

Photo taken in Hamilton by Max Christoffersen

U3A Hamilton Newsletter

May 2019



Life is for learning -----learn for life.

From the President

The committee is keen to find some new members willing to join our friendly committee. In particular we are looking for people who would be willing to take on the oversight of interest group management, edit our monthly newsletter, or make name badges for new members. Please let me know if you would be happy to accept nomination at the June AGM.

Another new members' "Getting to Know You" meeting is planned for Thursday 23 May at 10.00 am at 1 River Oaks Place, Pukete. This is a good way to get acquainted with new people and find out about the organisation.

Our May speaker, Dr Cate Curtis, will address a topical and very important issue: *Suicidal Behaviour Across the Lifespan*. It should be a thought provoking meeting.

The committee hope to arrange another ethnic dining experience in late June but thought a lunch gathering might be most appropriate in winter. Check the notice board at the next meeting.

Noeline Alcorn

President.

U3A Hamilton Contact Details

www.u3ahamilton.org.nz

Post PO Box 1103, Hamilton

Email hamiltonnzu3a@gmail.com

**Remember, our next meeting is
Wednesday 15 May at 10.00 am**

This Month's Guest Speaker

Dr Cate Curtis

Suicide Across the Lifespan

Suicidal behaviour is relatively common in New Zealand, particularly among young people, and we have had the highest rates in the OECD several times. There are also other age groups that are particularly affected.

In New Zealand, a death is only classified as suicide by the coroner on completion of the coroner's inquiry. In addition to young people, the rate of suicide is highest amongst males and Māori. The dominance of young people in the statistics has not always been the case – there was a marked change in the 1980s – and it is somewhat unusual; many countries have high rates in the elderly also.

There are a range of risk factors for suicide and most will have more than one of these present. There are also a range of protective factors, and it is possible to increase wellbeing and resilience. The presentation will include with a discussion of simple things that can be done to increase our own emotional wellbeing and potentially that of our loved ones.

Biography

Dr Cate Curtis gained a BA from Canterbury University and a BSocSc(Hons) and PhD from the University of Waikato. She worked at the University of Auckland before returning to the University of Waikato as a staff member in the School of Psychology in 2007. She is currently a Senior Lecturer and Associate Dean.

She teaches social psychology and conducts research in the area of young women's wellbeing, particularly around various forms of self-harm. This has included precursors, attitudes towards self-harm (both of those who engage in self-harm themselves and others) and cessation. She has also published on anti-social behaviour, and research methods. She was born in Ashburton to Dutch parents and is one of a select few who love the drive along SH1 between Christchurch and Timaru.



Future Guest Speakers

19 June

Professor Ian Pool, Demographer.

**The History of Aotearoa, New Zealand after Cook.
The Turbulent 120 years 1769-1880**

17 July

Jenevere Foreman -

A Challenging O.E. in China

21 August

Bridget Toy-Cronin -

Law

18 August

Professor Al Gillespie -

Current political matters.

From the Treasurer

Our subscription year is now 1 February to 31 January of the following year, and for 2020 this will remain at \$30 per person.

The change over for the dates for subscriptions will be as follows:

There will be an **interim subscription of \$15** due for the half year - 1 June 2019 to 31 January 2020 - for all members.

On 1 February 2020, the **new subscription of \$30** will be due for the new subscription year: 1 February 2020 to 31 January 2021.

So no subscriptions are due this month but if you have any queries about your subscription, please contact me at treasurerhamiltonnzu3a@gmail.com

Beverley Bell
Treasurer

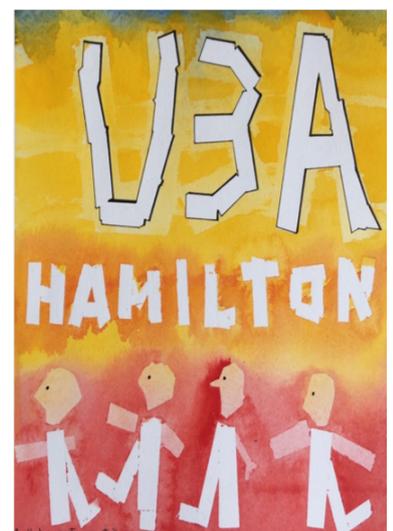
Hamilton U3A Membership

Membership Statistics		We Farewelled	We welcome
June 2016	146	0	<i>New Members – April 2019</i>
June 2017	160		Gregory Bailey
June 2018	200		Pam Bovill
Resignations (2018)	20		Marlene Dons
Discontinuations	17		Virginina Gallagher
Resignations (2019)	4		Garry Marquand
Current	240		Val Marquand
			Yvette Shore
		Helen Thomas	
		Sonia Wells	

A very warm welcome is extended to all the people who have chosen to join Hamilton U3A. We still have a good supply of brochures, so please take a few to give to your friends or to leave at any organisations you may be involved, eg Churches, Community Centres, where there are “third age” people who may like to know more about U3A.

Be sure to pick up a copy of our latest booklet, Lifelong Learning or print out a copy from our website. Inside is information about, and contact details for all of our current Interest Groups.

Our membership is growing thanks to the positive word being spread around by everyone. We welcome people along for a visit without any obligation to join, so do encourage your friends to accompany you to any meeting.



U3A Interest Groups

Potential new groups for 2019

A new Book Group is about to be established.



Are you interested in reading and discussing books you have been reading? If so, this could be the group for you!

Alison Wickham, who has offered to convene this group, is contacting all those who have expressed an interest in reading and meeting each month to discuss books and authors. Alison may be contacted on email: abwickham@gmail.com or telephone 021 161 9211.

Hamilton U3A Debating Group?

Murray Belchamber has a suggestion for another new group. He writes, "If there is interest in the idea I would like to be in a Debating Group. Many universities have debating clubs or societies, I think ours should have one too. This would be for team debating controlled by standard rules (eg Oxford Union, Toastmasters or similar). As both sides are teams of three, our group would look for a membership of six or more."

If anyone is interested, please contact Murray on phone 850 8279 or 027 229 7883.



U3A Interest Group Notices

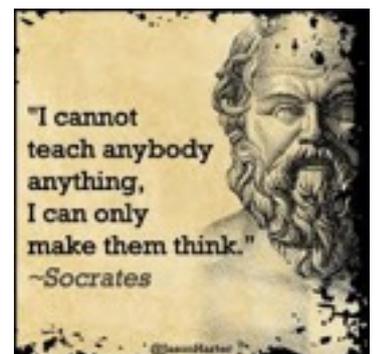
Philosophy Group: *room for three more!*

We meet on the first Wednesday each month at 1 Holly Place, Rototuna North, from ~10.00 to ~11.30, plus socialise after.

We have seven in our group, with room for just three more. You do not need an academic background; your own ideas about life and its meanings and reasons and values is what you can bring and contribute to the discussion.

June Topic: In a country that values free speech, can we define "Hate Speech" or anything that should be banned?

Convenor: Gorham Milbank. →P 855 4757 →E milbank@xtra.co.nz



Mah Jong Group *room for a few more members*



This group is meeting regularly and having fun. They learn, play and enjoy one of the original versions of the game – Hong Kong Mah Jong which largely retains the form, rules and character of the traditional style. Mah Jong was, in the past, almost universally played by men, but our membership is, at present, just the opposite. We would really like to welcome a few more men along to even the balance.

Most of the group are novices, but the game is quite easy to learn and all the guidance, encouragement you need is provided within the group.

We meet at 1.00 pm on the 2nd and 4th Wednesdays of the month at the Western Community Centre room at 108 Grandview Road. There is a charge of \$3 each meeting to cover room hire.

Convenor: Murray Belchamber phone 850 8279 or 027 229 7883

Natural Environment of Hamilton

Members of the group will be notified individually of the details for this month's meeting. If you are interested in joining this group, please contact Noeline. New members are welcome.

Convenor: Noeline Alcorn phone 849 1912



Coffee Companions



Our next outing, at 10.30 am on Friday 10 May, will be to The Kirk Cafe, located behind the Presbyterian Church on Te Aroha Street, Hamilton.

There's no limit on group size, so if you are interested in joining, let Judith know. We can always fill up two tables!

Convenor: Judith Hickman phone 849 0242

New Zealand History Group



This month's topics for discussion were *Sealers, Whalers, Traders and Missionaries*.

The group meets on the first and third Thursdays of the month from 1.30pm – 3.00pm at St Andrews Library Conference Room. We would welcome a few more members.

Please note that the meeting for 16 May is cancelled, and the group will meet again on 6 June.

Interim Convenors: Paul Etheredge and Gavin Muckle.

Interim Contact: Judith Hickman hamiltonnzu3a@gmail.com

Current Affairs Discussion Group

There are two sessions a month, 2nd & 4th Fridays, 9.30am to 11.00am at the Celebrating Age Centre in Victoria Street.

Next session will be Friday 12 April, and then Friday 26th April.

New members are always welcome.

Cost: there is a venue fee of \$2 per person per session..

Convenor: Gorham Milbank phone 855 4757



Other Notices

Programme of talks on the Heritage Floor of Central Library

Our next genealogy seminar will be on Thursday 16 May 12-1pm on Level 3 of the Central Library. The topic will be on Breaking down those 'brickwalls' you come across in your family history research.

Registrations for this can be made via our events calendar on our website, <https://www.hamiltonlibraries.co.nz/> .

Also a reminder about our Heritage Talks which are on the first Thursday of each month at 12.20pm. Tomorrow's talk is on Dating Historical Photographs which may well be of interest to many of you. There is no need to register for the Heritage talks so feel free to come along.

Shelley North

Heritage Librarian – Family History

Hamilton City Libraries | Te Ohomauri o Kirikiriroa

Phone: 07 838 6827 | Email: Shelley.north@hcc.govt.nz

For the next few months the programme will be;

- May 16th how to overcome brick walls when doing family history research
- June 6th a look at the ephemera collection at Hamilton City Libraries
- June 20th a family historian's look at the information contained in the Appendices to the Journals of the House of Representatives

Duty Rosters – Meet and Greet & Morning Tea

Monthly meeting	Groups – Meet & Greet	Morning Tea
15 May	Joy of Writing & French Language	Daphne Bell Lesley Lee Barbara Cumming
19 June	Music Appreciation & Coffee Companions	Tbc
17 July	Book Discussion & Theatre & Shows	Tbc
21 August	Natural Environment & Canadian Authors	Tbc
September	Ukulele 1 & 2 & Knit, Stitch & Chat	Tbc
October	Gardening & Mah Jong	Tbc
November	Wine Appreciation & NZ History	Tbc



More Volunteers are Needed

Three people are now needed at each meeting to assist with the morning tea for an increasing membership. If you are willing to take a turn, please add your name to the list on at the information table. If you are already on the roster, Janet asks that you check to see that your details are correct as she sometimes has difficulty contacting people.

Janet Hanfling's contact details are:

janet.hanfling@xtra.co.nz or phone 855 3551.

BUSIT's Regional Services *Information gathered from Waikato Regional Council's Website.*

There are many places to visit around the Waikato region, many of which are under an hour's commute by bus.

Waikato Regional Council provides a regular bus service to and from Morrinsville, Cambridge, Te Awamutu, Raglan, Pukekohe, Huntly and Te Kauwhata departing from Hamilton's Transport Centre.

Remember, all bus travel between 9am and 3pm weekdays and all day on weekends and public holidays is completely FREE for SuperGold Card holders. All that is needed is to show the driver your SuperGold Card when you board a bus during these times.

All regional routes can be found on busit.co.nz. There is also a BUSIT counter inside the Transport Centre for route planning and timetable information, or call 0800 205 305. The call centre is open 24 hours a day, 7 days a week.

Hamilton U3A Committee

President:	Noeline Alcorn	849 1912
Vice President:	Judith Macdonald	839 3763
Immediate Past President	David Douglas	850 1624
Treasurer:	Beverley Bell	829 3535
Secretary:	Paul Etheredge	825 9888
Almoner:	Gorham Milbank	855 4757
Membership – Communication:	Judith Hickman	849 0242
Interest Groups	Alison Fagan	855 7009
Webmaster	Julie Shaw	854 6040

Our monthly meetings are held at 10.00 am on the 3rd Wednesday of each month from February – November at the Church Hall of Chartwell Co-operating Church located on the corner of Comries Road and Belmont Avenue (opposite Chartwell Mall).

Following the guest speaker's presentation, we have morning tea/coffee and a chance to chat.

Potential members are welcome to attend a meeting prior to making a decision about whether or not to join U3A Hamilton.

