



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

## Newsletter August 2023

**Welcome to this August newsletter**

**Our next meeting will be on Monday 21 August 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 Richard Mallet. His talk is entitled: 'Making Sense of Climate Change.'**

### Message from the President



It is hard to believe that more than half our U3A year has gone already and I am so grateful to all the people who have worked in committees, as Interest group leaders and as volunteers. When one of our members recently walked up to me and told me he liked my accent – I felt blessed.

Each of us contributes in some way to the social value of Pegasus U3A. Café 2 is slowly coming back to life. It is a good opportunity to meet the speakers, have a chat and catch up with other members over a cup of coffee.

You don't have to sign up for anything. Go upstairs to the meeting room when the big meeting is finished. If you plan and order coffee or lunch in advance at the cafe before the meeting, the staff will bring it upstairs. I set up tables and chairs, making my best guess as to how many will turn up. You may need to give me a hand if I get it wrong.

In past years the larger U3A network has organised very successful one-day seminars, and your committee is currently trying to revive that tradition. We need buy-in from all the U3A groups and if we succeed in that we are aiming for the event to take place in May 2024.

Looking forward to meeting you on 21 August, when Richard Mallet will give a lecture on "Making Sense of Climate Change"

*Jorgen Schousboe*

## Our July Speaker



Our guest speaker in July was Emeritus Professor David Simmons CNZM. He entitled his talk 'Rethinking Tourism – Tourism for Good'. He founded Tourism Studies at Lincoln University in the early 1990s and is a leading tourism scholar nationally, and an internationally recognised tourism expert. He established the Centre of Excellence for Sustainable Tourism at Lincoln, which is focused on generating and supporting sustainable tourism.

Tourism has grown hugely in the last 40 years, has grown fourfold since the 80s and doubles every 10 years. Expenditure on internal travel is more than on international, and some communities depend on it for survival, e.g., the West Coast. However, it does have disadvantages in spoiling the environment, having too many visitors and the carbon emission in people's air travel. David talked about the reason for travel which changes as you get older from exploration to involvement with local people. He gave examples of visitors and volunteers helping with regeneration of the land, by buying or planting trees, setting pest traps and taking their rubbish home. These activities can enhance their experience.

The second half of the talk was about David's trip to Nepal for the 75th anniversary celebrations of the climbing of Everest. He is greatly involved with the Himalayan Trust which was founded to improve health, education and water supply for the local people. Nepal is 145th on the Human Development Index and 7.5million can't read or write. The Trust supports 60 schools in the country, 2 hospitals and 8 clinics as well as having projects to supply clean water to villages and the fire service. It costs them \$700,000 a year to run, all dependent on donations.

Lincoln University has been very involved in the education projects and has enrolled Nepalese students since 1975. For the jubilee it published this book, A bibliographical review of research projects completed by Nepali students at Lincoln University. The latest idea is to provide some of the Lincoln courses to Katmandu University. This would allow more students to profit from them and be cheaper than bringing students here.

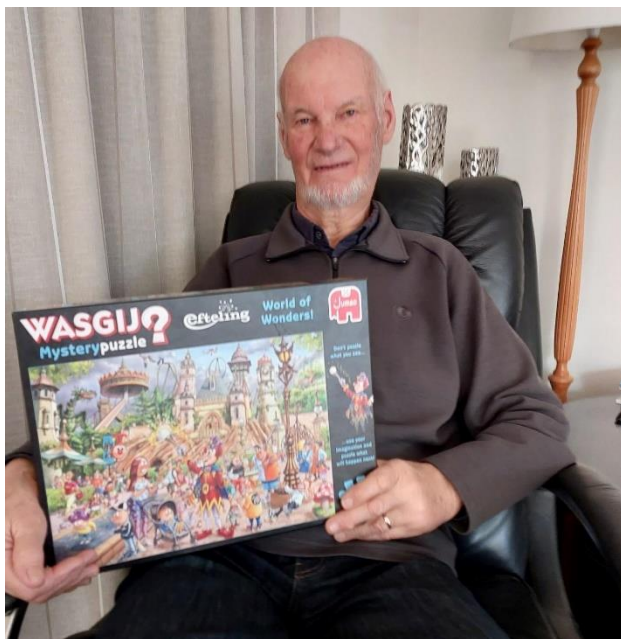
To see more about the Himalayan Trust, go to <https://himalayantrust.org.np> (Contributed by Pat Whitman)

## 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](mailto:nylrus1951@gmail.com)
  - **Guest speakers:** Mark your diaries for the next few months.
    - 18 September: Moyra Sweetman: 'Comprehension: how we hear, see and read things.'
    - 16 October: Dick Sainsbury: 'Healthy Aging.'
    - 20 November: Hayley Guglietta: 'Regeneration of the Red Zone.'
-

## OUR GUEST FOR THIS NEWSLETTER

### Introducing Robin Fear.....



Robin is a regular attendee at U3A meetings. You will often see him making sure the computer is working so that our speakers' presentations work effectively. Robin is one of three Pegasus members responsible for ensuring the technical aspects of our monthly meetings operate efficiently. A land surveyor by profession, Robin has always had a keen interest in technology, explaining that his company was the first in Christchurch to use Electronic Distance Measuring (EDM) the forerunner of GPS technology for surveying. 'I had an early spectrum computer,' he said. Robin's career spanned several decades and when he and his wife Heather finished their full-time careers, (Heather was a dietitian),

they started on another adventure, this time working together as guides for tourists coming to New Zealand. It was happenstance that Heather saw the advertisement and they were the successful candidates.

'We would work the NZ summer season guiding tourists which included walking, tramping and kayaking with them as well driving the vehicles and telling them about the history and natural beauty of the South Island. Then in the NZ winter Heather and I would explore Europe and later expand our travels to the US, Canada and South America. We love tramping and looked for organized tours that could take us to unusual places.'

The love of travelling was the impetus to chair the Pegasus Armchair Travellers' group. 'When we lived in Blenheim after the earthquakes, we joined the local Rotary Club and U3A. It was a great way to meet people. The U3A had a very active Armchair Travellers' Group so when we came back to Christchurch and joined Pegasus, I suggested we could set up a similar group here. It was agreed on the proviso that I would be the convenor and organise the meetings.' The first meeting was in May 2017, Robin said, and it has gone from strength to strength since then.

Both Robin and Heather are active members in several Pegasus interest groups and they are wordle enthusiasts as well as code crackers, sudoku and the best of jigsaw puzzles aka WASGIJ? mystery puzzles. It's all designed to keep the mind active when the weather doesn't allow a brisk walk or a stroll or a hike somewhere.

.....



## INTEREST GROUP UPDATES

### Armchair Travel



After Lyn Russell gave us a wonderful tour around the Norwegian coastline for our first 'journey' through the Nordic country in June, Lyn took us on an equally wonderful tour through Oslo this month. What a beautiful city with superb architecture and wonderful sculptures. It is a captivating city that doesn't shy away from its history. We began with a return to Bergen and its heritage sites including the old Hanseatic Bryggen area then the modern city with contemporary

architecture and elegant waterfront apartment buildings followed by a train ride to Oslo. Lyn's photography and commentary conjured images of an attractive city which has a rich heritage which blends perfectly



with modern designs, walking spaces, plenty of cafes and many museums and art galleries some of which were either being renovated or closed until the tourist season started. The Vigeland outdoor sculpture museum with its captivating artworks and the street art was impressive. Oslo is the oldest capital in Scandinavia and it houses the works of Edvard Munch in a magnificent museum, the Polar Ship Fram and the Royal Palace (Slottet) amongst its varied tourist attractions. Lyn visited the Resistance Museum and commented it was one of the best resistance/occupation museums she had seen. The weather was

good and daylight hours until after 7pm so walking around the city was the best way to travel.

(Contributed by Lyn Russell.)

### Art Appreciation

Morning team and lively conversation at the Amigo café in the Colombo set us up for the walk to two nearly contrasting galleries. Jonathan Smart Gallery at 52 Buchan Street was showing 'Wendy's Cigarette' combining oil paintings by Heather Straka with installations and objects by Emily Hartley-Skudder. Taking inspiration from Stanley Kubrick's 'The Shining' and the 1909 mysterious fire at Sumner Beach's Café Continental Hotel only built in 1906, the presentation featured historical interiors and portraits e.g. 'Room Service' (see



above). This unusual exhibition by two like-minded artists developing ideas, resulting in a fascinating and intriguing display, perfect for a group like ours to ponder and discuss. Form Gallery at 468 Colombo Street is an old favourite. Small in size, it is full of pottery (see left), glass and jewellery and we do love to poke around here. Sometimes a piece of jewellery may be purchased.



If you have ever wondered what to do with bread bag tags or similar, Volker Hawighorst's 'Square Rune XIV' (see right) may serve as inspiration.

We didn't meet in July because it was a public holiday.  
(Contributed by Helen Harkness.)

### Book Discussion Group

Our two books for June and July were very different, the first a novel by American author Bonnie Garmus, the second a memoir by New Zealand author Charlotte Grimshaw.

#### ***Lessons in Chemistry* by Bonnie Garmus (below)**



The heroine Elizabeth is a woman scientist in a man's world in the 1960s, making her disliked for her beauty and her brains. Her treatment by many male scientists is appalling and leads to her switch in career to a cooking programme on television. The characters were believable and included some likeable people, especially her husband, a church minister, a TV programmer, her childminder and a "fairy god-mother". It was suggested that the author's own interests were obvious, in a dog being one of the main

characters, bottle feeding and Elizabeth's unlikely choice of her sport. The chemistry aspect of the story was enlightening and appreciated. There was chemistry of cookery and also in relationships between people. Startling juvenile intelligence, humour and sadness were evident. All except two members enjoyed this book, describing it as original and zany, giving it a rating of 5/5.

(Reviewed by Helen Peate)

#### ***The Mirror Book* by Charlotte Grimshaw.**



While everyone in our group had, in fact, read the book, not one member was enthusiastic in her response. The wide-ranging question was "Why did she write it?" The responses varied suggesting: revenge, therapeutic, personal search for meaning, personal recognition of the person she had become. In seeking understanding of why the book was popular – "a success" – we endorse Melanie Dixon's introductory comment "Because of Grimshaw's family connections, *The Mirror Book* has received a

lot of attention ...." As a discussion for a book club, *The Mirror Book* was moderately successful. Several members reported that events in the book had reminded them of their family adventures, relationships and parenting styles. It challenged us to think about our own relationships with parents and others.

We were in almost universal agreement that as individuals we would not publicly criticise our own parents in public in such a scathing way. The participants used the words "betrayal", "lack of empathy", "self-indulgence".

From these general comments you would expect that we did not rate the book highly, settling on a 2.5/5.00 score. (Reviewed by Mary Lynch.) Grimshaw is this year's Mansfield Scholar. Ed.

## Café 2



David Simmons, Emeritus Professor of Tourism at Lincoln University, is a passionate supporter of sustainable tourism. His work has led him to many countries, both observing and presenting many different areas of tourism. Our gathering asked many questions and had time to further discuss the impacts of additional loadings on both places and local

people, of increased tourism. Thoughts of photos we had seen of tourists balancing on an icy ridge as they waited in a long queue to touch the top of Mt Everest – and the staggering number of buses pulled up one behind the other, as they lined up to disgorge passengers at Queenstown. These two examples (international and local) help define for us the mismatch of tourist expectations of visitors - the overcrowded locations, the long queues, and the money to be made for the local economy. David is a rowing eight bronze medal winner from the 1975 World Champs and is well qualified to speak about this challenging field. Is now an internationally recognised tourism expert, who has been awarded an ONZM for his services to tourism and tertiary education. We really appreciated his thought provoking input, questioning about future directions, policy and opportunities. (Contributed by Judy Calder)

## Canterbury History Group: Visiting the former Addington Gaol



When Lyttelton gaol became overcrowded, the government bought land in Addington to house more “offenders.” Designed to hold 120, this once gruesome, stark looking building has been used for a number of purposes. From its troubled residents of the past, to a home for those in need, an army base and a military camp, it now serves as an accommodation lodge for backpackers. Many holiday makers who now stay here, use “I stayed in gaol in

Christchurch” as a throwaway line when retelling stories of their holidays.

Notable prisoners from the past include the two Māori prophets from Taranaki, Te Whiti and Tohu who held peaceful protests about land confiscation. They were held without trial in the 1880s. Later in the same decade, a Salvation Army officer refused to pay a fine for holding an open-air meeting. His band, escorted by a large crowd, played loudly outside the prison. On his release, the band returned and played triumphantly as they and his supporters marched in a procession around the city! In 'more recent times' (1981), Robert Consedine was held in Addington for protesting against the Springbok rugby tour. Addington, unlike Lyttelton gaol, didn't execute prisoners but punishment often included hard labour and floggings. A later prison matron said she believed alcohol was the main factor in people offending and noted that strict discipline brought out a lot of good in prisoners. Our tour of this building, hidden away in the back streets of Addington was a real eye-opener. We climbed the narrow stairways and walked the skinny walkways. We strolled in and out of narrow, empty cells, seeing the harsh, cramped conditions that the prisoners were kept under.





All in all – a great, historical story that Michael Williams helped unfold as we listened, to these fascinating tales of the past.

(Top photo: modern Addington, left: exploring the top floor.)

(Contributed by Judy Calder.)

### Cycling Group

The weather was not on our side in July so we agreed we would wait until the weather improved before organizing our next trip.

### DVD Lecture and Documentary Groups

There are currently four groups meeting on a regular basis. Please contact the convenors if you are interested. There are vacancies in 1,3 and 4.

- **Journeys Through Europe** - *Meets fortnightly on Thursdays at 6pm*

Convenor Anthea Delugar Phone: 3766385 Email [johnantheadelugar@gmail.com](mailto:johnantheadelugar@gmail.com)

- **Civilisation – with Lord Clark** – *Meets fortnightly Thursdays at 6:30pm*

Convenor Uschi Cable Phone 326-4295 Email [hughcable@yahoo.com](mailto:hughcable@yahoo.com)

- **The World's Greatest Paintings** - *Meets weekly Mondays at 2pm*

Convenor Yvonne Boulton Phone 384-4242 Email [yvonneboulton@xtra.co.nz](mailto:yvonneboulton@xtra.co.nz)

- **Great Tours – Greece and Turkey** - *Meets fortnightly Tuesdays at 10am*

Convenor Lyn Russell Phone 021 238-8788 Email [nylrus1951@gmail.com](mailto:nylrus1951@gmail.com)

### Garden Group



Our June meeting saw the members visiting Aromaunga Baxters Flowers, on Bridle Path Road in Heathcote Valley. We were hosted by John Baxter who, together with his brother Michael, runs the business. No doubt many of us have passed the modest entrance or have bought the quality flowers from their shop not far from the gate. We were surprised, I think, to realise how many glasshouses and tunnel houses are accommodated on the site.

John explained how his elderly father bought the property at auction almost on a whim because he liked the fernery beside the house. The house dates from the early 1900s and there is a large elm tree in front aged about 100. The garden was originally designed by Alfred Buxton, a well-known Christchurch landscaper and nurseryman. The business employs around 20 staff, tending a variety of flowers such as alstroemeria, hellebores, carnations, lilies, chrysanthemums and freesias.



We were able to enter some of the tunnel houses to see the beds in their 6-weekly-planted growing stages. A very labour intensive business with the flowers being sold at the markets and through their shop, the latter making up almost 50% of their profit.

Our July meeting was a Tips & Cuttings meeting held at Adrienne Pavelka's house situated on one of



the hills above Lyttelton. Unfortunately the weather was inclement with the mist coming down as far as the house and the rain coming in bursts so an exploration of Adrienne's terraced and pathed garden was not possible. However Adrienne's wood burner ensured we were warm and cosy inside. Adrienne is an artist and a visit to her downstairs studio gave us a chance to see her paintings. Back upstairs we were entertained by two quizzes that made us stretch our brains with

not only general knowledge questions but horticultural and botanical questions. Laughter was very much in evidence. (Contributed by Lyn Russell.)

### Geology/Botany

A computer glitch ended the latest meeting with no reports however September dates are:

Monday 4<sup>th</sup> September: Talk by the ranger of the Red Zone

Wed 20<sup>th</sup> September: Trip to see the Lincoln University magnolias. (Contributed by Pat Whitman.)

### 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



Left: Yvonne Gray, Carmel Tyro, Ingrid Thomas, Jenny Jordan and Christine Toner enjoying morning coffee hosted by Jenny at Mt Pleasant in June while Judy Eden was in Australia. Through the winter months of June and July and now into August our focus has been on writing cameos about specific things we remember – whether they are global e.g. where we were when man went

to the moon, when Diana died or when the Erebus disaster happened – what memories were jogged by thinking about them and how they contribute to our bank of knowledge. This month we wrote about situations which in hindsight we can laugh about. We welcomed Mary Lynch to our group in July so we are now a full complement with plenty to discuss around the table.

(Contributed by Vivienne Allan.)



## CLUB DIRECTORY

<b>President:</b>	Jorgen Schousboe	Ph: 021 1443315	Email: <a href="mailto:jschousboe@gmail.com">jschousboe@gmail.com</a>
<b>Vice President:</b>	John Delugar	Ph: 376 6386	Email: <a href="mailto:delugar@xtra.co.nz">delugar@xtra.co.nz</a>
<b>Secretary:</b>	Pat Whitman	Ph: 384 3475	Email: <a href="mailto:patwandpate@gmail.com">patwandpate@gmail.com</a>
<b>Treasurer &amp;</b>	Sue Beardsley	Ph: 0274 134 186	Email: <a href="mailto:sueandgrant21@gmail.com">sueandgrant21@gmail.com</a>
<b>Membership:</b>	Sue Beardsley	Ph: 0274 134 186	Email: <a href="mailto:sueandgrant21@gmail.com">sueandgrant21@gmail.com</a>
<b>Committee:</b>	Yvonne Boulton	Ph: 3844242	Email: <a href="mailto:yvonneboulton@xtra.co.nz">yvonneboulton@xtra.co.nz</a>
	Beth Bradley	Ph: 382 1386	Email: <a href="mailto:bethannie@xtra.co.nz">bethannie@xtra.co.nz</a>
	Judy Calder	Ph: 384 1269	Email: <a href="mailto:judycalder@hotmail.com">judycalder@hotmail.com</a>
	Paul Hammonds	Ph: 384 8117	Email: <a href="mailto:hphammonds@gmail.com">hphammonds@gmail.com</a>
	Lyn Russell	Ph: 021 2388 788	Email: <a href="mailto:nylrus1951@gmail.com">nylrus1951@gmail.com</a>

## 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.

<b>ARMCHAIR TRAVEL</b>	Meets monthly in members' homes on 1 <sup>st</sup> Tuesday of the month at 3pm in members' homes. Contact Robin Fear Ph 9664278 or Mob 027 430 9937. Email <a href="mailto:randhfear@gmail.com">randhfear@gmail.com</a>
<b>ART APPRECIATION</b>	Meets monthly, 2 <sup>nd</sup> Friday of the month. Contact Helen Harkness Ph 384 2890 Email <a href="mailto:donandhelen@xtra.co.nz">donandhelen@xtra.co.nz</a>
<b>BOOK DISCUSSION</b>	Meets monthly after the U3A lecture, 3 <sup>rd</sup> Monday of the month in the foyer Mt Pleasant Community Centre. Contact Vivienne Allan on 021 067 9420 Email <a href="mailto:ayndavar@outlook.com">ayndavar@outlook.com</a> (This group is now full)
<b>CAFÉ GROUP 1</b>	Meets monthly, 2.30pm on Tuesday of the week following 3 <sup>rd</sup> Monday of the month. Contacts Frances Cole Ph 326 8522 or Erin Higgins Ph 384 4385
<b>CAFÉ GROUP 2</b>	Meets monthly, after the U3A lecture, 3 <sup>rd</sup> Monday of the month. Contact Norma Hampton Ph 332 8990 Email <a href="mailto:colin-norma36@xtra.co.nz">colin-norma36@xtra.co.nz</a>
<b>CANTERBURY HISTORY</b>	Meets monthly, 2 <sup>nd</sup> Monday of the month. Contact Judy Calder Ph 384 1269 Email <a href="mailto:judycalder@hotmail.com">judycalder@hotmail.com</a>
<b>CYCLING GROUP</b>	Meets monthly, 2 <sup>nd</sup> Tuesday. Contact Philippa Rendall Email <a href="mailto:Roper.rendall@gmail.com">Roper.rendall@gmail.com</a> Ph 33763605
<b>DVD: SERIES</b>	Contact Judy Calder Ph 384 1269 Email <a href="mailto:judycalder@hotmail.com">judycalder@hotmail.com</a>
<b>GARDEN GROUP</b>	Meets 4 <sup>th</sup> Monday of the month. A mixture of speakers, garden visits and 'tea & cuttings'. Contact Lyn Russell Email: <a href="mailto:nylrus1951@gmail.com">nylrus1951@gmail.com</a> or Gaynor Button Email: <a href="mailto:buttonmg@gmail.com">buttonmg@gmail.com</a>
<b>GEOLOGY/BOTANY</b>	Meets twice a month on 1 <sup>st</sup> Monday at Redcliffs Bowling Centre and 3 <sup>rd</sup> Wednesday for an outing. Contact Pat Whitman Ph 384 3475 Email <a href="mailto:patwandpate@gmail.com">patwandpate@gmail.com</a>
<b>SCRABBLE</b>	Meets fortnightly Tuesdays 1.30pm. Contact Alison Harrington Ph 022 307 4039 Email <a href="mailto:Alison.harrington@xtra.co.nz">Alison.harrington@xtra.co.nz</a>
<b>WRITING GROUP – OUR LIFE STORIES</b>	Meets once a month on the second Thursday at 10am. Contact Vivienne Allan on 021 067 9420 or email <a href="mailto:ayndavar@outlook.com">ayndavar@outlook.com</a>

U3A Pegasus email address: [u3apegasus@protonmail.com](mailto:u3apegasus@protonmail.com)

U3A Pegasus website address: [www.u3apegasus.org.nz](http://www.u3apegasus.org.nz)