



**General Meeting for Members: Tuesday 3<sup>rd</sup> March 10am - 12 noon**



**GUEST SPEAKER: Margaret Bowater, MA, MNZAP**

**Title: Sleep, Dreams and Nightmares**

Why do we have dreams? How do they relate to our life and health? What are the different kinds of dreams, visions and nightmares? How can we take the sting out of nightmares?

Margaret Bowater is a long-experienced therapist, teacher and Supervisor, who has specialised in dreamwork for 35 years. She has published two books, *Dreams and Visions – Language of the Spirit* (1997) and *Healing the Nightmare, Freeing the Soul – A Practical Guide to Dreamwork* (2016), and led hundreds of dream workshops, in NZ and Australia.

She is currently Secretary of the Dream Network Aotearoa-NZ, and is NZ's Contact for the International Association for the Study of Dreams.

## COMMITTEE REPORT

### Subscriptions

Thanks to those of you who have already paid their subscriptions which were due from 1<sup>st</sup> September - \$30 per person. However some members have still to pay. After 31 March of this year, those who are still "non financial" members of the club, will be withdrawn, and not be eligible to take part in meetings or attend SIG groups. SIG conveners can you please check that all members of your SIG have paid. There is a simple renewal form at the end of this newsletter that can be filled in and enclosed in an envelope if you pay by either cheque or cash OR if you have changes of address, e-mail or phone.

### Speakers. Heard someone great?

Many of our members report having heard an excellent speaker at another organization they belong to. Do pass on the details of any such speakers to Glen Plaistowe and her team. Glen's number is recorded in the table below.

## NOTICES

**Bringing a Guest to our Meeting?** Please contact Val and let her know so she can have a name tag waiting and have put their name on the list so the person chairing the meeting can welcome them.

**Special Interest Groups** All members should be part of at least one special interest group. If there is a talk on in one of the groups that you would like to attend phone the convener and see whether they are happy for you to attend.

### Change of Contact details

Please let the Membership Manager know if your contact details change so that our database can be kept up to date.

### SIG information for the website - Attention Conveners

Some of our SIG groups have yet to publish information relating to their group on our website. Garry needs to keep the website updated with current material otherwise we lose website ranking with Google. Information can be sent via webpage <http://u3abb.net.nz/mail.html>

If sending photos, please write a few sentences about the images you send. Remember your phone can take photos.

## POP UP SIGs

Some of the suggestions we have received to date for Pop Up SIGs include: Ted talks plus discussion; Drama short course; outside speakers (or even our own members) with interesting experiences; panel discussions; repeats of some excellent SIG presentations.

If you wish to organise a Pop Up please contact the Convenors Co-ordinator Elizabeth McNee. Elizabeth's contact details are listed in the committee members table..

## SIG REPORTS

Reports this month include any reports from January and February received by the Editor.

### Active Travellers

The Whinerays put together a well-illustrated look at a 14day 'Insight' Luxury Gold tour of Japan, a Club Med stay on the Maldives and a 'Kiwi holiday' week on Stewart Island. Japan was cities, being chased by a typhoon, Shrines, Geishas, stylish accommodation, celebratory meals, a talk with a Hiroshima survivor and contact with charming lakes/rivers and bush - thankfully without bears. Some comments on Hiroshima and the bombs were surprising. The ClubMed Kani stay was a rest and relaxation experience on a small tropical island. An all inclusive experience with coral-sand, covered in palms and a close set sea. And a submarine dive to see fish a new experience. The happy Stewart Island experience was typically Kiwi; a small, beach-side town, Oban, surrounded by regenerating bush and an interesting history with a Ross Sea connect. Sea food & mutton birds at a 5 star restaurant and tourists and native birds.

### Archaeology

**Last meeting:** Evelyn shared some of the possible causes of the ten plagues of Egypt recorded in Exodus. Problems with corroborating data from other sources, especially Egyptian records, the calculating of length of a generation, the possibility that the great story may have been exaggerated over time makes it impossible to confirm when and what actually happened. However what is probably true is that a number of natural events over a period of time may have had a cumulative effect as one disaster led logically to the one which followed it. Some of the plagues recorded are still happening today as we noted the huge plague of locusts currently causing huge crop destruction in North East African countries now.

**Next meeting:** Our presenter for March will be Peter Dawson.

### Art History

**Last meeting:** Penny took the ladies from the Art History group on a day trip to Titirangi to see the Portage Ceramics Exhibition on February 13th, an annual event at the Te Uru Gallery next door to Lopdell House in Titirangi. This year's show is an eclectic mix of modern contemporary and more traditional ceramics ranging greatly in size and execution from paper clay to china, terra cotta and raku seen in serious, large and imposing pots to smaller, gold embellished whimsical pieces. We lunched at the Middle Eastern inspired Deco Eatery in Lopdell House where the views are magnificent and the "feast" lunch was a great hit! The annual event is on every year from November to February and is highly recommended as a very enjoyable day out.

### Art Pot Pourri

No report this month.

### Book\_Group

**Last meeting:** This is the rather lengthy list of books we all read over the holidays: *We Are Here: an atlas of Aotearoa* by Chris McDowall and Tim Denee; *The Body Lies* by Jo Baker; *Nothing Stays Buried* and *The Guilty Dead* and *Cold Kill* and *Ice Cold Heart* by P J Tracy; *Blue Moon* by Lee Child; *How the Dead Speak* by Val McDermid; *The Blood Road* by Stuart McBride; *Whatever it Takes* by Paul Cleave; *City of Windows* by Robert Pobi; *how to* by Randall Munroe; *The Body* by Bill Bryson; *The Institute* by Stephen King; *This Poison Will Remain* by Fred Vargas; *The Bitterroots* by C J Box; *What Rose Forgot* by Nevada Barr; *Elevator Pitch* by Linwood Barclay; A

*Long Night in Paris* by Dov Alfon; *Conviction* by Denise Mina; *A Dangerous Man* by Robert Crais; *The Island of Sea Women* by Lisa See; *Nothing to See Here* by Kevin Wilson; Robert B Parkers's *Angle Eyes* by Ace Atkins; *The Night Fire* by Michael Connelly; *The Farm* by Joanne Ramos; *Me* by Elton John; *Mortal Fear* by Greg Isles; *Child's Play* by Reginal Hill; *Guilty not Guilty* by Felix Francis; *City of Thieves* by David Benioff; *The Bottoms* by Joe R Lansdale; *Whisper Network* by Chandler Baker; *Long Bright River* by Liz Moore; *In the Clearing* by J P Pomare; *Where the Crawdads Sing* by Delia Owen; *The Clockmaker's Daughter* by Kate Morton; *No Mercy* by Martina Cole; *Melmoth* by Sarah Perry; *Labyrinth* by Catherine Coulter; *Star of the North* by D B John; *The Familiars* by Stacey Halls; *One Good Deed* by David Baldacci; *Silver* by Chris Hammer; *Wolfe Island* by Lucy Treloar; *Find Me* by Andre Aciman; *A City Possessed: the Christchurch Civic Creche case* by Lynley Hood; *The Battle for Room 314* by Ed Boland; *David Suzuki: the autobiography* by David Suzuki; *Miss Murial Matters* by Robert Wainwright; *Out of the Blue* by Joanna Fincham; *The Bletchley Girls* by Tessa Dunlop; *This is Happiness* by Niall Williams; *Nobody's Fool* and *Everybody's Fool* by Richard Russo; *Towards the Mountain* by Sarah Myles; *The Great Successor: the divinely perfect destiny of brilliant Comrade Kim Jong Un* by Anna Fifield; *Blueprint: how DNA makes us what we are* by Robert Plomin; *The Rise of Magicks* by Nora Roberts; *The Kite Runner* and *A Thousand Splendid Suns* by Khaled Hosseini; *A Madness of Sunshine* by Nalini Singh; *How to Escape from Prison* by Dr Paul Wood; *Peace* by Garry Disher; *Whatever it Takes* by Paul Cleave; *Guest House for Young Widows* by Azadeh Moaveni; *Lady in Waiting* by Anne Glenconner; *The German House* by Annette Hess; *Nothing Ventured* by Jeffrey Archer; *Tough Love* by Susan Rice; *Lady in the Lake* by Laura Lippman

## **Books and Beyond**

**Last meeting:** We began the year well with a large attendance and two possible new members. Having decided to continue the format from last year - a presentation and a 'challenge' topic each month - we spent most of the meeting hearing recommendations from members' holiday reading. The books recommended were wide-ranging in genre and content.

**Next meeting:** Next month Shona will present, and our challenge is to read something on the topic of 'friendship'.

## **Classical Music**

No report this month.

## **Computer Skills Workshop**

If there is interest, these will recommence next term

## **Creative audio visual**

No report this month.

## **Creative Writing**

No report this month.

## **Current Affairs**

**Last meeting:** February's discussions were triggered by Simon Wilson's opinion piece in the Herald of 11 January and titled "Is New Zealand broken?" This was deemed to be quite an emotive statement but opened up discussion on a range of topics. New Zealand's highs and lows were discussed as were suicide, welfare, immigration, violence, the economy and other topics.

## **Cycling**

### New Northwestern motorway track to Te Atatu Peninsula

The first ride for 2020 was the newly opened link from Westgate in Massey. The cycleway runs along the motorway, with however, three major crossings to negotiate; across Royal Road takes some time, then crossing the intersection at Lincoln Road, and finally the intersection to get to Te Atatu Peninsula. Therefore some walking was required. The cycleway itself is excellent, well made and attractive. Traffic along the motorway was constant, a reminder that we are in a city. Coffee at a café in Te Atatu was good with staff helping arrange tables for our group. Another group of 'ladies who lunch' were impressed and told us that we had earned a cake. Which we did.

## **Film Appreciation**

**Last meeting:** At our February meeting Evelyn took us behind the scenes in the production of the film "JoJo Rabbit" which included a very informative interview with Belgian-Italian-Kiwi Christine Leunens on whose book "Caging

Skies" the movie is based. There were many clips of Taika Waititi's interviews where his unique sense of humour and distinctive New Zealand association entertained us. We got familiar with the background of Tomasin McKenzie and generally came away with a warm glow about the achievements

**Next meeting:** At our meeting on the 20th of March John Reynolds will be giving us an informative insight into "High Noon" the classic Western starring Gary Cooper.

### **Français pour rire**

**Last meeting:** As it was Auckland Anniversary long weekend we held our meeting at Settlers where Trisha showed us a video of the life of the famous French Impressionist painter Monet from his poor beginnings to world-wide fame. His large works of water-lilies, his present to peace in France, can be seen in the Orangerie in Paris. The video also showed his house and garden at Giverny where he spent his latter years. (A must visit!)

**Next meeting:** Next month, we will be back at Glen Road and Fay will talk about the small town of Sancerre in central France where she spent some time last year. Our meetings in addition always include a homework question about some aspect of France or French life as well as some French language learning.

### **International Studies across Countries**

**Last meeting:** At our first meeting for 2010 Rob described the island of Bali. From its early colonisation by the Dutch in 1590s , through brief British rule to Japanese invasion during WW2 the island has maintained its Hindu roots making a peaceful population. Army control and finally democratic elections led to the formation of a republic in 1999. Tourism is the biggest earner with local developments of the main sites, gaining over 4.6 million visitors annually by 2016. The volcanic soils produce many vegetables ; peppers and corn whilst rice and coffee are exported . They have developed amazing irrigation channels to add to the lush vegetation. The many shrines and temples are distinctive features of the landscape.

**Next meeting:** Next meeting is to be led by Val who will talk about Japan New members welcome for a new year of international study and hopefully some understanding of world affairs.

### **Inventors and Inventions**

No report this month.

### **Late Afternoon Walking Group**

#### **Local History**

No report this month.

#### **Mah Jong**

Beginners & new members welcome.

No report this month.

#### **Making History**

No report this month.

#### **Māori / Te Reo**

No report this month.

### **Medical Science and History**

**Last meeting:** In December our Group met at the Black Cottage Café Coatesville where we shared a very enjoyable Christmas Lunch. Our first meeting for 2020 is scheduled for the 6<sup>th</sup> Feb.

### **Modern History**

**Last meeting:** Gordon gave a presentation on the dodgy dealings of British MP's of all parties. Many used their positions to acquire extreme wealth such as investing in companies who utilised tax havens. Then protected those companies by ensuring no laws were passed that could hinder them. Ex MP's including Ministers and PM's became

Directors , employees of various major corporates and joining the ranks of conference speakers earning huge amounts for doing very little.

Dave.C. presented a lively discussion on the differences in meaning and understanding between the English and Maori versions of the Treaty of Waitangi. The major differences were the meaning of Sovereignty and Government as understood by the Crown and Maori in 1840. They are still a bone of contention 180 years later.

### **Music Appreciation and History**

**Last meeting:** At our first meeting for 2020 we watched two episodes from the second Classical Destinations TV series. Simon Callow (acclaimed actor and writer) is the narrator for this series that travels to some of the most amazing cities in Europe to show how their history and architecture influenced the composers who lived there. The focus in the first episode was on Manuel de Falla, Isaac Albeniz and Stevan Mokranc. This was set in Madrid and Belgrade. The second episode was set in Rome and Naples, focusing on the composers Rossini and Respighi. This was a very enjoyable watch. The music of the composers accompanied the beautiful overview of the cities and, with the absorbing narration, helped to bring meaning and clarity to important parts of the composers' lives and the world they lived in.

### **Music - Mainly Classical**

**Last meeting:** At our first meeting of the year Terry gave us a review of some of the music and composers we had last year. This consisted of the Mendelssohn Piano Concerto No1 with Yuga Wang; the Richard Strauss Horn Concerto with Marie-Luise Neunecker; Antonio Bazzini's "Dance of the Goblins with James Ehnes on violin; "When You Wore a Tulip" with Chris Barber Jazz Band; Dave Brubeck "Take Five" with Sachal & Winton Marsalis; and Bach's Toccata and Fugue in D minor with the Jacques Loussier Trio. After refreshments we watched the 1st act of Delibes "Coppelia" ballet by pupils of the Paris National Dance School (the remaining acts can be watched on YouTube).

### **Philosophy**

**Last meeting:** Our February session completed the last of the introductory sessions looking at metaphysics and theology and the influence of the philosophers in the 17th and 18th centuries.

**Next meeting:** Next month we look at Socrates and his contribution and discuss the question: "Do we have freewill?" New members welcome

### **Puzzles Patterns & Paradoxes**

No report this month.

### **Renaissance**

No report this month.

### **Travel**

**December meeting:** For the last meeting of the year we had a 40question travel quiz put together by Anne. Bernard was the winner! Afterwards we enjoyed a Christmas lunch together. Thanks to our leader for another interesting year with a variety of topics from our members.

### **Ukulele**

**Last meeting:** In December at the Main meeting the Group performed Christmas songs with additional players from within and outside BB U3A. The feedback we received was positive. It helped having the words projected on the wall so everyone could sing along. Our Christmas Group lunch went well being hosted at Fay's place. We will have had our first meeting of 2020 by the time this Newsletter comes out.

Our web page has Ukulele lessons for beginners and advanced exercises for established players. Whether you are a beginner, with or without a Ukulele, or just a singer, you are welcome. Do come and join us if you are interested in singing, playing a Ukulele or even playing a Guitar.

## **Walking**

### ***Upcoming walks: March -Rothesay Bay.***

Rothesay Bay: Meet at The Eatery Café ( formerly Armidillo Café) on the corner of the Rothesay Bay shops at 9.45. We will be walking along the cliff top from Rothesay Bay to Murrays Bay then up through the bush and back along Knights Rd for coffee at The Eatery Café About 90 minutes

### **March- Takapuna**

Meet and park at the Lake House. We will walk north along the beach, via the Pohutakawa Grove then take Manurere Avenue down to the pump house and then walk back to the Lake House for coffee.