



Website: [www.u3aporthills.org.nz](http://www.u3aporthills.org.nz)

Bank Account Number: 38-90060413325-00



THE UNIVERSITY OF THE THIRD AGE

## Newsletter August 2022 Port Hills U3A



Covid and the flu are still widespread in our community this winter, so we will continue to require wearing masks and observing social distancing at our August meeting.

**Next Meeting: Wednesday 3, August 2022**

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

**10:00** William Stedman *High Performance Paralympian*

Will is a remarkable young man and Paralympian Athlete. He achieved two Bronze medals in the 400m and the 800m races at the Rio Paralympics, aged 16. At the 2017 World Champs he gained a Silver medal in the 800m race, and at the 2019 World Champs he achieved a Bronze medal in the 400m and fourth placing in the Long Jump. At the 2020/21 Paralympics in Tokyo he achieved a Silver medal for the Long jump and Bronze medal in the 400m.

Will will talk to us about what it took to achieve all this.

He is currently studying electrical engineering part time achieving high grades.

**11:00** Our Monthly Meeting

## Mid-Winter Lunch

The Port Hills U3A's annual mid-winter lunch was held on Wednesday 6 July at Rossendale Wines on Old Taitapu Road. The lunch was a huge success, enjoyed by everyone. The venue was lovely, and the beautifully set buffet lunch offered something for everyone.

A huge and special **thank you** to Joy Evans for organising the successful lunch attended by more than 60 people.



**Lovely individual plates  
with three desserts  
Sticky Date Pudding  
Vanilla Panna cotta, and  
Chocolate & Coconut Truffles**



**Seconds for dessert anyone?**



## Special Interest Groups

Our wide array of interest groups is what makes Port Hills U3A such a special organisation. At each monthly meeting we hear updates about the many activities, from discussion groups on science, cycling trips, mah jong, movie groups, art appreciation, and much much more. Thanks to the efforts of the convenors of each of these groups, our members are able to participate in a great variety of social and learning activities.

We'd love to see the photos of your group for the newsletter!

You can check out the full list of special interest groups on our website [www.u3aporthills.org.nz](http://www.u3aporthills.org.nz).

To find the list on our website:

1. Click on the bottom left blue button Int Group Grid.
2. On the next page click on words Interest Group Grid.

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

Come along, there are lots of interesting groups to join and people to meet!



## Our Future Meeting Speakers

<u>September 7<sup>th</sup></u>	Caroline Johnson	<u><i>The Past, the Present and the Future of the NZ Red Cross</i></u>
<u>October 5<sup>th</sup></u>	John Sullivan	<u><i>Canterbury Community Law</i></u>

## Contributions and Donations

### Creative Junk

Jo Lord started, organised and delivered a monthly collection of recyclable and reusable items for Creative Junk in Addington. This project was a great success and lots of items were regularly donated by our members at each monthly meeting. During covid we stopped collecting for Creative Junk, and now with Jo's agreement, we will not be re-starting this charitable project.

Instead, we are asking our members to take their donations themselves to Creative Junk at [25 Disraeli Street](#), or alternatively, most of these recycleables can be placed in our home yellow bins.

A great thank you to Jo for all of her hard work in making this such a positive and environmentally welcoming project.

## Food Aotearoa and Knitting Wool

Thanks to our members for their continued support of Food Aotearoa and our collection of knitting wool. These are two very important and worthwhile community projects.

You are welcome to donate cans and/or packaged food, including baby food, as well as fresh food such as fruits and vegetables.

The wool is used by volunteer knitters to crochet blankets or knit jerseys for pre-schoolers. Finished items are mainly given to the Plunket Outreach programme, Salvation Army programme and other charities as needed.



Please contact Naida Murray on 338 5030 if you have any questions, or check at our monthly meeting.



Your contributions can be placed in the boxes in the entrance foyer.

Thanks

Helene Mautner  
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