

June 2025

Remuera, Auckland, New Zealand

Next Meeting:

Monday 9th June 2025 at 10am

Venue:

St Chads Church, 38 St Johns Road, Remuera

Principal Speaker:

Kerry Gibson, "Youth Mental Health in New Zealand."

Mini Talk:

Anne Carpenter, from Classic Films group, will present a talk on "My life as a professional photographer." From 1979 to the present day, Anne's versatility ranged from processing films in the darkroom to photographing people and places and copying and supplying libraries, museums and commercial enterprises.

Meeting Tasks:

Greeters: Arts, Artists, Architecture and Antiques.
Morning Tea: Science Around Us.
(SARUS Convenors, please contact Gillian West 09 634 3439 to confirm duties and time.)

What's causing the crisis in youth mental health and what can we do about it?



Kerry Gibson is a Professor of Psychology and clinical psychologist based at the University of Auckland. She leads *The Mirror Project* which highlights the lived experience of young people experiencing mental health distress and identifies their own priorities for mental health support.

We try to understand why mental health problems amongst young people have increased so rapidly in recent times. While there is considerable debate amongst adults parents and professionals about the 'crisis' in youth mental health, young people themselves are seldom included in these conversations. Drawing from my research with young people around New Zealand, I will talk about the big issues affecting young people's mental health and share some ideas about how to tackle this issue.

Kerry is the author of numerous research articles on youth mental health, including the book: *What Young People Want from Mental Health Services: A Youth Informed Approach for the Digital Age* published by Routledge in 2022. Kerry is a fellow and former president of the New Zealand Psychological Society and currently serves on the *Youthlike* Trust Board.

"Yesterday is but today's memory and tomorrow today's dream." — Khalil Gibran

President's Message



Greetings to all u3a members

It is heartening to see increased numbers attending our monthly meetings. Since the beginning of the year, we've welcomed 20 new members to our ranks, and hope that Remuera u3a will continue to be an integral part of their lives. We hope everyone will find a study group to join and expand their love for learning. In May, we had a great turnout for the excellent presentation by Marama Royal (MNZM) on the role of Ngati Whatua in the gift of land now occupied by the eastern part of our great city of Auckland. So, I think it's timely that I write a little about the history of Remuera u3a.

The first u3a was founded in Toulouse, France in 1972, and came about because a group of retired people wished their summer 'holiday' classes to continue. In France, retirement years are referred to as 'le troisieme age' – the third age, when one has time to enhance learning and make new friends and social contacts. u3a was soon exported to Cambridge, UK, but became independent of the University. It was this independent 'English' mode that John Stewart, our founder, encouraged us to adopt, and under his guidance u3a Remuera was incorporated as a society. The first meeting was held at the Community Centre at St Lukes Presbyterian church in 1989.

I translate u3a as being a time to refresh our brain cells and learn not only of things past but the technology of the future. I especially welcome new members, recently retired, to take an active part in the running of Remuera u3a. We need to harness the skills you bring, to keep u3a as a vital and alive group. I'm delighted that a recent couple of 'newbies' have put their hands up to take over the running of the Duffy "Books in Homes" scheme, when Piers and Elaine Davies step down after many years of service. I hope to go with Rainsford and Laura Horrocks later this year to present books to the students at the tiny school at Waima on the Hokianga harbour.

I can't stress how enlightening it is to attend the annual u3a event coming up on 26th July. Note the date now and put the day aside to learn what other u3a groups within Auckland are about. Many new ideas have presented themselves at past events, so come, join us and learn how exciting an involvement can be!

Numbers are limited so to register or find out more about the event, please go to: u3a.nz/event

Alison Ross

Group Reports

Philosophy

Is TRUMP an arrogant bully or a cunning manipulator? In a world full of misinformation and disinformation, it is time to pause and take time to consider what is likely to be true and what is false. Philosophy seeks to do this by considering a claim or proposition from all angles. You need to put aside your preconceived understanding and evaluate different interpretations. With this in mind, we are spending the first 6 meetings of the year discussing the book "How to Think Like a Philosopher" by Julian Baggini. For the rest of the year, we will apply our more thoughtful approach to topics such as Māori Philosophy, Climate Change, Equality. We might even try to understand the Trump phenomenon.

Our current membership is 13, including three new members. We meet on the 4th Monday of each month at 2.00pm. We have been meeting in members' homes but from 26th May we are returning to The Edmund Hillary Retirement Village.

New members are most welcome.

Laurence Melton – Convenor Ph 622 0717 l.melton@auckland.ac.nz

Earth Science

Presentations at the Earth Science group are interesting and stimulating. These have included topics such as Ice levels on Greenland, Lake Taupo and the Hikurangi Fault Line and the nature of Greywacke, the foundation stone of New Zealand. We have also learnt about the formation and structure of the Southern Alps and the fault lines in the South Island and the formation of fiords and blood moons.

A field trip is being planned for the middle of the year, where we will look at Auckland's Hauraki Gulf and the effects of sedimentation. John Montgomery will lead this.

We are fortunate to have two members who have a lot of knowledge, which they are willing to share. The rest of us are eager learners wanting to find out more about the world we live in.

We meet in the small dining room at Edmund Hillary Retirement Village on the third Wednesday of the month, at 2pm and you are welcome to join us.

Karen Yates – Convenor Ph 021 770 559 karenay@xtra.co.nz

Looking Back



Marama Royal MNZM, a Director of Ngāti Whātua o Ōrākei Trust since 2010, has served as Chair since December 2017. After acknowledging her Kaumatua, who had accompanied her, she described the area and history of Ngāti Whātua o Ōrākei, a tribe of around 7,500 members, which is one of the 5 hapu which constitute the Iwi Ngāti Whātua, who are connected by ancestry. She listed a number of dates of importance to the tribe, most notably March 1840 when paramount chief Apihai Te Kawau signed Te Tiriti o Waitangi, and sought British protection from Ngāpuhi as well as a reciprocal agreement with the Crown and the Church. Soon after signing the Treaty, Te Kawau offered land on the Waitematā Harbour to William Hobson, the new Governor of New Zealand, for his new capital. Hobson took up the offer and

moved the capital of New Zealand to Tāmaki Makaurau, naming the settlement Auckland. Other dates of importance:

1951, Ngāti Whātua o Ōrākei were forcibly evicted from their Ōkahu Bay settlement, their homes demolished, and their meeting house burned. This event marked a significant loss of their land and traditional way of life.

1978, Ngāti Whātua o Ōrākei's struggle to reclaim their ancestral land at Bastion Point reached a peak when the government forcibly removed protesters who had occupied the land for 506 days. This event, known as the Bastion Point eviction, resulted in 222 arrests and the destruction of temporary buildings.

1991, New Zealand passed the Orakei Act to recognise Ngāti Whātua o Ōrākei's rights under the Treaty of Waitangi.

Following the finalisation of their Treaty claim in 2012, the Tribe's leaders met with their people to get their view of the future. From that, Ngāti Whātua o Ōrākei has focussed on providing housing (around 300 homes have been built), health (private health insurance is provided to all members of the Tribe,) teaching financial literacy (includes providing a savings scheme.) They have also prepared a Master Plan for the development of a sports centre which includes a school and a cultural centre.

On 23 June 2024 Ngāti Whātua Ōrākei launched Te Kawau (a traditional Māori waka) on to the ancestral waters of the Waitematā. This was the first time in nearly a quarter of a century that Ngāti Whātua Ōrākei had a ceremonial waka designed to showcase the deep connection to their ancestral moana (ocean) Te Waitematā and reaffirm Ngāti Whātua Ōrākei as not only tangata whenua (people of the land) but also tangata moana (people of the ocean).

Earlier, Jackie Humphrey from the Genealogy group presented a mini talk on the Portable Travelling Theatres of Victorian England. She described her search for members of her family and their links to the travelling theatres. Traveling theatre companies known as “fit up theatres”, moved from town to town, usually by horse drawn wagon, bringing performances to rural areas where permanent playhouses were scarce. These theatres presented a range of entertainment, including plays (including Shakespeare), melodramas, pantomimes, and farces. World War 1 ended the travelling theatre movement as men went off to the war.



Foodies Group had much fun learning about sausage making at Waiheke during May. Making them into links of six was much harder than Lucie, the artisan sausage maker, made it look.

Notice Board

Meeting Tasks for July

Greeters	Current Affairs
Morning tea	Classic Movies
Mini Talk	Philosophy
Newsletter Group reports	AAAA and Genealogy

Meeting Tasks for August

Greeters	Earth Science
Morning tea	Genealogy
Mini Talk	Foodies
Newsletter Group reports	Current Affairs and Classic Movies

Next Month's Speaker

14th July at 10am. **J.R. Rowland**, “Supporting Aotearoa New Zealand's transition to a low-carbon and sustainable future.”

Future Speakers

11th August at 10am. **Wendy Hampton**, “Don't Leave a Mess; Leave a Legacy.”

8th September at 10am. **Michele Leggott**, New Zealand Poet Laureate 2007 – 2009. Emeritus Professor of English, University of Auckland. Leggott was awarded a Blind Achievers Award by the Foundation for the Blind in 1999.

13th October at 10am. **Michael Littlewood** will talk about publishing his latest book.

10th November at 10am. **Troy Churton**, “The Pathway to a Fairer Retirement Village Regime.”

8th December at 10am. **James Duncan**, “Infant Sparks; Auckland’s early electric trams.”

Key Contacts

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Study Groups

<https://remuerau3a.org.nz/study-groups/>



u3a Remuera meets at St Chads Church, Meadowbank on 2nd Monday of the month at 10am. u3a provides a place for those in the 3rd stage of their life journey, to come together in their local community, a chance to socialise, a chance to participate in interest groups, to learn something new and keep the mind active.

“For me, becoming isn’t about arriving somewhere or achieving a certain aim. I see it instead as forward motion, a means of evolving, a way to reach continuously toward a better self. The journey doesn’t end.” —Michelle Obama

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