we headed back via the Heathcote Expressway. (Contributed by Philippa Rendall.)

Our May cycle ride saw six of us set off from Bridge St, despite the threatening clouds and slight drizzle, along the track beside the Estuary to Southshore. The tide was in and the ride was lovely looking over the estuary itself and across to Redcliffs. The track there is mainly a dirt one which needs some concentration then it opens onto a boardwalk which had the water lapping all around it. At the far end we came out onto the road, riding back along Rocking Horse Rd then Marine Parade through to Brighton itself. We cut through there looking at the depressingly closed shops and headed to the river. Following the path along the stop-bank we headed south beside the river back to Bridge St, stopping only to rescue an unhappy looking kingfisher from the path. One last block along Bridge St got us to Dune where we stopped for coffees and a chat feeling very pleased with ourselves before heading home as the weather deteriorated further. (Contributed by Anne Fahey.)

New members are welcome to join the group. We take turns to organise our monthly rides, usually on the second Wednesday of each month.

Our April ride was delayed to allow for Easter breaks and on 19 April Jane led the group from Mt Pleasant Community Centre into town via the Linwood Avenue cycleway. We then had an interesting tour of the city via the inner city shared footpaths and



Canterbury History Group

May Visit to Merchiston House, St Martins

Well hidden by tall trees (lime, oak, ash and gum) on the banks of the Heathcote River, this wonderful historic house was built in 1879. The original wooden house consisted of four rooms, but as the Anderson family grew, additions were made to the house so that now it is a very large building. Merchiston, named after the school in Scotland which the original owner's son attended, was one of the first houses in Christchurch to have a flushing toilet and an electric light installation. The boys dug a hole for the swimming pool and used the soil to level the tennis court where their friend Anthony Wilding, joined them for games. (Wilding was a famous World No 1 tennis player and soldier who was killed in action during WW1.) Robert Falcon Scott, preparing for his trip to



to the Antarctic spent time with his officers here, and socialised with the Anderson family. In fact, Scott's geologist on the Discovery, married one of the daughters of the family. The Beaumont family have owned this property through several generations. The large gardens of over five acres, had a lake, a flying fox, a tennis court, a high rope swing and a large collection of ferns. Over time they have welcomed neighbourhood children to play in these extensive grounds. Some of the property is now available for hire to user groups, with accommodation also being provided. We were delighted to discover this amazing property, and to be shown around by family members, Fern and Sam Beaumont.



History Group people will be saddened to learn of the death of their father Paul, just one week after our visit. Paul was out and about in his motorised wheelchair on our visit day as we were exploring the grounds. (Contributed by Judy Calder.)

Garden Group

Our April meeting took us to visit David Bryce's Eco Solutions Garden at his home on Moncks Spur



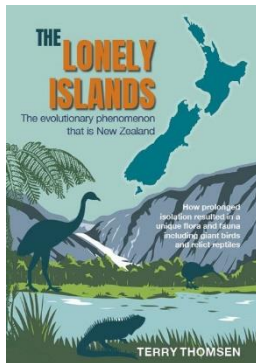
where he practices and encourages others to use sustainable gardening practices. He has developed his garden using permaculture principles and managed organically for over 40 years. It is now a highly productive ecosystem comprising over 100 species of edible fruits, nuts, berries, vegetables and herbs. He has a constant battle with possums and other vermin and has several traps around his property to catch them. The May meeting was a Tips and Cuttings afternoon where Carolyn Dixon was the guest speaker – giving us the benefit of her extensive background in horticulture – with

loads of advice for jobs in the garden for the beginning of winter. We also enjoyed a wander around Silverstream Village afterwards and were able to view several of the residents' gardens – so interesting to see the differences in size and layout of the gardens from the street frontage and the private back areas.

(Contributed by Lyn Russell.)

Geology/Botany

At the beginning of May, Terry Thomsen gave us an entertaining lecture on the origin of New Zealand plants and animals. He spent some time telling us about Pangea, the original complete land mass of the world, and how it split up under tectonic movement into Laurasia and Gondwanaland



and later separated off Zealandia. He went into the history of how we learned about this, from using fossils to DNA assessment and using the tectonic plate theory developed in the 1960s. He told us of the two great periods of extinction from a huge eruption in Siberia 250 million years ago which killed all vertebrates and the asteroid collision 66 million years ago which caused darkness, the death of plant life and extinction of the dinosaurs which were plant eaters. Regeneration initially brought lizards, and New Zealand's tuatara is the only remaining species in the world from then. As New Zealand separated from Australia before we had moas and

kiwis here, they must once have been able to fly as they couldn't get here by swimming. He talked of other indigenous creatures, wetas, fresh water crayfish, giant snails and a frog that can't swim and so doesn't have tadpoles. Of all the small birds in New Zealand only two are endemic, the rock wren and rifleman. Others have been brought in or blown in. Terry has published an excellent book called 'The Lonely Islands'.



On 17 May, we took a trip to Hawarden where Colin Heinz gave us a fascinating lecture on the history and geology of New Zealand. As we drove north from Christchurch, he told us about the early Māori settlements in the area and the battles that occurred. Our first stop was the Hurunui Hotel and we enjoyed looking around in bright sunshine.

Onwards through the Weka Gorge and a lunch stop at Hawarden at St James Church, a lovely wooden building with a spectacular Good Shepherd window.



After lunch we went to the Hawarden museum which is packed with memorabilia. We exclaimed over all the familiar items that are now classed as antiques. Back on the bus, the curator told us a bit about the early runholders some of whose families still own the land. For the trip home, we took the scenic route via the Waipara Gorge and a very winding road it was in parts but well worth the ride.

(Contributed by Pat Whitman.)

Future geo/bot dates to note:

- 21 June: Trip to the Adventure Park for a talk and look around
- 3 July: Prof Ian Shaw: The aftermath of plastic
- 19 July: Walk around some of the Styx River sites
- 7 August: Melissa Hutchison on Lichens

Interest Groups

We have changed the connection line and made it shorter. There is now no need to write your name on a list in the Community Centre's atrium. If you are interested in joining any of our varied interest groups, please collect an 'Interest Groups' page from the display table and contact the leader of the group directly. Leaders' phone numbers and emails are listed for you to use. They will tell you if spaces are available, explain a bit about what the group does and where it meets and answer your questions.

DVD Groups

Quite a number of people have indicated they would like to be a starter for one DVD group or another and have recorded their names and details. The main difficulty in starting is being able to find a suitable day and time to suit everyone. We will try a new suggestion:

- A topic, day, time, frequency and location will be given a start date to see if this is more efficient in being able to get going. There will be more about this at our monthly meeting and at the Welcome Lunch on Monday 19 June.

Interested in a new topic?

- Playing an instrument together?
- Watching a film once a fortnight?
- Taking a walk together?
- Lunching out?
- Writing poetry?
- Or anything else?

Give your suggestion to a committee member (they wear a blue name tag) and we'll see if your idea is ready to take off!

Scrabble Group



We continue to meet fortnightly at members' homes starting at 1.30pm on alternate Tuesdays.

We are always on the lookout for more members. You don't have to be a super wordsmith to come along.

(Contributed by
Alison Harrington.)

Writers' Group

Our May meeting was a welcome back to Ingrid Thomas and our best wishes to Jenny Jordan for a speedy recovery - she was undergoing knee surgery. Everyone was asked to bring their latest writings which were very entertaining, well written and prompted plenty of discussion especially where travel was involved. Many of us can recall our first OE and the different adventures, some of which were recorded for posterity and some of which have remained in the personal file. We had another spirited debate about what we say and what remains unsaid – whether we write a 'tell-all' memoir or whether we don't. There are mixed opinions about this subject and we will return to them at a later date. In the meantime, everyone continues writing.

(Contributed by Vivienne Allan.)

CLUB DIRECTORY

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	Paul Hammonds	Ph: 384 8117	Email: hphammonds@gmail.com
	Lyn Russell	Ph: 021 2388 788	Email: nylrus1951@gmail.com

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 foyer Mt Pleasant Community Centre. Contact Vivienne Allan on 021 067 9420 Email ayndavar@outlook.com (This group is now full)
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 Philippa Rendall Email Roper.rendall@gmail.com Ph 33763605
DVD: SERIES	New groups will begin again shortly. 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 Lyn Russell Email: nylrus1951@gmail.com or Gaynor Button Email: buttonmg@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	Meets once a month on the second Thursday at 10am. Contact Vivienne Allan on 021 067 9420 or email ayndavar@outlook.com

U3A Pegasus email address: u3apegasus@protonmail.com

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