



THE UNIVERSITY OF THE THIRD AGE

U3A Port Hills Inc

Website: www.u3aporthills.org.nz

Bank Account Number: 38-90060413325-00

Port Hills U3A Newsletter October 2024



Next Meeting: Wednesday, 2 October

Important:

For the safety of our members the outside door to the church will be locked at 10am when the meeting starts.

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

9:30 Morning tea and socialising

10:00 Speaker: Frieda Looser Chocolate: Food of The Gods and Elixir of Empire

Three thousand years ago, the Olmecs of Central America drew strength from drinking chocolate made from cacao beans. The Maya civilization valued cacao beans as currency, and pottery vessels bearing the hieroglyph for cacao sustained the spirits of nobles in their tombs. Aztec Emperor Montezuma reportedly drank chocolate from a golden goblet, and in 1519 entertained the Spanish explorer Hernando Cortès. The knowledge of chocolate was carried by Spaniards to Europe where the 'divine drink' morphed through time and place to become the delicious chocolate bar we enjoy today. Along the way, the history of chocolate became both intriguing and delectable!

Frieda Looser has an MA (Hons) in History and is the author of *Fendall's Legacy, a history of Fendalton and Northwest Christchurch*. She was a Senior Tutor in the History Department at the University of Canterbury, tutoring and lecturing in a number of courses, and currently teaches in the UC Academic Skills Centre. Frieda was a contributor to the University's Community Education programme from 1998 to 2012, offering a wide range of courses exploring European, as well as New Zealand and local Canterbury history. She has led many history study tours to the British Isles and Europe. When the University disestablished Continuing Education in 2012, Frieda founded her own business and teaches history courses, and offers talks to U3A and other community groups.

11:00 Monthly Meeting



Speaker Thankers

Would you like to volunteer as a 'speaker thanker' ?

Each month we have an invited speaker at our meetings. As a courtesy to the speaker, a member of our U3A thanks the speaker and presents them with an envelope containing a Thank You card, (their honorarium is paid to their bank account). We need more volunteer *speaker thankers*. You only have to say a short 'thank you' and if you would like, you can say some words about the presentation. We can also give you suggestions on how to do this.

The 'thank you' might take only 30 seconds – and with enough thankers you would only have to do it occasionally!

Interested? We would love to hear from you.

Contact Malcolm Robinson malcolm.robinson55@yahoo.com



Future Speakers 2024

Date	Speaker	Topic
November 6th	Dr Vivienne Levy	Work of a Forensic Dentist
December 4th	Dr Graham Sattler CEO Canterbury Symphony Orchestra	The CSO Past and Present



Interested in joining a new Special Interest Walking Group?

A suggestion has been made to start a new special interest Walking Group.

This would be a '*Walk and Explore*' group walking on the flat streets of our city – **No Hills!**

Each month the group will select an area to visit and walk for about an hour.

The format of the group will be decided by its members.

Interested?

Contact

Kath Varcoe at kvarcoe@gmail.com

Port Hills U3A Annual Spring Outing 2024 Geopark Bus Tour

Thursday 31st October

Get in Quick !

Following the very enjoyable and successful U3A bus tour last year, we still have a few more seats available for members to join this October's bus tour. By mid-October, if we do not fill all the available seats, we will be offering the remaining seats to partners and friends of U3A members.

Bring a packed lunch, and wear sturdy shoes and weather appropriate clothing.

The cost of the bus tour is \$35.00 per member.

Make an internet payment to our bank account: 38-90060413325-00. Please write your name in the particulars box so we will know who is making the payment, and write the words bus 2024 in the reference box.

or

You can pay by cash at the October monthly meeting.

Thank you, Mureen Turfrey, Treasurer, Port Hills U3A

Bus Trip Itinerary

Meeting point – Princess Margaret Hospital – 8:45am

Stop 1 – Victoria Park (Toilets)

Setting – Banks Peninsula volcanism, the Canterbury Plains, Christchurch City, and the Southern Alps.

Examination of outcrop beneath the playground.

Stop 2 – John Jameson Lookout / Sign of the Bellbird

Evolution of Banks Peninsula's volcanism. Large scale evidence within the landscape.

Stop 3 – Lyttelton Township – Toilet / Coffee stop – central township by main square.

Stop 5 – Evans Pass – Quarry

Layers within the volcano, cross cutting volcanic dykes.

Use of materials – changes to the harbour.

Stop 6 – Sumner Beach – Lunch – Clock Tower End

After lunch a walk towards the breakwater end to examine the layers exposed in the cliff face.

Stop 7 – Heathcote Domain, Heathcote Valley – *if time permits*

Earthquake impacts, red zoning, rockfall, and mitigation

Finish - Princess Margaret Hospital – 3pm

Our tour guide is Sam Hampton, BSc (Hons), PhD, and Director of





Proposed Lecture Series for 2025

We are proposing offering two lecture series in 2025 in addition to our study and interest groups.

One series would be four lectures and the other five. We would run these over consecutive weeks on the same day each week. We can use the lounge area in the church where we hold our monthly meetings. Each lecture would be approximately 1 hour long.

The titles for the two series are:

Four week Series – Local to Global

Lecture 1: Old English to World Language

Lecture 2: Religion and Economy

Lecture 3: Health, population, politics and Geopolitics

Lecture 4: Community

Five week Series – Extraordinary New Zealanders in World Wars 1&2

This series will look at the contribution of five lesser-known Kiwis in the world wars, Ettie Rout, Harold Gillies, Keith Park, Nancy Wake and David Low.

We will circulate a sheet at the October meeting asking people to indicate if they would be interested in one or both series. If you are unable to come to Wednesday's meeting, could you email me to let me know if you would be interested.

Joy

joy.paulevans@gmail.com



Invitation from the St Martins Croquet Club

The St Martins Croquet Club would like to invite members of the Port Hills U3A to visit us and enjoy the game of Golf Croquet. We offer coaches for groups of four, and can provide mallets. We also offer the use of our club facilities with tea & coffee for visitors to have a go at a charge of \$25pp.

Have an afternoon with us, your Christmas Function maybe. Add in your own food & drink, or caterers. Your choice.

Happy to help with inquiries,

Carol Tonge

Committee Fundraiser

St Martins Croquet Club

carolt@xtra.co.nz

027 5611 260

Special Interest Groups

The Cycle Group

A great day for a bike ride !
The Cycle Group in Lyndon Grove.



The Botany Group

Visit to the Tai Tapu Sculpture Park





Emergency Settings on Your Phone

You can add contacts to your phone which will be accessible when someone wants to dial an emergency number without unlocking your phone.

The following instructions, prepared by committee member Kath Varcoe are different for iPhones and Samsung phones. There may be other variations among different phone manufacturers and software.

On an iPhone

1. Open **contacts** on your phone
2. **Select the person** to be added as an emergency contact
3. Tap **'Add to Emergency Contacts'**

On a Samsung phone

1. Open **Contacts** on your phone and tap your **name**.
2. Select **Emergency contacts**.
3. Tap the edit icon (pencil) on the right.
4. Tap **Add member** and select all the people on your list that you want to be your emergency contacts, then tap **Done**.
5. **Save** the selected members.



Contributions and Donations

Thanks to our members for their continued support to the Hoon Hay Foodbank and knitting wool community projects.

Foodbanks

We are continuing to collect cans and/or packaged food, including baby food, as well as fresh food such as fruits and vegetables at our monthly meeting.

Please place your contributions in the boxes in the entrance foyer. Thanks for your contributions.



Knitting Wool

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.

Would you like to be a **volunteer knitter and/or crocheter** making blankets and jerseys for pre-schoolers? Please let Naida know on 338 5030

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