

## The Auckland U3A Network

- Representatives from each member U3A meet three times a year – one vote per U3A
- We aim to share great ideas and support each U3A to run as well as possible
- We help new U3As get started
- Network operations are run by an elected Committee of members from U3As

### Network Committee 2019

**President:** Heather Baigent (*St Heliers*)  
**Secretary:** Collene Roche (*Ponsonby*)  
**Treasurer:** David Thompson (*Hobsonville*)  
**Members:** Don Chambers (*Hobsonville*)  
Kathy Slater (*St Heliers*)  
Mike Lowe (*Ormiston*)  
Ron Wilson (*Takapuna*)  
Murray Holmes (*Tamaki Drive*)  
John Locke (*Epsom*)

Our email address is:

[u3a.network@outlook.com](mailto:u3a.network@outlook.com)

Have you seen our website?

[www.u3a.nz](http://www.u3a.nz)

- Lists all of the U3As in New Zealand
- Is “responsive” to whatever device is used to view it and is easily managed
- Each U3A
  - updates its own contact details
  - puts its Newsletters on line

## A selection of Study Groups from Network U3As

Ancient Civilisations	Handcraft/Textiles
Anthropology	History
Antiques & Collectables	Humour
Archaeology	Inventors & Inventions
Architecture	Languages
Art History / Appreciation	Literature / Books
Asian Studies	Mathematics
Astronomy	Maori Studies
Bridge, Scrabble	Medical Science
Bush, Beach & Birds	Music, Jazz, Opera
Classic Films	Natural World / Bugs
Computers	Navigation
Countries of the World	New Zealand History
Creative Audio-Visual	Philosophy
Creative Writing	Photography
Critical Thinking	Play Reading
Current Events	Poetry, Haiku
Earth & the Universe	Renaissance
Earth Science, Geology	Science
Famous & Infamous	South Pacific Islands
Film & Stage Appreciation	Technology
Financial Matters	Travel
Gadabouts / Walkers	Wine Appreciation
Gardens, Greenfingers	World Explorers
Geography	World Religions
Global Issues	World Wars I & II

To get photos of the Event

Send an email to

[u3a.network@outlook.com](mailto:u3a.network@outlook.com)

Include your name and U3A and you will receive a link to select and download the photos of your choice.

For privacy reasons, the photo link will only be sent to members who registered for the event.

Auckland Network



**Celebrating U3A  
2019!**

**A One Day Event  
on  
Friday, 30 August,  
2019  
at  
Netball North  
Harbour  
44 Northcote Rd**

**9:30am – 2.30pm**

**\*Lifelong Learning\*  
\*Sharing Knowledge\*  
\*Friendship\***

# The Auckland U3A Network

U3A	Est.	Members	
		2018	2019
Beachlands/Maraetai	2016	37	47
Birkenhead	1997	117	105
Browns Bay	2000	212	212
Devonport	1997	173	178
Epsom	1991	180	184
Franklin	1997	100	96
Hibiscus Coast	1995	150	163
Hobsonville	2012	145	145
Howick	1995	156	147
Manurewa	1995	53	55
Meadowbank	2000	300	289
Mt Albert	2001	174	187
North West	1994	204	199
Ormiston	2016	53	55
Pakuranga	1996	227	204
Papakura	2002	66	62
Papatoetoe	1996	57	58
Parnell	1998	110	99
Ponsonby	1994	130	161
Remuera	1989	175	154
South Kaipara*	2019	-	30
St Heliers	1992	185	176
Takapuna	1991	293	307
Tamaki Drive	2002	122	122
Titirangi	2015	95	89
Warkworth	1996	165	166
<b>Total</b>		<b>3679</b>	<b>3690</b>
		*re-established	

# Programme

- 9.30am Morning tea/coffee available
- 10.00am Welcome
- 10.10am Speaker – Mike King
- 11.10am *Comfort break*
- 11.30am Mini-speakers
- 12.15pm *Buffet Lunch – Group photos*
- 1.00pm Mini-speakers
- 2.30pm Closure

## Keynote Speaker Mike King ONZM

2019 New Zealander of the Year



### *The Inner Critic*

The biggest problem our kids are facing right now in New

Zealand is an over-active inner critic. This is the voice in their heads that beats them up and tells them they are useless, they're failures, that they will never amount to anything. If we adults are willing to talk openly about our own fears and worries to our children, they will not only be less likely to think of themselves as different, they will learn to understand that thoughts of despair do not necessarily indicate mental illness.

### The Aim of U3A

“Those who teach shall also learn, and those who learn shall also teach”

Peter Laslett, Founder of U3A UK, 1981

# Mini-Presentations

U3A's point of difference from other organisations for mature folk is our Study Group / Interest Group structure. This supports our aim of encouraging lifelong learning through a peer-to-peer approach; with our members sharing knowledge and experience as both teachers and learners.

The following “mini-talks” will be presented by members of various U3As within the Auckland Network. Those delivering the presentations are not necessarily experts in the fields concerned but, as a result of personal research, will provide learning experiences for those of us here today.

Name	U3A	Topic
Helen Duder	St Heliers	From Fish to Feathers: my journey to Antarctica
Denys Boshier	Meadowbank	NZ history you were never taught at school
Margaret Gane	Papakura	Summer School at Girton College, Cambridge
<i>Lunch Break</i>		
Chris Hawley	Meadowbank	Freedom Behind Bars – teaching meditation in prison
Margaret Scrymgeour	Browns Bay	Don't Judge a Book by its Cover
Lesley Challis / George Mandow	Mt Albert	Conduct Unbecoming The Little Camel
<i>Mini Break</i>		
Gloria Ward	Browns Bay	Frida Kahlo – Pain and Passion
Murray Holmes	Tamaki Drive	Two German Inventors who Changed the World
Kay Mills	Ormiston	The Hangman's Noose