



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 August 2024



Next Meeting: Wednesday, 7 August

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: Helen Hills Topic: Forest and Bird Nationally and Locally

Helen Hills is a committed member of North Canterbury Forest and Bird. She organises working parties for regular restoration planting on the Mahoe-nui Reserve on the Port Hills, as well as for trappings at Boyle Base, Lewis Pass. At the Forest and Bird Centennial Conference - *Inspiring Bold Leadership in Times of Crisis* held in July in Wellington, Helen was acknowledged for her valued contribution and received the Te Tuhu Ti Kouka award for her significant contribution over a long period of time, to advancing the Society's Strategic Plan objectives both locally and regionally.

11:00 Monthly Meeting



Midwinter Lunch

On July 3rd Port Hills U3A members once again enjoyed another lovely midwinter lunch at the Russley Retirement Village. Forty-seven members were treated to a buffet lunch with a choice of a selection of meat, vegetables, as well as a vegetarian main option, and finishing off with cake and coffee.

It was also a pleasant opportunity for many U3A members to share lunch and socialise together.



Annual Spring Bus Tour Outing 2024

Update

Put the date **Thursday 31st October** in your diary for the Port Hills U3A bus tour outing to the **Banks Peninsula Geo Park**.

Here is a sample of the itinerary to whet your interest !

Please keep in mind that there is still a lot of discussion to happen about the number of stops and the duration of the bus tour.

Meeting point – PMH – 9am

Stop 1 – Victoria Park (Toilets)

Stop 2 – John Jameson Lookout / Sign of the Bellbird

Stop 3 – Governors Bay Jetty – via Dyers Pass (Toilets)

Lunch – Depending on timing Lyttelton township or Sumner township

Optional Stop – Windy Point

Stop 5 – Evans Pass

Stop 6 – Sumner Beach

Stop 7 – Ferrymead Park, Heathcote Valley

Finish - PMH – 4pm

Special Interest Groups

Writing Life Stories

We all have our own life stories which are important to us. Writing our stories is a wonderful way of remembering those special people, places, and times in our lives. Sharing stories with others is a valuable way to preserve those memories and stories.

The Writing Life Stories special interest group meets on the first Monday of the month at the South Library on Colombo Street. We take turns for 10 minutes each, reading and sharing something we have written about an episode in our lives, a description of our early lives, or about people we have known. The group then has an enjoyable and friendly discussion about what we have written. It is exciting sharing our stories as well as the stories of distant relatives and friends going back to times long ago.



Book Discussion Group

Due to unforeseen circumstances, we have vacancies in our group which we would really like to fill. We meet on the third Friday of the month at 10 a.m. at the South Service Centre/Library on Colombo St.

We are issued a book, some reading notes and a set of suggested discussion questions from the Book Discussion Scheme. Titles vary month to month, we may have fiction/non-fiction/NZ author/ English written or translated titles, classic or new release in fact the only genre we don't have are probably car repair manuals and recipe books! Of equal importance is the fact that those who can generally re-convene in the cafe for some refreshments and a general natter afterwards.

If you are interested in joining us either permanently or just to "try us out", please contact Bev on 021-172-3840 or by email on bnbck2@gmail.com



Future Speakers 2024

Date	Speaker	Topic
September 4th	Glen Vallender	History of the Magnetic Observatory at Christchurch Botanic Gardens 1899-1970.
October 2nd	Frieda Looser	History of Chocolate
November 6th	Dr Vivienne Levy	Forensic Dentistry



'Our Musical Minds' Royal Society Lecture

Presenter: Dr Samuel Mehr
Date: Wednesday 14th August 6:00 pm - 7:30 pm
Location: Ara, City Campus - Building DL, Room DLEC
130 Madras Street, Christchurch Central City, Christchurch 8011,

Link to register: [Our Musical Minds](#)

Dr Samuel Mehr is on the faculty of University of Auckland, and is also a faculty member at the Child Study Centre at Yale University in the United States of America. He is a winner of the 2023 Prime Minister's MacDiarmid Emerging Scientist Prize.

"In my research, we study the psychology of music: why it is that humans make music and listen to music and are so motivated to participate in music globally across the lifespan," Samuel explains.

Henry Wadsworth Longfellow famously described music as "the universal language of mankind."

Recent insights from cognitive and developmental psychology, cross-cultural data science, and evolutionary anthropology show that he had the right idea.

Samuel will present findings from an array of studies that together demonstrate the striking universality of our musical minds.





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
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