



Website: www.u3aporthills.org.nz

Bank Account Number: 38-90060413325-00

Newsletter June 2021

Port Hills U3A

Hello Members

Mea culpa.

In the May newsletter I reminded everyone to bring food for Food Aotearoa, and recyclables for Creative Junk to our monthly meeting, and then, as soon as I walked into May's meeting, I remembered that I forgot to bring my contributions.

Now I thought, here's one more thing to add to my list of *age-friendly strategies* designed to make my life more manageable. Some of my existing age-friendly strategies include leaving my plastic pill box next to my coffee plunger so that when I make my morning coffee, I will remember to take my daily pills. I also keep my shopping list, mobile phone and purse in one place so that when I leave the house, I remember to take all of them with me, I write notes and notes for myself, and now, my new age-friendly strategy is to put my U3A bag of contributions *by my front door on Tuesday night* ready for the next day's meeting.

I'll let you know how it works.

If you have any age-friendly coping strategies you would like to share, email info@u3aporthills.org.nz and we might include some of them in future newsletters.

Port Hills U3A

Next Meeting: Wednesday 2 June 2021

9:30 Socialising

10:00 Speaker: Amanda Mulligan

Topic: Is there such a thing as NZ architecture?

11:00 Monthly Meeting

Announcements - Notices - Reminders

Mid-Winter Lunch

The Mid-winter Lunch will be held on **7th July** immediately after our monthly meeting at the:

Shirley Golf Club
45 Horseshoe Lake Road.

Lunch will be served at **12.30 pm** so please aim to be there by **12.15 pm**.

We will have a sit-down catered lunch, which will consist of a main course, dessert and tea or coffee. To assist with the catering and to help reduce food waste we would like you to choose your main course before the lunch from the four options below.

Menu Options

- OPTION 1:** IPA Beer battered tarakihi served on julienne vegetables with lemon hollandaise sauce
- OPTION 2:** Chicken breast rolled with pea and herb stuffing and wrapped in pancetta with romesco sauce
- OPTION 3:** Fillet of beef on warm country potato salad with chimichurri sauce
- OPTION 4:** Superfood salad with cauliflower fritters, ancient grains, roasted carrot miso, charred vegetables and toasted seeds

Please keep a note of your chosen option to help reduce confusion on the day.

If you wish to come to the lunch, please pay by direct credit into the U3A Port Hills account no: 38-9006-0413325-00. Please put your **name** and the **option** you have chosen into the particulars field.

E.g., If you are paying for yourself, write: **Joy Evans Lunch Opt 1.**

E.g., If you are paying for two people write: **J and P Evans Lunch Opt 1 4**

Alternatively, if you do not have internet banking, please bring your money to the June Meeting.

The cost of the lunch is **\$20.00 p.p.** You are welcome to bring your wife/husband/partner but if they are not members of U3A the cost to them will be **\$50.00. PLEASE PAY BY 30TH JUNE.**

There is a bar at the club where drinks can be purchased.

1. **New Zealand Garden Bird Survey**

The New Zealand Garden Bird Survey is led by Manaaki Whenua – Landcare Research. It takes place over nine days between June 26 and July 4 when people are asked to go into their gardens/backyards/marae/schools/local parks for one hour on any one of those days and count all the birds they see or hear.

This year is the 15th national Garden Bird Survey, New Zealand's longest running citizen science project that counts garden birds, and this year we hope to make it the biggest and best one yet. With 15 years of data we are starting to see patterns of environmental change. But we need you to keep the count going. The more we know about our birds, the better we can protect our environment for the future.

Visit the [NZ Garden Bird Survey website](#) to get started.

2. **Want to know what's happening in Port Hills U3A?**

Check out the *full list of special interest and study groups* on our website www.u3aporthills.org.nz. To find the list on our webpage:

- a) Click on the left bottom blue button Int Group Grid.
- b) On the next page click on words Interest Group Grid.

The grid gives the list of all the special interest and study groups along with the names and contact details of group coordinators.

3. **Reminder:** At each monthly meeting we collect items to donate to two local charities we support. Items can be left in the front entrance foyer.

- Creative Junk is an early childhood Resource Centre that recycles ‘non-toxic, clean and safe items that can be used by children of all ages.
- Food Aotearoa collects and distributes food in our community. You can donate packaged/canned food, including baby food as well as fresh food such as fruits and vegetables.

4. **Membership:** We now have 176 members in our Port Hills U3A.

- Internet payments can be made to our bank account: 38-90060413325-00. Please put your name in the reference box so we can know who is making the payment.
or
- Pay by cash at the monthly meeting.

If you do not plan to continue your membership in Port Hills U3A please email our treasurer on treasurer@u3aporthills.org.nz Thank you.

5. Future Meeting Speakers

July 7 th	Stephen Caunter	Fraud, Love and Other Ways to Lose Money.
August 4th	Simon Pollard	Science and Pseudoscience and how to tell the difference.

Helene Mautner
for the Port Hills U3A Committee