

July 2025

Remuera, Auckland, New Zealand

Next Meeting:

Monday 14th July 2025 at 10am

Venue:

St Chads Church, 38 St Johns Road, Remuera

Principal Speaker:

Professor J R Rowland, “Universities in the 21st century: relic or relevant?”

JR is the inaugural Pro Vice-Chancellor Global and Graduate Research at the University of Auckland.

Mini Talk:

Laurence Melton, “An Authoritarian National Leader.”

He is a bully and distrusted by many, while others regard him as “The Great Leader.” Laurence will attempt to explain the way he acts, using philosophy.

Meeting Tasks:

Greeters: Current Affairs

Morning Tea: Classic Movies

(Classic Movies Convenor, please contact Gillian West 09 634 3439 to confirm duties and time.)

Universities in the 21st century: relic or relevant?

Professor J R Rowland is the inaugural Pro Vice-Chancellor Global and Graduate Research at the University of Auckland, a role that oversees all doctoral research students and the University’s global research engagement strategy.



Higher education in the developed world has reached a pivot point, sharpened by the pandemic, demographic changes, the digital revolution, and heightened global tensions. Decades of expansion on the back of the knowledge economy, social commitment to equality of opportunity, and the educational export industry, are giving way to leaner times. In this talk, Professor Rowland will place the New Zealand university sector in a global and domestic context and explore the notion of the fourth-generation university, an emerging concept in higher education. She will explain why, despite the shifts in public support and outright attacks on autonomy in some jurisdictions, universities are critical to the function of a healthy, free society, and must be supported to deliver high quality education and frontier research without undue interference.

‘Happiness cannot be travelled to, owned, earned, worn or consumed. Happiness is the spiritual experience of living every minute with love, grace, and gratitude.’ – Denis Waitley

President's Message



Greetings to all u3a members

Greetings fellow u3a members and a special welcome to all the new members who have joined us this year. I hope you have found a study group that interests you and are on the way to making new friends.

Autumn has certainly been one of wacky weather events. We were blessed with fine days over the long weekend celebrating Matariki. Perhaps some of you were early risers and saw the constellation in the dawn sky. The days that followed were clear, sunny and quite warm

enabling outdoor dining despite it being the winter solstice and the shortest day of the year. However, I think we still have some chilly days ahead before winter is done! It's funny how the weather often dominates our thinking, and influences what we do. I'm always heartened when I see a good turnout at our monthly Monday meetings, especially when the weather is foul. Don't let the rain ruin our outings!

The Travel Group enjoyed a presentation from Wendy Wu Travel recently. This was held at Logan Campbell village in One Tree Hill., and had several residents join us. Besides being a sales pitch, the speaker awakened us to the possibility of joining small groups of seniors still keen to travel, but not so keen to do it alone. Small group tours enable one to discover new places, but also take out the worry of being alone in strange places. Having been a tour leader many years ago, I now relish the thought of being looked after and organised by someone else!

I do hope you will consider registering for the u3a Network Day later this month. Especially if you're a new member. This is an event where one can learn more and hear what other clubs around the Auckland area are doing.

The committee and I look forward to all members participating in the running of u3a. Several members who have done great service over the years will resign from the committee near the end of this year, so we're looking for members who've not yet participated to join us on the committee. New members, fresh from years of employment have much to offer, so do think about this and speak to me at the next meeting.

Alison Ross

u3a Auckland Network welcomes you to a day of celebration
Salvation Army Church, 18 Allright Place, Mt Wellington.
Saturday 26 July 2025 - 9:30am (for 10:00am) to 2:30pm

Speakers:

Morning: Professor Allan Blackman

"A Quick Trip Around the Periodic Table."

Afternoon: Professor Lynette Tippet ONZM PhD DipClinPsych

"Reducing Dementia Risk: never too early, never too late."

Also included are four presentations by u3a Members and lunch - \$45.00

To Register: go to <https://www.u3a.nz/event>

'Don't wait around for other people to be happy for you. Any happiness you get you've got to make yourself.' – Alice Walker

Group Reports

Art, Artists, Architecture & Antiques

A highlight of our recent meetings included a guided visit around the Holy Trinity cathedral in Parnell. This focussed particularly on three artists who designed the cathedral layout and the stained-glass windows.

On a lighter note, we had a presentation from one of our group, on the work of the largely unknown English artist J.H.Lynch. 'Tina' was the idealised beauty painted by J.H. Lynch and one of the most recognised pieces of mass-produced art, ever created.

Our most recent meeting included a presentation on renowned NZ architect Sir Ian Athfield.

Our group meets monthly at Grace Joel interspersed with visits to art galleries. We have had two new members join recently and welcome more.

Mary Gray

Convenor: 021 230 5405 marygraykiwi@gmail.com

Genealogy Group

We are a smallish, friendly group of members with an interest in genealogy. We meet on the first Friday of each month in each other's homes.

We share developments in our own research and, after morning tea, one member gives us a presentation on an ancestor/family member who might be of interest to the others. It could be a first migrant, someone of historical interest or someone who was important to the family.

Recent highlights include a member's father who piloted Spitfires in World War II and whose plane still flies. The member was taken up in it on a visit to the UK. Another member's father was one of the Barwell Boys – young boys (he was aged 15) who were shipped from the UK to South Australia in the 1920s as farm labourers and bonded to repay their travel costs.

These are tales from our past; our social history.

We have varying levels of expertise and experience; the aim is to share and support.

Michael Littlewood

Convenor: 021 677 160 michaelr.littlewood@gmail.com

Foodies Group



The Foodies Group gather for a Matariki lunch organised by Anna Norris

Looking Back

Attendance at our monthly meetings continues to be positive with an average attendance of 80 members and visitors for the first 5 months of this year; compared to same period in 2024 (66) and 2023 (51). u3a Remuera continues to attract new members with Membership now totalling 147.



Our speaker last month was Kerry Gibson, 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.

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 *Youthline* Trust Board.

Professor Gibson gave a very interesting talk. Some of the statistics from around the world are concerning:

- 300% more young people in ED in Christchurch
- A 50 year high in those seeking mental health help
- 50% of these are young people under 25 seeking help

A New Zealand survey in 2019 showed people seeking help was up 10% from 2012. The faculty at university is trying to understand why the rates are going up.

Questions asked include:

- Should social media be banned?
- Is financial difficulty a cause?
- Is it easy to blame world conflicts, climate change etc?

Young people are uncertain about the future, feel a pressure to succeed, are struggling to find connection, feel a lack of belonging. They have a need to be accepted and validated, to be accepted for who they are and look for people to support them. They want to know their own identity. They want to be listened to. A phone line for help enables the young people to be more honest – they don't have to look a person in the eye.

Pressure comes from the expectation to be highly productive, to get good marks with pressure from parents, teachers. The world is pressured with no time to slow down. Being average is not okay and there is no realisation that not everybody can be amazing.

Suggestions of belonging to churches, smaller schools, interest groups.

Young people almost never seek help, are hesitant to speak to adults and are more likely to talk to people they know. A project to look into is – “One Good Adult.”

Kerry Gibson has written a book titled [What young people want from mental health services : a youth informed approach for the digital age](#)

A closing thought – for young people and children, love = **T I M E**

Notice Board

Meeting Tasks for August

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

Meeting Tasks for Sept

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|--------------------------|----------------------------|
| Greeters | Foodies |
| Morning tea | Philosophy |
| Mini Talk | Travel |
| Newsletter Group reports | Walking and Monday History |

Next Month's Speaker

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

Future Speakers

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.

'Be happy for this moment. This moment is your life.' – Omar Khayyam