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President: John Goodman

Secretary Vivianne Child

u3ameadowbank.org.nz

NEWSLETTER – JULY / HŌNGONGOI 2026

Greetings from the committee on behalf of the President in absentia- who seems to be suffering through a dramatic range of temperatures from very cold days in Edinburgh to sweltering heat in England and Europe. Boy, we hope he is as adaptable as he is in his opening remarks to us. Here we're into that changeable period of the year: coldish nights, warm sunny days when there is no wind; fleeting showers.

The June meeting was again very successful, with over 120 members present.

Our very interesting short talk was entitled 'How do you doula: Death Cafes and other important conversations'. Drawing on her wide experience Sandy Millar put the café conversations into the context of her other work at the beginning and end of life, including the use of Advanced Care Plans. Her presentation showed that she is both capable and very empathetic – the characteristics of a successful Doula. I found my experience at Remuera library interesting and without any incursion into people's lives, and no feelings of embarrassment or the need to share. I can recommend such conversations. Sandy has offered to host such a conversation should there be enough interest. Her contact details are: Sandy.millar10@gmail.com, and 021 189 5597

After morning tea, in our main presentation, Richard Shaw, Professor in Politics at Massey University, gave us an extremely enlightening insight into a slice of the history of the 19th century Government confiscation of Maori land in Taranaki, through his family's history. He was very forthright about the part members of his family played in this period, the result for his family and the process of confiscation and partial reparations. In relation to the confiscated land on-leased to his family he discussed the way his family made a 'capital gain' in the way the cost of leases were set (35 pounds p.a. for 21 years, 12 pounds p.a. for the next 21). We were left in no doubt as to the veracity and results of his research: The purchase price to settlers from the government of 'section 44 and Parihaka was \$329,698 – none of which went to mana whenua'.

He raised the question of the 'unsettling things' – the unsettled story of our past, the Irish paradox, the transformation based on stolen land. The past is not truly the past. Perhaps the most startling fact is that 70,000 hectares of Māori land are still in enclosures – inaccessible to those who are entitled to them.

He raised the question of why, so far along, are some people unwilling to discuss the past – particularly when objectively no one stands to lose anything, although of course some people must feel that they do. He quoted: 'people have to work hard not to know, not to recall, not to see, to be truly ignorant' (*Rachel Buchanan Parihaka Album P 45*)

He was very forthright in answering questions from the appreciative audience. Altogether, an informative and enjoyable morning.

The new TED talks and Beyond group got off to a good start; and before morning tea in July, Chris Hawley will be talking to us about the new group he is proposing for 2027 and we will briefly celebrate Matariki.

John and Jocelyn will be back for the July meeting, no doubt treasuring our more moderate climate and exhausted from their travels. If pressed they might entertain us with some highlights at some time. They and the rest of the committee look forward to seeing everyone at the July meeting.

Miles Shephard
Interim scribe

June Meeting



Margaret Davidson, opening the meeting



Margaret and Myles Shepheard with Sandy Millar from Death Cafe



Left: Maureen Putt introducing our speaker



Above: Our main speaker, Richard Shaw, sharing his research in relation to his own family history



Richard Shaw with Margaret, Maureen and Allan Davidson, who thanked Richard for his informative and heartfelt talk and



(right) images of Richard Shaw's books

Who's Who for Monday 20 JULY 2026 meeting: 9.45 a.m. for a 10 a.m. start at St Chad's Church, 38 St Johns Road, St Johns 1072.

Greeters: Modern American Literature

Matariki Celebrations

Guest Speaker: Rob Harley: Speaker/ Communicator/ Author/ Documentary Maker

Topic: Life's most Amazing People



Rob Harley

Rob Harley is one of New Zealand's most experienced journalists and communicators. He will be well-known to many as one of New Zealand's most acclaimed journalists and writers. Rob will be sharing stories from his fifty-year career both in Aotearoa and in some of the world's most challenging places, among some of the bravest people you will ever hear about. He'll talk about his time in war zones, and solving some international mysteries.

As a television reporter, Rob specialised in advocacy journalism, in the 1980's exposing the shocking state of hospital conditions for children in Auckland, which led to the eventual building of Starship Hospital. He later campaigned for better road safety in New Zealand and also exposed major deficiencies in other parts of the health system, especially psychiatric care, leading to significant reforms.

Rob's documentary-making efforts have helped to build a number of highly successful aid organisations in Romania, India, Ghana, Cambodia and many other settings.

Rob has written twelve books and will bring copies of his latest best-selling book, 'The Courage of Women.'

Who's Who for Monday 17 AUGUST 2026 meeting: 9.45 a.m. for a 10 a.m. start at St Chad's Church, 38 St Johns Road, St Johns 1072.

Greeters: Money Matters

Mini Speakers: Wine Studies & Foodies

Guest Speaker: Keith Woodley: Manager at Pukorokoro Shorebird Centre on the Firth of Thames

Topic: 'Filling a Flyway Gap – 5 Years of Shorebird surveys in North Korea.'

New Members

**A big welcome to our new member: Gabe Pang
Best wishes for many enjoyable experiences at U3A Meadowbank meetings
and group activities!**

News & Views from our Travellers:

Our village is about half an hour north of Nice.

We are surrounded by small villages full of artisans, with exciting views around every corner and near where so many famous artists did their work - Matisse, Chagall, Picasso, Miró, Giacometti etc.

We are loving it here.

Gay Williams



Our village -Tourrettes -sur-Loup -
between the mountains and the sea

A view over our hilltop village from our
upstairs terrace at night.



One of the many stairwells joining the little
streets



Pottery at our weekly market

How about a Violet ice cream?



Below: The Violet Shop in the Village



Greetings from the travelling Goodmans

We have rather unluckily hit by not one but two heatwaves in England and it has been pretty challenging. The main accessory everyone seems to be using is portable electric fan. Not exactly England's green and pleasant land...but presumably a taste of things to come, with global warming.

Luckily a blessed cool descended on us in Scotland!

Right and below

Amidst the lobster pots Tobermory, on the Isle of Mull, Scotland



Group News

Possible New Interest Group: Our Southeast Asian (ASEAN) Neighbours.

I wonder if there is interest among some members to form this new group? If so, I would be happy to convene it! I will be speaking about it at the July meeting, but in case some miss that, here is a first announcement!



I envisage a group of 10 -15, who would like to go on a journey to explore with me our southeast Asian neighbours, some 700 million people in 11 countries, just to the north of Darwin. Like earlier groups, such as 'Our Pacific Neighbours' and 'World Religions', we could gradually explore each country and the region with its amazing diversity and rich historical and cultural heritage, as well as the growing importance of this dynamic region to New Zealand this century. We could have fun, including an occasional visit to a restaurant specialising in the food of the country we are studying, or perhaps inviting a member of a community, or from a diplomat in Wellington, to meet with us.

I would assume those joining would be interested to do some homework, say once a year as a contribution to the learning and exploring process. There is no shortage of information available. We will need to find a venue and day that works for most of course, if there is interest!

I can be contacted at chawley48@hotmail.com

Thank you, Chris Hawley

Two Reminders

Reminder: Winter series 2026

New Zealand History past, present, and future

7 August: Topic: Education Presenter: Peter Lineman

Emeritus Professor Peter Lineham was born in Karamea and educated at Burnside High in Christchurch and Canterbury University, graduating with an honours degree in history. He was awarded a Commonwealth scholarship and completed a Ph.D. at Sussex University.

Peter taught history at Massey University for forty years both at the Palmerston North and Albany Campuses, retiring in 2019. His specialities are religious and social history, areas in which he has published extensively. He is well known as a go-to-person by media for informed commentary on current religious, social and moral issues and is a very popular public speaker.

Alongside his busy teaching career, Peter was heavily involved in university administration and has served on various national, academic, educational, religious, and charitable bodies. Peter is currently the Independent Chair of the Ethics Committee at the Auckland University of Technology. For many years Peter has been involved as a voluntary prison visitor. His community and historical contributions were recognised in his appointment as a Member of the New Zealand Order of Merit in 2019.

14 August: Topic: Health Presenter: Dr Stephen Child

Stephen Child: Chief Medical Officer Southern Cross Health Society, General Medicine physician at Auckland City Hospital. Member of the Medical Council of NZ and advisor to other Medical Training Networks.

Stephen will present a relatively common case study familiar to him and many other medics, and discuss how this particular case study would have been treated in 1920, 1970, 2020 and 2025.

Because Stephen's information has come from his research, there will be lively interaction with our audience where some of our own would have been working "at the coalface" in these timeframes.

For each time period he will discuss:

What care options were available and at what cost?

What hospital options were available and at what cost?

What treatment options were available at the time?

What malpractice protection did patients have at the time?

Other topics from the floor?

21 August Topic: Economics Presenter: Brian Easton

Brian Easton is a prominent New Zealand economist, public policy analyst and author, known for his extensive work on the New Zealand economy, social policy and economic history. Over several decades he has contributed widely through academic research, journalism and advisory roles and is recognised for making complex economic issues accessible to the public.

Friday August 7th, 14th, and 21st. From 10 - 12pm at St Chads
Morning tea provided by the committee

Cost \$60.00

Please make payment to the U3A Meadowbank bank account
with your name as reference

From the planning group
(Margaret Davison, Shirley Grayson, Gay Williams and Miles Shephard)

Reminder: U3A Auckland Network Event 25 July



u3a Auckland Network welcomes you to a day of celebration

Salvation Army Church, 18 Allright Place, Mt Wellington
Saturday 25 July 2026 - 9:30am (for 10:00am) to 2:30pm

Speakers:

Morning: [Dame Wendy Pye](#) - "Teaching the World to Read."

Afternoon: [Shamubeel Eaqub](#) - "A Society Worth Having."

Also included are four presentations by u3a Members and lunch - \$50.00

u3a.nz/event to register

From the Committee: Early Notice

Serving on the committee is an important contribution to our organisation and about a third of the membership has given service in this way at some stage. Being part of the committee is a great way to get involved in how our organisation works and to meet people. There is plenty of support for those who take on a role. We will be seeking nominations in October.

We are currently in need of a treasurer, and some members will be standing down at the end of this year. Please consider if this might be for you in 2027 (or earlier if you are interested in the role of treasurer).

Current committee members welcome inquiries and are happy to talk with you about the roles.

Where from here / He ara whakamua: Essential information for older people

This booklet is the one our mini-speaker Sandy Millar referenced. It is packed with helpful information. A new booklet for 2026 – 2027 is due out mid-July.

You can get a free physical or digital copy of the *Where from here / He ara whakamua* booklet directly from the Eldernet Group or

- **Online:** You can view or download a PDF copy of your region's booklet directly on the [Eldernet Where from here page](#).
- **By Phone:** Call Eldernet at **0800 162 706** to have a printed copy mailed directly to your house.
- **In Person:** Physical copies are distributed locally through community hubs, Age Concern branches, healthcare providers, and local libraries. You can check the Eldernet Where from here page to find a full list of distributors in your region

NB For quick access to a counsellor call **1737**

Events in Auckland July 2026



Matariki

<https://www.matarikifestival.org.nz/matariki-events/>

With light installations that tell stories of place and space, activations for people of all ages, live music to dance to or to chill out to, innovative Augmented Reality sculptures, there is something for everyone in the heart of the city.

From Silo Park to Te Tōangaroa, up Queen Street, Elliott St, Vulcan Lane, Aotea Square, Myers Park and the new train stations of Te Waihorotiu and Te Karanga a Hape, we encourage you to bring your family, stay for the day and enjoy a sensory experience like no other that celebrates this unique time of the year.

We invite you to look up, look around...where light, art and music weave a thousand stories across the city centre.

Mānawatia a Matariki.

- **Matariki Festival (Jun 30 - Jul 21):** The city-wide celebration of the Māori New Year continues into July. Key gatherings include the **Matariki Twilight Market** (CBD, July 10 and 25), the **Tūhono** light and sound sculptures (City Centre), and the **Auckland Philharmonia: Matariki: Waiata Anthems** at the Auckland Town Hall (July 14).
- **Doc Edge Festival (Jun 24 - Aug 10):** The renowned international documentary film festival takes place across various Auckland venues, bringing powerful global stories to the city.
- **Auckland Live Cabaret Festival (Jun 24 - Jul 5):** The Civic transforms into a playground of burlesque, circus, music, and secret piano bars.
- **Constellations Theatre (Jul 2 - 19):** A theatrical event playing at the Q Theatre

School Holiday Events for the grandchildren?

- **Monster Mayhem at the Sky Tower:** Enjoy Minions & Monsters-themed games, a reflex challenge, and crafts across three observation decks. Check details on [Auckland for Kids](#).
- **Dinosaur Nights & Lights at Auckland Zoo:** Bundle up for an evening experience under light installations amongst the zoo's residents in Western Springs. Find session times via [Eventfinda Auckland Central](#).
- **The Bubble Spectacular at Kiri Te Kanawa Theatre:** Dr Hubble brings massive, interactive bubble artistry to the stage on Tuesday 14 July.
- **Matariki Memory Stones at the NZ Maritime Museum:** Create custom memory stones along the CBD waterfront. Plan your visit at [NZ Maritime Museum](#).
- **The Great Solar System Adventure at Stardome:** Head to Epsom for immersive planetarium shows tailor-made for kids.
- **Parnell Holiday Programme:** The Village Square Trust at the Jubilee Building runs fully managed daily day-camps.
- **Sharklife at SEA LIFE Kelly Tarlton's:** Explore interactive shark-themed educational paths and feeding sessions in Orakei.
- **Matariki Activity Programme at St Heliers Library:** Localised, free community craft events running from 7–17 July.

Auckland Museum



Wildlife Photographer of the Year

SUN 28 JUN 2026 - SUN 23 AUG 2026

AUAHA ĀTEA NUI SPECIAL EXHIBITION SUITE

The longest running and most prestigious nature photography competition in the world, direct from London's Natural History Museum. A must-see, world-class exhibition enjoyed all over the world by nature lovers and photographers

U3A Meadowbank meetings July 2026

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Week 1			1	2	3	4
9.00 am			Time Poor Walkers			
10.00 am			Current events	Ramblers	Jazz	
2.00 pm			Memoir writing			
Week 2	6	7	8	9	10	11
9.00 am			Time Poor Walkers			
9.45 am		French				
10.00 am			500 Group	Dollars & Sense		
			Literature	Ramblers		
10.30 am			History			
1.30 pm				Introduction to Bridge		
Week 3	13	14	15	16	17	18
9.00 am			Time Poor Walkers			
9.30 am				Short Walks		
10.00 am	NZ History Science & Technology	Shared reading1	Saints & Sinners	Ramblers	Ted Talks & Beyond	
10.00 am				Poetry		
1.30 pm		Art History	Shared Reading 2			
2.00 pm		Book Club	Music	Modern American Literature		
Week 4	20	21	22	23	24	25
9.00 am			Time Poor Walkers			
9.45 am		French				
10.00 am	MONTHLY MEETING	Money Matters	Foodie	Ramblers		
1.30 pm				Introduction to Bridge		
1.30 pm				Books & Authors		
Week 5	27	28	29	30	31	
9.00 am			Time Poor Walkers			
10.00 am				Ramblers		
2.00 pm		Wine Studies			Classic Films 2	
7.00 pm			Classic Films 1			

U3A Meadowbank meetings July 2026

If you change your personal details, OR LEARN OF THE BEREAVEMENT OF A U3A MEMBER, please email the change to u3ameadmemb@gmail.com. Please include YOUR full name, physical address, phone number and email address.

If a member you know is having trouble with transport to U3A meetings, please let a member of the committee know. We may be able to help.

TO CONTACT COMMITTEE MEMBERS please use the gmail addresses below

Secretary: u3ameadowbank@gmail.com

Membership Coordinator: u3ameadmemb@gmail.com

Treasurer: u3ameadtrea@gmail.com

Newsletter Coordinator: u3ameadnews@gmail.com

President: u3ameadpres@gmail.com

Groups Coordinator: u3ameadconv@gmail.com

Next Monthly Meeting: Monday 20 July at 10 am at St Chad's

Please remember to send in your U3A news to include in the next newsletter.

We rely on your contributions.

Deadline for the AUGUST newsletter items is TUESDAY 28 JULY 2026.

Expect receipt confirmation.