



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

Newsletter July 2024

Welcome to this July newsletter

Our next meeting will be on Monday 15 July 2024

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 Professor Jeremy Hornibrook who will give a talk about vertigo.

He is an Otolaryngologist (head and neck surgeon).

MESSAGE FROM THE PRESIDENT



I want to say thank you for the graceful tolerance you showed us at our June meeting when we faced a second cancellation this year due to Covid. Many of you were looking forward to hearing Peter Field and his take on US politics and the influence of religion. We will reschedule so you won't miss out. At our July Committee meeting, one of our members offered to have a prepared presentation ready should we ever face a cancellation again, something we gratefully accepted. We would love to eliminate problems with our audio-visual equipment and are currently investigating the possibility of having a professional sound engineer at the controls. In a few days, 25 of us are heading out for a mid-winter festive meal together in response to suggestions made in our recent survey. Next time, it might be 50, who knows. Your Committee has already had its first discussions about Christmas this year and how to celebrate the end of the 23rd year of U3A Pegasus. We are keen to hear your suggestions. Drop us an email with your thoughts.

Jorgen Schousboe

LATEST NEWS & UPDATES

- We are missing some DVDs. Does anyone have the set of 'Journeys Through the British Isles?' If you know anything about them, could you please contact Yvonne Boulton on her mobile: 021 442 275
- If members are hard of hearing, please sit in the front of the auditorium. Sometimes the microphones don't give a good sound for people with hearing aids.
- Diary note for Monday 19 August when our guest speaker will be Amy Fellows.

SPECIAL NOTICE

Aged Concern organizes special refresher driving courses for people over 65.

They are fully funded although a koha is always welcome.

The course begins at 10am and finishes at 2pm.

Lunch is provided.

They are prepared to come to the Community Centre to run the course.

Minimum numbers required are 18 and maximum are 35.

If anyone is interested would you please contact

Yvonne Boulton on 021 442 275.

INTEREST GROUPS' UPDATES

Adventures in Travel

Our June speaker was Peter Dunne from Discovery Travel Company who gave an entertaining talk covering his personal background and his enthusiasm for travel and helping others arrange their overseas adventures. He answered questions about such important topics as travel insurance, the benefits of organising mobile phone access before departure, money cards and telling our banks about our travel plans.

He recommended always having paper copies of travel plans, including bookings, in the event of anything going amiss with your e-documents on your phone, especially if insurance was involved. Asked about escorted travel tours, he explained the need for minimum 10 people and the benefits of group airfares if organised properly.

He encouraged us to give plenty of thought to the countries being considered and to check with the New Zealand Foreign Affairs, UK and US websites which usually provide the most UpToDate information.

Peter said there was a lot of interest in specialised tours - example being a tour to the Silk Road next year. He said his company worked closely with House of Travel and gave examples of known travel insurance companies. He talked about the value of taking local tours to get the most out of the country/city being visited and explained what they do. He

acknowledged many people now opt to organise their own travel, at the same time, he talked about the benefits of choosing a travel company.

In July, our speaker was Ingrid Thomas who enchanted us with her experiences first in France with her husband Richard, and more latterly, a four month stay with her



granddaughter Gracie (see left). The small village of Simorre where they bought their house is situated in the Department of the Gers in the old Gascony region, the birthplace of D'Artagne who is honoured with many statues in the region. It is an hour from Toulouse towards the Pyrenees and a rugby stronghold. Simorre has a population of about 700. The language is French with a very strong regional accent. The village was occupied during WW2 which still influences village life today. Ingrid travelled back and forth from New Zealand to Simorre with her husband but she hadn't been there for several years when her granddaughter won a scholarship to study in France last year. They were able to return to Simorre to the house they had owned earlier through the thoughtful generosity of the current owners. This time it was winter

and the cost of gas had risen considerably due to the impact of the war in Ukraine. It was a different experience – the school Gracie attended was a 30 minute drive from Simorre along very narrow country roads.

Her study topic was the experience of living in a small rural village in France. Remembering the language with all its nuances took some doing, but both Ingrid and Gracie had a wonderful time.

Left: warmer weather in Simorre enabled the village folk to get out and about, enjoy a drink with friends and neighbours. It was a typical rural village with entrenched memories especially about WWII and local heroes as well as collaborators.

On the next page is a photo of Simorre, typical of historical villages in France in layout and design.

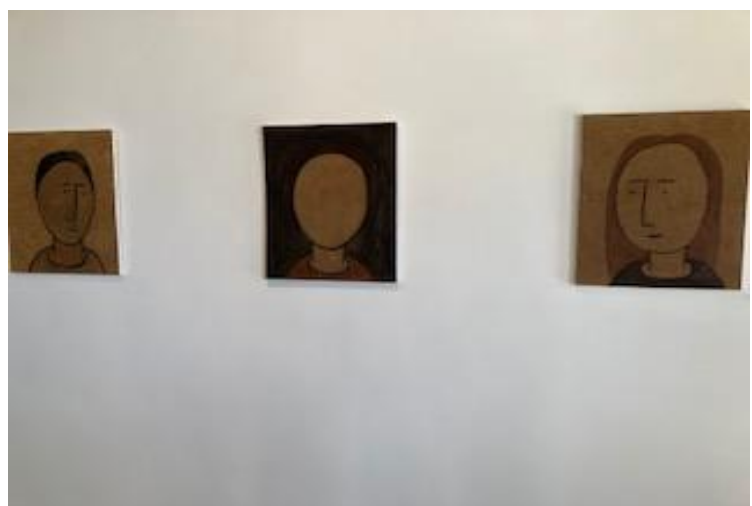
(Contributed by Ingrid Thomas.)





Art Appreciation

Our gallery visit for May was City Art Depot, conveniently not far from Oddfellows our meeting café of choice. The current exhibition was 'Portraits, Idols and Robots'. Christchurch-based artist Francis van Hout had used three elements in yellow ochre, red (iron) oxide and charcoal sourced from the Port Hills and mixed with a thin shellac and lots of methylated spirits. With interests in cave drawings, sci-fi and AI, he was asking us: 'How do we see each painting?'



Not all the portraits have facial features e.g. Gorf (left), but most had what the artist described as a 'remorseful' look achieved with just dots for eyes and a stroke for a mouth, e.g. three portraits – Roy, Golem and Rachael (see above). They made for fascinating viewing.



Also in display were Solander boxes which City Art Depot has been manufacturing for more than 25 years. Originally devised by Swedish naturalist Daniel Solander (1733-1782) while cataloguing the natural history collection at the British Museum, they are book-like in appearance and City Art Depot, over the years, has adapted the original design to include new materials and techniques. These archival storage boxes are works of art themselves. (see left)

In June, on a damp wintry day, the Christchurch Art Gallery proved ideal with parking underneath and café Fiddlesticks across Worcester Bvd. Our chosen exhibition 'From Here on the Ground' (on until 17 November 2024) featured works by 20th century New Zealand artists exploring urban, suburban and industrial landscapes. It brought together works from the gallery's own collection plus artworks on loan from public and private lenders around the country with 50 per cent men and women artists represented. Alongside well known painters such as Doris Lusk, Rita Angus and Bill Sutton were lesser known works such as Ngaio Marsh's 'In the Quarry' (see right) and Buster Black's 'Black Painting: Night Landscape.'

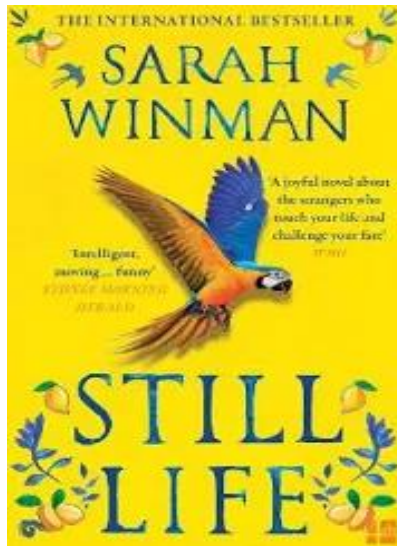


If you haven't been to the Art Gallery for a while, this exhibition is definitely one to see. (left is Douglas McLeod's 'Brick Kiln from Hillside.') Curated by Ken Hall, the exhibition has useful art labels with some history included, and the works are guaranteed to arouse some nostalgia, particularly for Cantabrians. A quick look at the 'Cora-Allan: Encountering Aotearoa' exhibition (on until 25 August) showed it deserved a separate visit as it includes two recommended videos. (Contributed by Helen Harkness.)

Book Discussion Group

Our May book was 'Still Life' by Sarah Winman, (4th Estate Publisher) one of those books that once started, is hard to put down, especially if you are familiar with Italy, more especially Florence and its wonderful collection of art works. In the Washington Post's review, Ron Charles wrote that 'Still Life' felt like a Saturday night among old friends. He went on to say that Winman's novel was 'a tonic for wanderlust and a cure for loneliness.' The story begins in Italy during World War II.

The war as Charles writes was ‘a great scrambler of human beings, a calamity as adept at forging relationships as breaking them apart.’ This is the genesis of the book.

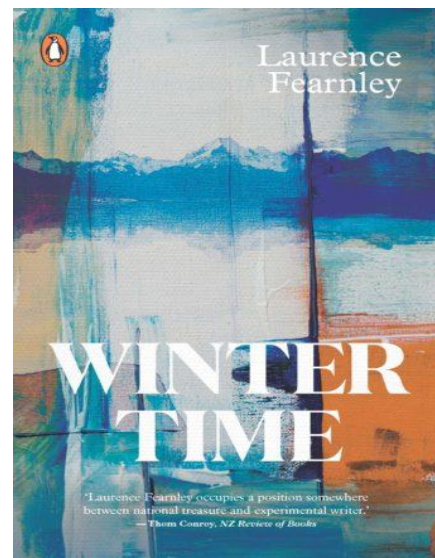


Spread over several decades, it moves swiftly and delightfully from Italy, to London’s East End and back to Italy again. As Charles writes: ‘the novel never feels anything less than captivating because Winman creates such a flawless illusion of spontaneity, an atmosphere capable of sustaining the characters’ macabre wit, comedy of manners and poignant longing. Our group gave Sarah Winman high praise for her book and a high ranking for BDS which they always request.

In June, we discussed Laurence Fearnley’s book ‘Winter Time’. The story evokes the very essence of the freezing cold temperatures that can

engulf Tekapo in winter, so recognisable to many Cantabrians. We were confused why Fearnley had named the town Matariki instead.

The main character, returning to the town where he spent his formative years, is trying to come to terms with the death of his brother, his other siblings having died some years earlier. He camps in his old family home and goes back to this freezing house every evening, increasingly flattened by his lack of progress although he does appear to get some relief either by cycling or walking in the snowbound outskirts of the village.



The characters he becomes involved with, are either unable to help him in his quest to know more about his brother’s lifestyle, or are openly aggressive. His partner who has remained back in Sydney, also fails to support him emotionally.

Our book group felt that the plot and the relationships were never satisfactorily developed and the ending was far too inconclusive, leaving us less

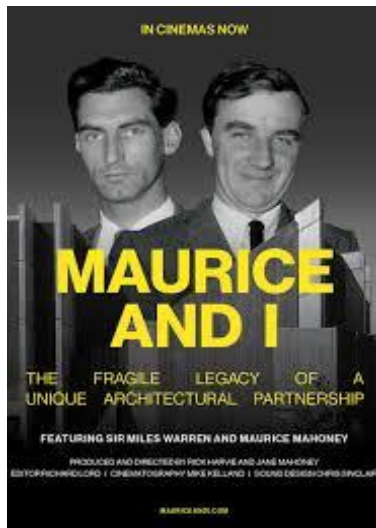
than satisfied with Fearnley’s writing. (Laurence Fearnley pictured above)
(Contributed by Judy Eden.)

Café Group

For the June meeting, we met at Portstone Café on Ferry Road – a café with lots of food and good coffee. As usual, our group discussed a wide range of topics currently making news – politics, especially the presidential race in the US, travel stories of members who had been overseas even if to the North Island, and of course the weather. As usual, opinions varied widely and the resulting conversations were most enjoyable. (Contributed by Jenny Long.)

Canterbury History Group

MAY 2024



That dreaded Covid managed to hit our tour guide from Knox Church on the day we had planned to make a visit to this Gothic style church building in the city— one of the first churches to be completely restored following the earthquakes.

However, all was not lost! A visit to The Tannery to enquire about “Maurice and I” found the film was booked out, but an additional, non-advertised screening was available on the following Saturday morning. A quick email out, and we managed a good turnout. It was time to set aside the Saturday morning home duties and head down to the theatre. No free coffee on today, but what a morning we had! And I had to have my handkerchief at the ready in several places.

Sir Miles Warren, the visionary, and his colleague Maurice Mahoney, the meticulous craftsman, collaborated over many buildings in the 1960s and 1970s, changing the landscape with their brutalist, bold, modern designs. Perhaps the jewel in their crown was the Town Hall. Badly damaged in the 2011 earthquakes, the building was to be written off as a rebuild.

But by this stage, Warren and Mahoney, now in their 80s, campaigned with many others to save the Town Hall from demolition. In spite of Gerry Brownlee’s avowed intention to never re-enter the restored building, humble pie was served. “Humble pie doesn't taste so bad,” he said.



But we saw the joy of the architects and those who made a visit to the newly repaired Town Hall. Our theatre audience was in full support for this now wonderfully restored city asset. With its world leading acoustics, perfectly duplicated colour scheme and amazing design, it has become treasured by our citizens.

And YES - The Press film critic Graeme Tuckett got it one hundred percent correct. “Terrific,” he said. 'Maurice and I' is history done right. We couldn't agree more. (Contributed by Judy Calder.) NB: The image is of the Auditorium under reconstruction.

JUNE 2024



It was a dull, grey morning, with skies anxious to let some water free from above, when we made our way to the heart of St Albans. The unpretentious, but neat and tidy building that stood in Roosevelt Avenue gave nothing away about its interior as we arrived to meet Father Michael and his assistant. Once upon a time, this church building belonged to St Mathews Anglican Church in St Albans. But in 1961, when the Anglicans built their new church in Cranford

Street, this quite traditional wooden building was sold to the Greek Orthodox Community as a new centre for their worship.

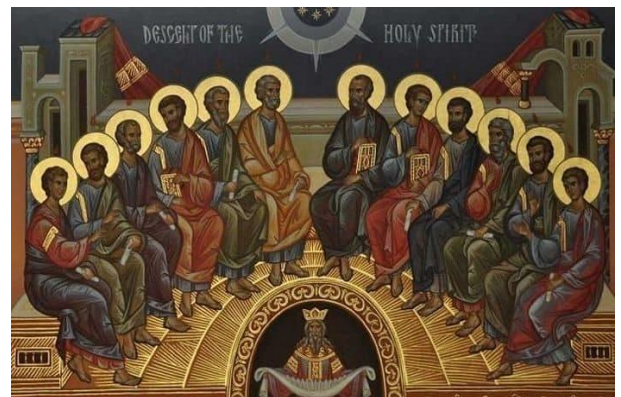
Entering the nave of the church we were amazed at the splendid walls of colourful brightness.

Everywhere we looked – the walls, frontal and roof - were displays of icons, relevant to the traditions of Greek Orthodox worship.

Tall panels at the front, (see below) covered the wooden screens that depicted saints of the church and hid our view of the Holy of Holies, where in Biblical times only the High Priest was allowed to enter as



he once a year offered atonement for the Priest and his household (the blood of a bull) and his people (a goat). (Note: The word **scapegoat** has its origins here).



Row upon row of intricately carved individual chairs filled the nave. These were made in Athens. and gifted to the congregation – quite an overwhelming sight as we sat carefully in them.



A large hall is attached to the church and is used regularly for Greek community gatherings. The congregation is a mixture of Greek, Ukrainian and other Orthodox practitioners (but not Eastern Orthodox) and local people. The service is given half in Greek and half in English. We bombarded Father Michael with our curious questions and it was good to hear him explain many new things to us. This was a most worthwhile visit.

(Contributed by Pat P, Paul H and Judy C)

Coffee & Current Affairs



Our newest interest group started in great style last month although the venue wasn't as good as we had hoped, so we are shifting to the Mt Pleasant community centre's café for our July meeting. We are able to bring our own refreshments which is very welcome. Last

month we created an extensive list of topics for discussion and look forward to working our way through them over the coming months, although with the UK elections just passed, the disruptions in the US following the debate between Joe Biden and Donald Trump, as well as the French elections, we have plenty of global politics to include in the mix. And of course, there are more than

plenty of issues in NZ and locally to keep the discussions flowing. What about the possible name of the new stadium? (progress image above). Someone suggested 'Onesie' as a nickname or so it was claimed on local radio because One NZ now has naming rights due to its expansive sponsorship. But the name is Te Kaha – a much nicer name! Definitely one for debate in our new group. Equally up for discussion might be the rise and fall of the Fourth Estate. The term came about from the traditional European concept of the three 'estates' of the realm – the clergy, the nobility and the commoners in that order. Originally, the fourth estate related only to print media but with the rise and rise of television news and other mainstream media, it has been applied across all forms. The fourth estate was in theory, supposed to be impartial, giving a balanced coverage of the issues of the day. Do we agree or disagree that the same theory applies today, especially given the financial boost some NZ media were given by the Labour Government during Covid. Our membership is growing so at some stage, we will have to say we have a full house. (contributed by Vivienne Allan.)

Cycling Group



Last month, six of us braved the winter conditions on a ride to Kaiapoi via the Northern Cycle Corridor starting at Winters Road. We were very envious of John's heated gloves on the way to Kaiapoi although the trip home was warmer after visiting Coffee Culture. We came back on the gravel road which initially follows the Kaiapoi river and then joins back up with the Northern Corridor. An easy and interesting ride in winter, enjoyed by all of us. (Contributed by Mary Bonner)

DVD Lecture and Documentary Groups

Committee member Yvonne Boulton has taken on the organising of the use of the DVD series that we own. We have sets of DVDs which cover a range of topics including France Through the Ages, the World's Best Paintings, The British Isles, Greece and Turkey, and many others. These sets are available at no cost to any group of members who wish to learn more about the topic. They are in sets of half hour lectures and people usually meet in member's homes at a mutually agreed date and time to watch the lectures and have a discussion about the topic. There are no sets being used currently. For more information about the DVDs, what they are, and how to activate a group, please contact Yvonne on 3844243 or Email yvonneboulton@xtra.co.nz

Garden Group

Our May meeting was held in a member's home in Redcliffs – a lovely oasis under the hill. We enjoyed a good chat and hot drink and then got down to the business of the day – scarecrow making. What fun. Who knew!?! The Linwood Community Garden (April's excursion) had

expressed a desire for some scarecrows for their gardens – hence our missions at Eileen’s place. We stuffed them with pea straw, and tied their extremities with string, and painted their faces and gave them button eyes. We ended up with two very handsome creatures – one a jean-clad fellow and the other a Halloween character as requested. (image below)



June saw us at Trees for Canterbury in Woolston. We were escorted by Steve Bush, who manages the projects and day-to-day management of TfC. From a small beginning in 1990 the nursery has grown into a successful enterprise with three goals – to employ, to educate and to regenerate the native plants in our community areas. With Steve’s empathy and enthusiasm it is not surprising that the nursery is flourishing. The tour included the cuttings tunnel

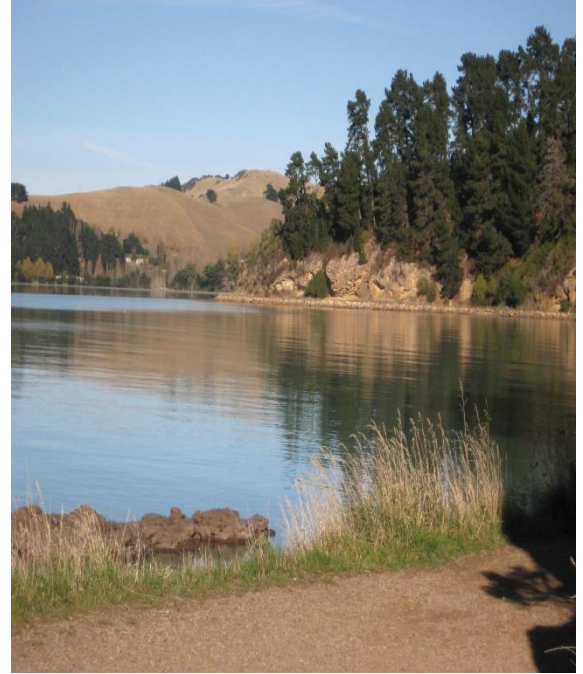
house where we were intermittently lightly sprayed (along with the plants) and the shade houses where the plants were hardened off. Planting projects range as far north as Port Robinson (near Cheviot) and at various schools and kindergartens and community gardens around Christchurch – including the Estuary plantings. A trip to a nearby café finished off a very enjoyable and informative afternoon. (Contributed by Lyn Russell.)



Geology/Botany

Annandale to Governor’s Bay Walk

On 15 May we had a beautiful sunny day for this easy walk from Annandale to Governor’s Bay along the shoreline. Before we set out, three rangers told us about the geology, plant life and projects they are undertaking locally. The path was easy and we took our time. We passed below ‘Ohinetahi’ and saw some of the sculptures in the garden. Further along, we came across interesting sandstone rock formations and patterns. After about an hour we reached Governor’s Bay new pier and walked to the end. The original pier was built in 1874 with two later extensions making it 228 metres long. It was closed after the earthquake but recently opened after restoration. See images below on next page. (Contributed by Pat Whitman).



July Meeting

Our guest speaker for our July meeting was Vicky Southworth who talked about 'Rain Gardens'.

Vicky talked about the dispersal of our waste water and the connection of this to areas of flooding. All our storm water drains lead into our creeks and rivers, so it is important to keep the water clean. Pouring paint rinsings and other contaminants into our drains is very bad

practice. It would be good if we collected our rainwater and used it to water our gardens. We could also help by creating roof gardens on top of car ports or other flat surfaces and the Canterbury climate has enough rainfall to allow this to happen. There are a lot of impermeable surfaces in our towns and housing areas, with tarmac and concrete. Cobbles or blocks set in sand would make for better drainage. Vicky said the Council needs to be more proactive enforcing building regulations about filtering toxic materials on sites and with creating green berms and planting trees.

(Contributed by Gill Fountain.)

Scrabble Group



Scrabble is a favourite winter pastime – great for the mind and great to play. We continue to meet fortnightly at members' homes starting at 1.30pm on alternate Tuesdays.

We welcome new members.

Contact Alison Harrington for more information.

(see convenor list at the end of the newsletter for Alison's contact details.)

Writers' Group

Our group grows from strength to strength as members put life into their memoirs and increasing skill into their writing. Over the last few months we have covered first days at primary and then secondary school and the first houses we lived in aged 18. There were nurses' quarters, private homes, student flats – some in Dunedin, Christchurch and overseas. The descriptions were lively and entertaining. Some were complete with photographs so that we were able to compare our varied lives and in some cases our chosen professions. Finding historical information about the streets where we have lived is a great way of adding context as several of our group have discovered.

While our group is full, another group can be established if members would like. (Contributed by Vivienne Allan.)

Interest Groups Reminder

A reminder to all members that we have a great range of interest groups all of which are listed at the end of this newsletter with their current details. If you would like to know more, contact Caroline Carlton. Email: carolinecarlton52@gmail.com or phone 0204 039 5980.

Membership Reminder

Thank you to the members who have contacted us with their changes in their mobile numbers since Spark decided to increase their charges. It's important that we know of any changes to contact details, including phones and postal addresses. At the same time, because we have a substantial waiting list, we need to know if anyone has decided not to belong to our U3A for any reason. That way we can invite the next person on the waiting list to join. Also, sometimes, when someone is very ill or has died, it is important that we are advised. Many of our members have enjoyed decades of belonging to our U3A and we want to be able to honour and respect their involvement.

Let us know. Contact Christine Toner on Ph: 0274339598 Email: christinetoner139@gmail.com

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.

ADVENTURES IN TRAVEL	Meets monthly in members' homes on 1 st Tuesday of the month at 3pm in members' homes. Contact Lyn Russell 021 2388 788 Email: nylrus1951@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 Mt Pleasant Community Centre. Contact Mary Lynch email granmarylynch12@gmail.com or Judy Eden edenjudith@xtra.co.nz (This group is now full.)
CAFÉ GROUP	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.
CANTERBURY HISTORY	Meets monthly, 2 nd Monday of the month. Contact Judy Calder Ph 384 1269 Email judycalder@hotmail.com
COFFEE & CURRENT AFFAIRS	Meets once a month on the second Thursday at 11am. Contact Vivienne Allan. 021 067 9420. (This group is now full.)
CYCLING GROUP	Meets monthly, 2 nd Tuesday. Contact Philippa Rendall Email Roper.rendall@gmail.com Ph 3376360 Mob: 027 686 4126
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
INTEREST GROUPS	Contact Caroline Carlton Email: carolinecarlton52@gmail.com Ph: 0204 039 5980
SCRABBLE	Meets fortnightly Tuesdays 1.30pm. Contact Alison Harrington Ph 022 307 4039 Email: alison.harrington@outlook.co.nz
WRITERS' GROUP	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