



Website: www.u3aporthills.org.nz

Bank Account Number: 38-9006-0413325-00

Port Hills U3A Newsletter August 2025



Next Meeting: Wednesday 6th August

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

9:30 Morning Tea and Socialising

10:00 Speaker: Brad Lake The Brothers Green Story and the Health Benefits of Hemp

11.00 Business Meeting

Our August Speaker

Since 2017 Brad from the Brothers Green has been looking to change the way people support their health and to help farmers diversify their farming options. The Brothers Green, using NZ grown hemp seed as their key ingredient, have developed a range of health products with many benefits. Based in Wainoni, they contract farmers to grow the hemp, process, and then retail all their hemp health products online, reaching over 50,000 people in the last five years and are now setting up a store in Sydney to grow their Australian market.

Speakers for 2025

<u>Month</u>	<u>Speaker</u>	<u>Topic</u>
August	Brad Lake The Brothers Green	The Brothers Green Story and the health benefits of hemp
September	Olivia Taylor Christchurch City Council	Waste Minimisation
October	Will Edmundson	A perspective on the Russo-Ukraine conflict



Midwinter Lunch

Our midwinter lunch at the Tai Tapu Hotel was enjoyed by 49 members. The hotel did us proud with very generous portions of excellent food in their warm and inviting restaurant.



Second Lecture Series 2025 August 2025

EXTRAORDINARY NEW ZEALANDERS IN WORLD WARS 1 & 2 (5 lectures)

Our first lecture in this series took place on Friday 1st August and the 35 members who attended enjoyed a very informative lecture about Ettie Rout. The next lectures will be on Friday August 8th, 15th, 22nd and 29th. You are welcome to come to any of the future lectures. The lectures are at 10am at St Martins Presbyterian Church (same venue as our monthly U3A meetings). Topics are:

August 8th: Harold Gillies – father of modern plastic surgery

August 15th: Keith Park – chief of RAF Fighter Command in WW2

August 22nd: Nancy Wake – most decorated Allied servicewoman of WW2

August 29th: David Low – most influential cartoonist of 1930s and 40s



Interest Groups

Mark, our new interest co-ordinator, has been in contact with all the interest group leaders and has organised a meeting for them over a coffee at the Birdwood.

Pictures and reports of group activities are always welcome for inclusion in the newsletter and if anyone has any ideas for new groups then Mark would be very happy to hear from you interestgroups@u3aporthills.org.nz

Report from the Cycling group



A recent trip in the country to Lincoln via Tai Tapu for the Cycle Group.

Surprising what we have to negotiate without Traffic Management.

Great day out, coffee was good as well.

Hilary Moore
Cycle Group Co-ordinator

Art For All Seasons



The Art For All Seasons interest group met in May at Wendy Gallagher's house to discuss four famous New Zealand artists, Rita Angus, Toss Woollaston, Colin McCahon and Goldie. For our June get-together, Wendy organised a 'behind the scenes' tour of the Art Gallery paintings storage area, led by a curator of the gallery. We were able to view paintings by the four artists we had previously discussed at our May meeting, and which are not currently on public view. The moveable panels behind us in the photo are where paintings are stored when not on display. It was a treat having a private viewing where we could see and have good discussions about the paintings and the artists without disturbing other museum visitors.

Helene Mautner



Showbiz Christchurch Offer

Showbiz Christchurch have a special offer for U3A members for the upcoming production of Blood Brothers at the Isaac Theatre Royal.

The offer is limited to two performances (4pm Sunday September 21st and 7.30pm Tuesday September 23rd). It is for two seat categories: Premium (special price \$88) and A Reserve (special price \$78).

showbiz
CHRISTCHURCH

The SAUNDERS & C ● season of

BLOOD Brothers

The Smash-Hit Musical!

Special Offer For U3A Members

Sunday September 21st & Tuesday September 24th, 2025.

Isaac Theatre Royal

EXCLUSIVE U3A PRICING

Premium : \$85.00*

Reserve A : \$75.00*

Book Online Using Password: [REDACTED]

***Price Excludes Booking Fees**



St Martins Presbyterian Church have asked us to include this information about the Brainfit For Life seminar series. It comprises five sessions commencing on 27th August, costing \$250 per person. The sessions will be held at the church. Contact details are shown below.

Feeling forgetful these days?

Memory loss is not inevitable, and steps you take NOW are the key.

Join the next Brainfit for Life course!

Learn a range of simple, practical strategies you can use every day to live a brain-healthy lifestyle. Improve your confidence and self-belief regarding your memory.

One 90-minute session weekly for 4-weeks with a focus on 6 key memory skills

that allow people to remain confident, independent and productive throughout their lives. This class is fun and social and will be held:

Wednesdays 1.00pm – 2.30pm
starting 27th August at
St Martins Presbyterian Church
43 St Martins Road, St Martins, Christchurch 8022

\$250 per person.

Course Dates: 27/8, 3/9, 10/9, 17/9 2025

The course is based on the internationally acclaimed research into age-related memory loss by New Zealand Clinical Psychologist, Dr. Allison Lamont.

After the completion of the course, you will:

- ✓ Have increased confidence regarding memory.
- ✓ Know that memory loss is not inevitable.
- ✓ Have memory strategies to apply in everyday life.
- ✓ Know how memory works.
- ✓ Learn the fundamentals of a brain healthy lifestyle.

To book the course or if you are interested in joining a course but can't make the advertised course or explore other options of brain training, please contact me!

Contact Ina
ina@happybrain.nz or 027 363 0763
Further information: <https://brainfit.world>

Did you know you can control 3 of the 4 factors that contribute to brain ageing?

Research shows that the human brain is growing and changing throughout our lives and the more you do, the better.



Testimonial:
I have struggled with cognitive issues as I have advanced in years, it has really worried me. Having been in Ina Meeten's class, I am a lot more confident that I can look forward to many more years without "losing my marbles"!!
Ben

Brainfit®
FOR LIFE

Foodbank

We are continuing to collect cans and/or packaged food throughout the year, including baby food, as well as fresh food such as fruit 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 .