



# Meadowbank

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President: John Goodman

Secretary Vivianne Child

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## NEWSLETTER – AUGUST / HERE-TURI-KŌKĀ 2026

Greetings from the President

Last year at this time I wrote about the marvellous weather, crisp nights and sun filled days, the way winter should be, if it should be at all. One problem I have is that we have two large Moreton Bay fig trees over the road to the northeast, just where the sun appears for two months in winter. I approve of large trees in general, in the jungle, in the bush, in large parks, the countryside, along the coast, but large evergreen trees don't really belong in a temperate urban setting when the winter sun is so important.

There should also be a rule about catching a cold in York, the ensuing pneumonia has certainly laid me low. The visit of the Bayeux tapestry to England reminds me that his trip to York in 1066 didn't end well for King Harold either, despite defeating Harald Hardrada of Norway before marching south to meet William of Normandy.

As I am sure you all know well, our Winter Series kicks off on Friday August 7<sup>th</sup> at 10 am. We would really appreciate more registrations, please. Gay and her team have organised a great lineup of interesting speakers, it will be warm and out of the cold, there will be tea and coffee and cake. If you have nothing else on, or even if you do, please book and come along.!

At our very busy, well attended (over 140) meeting on July 20<sup>th</sup>, our usual interest group mini speakers were replaced by Margaret Davidson's introduction to Matariki, which concluded with a beautifully sung waiata, and was followed by the introduction of, and presentation to, our two new Life Members, Agi Ryan and Chris Hawley. Unfortunately, Margaret's Matariki presentation was interrupted for me, and for others near the entrance, by the realisation that the speaker whom we had welcomed earlier was not the one we were expecting, and that we would shortly have two speakers. Fortunately, Maureen Putt was able to persuade him that he was on the schedule for later in the year and that any error was his. He departed happily, promising to return in a few months, and all was well, except that I will never now know about Matariki.

Maria Collins talked about Chris Hawley and Gay Williams about Agi Ryan, praising them and their contributions to the organisation, before Agi and Chris were awarded a certificate, a rose and a card containing a token of appreciation.

After morning tea, we heard from our main speaker, Rob Harley. We are very grateful to Rob, who agreed to talk to us at short notice after our original speaker withdrew. Rob is a very experienced journalist and writer and told us about his career, the causes he has pursued and the inspiring characters he has met. He has become increasingly interested in people with solutions, people doing things. He told us that we cannot fix the world's problems but we can do something, we have to be angry enough to make a fuss, and that ordinary people have power.

I am very sorry to announce that John Hambling, a member since 2017, died last week. Together with his wife Iris, a member since 2016, he was a long-time member and former convenor of Classic Films 1, by which group he will be greatly missed. His private funeral was held this week; our sympathy and best wishes to Iris and their family.

Our August meeting will be on Monday 17<sup>th</sup> August. I will see you there.

John Goodman

## July Meeting: Matariki



Margaret Davidson leading us through our Matariki celebration



Our main speaker, Rob Harley  
and right, with Shirley Grayson



Life Membership  
Awards to...  
Chris Hawley presented  
by Marie Collins  
and  
Agi Ryan presented by  
Gay Williams





**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.'**



### Keith Woodley

Keith Woodley has been manager at Pūkorokoro Shorebird Centre on the Firth of Thames since 1993. The centre is owned and operated by the Pūkorokoro Miranda Naturalists' Trust (PMNT). Key PMNT objectives include raising public awareness of coastal ecology and advocacy for shorebirds and their habitats.

Since 1994 PMNT has been closely involved with the East Asian-Australasian Flyway. The Trust is a partner of the East Asian Australasian Flyway Partnership - a network of governments, NGOs and other organisations aimed at protecting migratory waterbirds, their habitats, and the

livelihoods of people dependent upon them. Until the New Zealand government joined the partnership in 2011, PMNT remained the sole New Zealand representative.

In 2004 PMNT formed a sister-site partnership with Yalu Jiang National Nature Reserve, on the northern Yellow Sea coast of China. The reserve is one of the most important stopover sites used by migratory shorebirds during northward migration to the Arctic tundra, and the single most important site for kuaka bar-tailed godwits from New Zealand.

In 2006 and 2007, Keith participated in the Saemangeum Shorebird Monitoring Project (SSMP). Organised by NGOs Birds Korea and the Australasian Wader Studies Group, the SSMP documented the disastrous effects on shorebirds of a massive land-building scheme on the west coast of South Korea. The project, involving the longest sea wall in the world, effectively destroyed 41,000 ha of intertidal flats and shallows that had supported over 400,000 shorebirds during migration.

In 2014 he was part of a DOC/PMNT delegation to Pyongyang to establish a partnership between PMNT and the Nature Conservation Union of Korea (NCUK). The agreement called for five years of shorebird surveys along the west coast of North Korea.

In 2008, while researching a book on bar-tailed godwits, Keith spent several months on their breeding grounds on the Yukon-Kuskokwim Delta in western Alaska. *Godwits: long-haul champions*, was published by Penguin in 2009. A second book, *New Zealand's Shorebirds: Sharing the Margins* was published in October 2012. This includes an account of all New Zealand shorebird species including tundra-breeding migrants, their conservation status and issues impacting them. In 2022 a third book, *In Pursuit of Champions: the inspiring story of Pūkorokoro Miranda Shorebird Centre*, was published.

In September 2013, in recognition of his advocacy work for shorebirds, Keith was one of three inaugural recipients of a Holdaway Award, presented by the Hauraki Gulf Forum. In 2022 he was made a Member of the New Zealand Order of Merit for services to Shorebird Conservation.

**Who's Who for Monday 21 SEPTEMBER 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: Music**

**Mini Speaker: Jo Dick Topic: To live at home or a village?**

**Guest Speaker: John Rosser: Conductor, Viva Voce**

**Topic: World Choral Olympics**

## U3A Auckland Network Day 25 July



A large group from Meadowbank u3a attended this lively event which included talks by

- Dame Wendy Pye – Teaching the World to Read
- Shamubeel Eaqub – A Society Worth Having
- Mini Speakers
- Monette Ewen – Walking Tall
- Michael Littlewood – The Secret, the Journey, the Book
- Jan Judson – Aphantasia
- Murray Trenberth – Street Art

... and a lovely packed lunch!

## Group News

### French Group

For the first time in a while we have 2 vacancies in our Group. This is not a group for beginners and we try to include speaking and listening in our sessions, as well as translation, comprehension, dictation etc.



We meet in each other's homes on the first and third Tuesday of each month, 9.45 to 12.00.

You are very welcome to come along to a meeting and see if this is for you, and if it is at an appropriate level for you.

We are a very friendly group, and though we are committed to improving our French we also like to have fun!

Contact: Vivianne Child

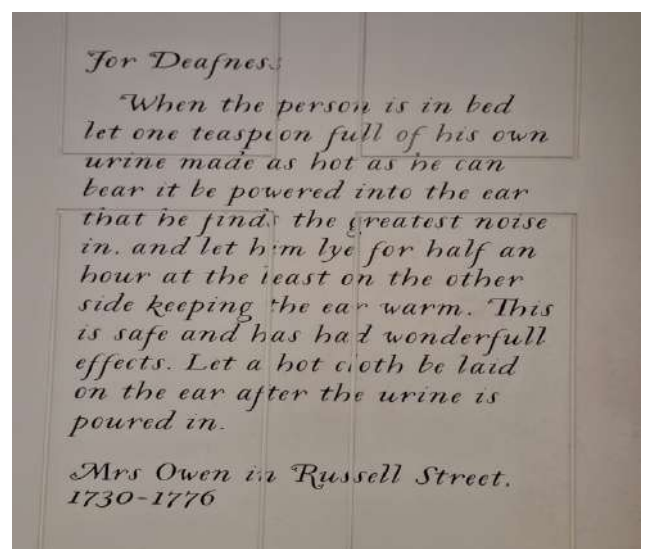
[vivchild@gmail.com](mailto:vivchild@gmail.com)

Ph - 021 1806943

### *Findings from John & Jocelyn's Travels!*

Worried about deafness?  
Here is an 18th century cure  
we found in an old house in  
Edinburgh.

You might care to try it.



**Don't forget!**

## **Winter series 2026**

### **New Zealand History past, present, and future**

#### **7 August: Topic: Education Presenter: Peter Lineham**

*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)**



## Love Heart



### Discover Something New: Love Heart - Social Learning for over 50's

We are delighted to introduce our community to Love Heart NZ, a wonderful new local initiative founded by Fee Webby and Frances Valintine CNZM. Love Heart is dedicated to social learning for those over 50, offering 6-week courses, workshops and learning lunches designed to keep minds active, spark curiosity, and build wonderful new friendships. As a special offer for U3A members, Love Heart is offering one free place at any of these workshops taking place in July and August. To redeem this offer, simply click on the links below and follow the prompts to redeem. Please note this offer is limited to one free workshop per member.

### Upcoming Auckland July and August Workshops

Here is a selection of upcoming workshops to choose from:

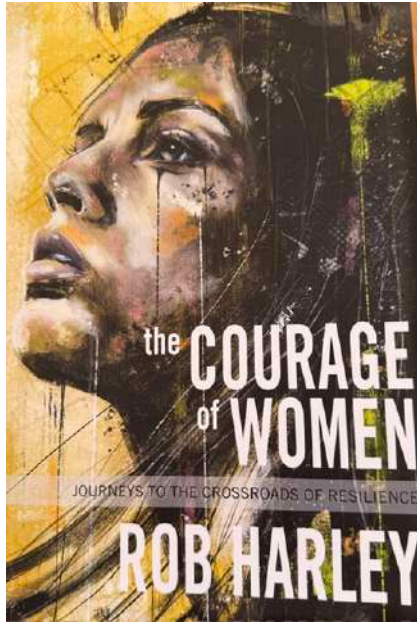
- August 3rd - Covert Theatre, Grey Lynn - The Business of Show
- August 4th - academyEX, Grafton - How Technology Is Becoming More Human
- August 6, - Stardome Observatory, Epsom - Demystifying AI and Giving People Control
- August 11th - academyEX, Grafton - The Greatest Innovations Were Social, Not Technical
- August 13th - Stardome Observatory, Epsom - What is Xenotransplantation and How Close Are We to Clinical Reality?
- August 18th - academyEX, Grafton - Physical AI and the Artificial Intelligence of Things (AIoT)
- August 20th - Stardome Observatory, Epsom - Myth Busting Plastics
- August 25th - academyEX, Grafton - Getting Creative with Digital Technologies
- August 27th - Stardome Observatory, Epsom - AI, Scams & Cybercrime: Staying Safe in a World of Intelligent Threats

There are plenty of other learning experiences too, so don't be afraid to browse around the website so you can see what else is coming up in Auckland! Don't miss out! Be sure to register to the newsletter on the home page at [heart.co.nz](http://heart.co.nz) so you are the first to know about upcoming learning experiences.

What a wonderful way to explore more deep learning on fascinating topics and meet new people along the way.

From Melissa and the team at Love Heart - Social Learning for over 50's!  
[melissa.fincham@heart.co.nz](mailto:melissa.fincham@heart.co.nz) | 09 650 6500 or 021 847 746

## Book Reviews



Those of us present at the July monthly meeting heard our main speaker Rob Harley talk about the potential power of our individual voice and the courage of people in times of suffering and struggle.

Rob is one of New Zealand's most experienced broadcast journalists and author of eight books.

My comments this month relate to two of his books I bought after the event.

### THE COURAGE OF WOMEN and RELENTLESS

"The Courage of Women" outlines eleven stories of Women in NZ who stared down huge challenges, and won battles that defy imagination.

A quote from Malala Yousafzai from Pakistan is indicative of the power of these amazing inspiring stories:

"There are two powers in the world; one is the sword, the other is the pen. There is a third power stronger than both, that of women."

A foreword by Rt Hon Helen Clark states this is "a compelling and important book and I commend it to all"

"Relentless"

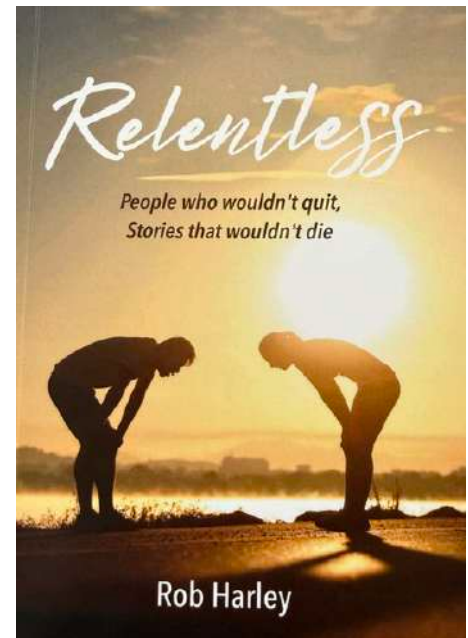
Rob's latest book is a tribute to those who battle injustice, loss and trauma, with courage and conviction.

People who wouldn't quit, stories that wouldn't die.

These stories provide rare insights into how great journalism comes about.

In the foreword Kevin Milne comments that the stars of the book are the survivors - the relentless ones.

Gay Williams



## Events in Auckland August 2026



**We Read Auckland** celebrates the stories connecting our communities and sharing the many local voices that make our region unique. It is a wonderful opportunity for Aucklanders to read our local authors and discover the vast range of topics on offer which range from poetry, prison reform to the best potato salad recipes. The Bestie Collection offers something for everyone.

This month-long festival returns this August with an exciting new programme of author

talks and writing workshops, a popular writing competition for teenagers and fresh new reads featuring local voices and stories.

We Read Auckland was launched in 2021 by Auckland Council Libraries to foster a shared love of reading and writing across Auckland's diverse communities. It is one of many initiatives delivered with thanks to Auckland ratepayers and Auckland Council. Today, it continues to champion regional talent, help readers discover their next favourite book, and create opportunities for people to explore new hobbies and learn new skills.

View the full programme and reserve your free tickets at **We Read Auckland**



New Zealand Fashion Week at Shed 10 (Aug 18-22)

The Doc Edge Festival running until Aug 10

The One NZ Warriors vs Newcastle Knights at Go Media Stadium on Aug 30

**Concerts & Music:** *Laufy* at Spark Arena on Aug 12

*The Magic of John Williams* by the Auckland Philharmonia at the Auckland Town Hall on Aug 28.

**ASB Waterfront Theatre:** *Macbeth*



Shakespeare's chilling tale of betrayal, ambition and the corrosive cost of unchecked desire.  
28 July – 22 August





## U3A Meadowbank meetings August 2026

|                                                           | Monday                                 | Tuesday                  | Wednesday                                                | Thursday                                                  | Friday                                     |
|-----------------------------------------------------------|----------------------------------------|--------------------------|----------------------------------------------------------|-----------------------------------------------------------|--------------------------------------------|
| Week 1                                                    | 3                                      | 4                        | 5                                                        | 6                                                         | 7                                          |
| 9.00 am<br>9.45 am<br>10.00 am                            |                                        | French                   | Time Poor Walkers<br><br>Current events                  | Ramblers                                                  | <b>WINTER SERIES</b><br>Jazz               |
| 2.00 pm                                                   |                                        |                          | Memoir writing                                           |                                                           |                                            |
| Week 2                                                    | 10                                     | 11                       | 12                                                       | 13                                                        | 14                                         |
| 9.00 am<br>10.00 am<br><br>10.15 am<br>10.30 am           | NZ History<br><br>Science & Technology | Shared reading1          | Time Poor Walkers<br>500 Group Literature<br><br>History | Dollars & Sense<br>Ramblers                               | <b>WINTER SERIES</b>                       |
| 1.30 pm<br><br>5.00 pm                                    |                                        | Art History<br>Book Club |                                                          | Introduction to Bridge<br><br><b>New members Function</b> |                                            |
| Week 3                                                    | 17                                     | 18                       | 19                                                       | 20                                                        | 21                                         |
| 9.00 am<br>9.30 am<br>9.45 am<br><br>10.00 am<br>10.00 am | MONTHLY MEETING                        | French                   | Time Poor Walkers<br><br>Saints & Sinners                | Short Walks<br><br>Ramblers Poetry                        | <b>WINTER SERIES</b><br>Ted Talks & Beyond |
| 1.30 pm<br><br>2.00 pm                                    |                                        |                          | Shared Reading 2<br><br>Music                            | Modern American Literature                                |                                            |
| Week 4                                                    | 24                                     | 25                       | 26                                                       | 27                                                        | 28                                         |
| 9.00 am<br>10.00 am                                       |                                        | Money Matters            | Time Poor Walkers<br>Foodie                              | Ramblers                                                  |                                            |
| 1.30 pm<br><br>2.00 pm                                    |                                        | Wine Studies             |                                                          | Introduction to Bridge<br>Books & Authors                 | Classic Films 2                            |
| 7.00 pm                                                   |                                        |                          | Classic Films 1                                          |                                                           |                                            |

If you change your personal details, OR LEARN OF THE BEREAVEMENT OF A U3A MEMBER, please email the change to [u3ameadmemb@gmail.com](mailto: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](mailto:u3ameadowbank@gmail.com)

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Newsletter Coordinator: [u3ameadnews@gmail.com](mailto:u3ameadnews@gmail.com)

Groups Coordinator: [u3ameadconv@gmail.com](mailto:u3ameadconv@gmail.com)

**Next Monthly Meeting: Monday 17 August: 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 SEPTEMBER newsletter items is THURSDAY 27 AUGUST 2026.**

**Expect receipt confirmation.**