



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

## **Newsletter December 2023**

**Welcome to this December newsletter**

**Our next meeting will be on Monday 11 December 2023**

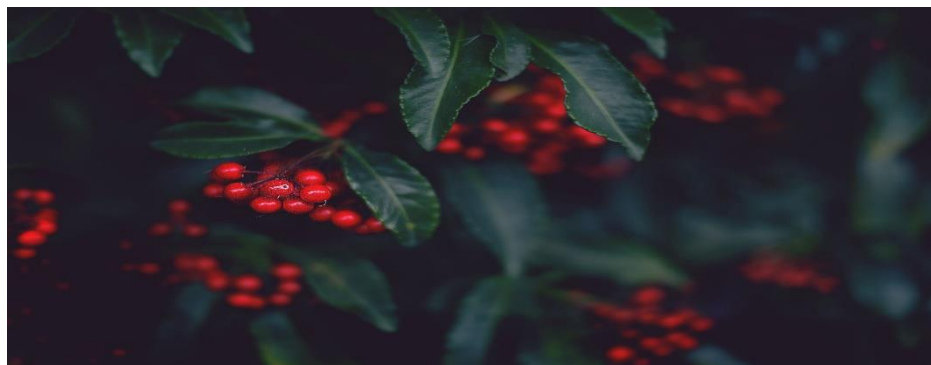
**Mt Pleasant Community Centre, 3 McCormacks Bay Road, Christchurch.**

**10-10.20am: Social time in the foyer.**

**Meeting starts in the main hall at 10.30am.**

**Our guest speaker will be Ken Hall, Curator of the Christchurch Art Gallery.**

**It is our Christmas get-together and we look forward to seeing you.**



### **Message from the President**



I can't believe this U3A year is coming to an end in a few weeks. This newsletter allows me to say thank you to my committee where everyone has taken on specific tasks throughout the year allowing me simply to wave my arms about pretending I am the conductor of an orchestra. I want to pay special tribute to Judy Calder who, at our AGM in February, will be leaving the committee after many years of service. She has been President in the past and for several years has been the person responsible for the oversight of our Interest Groups. I also want to say a special thank you to Beth Bradley, also a past President. She has now

handed over the job of finding speakers to Lyn Russell and Yvonne Boulton. This is a high-stress job where praise and criticism are constant companions. I am so grateful for the work Judy and Beth have done and their unflappable composure when something goes wrong, like the speaker cancelling a few hours before our last meeting. I also want to say a special thank you to Vivienne Allan who as our Editor-in-Chief in an ex-officio role, has taken care of newsletters, bulletins and our website. Finally my personal thanks to you all for the support and goodwill I have enjoyed during the year. On 11 December, we have our last meeting of 2023 and as some of you may not be able to come, I will use this opportunity to wish you all a merry Christmas and a happy New Year. We will reconvene on Monday 19 February 2024 for our AGM.

*Jorgen Schousboe*

## Our November Meeting



The sudden cancellation of our guest speaker, Hayley Guglietta, prompted quick thinking on the part of the committee with a screening of the World's Greatest Paintings (DVD series) including Manet's 'A Bar at the Folies Bergere.' (left). For those members who love art and who haven't yet signed up to this DVD series, the screening was a 'taster' of what to enjoy. This was Manet's last major painting completed a year before he died. It is currently in the Courtauld Gallery in London. It was first exhibited in 1882 at the official annual exhibition of the French Academy of Fine Arts. The painting is recognised as one of the iconic paintings of modern life. We look forward to Hayley Guglietta's return visit early in the New Year and to learning about the regeneration of Christchurch's residential red zone.

## Our Guest for this Newsletter

### **Introducing Lyn Russell.....**

Lyn has had a love of travel since childhood when her father who regularly subscribed to Readers Digest, gave her one of that company's books 'The World of Travel.' Lyn was captivated by the imagery and the accompanying stories which provided the impetus to head to Europe as soon as she could.

That, she recalls was in 1972 when together with her husband, she spent three years based in London and travelling every second weekend in true kiwi style in the faithful Combi van. They had started their OE in Canada and arrived in the UK with Europe and further afield in mind.

Spain, Portugal, France, Italy, Bulgaria, Yugoslavia were all on the visiting list at a time when the politics of many countries were still in doubt. Bulgaria was still enveloped by the Soviet Bloc, Yugoslavia had yet to gain independence, Spain was still under Franco's regime with King Carlos not reigning until November 1975.

It was the history of the countries that were the attraction for Lyn - the beauty of the ancient cathedrals, the architecture, the temples. 'I love the spiritualism,' she says. 'You can sense it.' It took a few years of 'local' traveling especially in the South Pacific for scuba diving holidays, for Lyn to venture further afield again, going to Peru to explore the Inca Trails followed by Easter Island with its famous extant monumental statues, created by the early Rapa Nui people.

After Lyn's partner died in 2001, she resumed her travels, travelling the 'Mayan Route' to the



Yucatan, Guatemala and Belize. With three women friends, she travelled on the Ghan stopping in Alice for camping and hiking around Uluru and then boarding the train once more to explore Katherine and Darwin.

Then in 2008, she set forth once more, this time with her brother to explore Russia, Poland and the Baltic States of Estonia,

Latvia and Lithuania. Again architecture was the main attraction although the Russian influence in each country was still evident.

Three weeks touring in northern and central India was a wonderful experience – the sense of spiritualism, the cultural differences depending on the location and the neighbouring countries, the many languages – it was very different. Lyn followed it the next year with a trip to China which, she says, was 'cold and populous' by comparison.

Iran, Morocco and Egypt have been included in her travel log and more recently, Lyn spent some weeks camping and hiking in the Kimberley region of Western Australia and earlier this year travelled to Norway and Japan. Is it time to stop? Not at all, she says. Plans are underway for a visit next year to the US south-western states to take in New Orleans, the Mississippi River, San Antonio and Phoenix and in 2005 to the Stans. Perhaps later a trip to Cambodia and Indonesia, or perhaps a return to Turkey depending on the country's political environment. Petra in Jordan is another option as is Greece.

The size of the world doesn't faze Lyn, it's more about where to go and what to see. Belonging to U3A's Armchair Travellers Group enables her to present talks on her own travels and to listen to members recounting their adventures and where they overlap with somewhere she has already visited. The differences being mainly the decades in between and the changes that have taken place.

Pictured above: Lyn in her grey and white stone garden of succulents with a background of yellow trachycarpus palms. On the right, an Opuntia with the spiral aloe in front.



## INTEREST GROUP UPDATES

### Armchair Travel



Our speaker for our November meeting was Gill Fountain who entertained us with an excellent account of her travels with her husband John. She described their trip to Bulgaria, Macedonia and eastern Greece with a British Exodus tour titled 'In the footsteps of Alexander the Great' which was full of monasteries with wonderful frescoes, interesting cities, small villages and vast Greek ruins.

The trip was 'laced with the history of Alexander and his father Phillip II.' The pair created vast empires between 300-200BC. The evidence and wealth can be seen in well set out museums and extensive ruins.

The region still suffers an uneasy peace following the 1991 breakup of Yugoslavia and the signing of the 2019 Lake Prespa Treaty acknowledging North Macedonia as a separate country from Greek Macedonia. According to Gill, like many countries, the area is encouraging tourism; a good example of this is Skopje, Macedonia's capital, where the 1963 earthquake enabled the city to rebuild majestic buildings and huge statues honouring Alexander.

'I feel honoured to have explored this wonderful area off the main tourist routes,' she says. (Contributed by Gill Fountain.)



## Art Appreciation

### OCTOBER

Morning tea at the Ilex cafe gave us a pleasant walk through the Botanical Gardens to the Central Gallery at the Arts Centre. We had come to see work by John Walsh. Originally from the Gisborne area, Walsh is mainly self-



taught but did spend 1973 and 1974 at Ilam School of Art. Reflecting his Māori/Irish heritage, his paintings show land, sea and sky in another worldly way. Dark in colour, some are highlighted by striking blue/green areas.

Others have gold leaf "Te Po" (see left) or gold dust "Manaia" (see right). His message in "Things are heating up" is a strong one.



### NOVEMBER

We enjoyed morning tea at the always buzzing Under the Red Verandah cafe before visiting PG



Gallery 192 in Bealey Avenue where welcoming staff always spend time with us. This time, work by two artists was displayed in two separate rooms. Wellington based Jacquie Colley's "To the Sea" was a collection of large equally- sized canvases. Differing colour tones were achieved through layering (see left).

Simon Ogden a local artist is known for his painting, object making, design, printmaking and drawing. This

exhibition was called "con.form.i.ty." What really intrigued us were his small mosaic-like works using old fashioned linoleum - the sort you might see in very old houses (see right). It would be interesting to know how he finds it.

As a group we next meet 2nd Friday of February 2024. (Contributed by Helen Harkness)



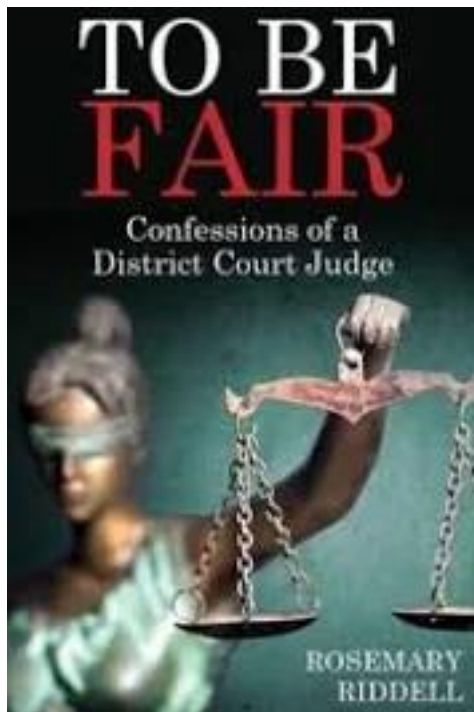
## Book Discussion Group

October's book "Meet Me at the Museum" by Anne Youngson was thoroughly enjoyed by most of our group. It is Anne Youngson's first novel, written aged 70.

Through letters which start as a search for some clarity in their lives for the two main characters, we are drawn into the stories of both as they reveal themselves, their lives, their families and their deeply felt loss of someone close to them and the subsequent grief and confusion. In letters full of honesty, emotion and wisdom, their friendship and perhaps even love (views varied) develops. Beautifully written, intriguing and captivating.

Another lively discussion was generated by this book, as we discussed our ability to relate to the older characters, and our enjoyment of the development of their friendship and love, and the revelation of their lives, choices, challenges and responses. A highly recommended read.

(Reviewed by Philippa Rendall.)



How to be fair to Rosemary Riddell's biographical account of being a district court judge? The New Zealand Law Society gave it a glowing review with an accompanying interview. Kete (New Books from Aotearoa) was more prescribed with its review by Dionne Christian, with a running commentary about the contents. So was our book group 'fair' in generally finding the book in need of a good edit and more about herself than the daily machinations of the court room?

Riddell was appointed a judge to the Family Court in 2005 after a varied career and several years travelling abroad together with her legal studies becoming a partner in the firm Gallaway Cook Allan in Dunedin in 1999.

She said she was surprised to get the recommendation – it 'valued my potential,' she said in her Law Society interview. 'It's also part of the serendipity of life – sometimes you can go down paths you otherwise wouldn't have thought about.' She said keeping control in the courtroom could be

'quite dramatic', involving 'quiet humour and theatrical expressions that often exist in that space.' Her book is spliced with anecdotes and touches of humour within the daily hum of the family court in New Zealand. 'It is most rewarding to be a judge when you are part of the resolution. This can happen more often in a restorative justice, or a family mediation setting,' she said. Her lengthy interview with the Law Society was in many ways more revealing of the person behind the judge's gown than her biography. This was our November read and we look forward to something more stimulating for our summer read. (Reviewed by Vivienne Allan.)

### Café Group 1

For our October meeting we gathered at Mitchell's café at the Tannery with 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 leaders like David Seymour and Winston Peters to memories of growing up in Christchurch where people went shopping to the movies and so on.

As usual opinions varied widely and the resulting conversations were most enjoyable. (Contributed by Jenny Long).



### Cycling Group

Jane very wisely opted not to take us up to Godley Heads for our October ride, the weather report predicting very high winds. Instead we had a delightful ride around the Heathcote River, starting out from Mt Pleasant, and meandering alongside the river right round to Cashmere and Zeroes café. We all enjoyed following the river rather than cutting across it as we usually do, and we frequently had the space to chat as we rode alongside each other. We returned on the other side of the river. The day was pleasant in both temperature and wind level, so a very enjoyable ride was had by all. Our November ride was a pleasant jaunt out to The Store at Tai Tapu via the Quarryman's Trail and Old Tai Tapu Road. The store turned out to be very popular with cyclists with our small group outnumbered by others.



After great coffee and food and a little nosy around some lovely gifts, we returned to Halswell and came back round the quarry and the ups and downs of Cashmere Road. It was a very pleasant ride in mild temperatures with only a gentle breeze. In December we will cycle to our Christmas shared lunch in Dallington. New cyclists very welcome. Contact Philippa 027 686 4126.

### 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** - *This group has taken a break until the New Year.*

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

### Garden Group

Our October meeting was held at Willow Springs at Marshlands. 16 members came to see this multi-faceted garden which has stunning rooms to explore and has an interesting history.



It is set in 7 acres framed by a stream, ponds, springs and large poplar trees. The garden was designed and created by owner, Chris Boon along with his partner Andrea Philips over 9 years ago when Chris purchased the house and land following the Christchurch earthquakes in 2010 and 2011. What started as an offer to Chris to take 3 rhododendron plants from a condemned home before they were bulldozed to an idea that he could rescue as many plants as he could from the red zone – Willow

Springs was conceived. He bought a digger and he and his mate spent every weekend over the next 18 months rescuing mature plants.

Many property owners were broken-hearted seeing their established gardens destroyed so after Chris obtained permission from CERA, the governing body, Chris then had to find the owners of the properties to obtain their permission to save the plants; they



were all delighted – many now in retirement villages and who have come to view their shrubs now gracing Willow Springs. We held our Christmas lunch at the Old Vicarage in Halswell. It was a popular choice which everyone enjoyed. Our December meeting will be a visit to the Ohoka Market. (Contributed by Lyn Russell.)



## Geology/Botany

On 17 October, we went to the **Iron Ridge Sculpture Park** and then to **Parkdale Farm** to see the Blacknose Sheep. Iron Ridge Park has been created by Raymond Herber in land that used to be a limestone quarry. Over the last 25 years, he has made a number of quirky metal sculptures, some of which are interactive which children love to pedal.



After lunch we drove to Parkdale Farm to see the rare Valais Blacknose sheep. They have long curly fleece and love to be patted.



On 15 November, we went to the Janet Stewart Reserve and Brooklands Lagoon with Graham Harrington as our guide.

The tour began at the Janet Stewart Reserve, 9 Lower Styx Road. It is small but beautiful with the river, shrubs and an abundance of flax. People harvest it from here for weaving.



Our second stop was at the Styx Floodgates. These open and shut automatically as the tide ebbs and flows, allowing water to drain out and preventing the incoming saltwater tide getting into the river. At another venue Graham

walked up to a lookout over the Lagoon and then to where higher tides and sinking land is allowing a tongue of wetland to make its way into the nearby farmland. As the saltwater encroaches the vegetation changes and many plants die off. The trip finished with a picnic lunch and Christmas cake at Spencer Park. (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

At our November meeting Catherine Coulter explained the approach she has taken to filing (computer) her research so that it is easily accessible and she can more readily add to the volume of knowledge she has already managed to find. It was an excellent account and prompted a good deal of discussion around the table with a request for copies of the methodology she has developed.

We continued our session with several readings from member's writings, the latest being accounts of a significant national or global event that has occurred in our life time, and how that impacted on us at the time. Topics included the earthquakes, Mt Erebus and the Wahine disaster.

We will finish the year with a review of what has been achieved this year and what is planned for 2024.

(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>
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	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>
<b>CAFÉ GROUP 1</b>	Meets monthly, 2.30pm on Tuesday of the week following 3 <sup>rd</sup> Monday of the month. Contact Jenny Long <a href="mailto:jennylong@xtra.co.nz">jennylong@xtra.co.nz</a> 384 8463.
<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> (This group is now full.)

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

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

