

HIBISCUS COAST

U3A



hibiscusu3a@gmail.com

Next General Meeting is January 19 at St John's Catholic Hall, Orewa. November's meeting is the Anniversary Lunch, already booked out.

Message from the President

Hello Everyone

It always amazes me how quickly the end of the year begins to arrive. As I write this Christmas seems so close and our 25 groups begin to wind down for the year.

It was with great sadness that we learned that one of our long-time members, Ian McLean, had passed away. I joined several of Ian's U3A friends at Ian's funeral in Orewa. Our condolences to Katrina (Kay) and her family. Ian is already missed at our History Group classes.



I look forward to seeing many of you on Monday 17th for lunch at the Wainui Golf Club to celebrate our 30th Anniversary. A special occasion indeed. With many community groups finding it hard to maintain their membership, we continue to grow with new members joining every week so we can confidently look ahead to our 40th then 50th celebrations!

Our Quizzers Group has reformed under the leadership of Bruce Adin meeting as previously in the Theosophical Hall in Orewa. If the first meeting is anything to go by, the success of this group seems assured. As Bradley says in The Chase, "If you think you are good enough come along and join us".

And further great news. Kay McLean is looking to restart the Archaeology Group. Meeting days and times to be confirmed. If you would like to join this group, please send me an email (petergillmore1949@gmail.com).

This is our last Newsletter for 2025 so I would like to wish you all a safe, relaxing and joyful festive season.

Yours in U3A

Peter Gillmore



Did you see the bioluminescence at Stanmore Bay on 8 November?

This photo is from the RNZ story as our members couldn't get near the beach that night.

And a note about subs. We have not decided on the going rate for 2026 yet so please wait for notification.

Our Groups: News and Timetable

Hand Drumming



Hand drumming is an excellent practice for building coordination, focus and memory. As a group social activity, hand drumming can improve mood and reduce feelings of stress and anxiety. In this group we warm up by learning and practicing rhythms and expanding upon them. We can then use our creative energy to make up rhythms and play along with some songs.

No experience necessary. You will need your own drum, such as a djembe or conga which is played while seated in a chair. You can play on a bucket bottom, but it should be round and without any rim or edge to hurt your hands. 280-300mm diameter is a good size.

The group is now meeting in the .HC Community House in Centreway Rd behind the bowling club. on the second Monday of the month from 10:30 am to 12 noon.



Science and Philosophy

At our last meeting Sydney gave a presentation about a theory of the sources of life. At ancient hydrothermal vents, natural electric currents flowing through iron-rich rocks might have turned simple gases into the first building blocks of life.

In the lab, scientists have watched carbon dioxide transform into organic molecules!

Among other things, we learned about and discussed the ideas of political philosophers Carl Schmitt, a Nazi jurist whose work has influenced Trumpism, and Michael Sandel who is focused on ethics and justice.

You are warmly invited to meet with us. The last meeting of the year will be held on December 4, in Hibiscus Coast Community House, behind the Arts Centre. The Pohutukawa Room is booked for 2026.

World Today

Our World Today group continues to flourish. Now we are meeting at the Orewa Sands, a lovely venue.

Next time, members are invited to deliver brief presentations on world leaders they have admired. A positive way to end the year!



Group Schedule

Week		Monday	Tuesday	Wednesday	Thursday	Friday
1	am	Poetry Writing		Short Story	History	World Today U3A Writers
	pm	Mahjong	Cards and Games		Science & Philosophy	
2	am	Hand-drumming	Discussion	Mindful Walking	Book Club	
	pm	Travel	Art Appreciation			
3	am	General meeting every 2nd month from Jan	Religious Studies	Short Story Photography	History	Book Review
	pm		Cards and Games	Quizzers		
4 (or last)	am		Discussion	Music Appreciation Mindful walking	Play Reading Memoirs 2	Film Discussion (Last Friday)
	pm	Mahjong			Memoirs 1	

Hibiscus Coast U3A Website: <https://www.hbcu3a.com/groups>

This link gives details for our groups. Click here to find a new interest or rekindle an old one!

Management Committee

President	Peter Gillmore	petergillmore1949@gmail.com	021 0200 0494
Vice President	Charles Deane	acpdeane@gmail.com	021 141 9789
Secretary	Maureen Jansen	mjansener@gmail.com	022- 0835199
Treasurer	David Shaw	shaw.boyce101@gmail.com	0274212381
Network Coordinator	Gavin Whyte	gavin.whyte@gmail.com	021-730444
Membership Secretary	Wendy Hawkins	steve.hawkins@xtra.co.nz	027-6690647
Speakers Coordinator	Jill Everest	jilleverest12@gmail.com	021-02867068
Welfare Officer	Jeannetta Dearsley	j.josephs@xtra.co.nz	021 277-4644
Newsletter Editor	Jenny Casale	jenicasale@gmail.com	022 626 5801