



Website: www.u3aporthills.org.nz

Bank Account Number: 38-90060413325-00



THE UNIVERSITY OF THE THIRD AGE

Newsletter June 2022

Port Hills U3A

From the Port Hills U3A President Malcolm Robinson

Pre- COVID at our monthly meetings, our member attendance was around 80 plus. It is encouraging that our numbers have already returned to 60 plus. Considering that COVID is still with us it is a good effort. To predict how long we have to live with covid is impossible. Therefore, our best protection is to continue wearing our masks.

I am aware that other organisations are socialising around morning teas, however we have decided not to re-instate that option with our group. The age bracket of our members and that Covid is still circulating widely are the prime reasons for this decision.

Our sub- committee that are responsible for choosing speakers are a dedicated team. We try to offer a wide range of topics but appreciate not everyone will appeal to all our members. Our interest groups are well supported and membership numbers are stable at about 180.

A big thank you to our committee and volunteers who give freely of their time and effort.

Finally, to you our members who turn up on a regular basis to our monthly meetings thank you for your support and enthusiasm for your U3A Port Hills.

Malcolm Robinson
President

Next Meeting: Wednesday 1st June 2022

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

10:00 Suky Thompson *Building Environmental Guardians of the Future*

Suky is the Trust Manager for the Rod Donald Banks Peninsula Trust. She will introduce the Trust and its vision to develop environmental guardians of the future through improved public access, enhancing biodiversity, promoting knowledge and working in partnership with others. She will discuss some of its many successful projects including the “Buy the Hill” campaign run last year which is the best known example of its multi-faceted work.

11:00 Monthly Meeting

At the conclusion of each of our speaker's talk, one of our members has the lovely task of thanking our speaker with a few kind words and presenting our thank-you gift.

If you would like a chance to be a ‘speaker thanker’ at one of our meetings, please let Malcolm know by emailing him on malcolm.robinson55@yahoo.com

Mid-Winter Lunch

Just about one month to go before our big event of the year - *our Mid-Winter Lunch*

It's happening on **Wednesday 6, July** at

Rosendale Wines, 100 Old Taitapu Road, Kennedys Bush

A **wonderful buffet lunch** is on the menu, and there's something for everyone !

Lunch is being offered at a special members' **reduced price**.

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

[Lunch will follow our regular July monthly meeting.](#)



To Start

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

Buffet Menu

3 Mains

Spiced Honey Glazed Ham (GF) – Lamb Tagine (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



To book your mid-winter 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.

Please Note:

If you are coming to the lunch and require a **vegetarian option** for the main course can you please let Joy Evans know by emailing her on joy.paulevans@gmail.com.

Annual Membership Subs

We have had a *great response* from our membership with almost 79% of our members having already paid their annual sub, *thanks for doing that!* A gentle reminder to those in the 21% who have not as yet paid, *we'd like to hear from you*. The annual sub is \$20 per person and there are 2 easy ways to pay.

1. 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,
Graeme Ell,
Treasurer, Port Hills U3A

New Members Morning Tea

The Port Hills U3A *new members morning tea* is a long tradition of our group. On Tuesday 10, May President Malcom Robinson hosted morning tea in his home for new members, with committee Vice President Joy Evans, co-hosting. Sixteen new members attended the morning tea which was accompanied by a lot of energetic conversation among our members while enjoying cups of coffee and tea, and Joy's homemade baking.

It can sometimes be a bit daunting when you're new to a group, especially when it is a large group like the Port Hills U3A. The new members morning tea is a welcoming and friendly way to meet other new members, the president and committee members.

Special Interest and Study Groups

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 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 and study groups along with the names and contact details of group convenors.

Also, during our monthly Wednesday meetings, the special interest group convenors give our members regular updates on what's been happening in their group over the past month. This is an opportunity for our members to get to know the group convenors, and to ask about the group's activities.

Two new proposed Special Interest Groups

Visiting Gardens

Interested in visiting gardens? Please contact me, Pamela Mathias by email pammathias5@gmail.com who will keep you informed of the activities of the visiting gardens group. Two members have already expressed an interest in joining the new group and we hope there are many more who are interested in visiting gardens. We would like to start the group as soon as possible with a guided tour on any suitable day of the week from 1pm to 1.45pm, when the weather is suitable. We thought it would be a good idea to have a picnic lunch first so we get to know each other.

Te Reo Course

Can those interested in the Te reo course also please send me their email addresses so I can keep you informed about the Papa Reo course which they tell me is the first year of the Te reo course. This is a home-based course and books, videos etc are provided. Apparently 11 hands went up at the meeting when first asked how many would be interested, but so far, I only have four people on my list.

Thank you, Pamela Mathias pammathias5@gmail.com

Arts Centre U3A Lecture Series

Arts Centre U3A has invited the members of our Port Hills U3A to register for their 2022 lecture series.

Topic for the balance of 2022 and the beginning of 2023 include:

- The Geological and Natural Building Blocks of Aotearoa
- Medical Matters series
- Icons of Peace (Nobel Peace Prize Winners)
- History of Slavery

Venue: St Mark's Church, 150 Withells Road, Avonhead

Day and Time: Fridays Cup of tea at 10am
Lecture starts at 10:30am

If you are interested in receiving updates about their upcoming programme and/or would like attend some of the lectures on a casual basis, please provide your details: name, email and contact phone number to arts.centre.u3a@gmail.com

A moderate fee will apply for each series. The fees will vary according to the number of lectures in the series.

Winter is here, and so is the Flu

With the relaxing of COVID-19 control measures and the reopening of borders, there is an expectation that there will be a resurgence of flu in 2022.

FluTracking is an online health surveillance system used to predict the potential spread of influenza and covid19 in our community.

It is a simple online survey that takes less than 30 seconds each week during flu season and can tell so much about the spread of influenza.

To find out more about this voluntary information gathering system designed to understand the spread of influenza, check out their website:

<https://www.flutracking.net>

or email the NZ Ministry of Health at:

nzmoh_flutracking@health.govt.nz

Public Health Group Population Health and Prevention Ministry of Health

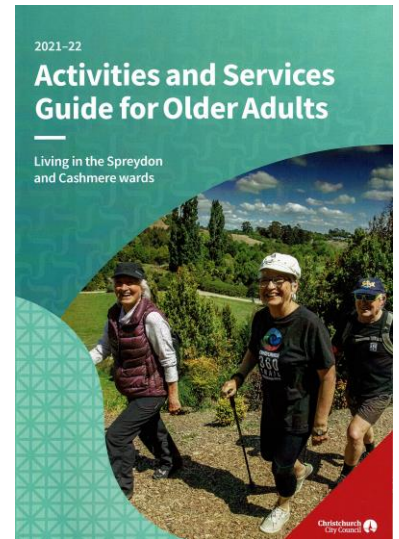
Facebook: <https://www.facebook.com/Flutracking>



Activities and Services Guide for Older Adults Living in the Spreydon and Cashmere wards

This up-to-date directory of activities and services for older adults in our neighbourhood is now available. The information covers many areas of interest including recreation and leisure activities, health services, advocacy and social support, with wide-ranging community information, e.g., Eldernet, libraries, Council Service Centres, volunteering, resident’s association etc.

This free guide has been produced by the Waihoru Spreydon Cashmere Community Board. Copies will be available at our June meeting.



Emergency Information Card

EMERGENCY INFORMATION	
Name:	_____
Contact Person & Phone:	_____
GP Name:	_____
GP Phone:	_____
 AGE FRIENDLY AOTEAROA NEW ZEALAND	Spreydon-Cashmere PTO

The Age-Friendly Spreydon Cashmere Committee is offering this free **Emergency Information** wallet card. It is an easy and important way to let health and other emergency services know who you are when you are unable to do so yourself.

The small card can sit in your wallet with the **red border** showing, making it easy for emergency services to find when needed.

Emergency services will know who you are and the name and contact details of your doctor. There’s also extra space on the reverse side for any additional important information.

Copies will be available at our June meeting.

Free copies of both the *Activities and Services Guide for Older Adults* and the *Emergency Information* wallet card will be available at our Wednesday June 1st meeting. They are also available at the South Christchurch Library in Beckenham, 66 Colombo Street.



Future Meeting Speakers

<u>July 6^h</u>	Coroner Sue Johnson	<u><i>The Role Of The Coroner</i></u>
<u>August 3rd</u>	William Stedman	<u><i>High Performance Paralympian</i></u>
<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. Please donate a can or package of food including baby food. Fresh food such as fruits and vegetables are also welcome and will make a big difference. Thank you from Food Aotearoa



Wool Donations – Can you help out?

Wool or other knitting yarns (any size balls or bits) and also volunteer knitters are needed to help crochet blankets or knit jerseys for pre- schoolers. Please bring donations to our monthly meetings.



Knitting for children has been happening for many years and the finished garments are given mainly to the Plunket Outreach programme, Salvation Army programme and other charities as needed.

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

Helene Mautner
for the Port Hills U3A Committee
h.mautner@xtra.co.nz