



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 March 2025



Next Meeting: Wednesday, 5th March

Please note: we have been informed that there are road cones on both sides of St Martins Road around the church. Please allow extra time for your journey to the meeting. There is some parking (10 - 20 spaces) available at St Martins Bowling Club in Clouston St (on the opposite side of St Martins Rd, towards the Wilsons Rd Sth roundabout).

- Venue:** St Martin's Presbyterian Church, 43 St Martins Road, St Martins
- 9:30** Morning Tea and Socialising
- 10:00** Speaker: Antony Bush Title: Movement is Medicine
- 11.00** Business Meeting

Subscriptions for 2025

Membership fees for 2025 are now due. They have been kept the same as last year ie \$30 per member. Please pay by direct credit to our bank account number (38-90060413325-00). Alternatively, you can pay in cash to Mureen (our Treasurer) at the meeting.

Our March Speaker

Our speaker for March is Antony Bush of Canterbury Sport and Spinal. In ‘Movement is Medicine’ he will show the importance of movement and exercise on pain, health and longevity. He is a ‘movement activist’ who has been interviewed on RNZ and by the NZ Herald. A previous NZ Winter Olympics Team physiotherapist, he has treated Olympic gold medallist rowers, alpine skiers, World Championship triathletes and members of the All Blacks. He has a special interest in how movement and strength impact our health and wellness. He is a passionate advocate for getting people away from their smartphones and computer screens and moving about in the great outdoors. He recently launched his book ‘The Back Fix’ which is in NZ bookstores now.

Speakers for 2025

<u>Month</u>	<u>Speaker</u>	<u>Topic</u>
March	Antony Bush	Movement Is Medicine
April	Dame Sue Bagshaw	Christchurch Youth Hub
May	Assoc Prof Debbie Munro	Biomedical Engineering
June	To be confirmed	
July	Dr Viv Levy	Identifying victims of Japan tsunami
August	Brad Lake	Use of hemp products

Financial reporting

Unfortunately we were unable to give a full financial report at our AGM last month. A copy of the audited summary of the Statement of Receipts and payments is shown at the end of the newsletter. Copies of the Performance Report which we submit to the Charities Commission will be available at the meeting and Mureen will be happy to take any questions.

Lecture Series 2025

A reminder for your diaries – in April we will be asking those members who are interested in the first series entitled **Local to Global** (four lectures on Monday mornings in May) to confirm their attendance. Attendance will be limited to the first 25 members to respond, due to size of the venue (the lounge at St Martins Presbyterian church where we have our morning tea and coffee before the monthly meetings).

In July we will asking the same question for the second series of five lectures entitled **Extraordinary New Zealanders in WW1 and WW2** (to be run on Friday mornings in August at the same venue).

There will be no cost for attending the lectures.



Study Courses for 2025

The first of our two proposed study groups ‘The Shaping of the Modern Mind’ has been formed, meeting on the second Monday of each month at 1.30pm in the foyer of St Martins Presbyterian Church. The first meeting will be on Monday 10th March. Sixteen people have enrolled so far.

At the time of writing, due to changes with the U3A online website, it has not yet been possible for members to log on and download the course material, however Richard Naylor has obtained copies of the first two study units and has sent these to the group.

The second proposed study group ‘Resources for The Future’ did not attract quite enough members to be viable, so this one will not be proceeding at the moment. However, the material will be available on the U3A Online website for any member who wishes to access it.

Please contact Richard for the new login details: richard.naylor6@gmail.com

Thanks go to Richard for his hard work in arranging this.



Special Interest Groups

As mentioned in last month's Newsletter, all the Special Interest groups will continue in 2025. All groups that needed to find accommodation have done so. They will meet on the same day and times and if there are any changes to the venue members will be contacted by their convenor.

The Controversial Current Affairs group will meet at St Marks Anglican Church, 110 Opawa Road. Once again, thanks to Richard for arranging this.



Foodbanks

We are continuing to collect cans and/or packaged food throughout the year, 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 .

