



Website: www.u3aporthills.org.nz

Bank Account Number: 38-90060413325-00



THE UNIVERSITY OF THE THIRD AGE

Newsletter April 2022

Port Hills U3A

The New Zealand Government has recently revised and loosened covid restrictions. However, omicron hasn't disappeared and the number of omicron cases in our community continues to be high. Even though we pride ourselves in being active and involved members of our community, we are also part of the *third age* and none of us wants to get ill, or be laboured with long covid. The Port Hills U3A committee has decided that it would be sensible to act in a cautious manner and continue to follow some practical health safety procedures at our April meeting.

- ◇ We will require **covid passes** and **masks**,
- ◇ We will keep our meeting numbers at 85 (no pre-registering required), and
- ◇ We will forego our morning tea because of the close contact it involves.

Next Meeting: **Wednesday 6th March 2022**

Venue: St Martin's Presbyterian Church, 43 St Martins Road, St Martins

10:00 Tanya Jenkins A Healthy and Functional Estuary

Tanya will talk about the values of a healthy and functional estuary, data about the amazing bird life and the success of the current 5 restoration projects the Trust coordinates on the estuary margins.

Tanya is a founding member and Manager of the Avon-Heathcote Estuary Ihutai Trust better known as 'the Estuary Trust'.

The Trust was established in 2002 with the aim to be "the voice of the Estuary". To protect and enhance this unique Estuary and everything that lives in, on, and near it. Water quality, fish, birds, shellfish, insects and vegetation.

Sets of gift cards depicting estuary birds, and children's books on estuary topics will be available for a \$5 donation afterwards.

11:00 Monthly Meeting

Mid-Winter Lunch

Wednesday 7 July

Mid-Winter Lunch will follow our regular July monthly meeting.

Our annual Mid-Winter Lunch will be taking place at Rossendale Wines, 100 Old Taitapu Road, Kennedys Bush. Lunch will start with canapes, followed by a sit-down buffet and dessert, please see the menu below.

To Start

Chef's Choice of canapé served during pre-lunch drinks

Buffet Menu

3 Mains

Spiced Honey Glazed Ham (GF) – Lamb Targine (GF) - Moroccan Chicken (GF)

Sides

Rosemary and Rock Salt Roast Potatoes – Winter Vegetable Medley – Black and White Rice

Salads

Beetroot, Walnut and Feta - Spiced Carrot & Lentil – GF Option

Fresh Baked Bread – GF option

Desserts

Sticky Date Pudding - Vanilla Panna-cotta (*lemon curd*) - Chocolate & Coconut Truffles

Tea and Coffee



The Port Hills U3A will contribute \$25 to each member's lunch so that the cost to each member will be \$25.

To book your lunch, a payment of \$25 per person must be paid by Sunday 26th June so we can confirm the number of attendees with Rossendale Wines.

1. You can make an internet payment to our bank account: 38-90060413325-00. Please put your name in the reference box so we will know who is making the payment and the word 'Lunch' in the code or particulars box.
or
2. Pay by cash at the monthly meeting.

Study Groups for 2022

Study groups are a great way for people to get together to learn, and to discuss interesting topics. They have always been an important part of the U3A, but it seems in 2022 that covid has had an effect not only on our low meeting numbers, but also on the study groups as well. The committee has decided to put the new study groups on hold for now; this decision is under constant review. We are hoping that later in the year we might be able to offer the study groups again.

Membership Subs

A reminder to all U3A members that the subs for 2022 are now due. The annual sub is \$20 per person. We cannot accept cheques because they are no longer being used by banks. There are two ways to pay your sub:

1. You can make an internet payment to our bank account: 38-90060413325-00. Please put your name in the reference box so we will know who is making the payment.
or
2. Pay by cash at the monthly meeting.

Thank you,
Graham Ell,
Treasurer, Port Hills U3A

Our Special Interest Groups



The Cycling Group

Nine cyclists having a well-deserved coffee after enjoying a 26km round trip from Hagley Park, along the railway line bike path out to Papanui and back to the city via St Albans.

Future Meeting Speakers

<u>May 4th</u>	Nic Low	<u><i>Walking the Old Ngai Tahu Trails across the Southern Alps</i></u>
<u>June 1st</u>	Suky Thompson	<u><i>Building Environmental Guardians of the Future</i></u>
<u>July 6^h</u>	Coroner Sue Johnson	<u><i>The Role Of The Coroner</i></u>
<u>August 3rd</u>	To be confirmed	
<u>September 7th</u>	Caroline Johnson	<u><i>The past, the present and the future of the NZ Red Cross</i></u>
<u>October 5th</u>	John Sullivan	<u><i>Canterbury Community Law</i></u>

Contributions and Donations

Food Aotearoa

There is a great need for food in our community, as many people are doing without enough to eat. You can donate packaged or canned food including baby food as well as fresh food such as fruits and vegetables to Food Aotearoa.

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