



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

Newsletter October 2023

Welcome to this October newsletter

Our next meeting will be on Monday 16 October 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 Prof Richard (Dick) Sainsbury on the topic of Healthy Aging.



Prof Sainsbury is a consultant physician in geriatric medicine in Christchurch. He has a particular interest in student teaching and has been involved in the examination, mentoring and supervision of international medical graduates. An avid cricket fan, he has now graduated to croquet and is particularly interested in the portrayal of older people in literature.

He completed his MZ thesis on Older People and Aging in the fiction of Thomas Hardy.

Message from the President



The Committee has been concerned for some time about the Club's inability to accommodate the number of people on our waiting list who wish to join and the length of time before those on the waiting list can progress to membership. Following our Special General Meeting, the Committee now has the authority to allow persons on the waiting list to join Interest Groups on terms and conditions the committee may set from time to time. We will try to implement these chances at the beginning of the new year when we will have a clearer impression of the numbers. With the end of the year rapidly approaching, we have started work on the next budget, we are planning our participation in the Canterbury

U3A Network and there are thoughts of a member survey so we can make sure we listen to good ideas. Last year it became apparent that old archives spanning 20 years sat in boxes in many different households previously or currently involved in U3A. My thanks to Lyn Russell who has undertaken the mammoth task of bringing it all together. The archives will now be digitised for posterity. I will also use the opportunity to say thank you to John Hinchey who after having patiently battled our cranky Audio system for some years has decided it is time to hand over the baton. Roger Chapman will now be part of the triumvirate trying to control the beast.

Jorgen Schousboe

Our September Speaker

Moyra Sweetman, a University lecturer in linguistics, was our guest speaker who gave a most interesting lecture on the subject of comprehension and how we see, hear and read things. For many of us, comprehension goes without saying, especially if we have taught students or if we understand and interpret the difference between hearing and listening, looking versus seeing, understanding versus comprehending. The nuances might be small but they can make all the difference.

Moyra's explanation of the Gricean maxims was particularly valuable. Paul Grice was a British philosopher who created the theory of implicature and the cooperative principle – hence the maxims which, as Moyra outlined are very simple and comprise the following: be brief and clear, be relevant, be informative and be truthful. (There is a lengthy explanation of Grice's principle on the following link <https://plato.stanford.edu/entries/grice/>)

Moyra explained that we all base our understandings of events or activities on our personal knowledge and background. Background knowledge involves stored memories, personal experience, language and cultural information amongst others. Her lecture was useful for people writing their memoirs or wanting to learn more from and about other people. Comprehension, she said, is active and gradual. It involves engagement and includes constructing mental texts. People interpret and comprehend texts differently and miscomprehension can result if the background knowledge does not match new (incoming) information.

Memory Storage, as discussed by Moyra Sweetman, is filed under scripts or situations, like visiting the doctor, eating out, playing a board game. To activate memories, read the title, determine the topic, follow a conversation, relate things to your own experience and then you can (maybe) draw correct conclusions. (Contributed by Pat Whitman.)

Latest News & Updates

- **Request for participants to take part in a research project:** We have had a request from a post-graduate student at Canterbury University Rose Centre for Stroke Recovery and Research. If anyone is interested please email nicole.zwarts@pg.canterbury.ac.nz
 - **Guest speakers:** Mark your diaries for the next two months.
 - 20 November: Hayley Guglietta: 'Regeneration of the Red Zone.'
 - 11 December: Ken Hall - Curator of the Christchurch Art Gallery. NB: This is our Christmas meeting and is on the second Monday in December not the third.
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OUR GUEST FOR THIS NEWSLETTER

Introducing Jenny Jordan.....



Jenny lives on Mt Pleasant with a garden that is full of spring colour from delicate white to deepest pink, bright yellows with lemons hiding among the green of shrubs yet to bloom. Jenny is an inveterate gardener, a skill honed over years of practice from the early days of her marriage when they would grow freesias, irises and leafy vegetables planted on their Huntsbury property and bike down to Turners and Growers on Tuam Street in time for the morning market.

Moving to Ashley to a larger property was a greater opportunity to grow vegetables and flowers before they were forced in 2016 through circumstances, to move back to the city and live on Mt Pleasant with a stunning view of Pegasus Bay and the sea beyond.



Gardening was a learned skill, she says, and it went well with her love of books and reading. She was a fan of Louisa May Alcott (Little Women) and L.M. Montgomery (Anne of Green Gables) in her childhood and was taught how to cook and sew by her parents. Squash was a favourite sport and while her husband played tennis, Jenny enjoyed playing squash for Richmond Working Men's Club, Cashmere Club and Lancaster Park.

Travel has always been part of her life and she recounts many experiences in Zimbabwe, Turkey and Europe although Scotland remains her favourite. Now retired after many years in her husband's printing business, Jenny's family live close by and are regularly at Mt Pleasant to enjoy her cooking. While there is enough in the garden to keep her fully occupied, Jenny is a member of the current U3A DVD lecture series on Greece and Turkey and also belongs to the book group and writers' group. In short, Jenny lives a busy life. Sometimes, she says, there aren't enough hours in the day. (Magnolia Campbellii flowering in Jenny's garden.)

INTEREST GROUP UPDATES

Armchair Travel

Our September meeting was a journey through Switzerland, renowned for its mountains, lakes, cheese and chocolate. Bern is the administrative capital and Lausanne is the judicial centre. Zurich is the largest city and Geneva is the second home of the United Nations and the global base of the World Health Organisation. The country is geographically seven times smaller than NZ with a population of 8 million. The national spoken language is Swiss/German, not a written language. People also speak French, German or Italian depending on where they live in the country. English is compulsory in schools.



Switzerland is one of the most democratic countries in the world with regular referenda to agree on specific policy changes. While most tourists visit the major attractions like Montreux for the annual jazz festival, Neuchâtel and Lucerne, there are other historic villages like Guarda in the Engadin region which was part of the original Roman trail and many of its houses date back to the 12th and 13th centuries. (Contributed by Vivienne Allan)

Our October meeting was a four day tour of Treviso, a province in the Veneto region of north eastern Italy renowned for its prosecco as Pat Whitman and her partner soon discovered.

The region's capital also called Treviso, is a mix of winding canals, medieval city walls and narrow



cobbled streets, historic buildings and many churches with outstanding frescos as well as the remnants of

one of several Fascist concentration camps throughout Italy that were set up to intern people who were then sent on to concentration camps in Germany and Poland. Pat and her partner took side trips to the villages of Asolo and Connegliano as well as a wonderful day in Venice travelling via the Grand Canal to enjoy the cityscape and avoid the crowded piazzas and the queues lined up at the entrance to St Mark's Basilica. They explored the Santa Maria della Salute in bright sunshine before returning to their hosts in Treviso. (Contributed by Pat Whitman.)

Art Appreciation



Possibly the Christchurch Art Gallery's outstanding exhibition for 2023 is Robin White's "Something is happening here" on from 22 July- 5 November 2023 which we visited in August.

This collection of fifty works is bought together by Te Papa and Auckland Art Gallery and includes items from other galleries and from private collections. Following morning tea at Fiddlesticks,

our anticipation was high.

Beginning with a self portrait (above), our

journey took us from 1970's paintings, her fascination with Otago Peninsula as in "Florence and Harbour Cone" (see right) through to weaving done in collaboration with Pacific Island artists.

A video which showed continuously, gave us information about the artist and her work. Sitting down also gave us a chance to rest our legs. A return visit will be very worthwhile. (Contributed by Helen Harkness.)



Heather Fear led the group's gallery visits in September due to Helen having succumbed to Covid. This time it was an opportunity to look beyond paintings and consider jewellery first and photographs as art second. Robert Harris cafe at South City was close to The National at 249 Moorhouse Avenue where "SCANNER" showed work by jeweller Moniek Schrijer. (see below) who uses a 'variety of traditional and unconventional jewellery techniques that allow for her pieces to



move between the jewel and the object, the flat plane and the 3rd dimension.' At 52 Buchan Street, Jonathan Smart Gallery featured 24 photographs brought together by School of Fine Arts

lecturer Conor Clarke and titled "Peaks and Troughs".(see left) This was contemporary NZ photography displaying different approaches to photography.

If you enjoy discussing art and wish to become familiar with local galleries, our group welcomes new members. (Contributed by Helen Harkness)



Book Discussion Group



'Grand: Becoming my Mother's Daughter' a memoir by Noelle McCarthy (Penguin).

Noelle is a young Irish girl living in Cork with her siblings, a loving father and in a love-hate relationship with her mother. Her description of her mother was of a "fun loving personality until the first drink when she became a demon!!"

While at high school her ease with the microphone brings her to the notice of the local broadcasting company and this leads her to later employment. Alcohol features largely at after work functions and Noelle becomes an alcoholic herself. In her late teens she emigrates to NZ and again works for a local radio station now in Auckland.

Eventually after a time spent with Alcohol Anonymous she has a little girl and marries moving to rural New Zealand. Her mother's imminent death calls her back to Ireland to be with her Irish family for the funeral ("pre paid by her mother"). Noelle is at last reconciled with her mother.

The book is written with leaps from the here and now to a long time ago which makes it somewhat hard to follow but does not detract from the pity felt for the child exposed to the problem of alcoholism. Even the Catholic Church seemed to be unconcerned at the situation in the home. Although the coarse language was not appreciated by some in our group, we rated it as three and a half out of five. An interesting read. (Reviewed by Jenny Jordan)

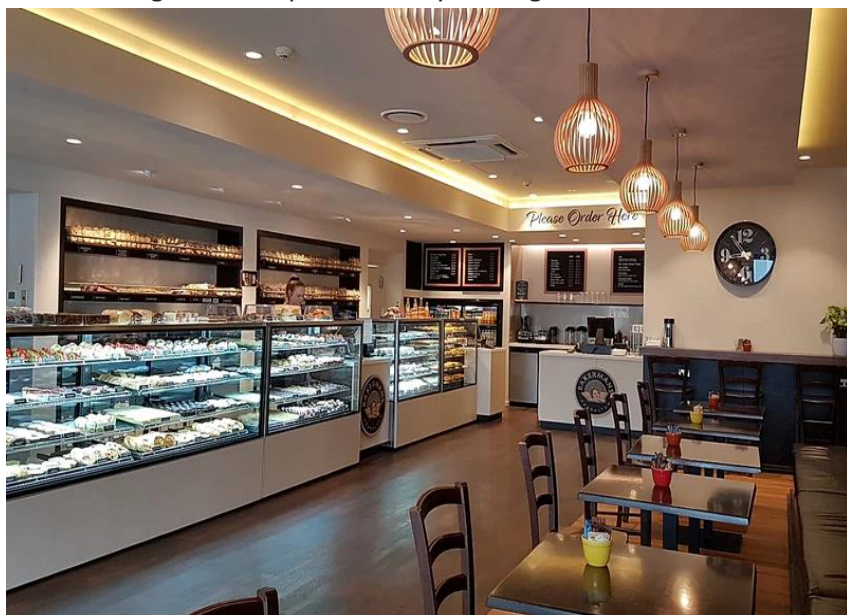
Café Group 1

For the September meeting we met at Bakermans in Fendalton Mall, a café we highly recommend with lots of lovely food and good coffee.

As usual our group discussed a wide range of the topics currently making news – from electioneering and the campaigns of characters like David Seymour and Winston Peters, to the problem of ram raids by kids wanting to be Tik Tok celebrities, and the vagaries of spring weather.

As usual opinions varied widely, and the resulting conversation was most enjoyable.

(Contributed by Jenny Long.)



Canterbury History Group

THE TWO LIVES OF MARY VON HAAST

Young Mary Dobson was only 19 years of age when she married Julius von Haast, the founder of the Canterbury Museum, Canterbury's first provincial geologist and the Haast Pass (named by himself) man. While Sir Julius is certainly well known, his young wife (who was 22 years younger than her husband), was rarely written about. Julia Bradshaw, the Senior Curator at Canterbury Museum has been able to research in some detail, more of the life Mary lived in her later years.



Lady Mary von Haast



Listening to Julia Bradshaw, Cant. Museum

Living locally, the Haasts married in St Marys Church in the Heathcote Valley and first went to live in Sumner, but later settled in the Heathcote Valley. Mary became well-known as an accomplished pianist and her house was frequently the gathering place for musicians. With five children, a busy household and lots of visitors, she lived a full and busy life. In 1874, the Emperor of Prussia (where Julius was born) conferred a Knighthood on Julius and as Knight of the Order of the Iron Cross, he was entitled to use the prefix von, before his surname. Mary was also entitled to use this addition. Several years after the death of her husband Mary went to Europe and from then on traveled extensively throughout Europe, exploring, touring, teaching and connecting with family members. While exploring the life of this energetic woman, Julia Bradshaw explained that there was much to learn and she would continue to research the material available that would fill out some of the gaps. in the 'before NZ and later life' of Mary von Haast. An interesting session for us all.

DVD Lecture and Documentary Groups

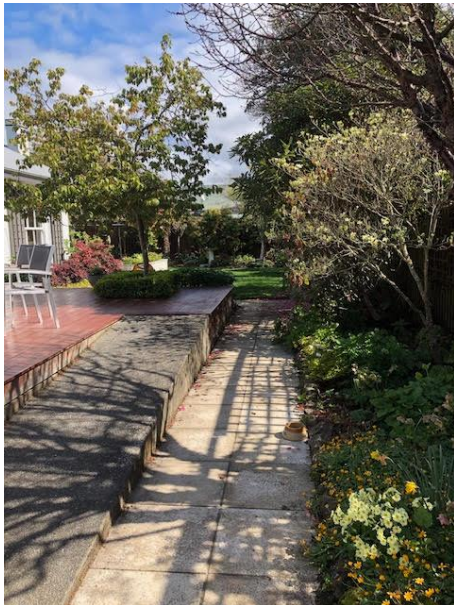
There are currently four groups meeting on a regular basis. Please contact the convenors if you are interested. There are vacancies in 1,3 and 4.

- **Journeys Through Europe** - Meets fortnightly on Thursdays at 6pm
Convenor Anthea Delugar Phone: 3766385 Email johnantheadelugar@gmail.com
- **Civilisation – with Lord Clark** – Meets fortnightly Thursdays at 6:30pm
Convenor Uschi Cable Phone 326-4295 Email hughcable@yahoo.com
- **The World's Greatest Paintings** - Meets weekly Mondays at 2pm
Convenor Yvonne Boulton Phone 384-4242 Email yvonneboulton@xtra.co.nz
- **Great Tours – Greece and Turkey** - This group has taken a break until the New Year.

Convenor Lyn Russell Phone 021 238-8788 Email nylrus1951@gmail.com

Garden Group

Our September meeting was a Tips & Cuttings at Pat Pilkington's home in Winchester Street Merivale. Pat has been on the property for 35 years and the garden has evolved in that time. Pat's garden is just emerging from winter dormancy so trees are just starting to come into leaf and those that have flowers are still hanging on to them. Loads of hellebores, a bit too early for the many hostas and heucheras planted. Some very interesting plants such as Parsnip/Palm/Melanoselium decipiens, Dysosma versipellis Spotty Dotty and Dysosma Kaleidescope. A lovely afternoon tea was enjoyed by the 22 members who attended. (Contributed by Lyn Russell.)



Geology/Botany

At the 4 September meeting, the expected speaker having tested positive for Covid, Pat used her emergency talk on the geology of the Canadian Rockies. She began with an explanation of the sedimentary rock formation under the sea millions of years ago and the folding and uplift caused by tectonic shifts. Examples of the different types of mountain were plentiful and spectacular, e.g. Overthrust, Horn, Castellated, Canyon. There were also many shots of wildlife as below.



Coyote



Elk



Black Bear



Bald Eagle

Others included Boghorn sheep, Mountain goats, squirrels, chipmunks and several Canadian birds.

Visiting some of the Canterbury Gardens in full spring bloom for our September excursion.

The little known Prebbleton Nature Park on Springs Road was a delightful stroll through thickly planted native bush. Since 2003, the former gravel pit and rubbish dump has been cleared and 7,000 plants put in by volunteers. Its winding paths lead down to a lake.



From there we travelled to Lincoln University magnolia garden. It was rather overgrown and neglected but there were still some spectacular trees there. Our final destination was the Japanese Garden at Halswell Quarry where the cherry blossom was amazing.

Future events.

18th Oct Bus trip to Iron Ridge Sculpture Park. \$25 + \$10 entry. Extra people welcome. Contact Heather Birch 3842461 or heatherbirch@xtra.co.nz to book.

6th Nov Talk by Jon Harding on Waterways

(Contributed by Pat Whitman)

Interest Groups

We currently have several interest groups all of which are listed at the end of this newsletter. If you want to join one, here's what you need to do:

- Pick up the piece of paper entitled 'Interest Group Details' from the display table in the foyer at MPCC when you attend a monthly meeting. Copies are always available.
- Read the back page of any U3A newsletter/check the website for information www.u3apegasus.org.nz
- Take a spare copy of the newsletter from the display table in the foyer. THEN
- Contact the convenor of the Interest Group you would like to know about. Names, emails and phone numbers are included in the list at the back of any newsletter.

NB: It is important to check whether the group has any vacancies. If not, it may be possible to start another similar group.

If you have a suggestion for a new group please let a committee member know – names and contact details are listed at the end of this newsletter.

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

The writers' group continues to progress with much discussion and a good deal of humour as we work through options and ideas for writing our memoirs. September's workshop concentrated on how to undertake research particularly asking the right questions when interviewing and how to structure writing so that it is easily understood. For those of us who attended Moyra Sweetman's lecture on comprehension there were some valuable insights into how people interpret, see, hear and read. There is always something new to learn and to discover especially when reading other people's biographies and determining what makes them interesting or not.

(Contributed by Vivienne Allan.)

CLUB DIRECTORY

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	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. Contact Jenny Long jennylong@xtra.co.nz 384 8463.
CAFÉ GROUP 2	Meets monthly, after the U3A lecture, 3 rd Monday of the month. 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	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 (This group is now full.)

U3A Pegasus email address: u3apegasus@protonmail.com

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