

### NEWSLETTER OCTOBER 2019

Greetings Members

This will be the final newsletter for 2019. I hope that this U3A year has been a good one for you and that you have enjoyed the variety of speakers at our monthly meetings. If you know or hear of anyone who you believe would be an interesting speaker at one of our monthly meetings, please let myself or a committee member know. Please check our website on a regular basis for all the up to the minute news and information.

- Christmas Luncheon. This is to be held following the December monthly meeting at the church, at the Cashmere Club on Wednesday, December 4<sup>th</sup>. The \$5 payment for this event needs to be paid by 15<sup>th</sup> November in order that we allow time to collate numbers to notify the venue. This subsidised function is for Port Hills U3A members only. Payment by online banking is our preferred method (U3A Port Hills Bank account number is 38-90060413325-00) or by cash at the November 6<sup>th</sup> Monthly Meeting ).
- 2020 Study Courses. At the October Committee Meeting the following study courses were approved for next year: Writing Life Stories; What is Wisdom?; Healthy Me (Physical and Mental Health) The Writing Life Stories Course will be held on the second Friday of the month 10am to noon at 1 Sunvale Terrace, Cashmere. The Healthy Me course will be held on the first Monday of the month at the service centre at South Library from 2pm to 4pm. Lastly, we are trialling six sessions of ‘What is Wisdom’ twice a month on the first and third Thursday of each month (Venue to be confirmed). The course will be a short 3 month one. If successful, we hope to look at offering shorter study courses and talks to members. All courses start in March.  
A big ‘thankyou’ to John Yeoman, a committee member, who has spent a lot of time this year looking at online courses from universities.
- Sales Table This will be set up at the back of the lounge area as from November. All donations are welcome but books are on hold until we are able to sort out suitable storage facilities at the St Martins Church. We will keep you informed of progress here.
- City Food Harvest Donations There was a disappointing donation of food items to this worthy cause the last monthly meeting. There has been a public radio appeal for donations of tea, coffee, tinned food and pasta by food banks that are running short of items. Please could you try to remember to support this worthy organisation. City Food Harvest is a general food collecting point and distribution centre for food banks around the city. Our collection box is placed in the foyer of the church.
- Members Outing This month’s visit is to the Nurses Chapel at Christchurch Hospital on Wednesday, 27<sup>th</sup> November at 10am. A checklist for interested people will be available in the foyer next to the name labels at the next meeting. Please note that these visits, which are open to all members, are now on the 4<sup>th</sup> Wednesday morning of the month. The change is to allow for no clashes with other interest groups.

- Speakers

November	Alex Tan	China and the Pacific
December	Neil Pickard	Formation by the radio
February	Susan Foster-Cohen	Children with developmental challenges
March	Carston Schousboe	How PHARMAC makes decisions.

The list of speakers is kept up to date on the Port Hills U3A website

I hope that you all have an enjoyable Christmas and summer break.

Best wishes to all

Wendy Gallagher (President)