



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

## Newsletter September 2025

Our next meeting is on Monday 15<sup>th</sup> September.

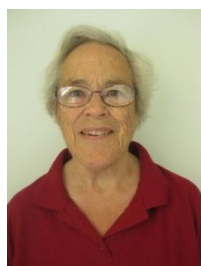
Our speaker is Dr Kseniia Zahrai and her topic is:

*"Either You Control Social Media or Social Media Controls You"*

Social media is now part of daily life for billions, but who is really in charge — us, or technology? It's not just about how much time people spend online. Social media platforms are designed to tap into users' non-conscious habits, making it hard to stop scrolling—even when they know social media is harming their well-being.

Dr Kseniia Zahrai has over a decade of experience in advertising and digital marketing, leading teams in global and local companies in her home country. She holds a PhD in Marketing at the University of Canterbury and now lectures in various marketing disciplines.

### Message from the President



There has been a request to look at more Interest Groups in our U3A. Of the nine ideas offered for new Interest Groups at the last meeting only five of the sheets got any signatures, and none of them had enough names to start a new group. However, I realise that over 100 members were not at the meeting and some of you might be interested in joining a new group.

The possible starters are Cards group (2), Movie group (2), Photography group (2), Pot-Luck Dinner group (3) and Singing for Fun (2). If you would like to add your name to any of these, please email me and we'll see if any get enough starters for it to be worthwhile arranging a coordinator.

## Information about Previous Meeting

Our speaker in August was physiotherapist, and speaker extraordinaire, Antony Bush, talking about how we can prevent back, hip or other joint pain by being active. The key to longevity is movement – ie keeping moving every day, and this was tested out by us all doing squats from standing to our chairs several times during the talk. Antony's work was backed up by relevant and interesting research and more information can be gleaned from his book 'The Back Fix: How to beat the world's #1 disability'. This is available online and is full of interesting as well as useful information to keep us all fit, both physically and mentally, for years to come.

Click on this link to listen to Antony's interview on RNZ Afternoons:

<https://www.rnz.co.nz/national/programmes/afternoons/audio/2018932090/is-there-a-fix-for-back-pain>

This also gives a link to his book.

## Latest News & Updates

Don't forget to mark in your diary our additional talk for this month from Dave Rogers on his experiences being part of Ed Hillary's team working down in Antarctica when Dave was just 21.

The talk will be at 10.30am on Monday 29<sup>th</sup> September and a donation/koha would be appreciated.

Visit to Riverstone Castle with the Opawaho U3A group

Date: 23rd October 2025

Cost: \$80 per person plus \$30.00 admission fee to castle and lunch at own cost

The tour time is 1.25 hours. Look around the gardens immediately after the tour before departing for return to Christchurch.

On arrival we will have lunch and a look around the shops and the tour commences at 1.30pm.

Details of departure times to be confirmed.

RSVP: 13th October 2025

[yvonneboulton@xtra.co.nz](mailto:yvonneboulton@xtra.co.nz)

## 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>ADVENTURES IN TRAVEL</b>	Meets monthly in members' homes on 1 <sup>st</sup> Tuesday of the month at 3pm in members' homes. Contact Lyn Russell 021 2388 788 Email: <a href="mailto:nylrus1951@gmail.com">nylrus1951@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:helenharkness294@gmail.com">helenharkness294@gmail.com</a>
<b>BOOK DISCUSSION</b>	Meets monthly after the U3A lecture, 3 <sup>rd</sup> Monday of the month in the Mt Pleasant Community Centre. Contact Mary Lynch email <a href="mailto:granmarylynch12@gmail.com">granmarylynch12@gmail.com</a> or Judy Eden <a href="mailto:edenjudith@xtra.co.nz">edenjudith@xtra.co.nz</a> (This group is now full.)
<b>CAFÉ GROUP</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> Wednesday. Contact Jane Cowan-Harris Email: <a href="mailto:janechbythesea@gmail.com">janechbythesea@gmail.com</a> , Mob 021 043 5342
<b>GARDEN GROUP</b>	Meets 4 <sup>th</sup> Monday of the month. A mixture of speakers, garden visits and 'tea & cuttings'. Contact: 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@outlook.co.nz">alison.harrington@outlook.co.nz</a>
<b>INTEREST GROUPS COORDINATOR</b>	Mary Lynch Email: <a href="mailto:granmarylynch12@gmail.com">granmarylynch12@gmail.com</a>

## INTEREST GROUP UPDATES

### Adventures in Travel

We have had two attempts to see a presentation on New Orleans and San Antonio but due to last minute cancellations this has not happened as yet. Hopefully it will be third time lucky in October.

### Art Appreciation Group

Following morning tea at the Thirsty Peacock, the Christchurch Art Gallery cafe, we sought out two new exhibitions- Peter Robinson: "Charcoal Drawing" and Hye Rim Lee "Swan Lake." We wandered round and through a room full of Robinson's huge powder-coated aluminium beams that have been folded into strange new shapes.

Hye Rim Lee originally from Korea has lived in Auckland since 1993 although she spent 2007-2012 in New York. Described as an intermedia artist, her digital reinterpretation of Tchaikovsky's "Swan Lake" ballet arose from her lockdown walks that included watching swans on a nearby lake. Allow about a quarter of an hour to be transported by this beautiful work.



A ten minute walk then took us to Sir Miles Warren Gallery at 65 Cambridge Terrace (open Thursday- Sunday 10am-4pm) to see "Pupuritia" meaning "to retain or hold onto." Thirteen contemporary artists are described as a community "holding each other and their shared stories with respect and care." Indo-Fijian Quishile Charan "Burning Sugarcane Fire" hand dyed textile with avocado seeds, embroidery thread, cotton, hessian sacks remembers Fijian harvests.



On the fifth anniversary of the Christchurch mosques attacks, Iran-Kiwi Sudi Dargipour's "They are not numbers" remembers the victims as individuals. She says "I needed to stitch them back into the world."

### Cycling Group

We had a month off due to chilly weather and many people being away, but are back in action for September, weather permitting!



## **Garden Group**

Our August meeting was held at the club rooms of Silverstream Court. We were given an excellent demonstration of how to put together a hanging basket. It was



interesting to see Ann make use of thin branches from a silver birch tree to weave basket-fashion around the plastic basket and then line it with coir pulling the fibres through the gaps. The secret is to overfill the basket with plants so that when they grow there are no empty spaces.

The second demonstration was how to make a tussie mussie. A tussie mussie (or nosegay) is a small, handheld bouquet of fragrant flowers and herbs, historically used to combat unpleasant



odours and, later, as a fashion accessory and a means of coded communication through the Victorian language of flowers. The term combines the old English "tussie" (cluster or knot of flowers) with

"mussie" (referring to the damp moss wrapped around the stems to keep the flowers fresh). The small bouquets often feature a special flower at the centre, surrounded by other blooms and foliage. Our demonstrator showed how easy it is to make one not only from flowers but also from just foliage such as you would find in your garden.



## **Geo/Botany Group** **Lapidary Club**



The Canterbury Mineral and Lapidary Club is based at 110 Waltham Road and is a centre for people interested in minerals and rocks. They have an extensive collection of rocks and fossils in glass cabinets along one wall.

Two of their members chatted to us about different types of rocks and where they are found. They also identified specimens that we had taken in.

They have a large workshop with cutting and polishing machines which are used to process rocks collected on field trips. Another sideline is microscopic work as they told us that 80% of all minerals can only be seen under a microscope.

### Bird Conservation – Andrew Crossland

Andrew's job is to do with the habitats of migrating birds. He is mostly concerned with the estuary and wetlands. We are lucky to have so many species here, 263 in the Canterbury region, as we are on the boundary for North and South Island species and so get both sorts. We also have a quarter of the world's Australian crested grebes, 25% of all scaup and 75% of spotted shags.



For 40 years Andrew has been counting bird numbers and says they are declining with 8 threatened, 3 endangered and 8 vulnerable species. The main threats are loss of habitat, poor condition of habitats, Avian disease which kills 3000-4000 birds each year, disturbance by cars, bikes and dogs, and predation by rats, ferrets and wild cats.



### Canterbury History Group

Although the morning greeted us with a cold wind and damp ground underfoot, it made no difference to the well-clad group of keen historians who walked into the impressive large foyer of Riccarton House. All around we were greeted by beautifully carved wooden panels and mounted deer heads that gazed down upon us as we looked up in wonderment.

Jane Deans was the widow of pioneer John Deans, who died of TB not long after the couple's short marriage. It was Jane who commissioned the building of the house which was completed in 1856, not long after the arrival of the first four ships in Lyttelton. The house was extended in 1874 and again in 1900, when its size was doubled. We noted how the additions were cleverly done and did much to blend in with the original character and style of the property.



Our morning began with a talk from our guide, that gave a very detailed outline of the Deans family, explaining how the family lived, worked, farmed and welcomed others



to their home. Our conducted tour took us up and down staircases throughout the three storeys leading to many bedrooms, a hidden trapdoor escape in a bedroom floor, lovely period furniture, and mysterious tales of ghosts.

Riccarton House is a real treasure for our city.

Purchased in 1947 by the City Council from the Deans family and occupying a prime location, it has become a well known tourist centre and a great place to explore the well planted grounds and the early Deans cottage nearby.

## CLUB DIRECTORY

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