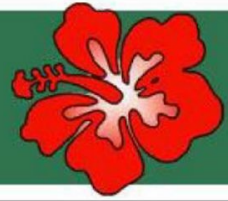


HIBISCUS COAST

U3A



hibiscusu3a@gmail.com

Next meeting: Monday January 19, 2026, 10 am at the St John's Catholic Church Hall, 180 Centreway Road, Orewa.

From the President

A very happy New Year to you all. I hope that you all enjoyed the Christmas season with your family and friends.

When you read, watch and hear about the appalling things that are happening around the world, it will be wonderful to take time out and be with your U3A friends to relax and enjoy one or more of our twenty five groups.

As you are aware we applied to the Hibiscus Coast and Bays Local Board for a grant to help cover the costs of the venues that we need to hire for most of our groups. We also asked for the grant to include items such as a screen, a powerful projector etc. to help our groups' and General Meetings.



Our application was one of I believe 63 that were submitted. We received notice close to Christmas that our application was successful. Unfortunately we will only receive \$1,000 of the \$7,000 requested and there are conditions that I am working through with the Council. A number of submissions received nothing and most like us received far less than they asked for.

Not getting more than \$1,000 puts pressure on our small income which comes wholly from membership fees. Primarily for this reason our membership fees will rise this year from \$30 to \$35 for individuals and \$60 for couples. Please pay your membership fees as soon as possible.

Finally I look forward to seeing you all at our first General Meeting where we will have an outstanding local speaker. Please remember that the new venue for our General Meetings is in the Orewa Catholic Church Hall in Centreway Road. There is plenty of parking on site. We hope that this venue will enable the visuals that speakers may use will be able to be seen by everyone. It is sad to leave the delightful hall at St. Stephens but unfortunately there was no inexpensive way we could darken the room.

Peter Gillmore
President



Subscriptions

Subscriptions are \$35 for an individual or \$60 for a couple. Please pay your sub into our U3A Hibiscus Coast account: **38-9025-0566036-00**, and include your initials and full surname as the reference.

It is also possible to pay using phone banking - you will need your own and the U3A bank account number (above), or in person at a bank. Again you will need your own account number and U3A's We thank you in advance!

Monday, January 19th General Meeting

Speaker: Robyn Cotton

We are delighted to welcome local author and Hibiscus Coast resident **Robyn Cotton** to our next meeting.

Robyn enjoyed a high-flying career as a business consultant and director before a diagnosis of young-onset Parkinson's at age 56 changed her path – but certainly didn't slow her down! Instead, she turned to her lifelong love of sailing and writing, penning the popular *Hauraki Gulf Mysteries*.

Robyn is a captivating storyteller who speaks candidly about resilience, the "emotional rollercoaster" of health challenges, and her passion for living a full, positive life regardless of the hurdles. Whether you are a fan of a good local mystery novel, a fellow sailor, or simply looking for an uplifting story of finding new purpose later life, you won't want to miss Robyn's inspiring talk.



Come to the St John's Catholic Church Hall, 180 Centreway Road, Orewa, to listen to Robyn.

Headline:

- **The "Urgency" Trap:** Does it claim a "NZ Post" parcel is held or a "Waka Kotahi" toll is unpaid? If it demands immediate payment via a link, it is a scam.
- **The Sender:** Tap the sender's name at the top. If the email address is a jumble of letters, or the **text** is from an overseas number, delete it.
- **No Private Info:** A New Zealand bank or the IRD will **never** ask for your password, PIN, or a "verification code" via a text or email link.

Top Tip: Forward suspicious scam texts for free to **7726**. This is a free service run by the **Department of Internal Affairs (DIA)** to help block scammers.

Annual Picnic: Wenderholm 11am, February 16



PICNIC

We meet in the grassy area near the beach in front of Couldrey House and sit under some pohutukawa or in a tented area.

BYO chair and lunch!

Come and meet other members. Committee members will be there to welcome and introduce new members.

And be in with a chance to win the best hat competitions!

NYMBL

Do you use NYMBL? Gavin introduced us to Nymbbl a couple of years ago. In New Zealand, Nymbbl is **fully funded by ACC** meaning it is completely free for anyone over 50.

Stay Independent and Steady with Nymbbl

- **Just 10 Minutes a Day:** With Nymbbl you can do your training at home in your everyday clothes.
- Nymbbl uses "dual-tasking"—fun brain games (like trivia) combined with simple movements. This trains your brain to handle distractions while walking, which is how most trips and falls are actually prevented.
- **Proven to Work:** Research shows that using Nymbbl for just a few sessions a week can improve your balance by **30%**.
- **Includes Bladder Health:** The app now also features **Nymbbl Bladder**, a private, home-based programme to help improve pelvic floor strength and bladder control.

How to Get Started:

1. **Download:** Open the **App Store** (Apple) or **Google Play Store** (Android) on your phone or tablet.
2. **Search:** Type in "**Nymbbl Training**".
3. **Register:** Follow the simple prompts. Because you are in New Zealand, ACC covers the cost automatically!



Management Committee

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Did You Know? A Century of Support

2026 marks exactly **100 years** since New Zealand introduced the world's first state-funded family benefit. In 1926, we led the way in social reform by providing 2 shillings a week for each third and subsequent child. It was a pioneering move that eventually paved the way for the comprehensive Social Security Act of 1938, hence our global reputation for social "firsts."

News From the Groups

The Book Club

The Book Club continues to thrive. We currently have 12 members and we can just about squeeze in to the Kowhai Room at the Peninsula Club.



Our first meeting of the year is 12 February when we will select books to read during 2026. No doubt we will have very varied titles. Here is a photo of our end of year lunch in December. Sheila Hussona, Convenor. 021 203 2702.



The Book Review Group

Vicky Ross is taking over the convenorship of this group from Cheril Clarke. Cheril will still be convening the Writers Group.

The Book Review Group meets at 9.45 on the third Friday of the month in the Presbyterian Church. Contact Vicky if you wish to attend. Her email is vbaross@yahoo.com

Mindful Walking

Date	Meeting place	Route	Things to see
11 Feb	Arundel Reserve, Orewa	Alice Eaves & Kensington	Nikau and puriri grove
25 Feb	Coopers Carpark SB	Stanmore Bay Beach	Pohutukawa over beach, wonder garden
11 March	Estuary Arts, Orewa	Orewa Beach	Through campground & back along beach
25 March	End of Pinecrest Drive GH	Former Country Club loop	Views of Tiri behind Te Haruhi Bay

News From the Groups

An introduction and welcome to a new group:

Literature



Literature is ...

written work, such as novels, poems, and plays, considered an art form for its aesthetic and imaginative qualities. It goes beyond utilitarian purposes to explore human experiences, emotions, and ideas, and can be used to entertain, educate, or inspire.

Characteristics and forms

- **Artistic and aesthetic:** Literature uses language creatively to produce a deeper meaning and artistic value, distinguishing it from purely functional writing.
- **Explores human experience:** It serves as a method for recording, preserving, and transmitting knowledge and understanding of life, emotions, and social issues.
- **Diverse genres:** Common forms include poetry, drama, prose, and fiction, which can include novels and short stories. Non-fiction works like biographies and autobiographies can also be considered literature.

Examples

Speeches – Churchill, Martin Luther King, Mandela, Reagan etc

Fiction – descriptions, feelings, thoughts, dialogue, issues etc

Non fiction (inc. biography and autobiography) – reasoning, events, etc

Poetry – Yeats, Plath, Hughes, Keats, Dickinson, Adcock etc

Song lyrics – Dylan, Joni Mitchell, Ray Davies, John Lennon, Cohen etc

Quotations – explicit meaning and circumstances

Play extracts – Shakespeare, Chekhov, Stoppard, Ibsen, Shaw, Wilde etc

This new group would like every member to try and contribute one of the above each session (depending on membership numbers) for discussion within the group. It could be a paragraph or two, a poem, a song, a speech, a play extract or even just a famous quotation. The discussion should try to look at context, different interpretations, misinterpretations and what effect the writer was looking for. Once we get going we may designate a theme for each session and task members with finding one of the above to do with that theme. Eg romance, comedy, drama etc

If you would like to join this new group, contact Charles Deane at acpdeane@gmail.com or at 021 141 9789, especially as he needs to know roughly how many are interested before thinking about where we hold meetings.



"Beauty is truth, truth beauty,—that is all
Ye know on earth, and all ye need to know"

Ode on a Grecian Urn Keats

February Schedule

Sat/Sun	Monday	Tuesday	Wednesday	Thursday	Friday
31/1 am pm	2 Poetry Discussion Mahjong	3 Cards and Games	4 Short Story	5 History Science and Philosophy	6 World Today U3A Writers
7/8 am pm	9 Hand-drumming Travel	10 Discussion Art Appreciation	11 Mindful Walking Quizzer	12 Book Club	13 World Today
13/14 am pm	15 Picnic	16 Religious Studies Cards and Games	17 Short Story Photography	18 History	19 Book Review
20/21 am pm	22 Mahjong	23 Discussion	24 Music Appreciation	25 Playreading Memoirs	27 Film Discussion Last Friday of month

March Schedule

Sat/Sun	Monday	Tuesday	Wednesday	Thursday	Friday
28/1 am pm	2 Poetry Discussion Mahjong	3 Cards and Games	4 Short Story	5 History Science and Philosophy	6 World Today U3A Writers
7/8 am pm	9 Hand-drumming Travel	10 Discussion Art Appreciation	11 Mindful Walking Quizzer	12 Book Club	13
13/14 am	15 Picnic	16 Religious Studies	17 Short Story Photographv	18 History	19 Book Review