

U3A MANAWATŪ NEWS

QUARTERLY NEWSLETTER OF U3A MANAWATŪ

WELCOME TO NEW MEMBERS

At the time of printing we have the following new members:

John Gardner, Beth Greenwood, Janet Hossack, Graeme Humphrey, Ian King, Margaret Sargent, David Symes, Trish Symes, Adrian Taylor, Dan Waechter



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The Future of Food

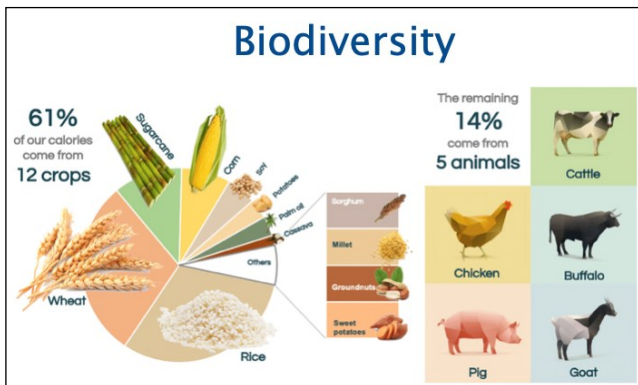
by Chris Phillips

The 2021 Autumn Seminar Series held at Crossroads Church on *The Future of Food* was launched by Jane Coad, Professor of Nutrition at Massey University. Jane addressed the challenges facing global food systems and the need to promote food and nutritional sustainability to enhance health and well-being. Remarkable changes in the production and consumption of food are taking place, with increasing demands for sustainable and healthy food to meet the requirements of the growing global population. Much of the food being produced today is of low quality, is expensive, and is from a narrow range of sources, and about a third of it is wasted. There are significant increases worldwide in both malnutrition and obesity.



1760-1795
 Farmers bred sheep for their size and wool

look like'. To put this in context he briefly traced the history of agricultural development. Looking ahead, as the global population increases - and it is projected to reach around 10 billion by mid century - world crop production will need to double. More than 85 percent of this additional demand will come from developing countries who, as incomes rise, will want not just more, but better food. New technologies and approaches to food production will be needed to achieve this, and new products will emerge. These may include 3D printed meat, and the consumption of insects, fungi, algae, leaf protein and aquatic plants.



~90% of world's food comes from <1% of the known 250,000 edible plant species. ~75% comes from 12 species of plants and 5 species of animals

In the second seminar, Amos Palfreyman of Food HQ posed the question 'What will the future of food

Dr Lakshmi Acharya Dave then further developed aspects of nutrition. Proteins are taken in with food, but research at the Riddet Institute at Massey has shown that the body also produces proteins and peptides in response to food. These are produced in the mouth and in the gut, and play a positive role in human health. This has implications for healthy eating - what foods we should eat and how we can combine foods to overcome deficiencies. Diversity of food is also important. Lakshmi looked at sustainable diets - diets which have low environmental impacts while being nutritionally adequate. Food can be compared in regard to the resources consumed in its production.

Continued on page 2



FROM THE CHAIR

Graham Slater

Greetings, what a difference a year makes. The social isolation we were forced to endure last year was no fun.

I am hoping that as the country becomes immunised against COVID 19 we never have to go back to the same situation again. Looking around other countries we are certainly fortunate to be where we are.

Your U3A continues to grow in numbers. We have 350 paid up members, with 40 of them being new members. We need to constantly explore setting up new Learning Groups as most of our existing groups are full; some have waiting lists.

If you have any ideas for other new groups please contact me.

With the banks withdrawing cheque facilities, we are faced with some difficult times for older people needing to pay items such as subscriptions and bills. We are planning on organising a public seminar in conjunction with SeniorNet to help advise and explain other ways to use banking services in the 21st Century. Keep an eye on the **Notice Board** on our website for details.

Following the success of our Autumn seminar series, our next Spring seminar series is shaping up to be very interesting. The theme this time will be 'Quality of Life in the Third Age'. We are working with some great speakers for the series. Further dates and information to follow.

We have scheduled our 2021 AGM to be held at the Quaker Meeting House in College Street at 2.00 pm on Wednesday 22nd September. All welcome.

I would like to acknowledge the passing of a long-term U3A member and group coordinator in Nan Kinross who died recently.

Finally, I urge you all to get immunised, if at all possible. We will struggle to defeat COVID, but we can at least defend ourselves.

'Quality of Life in the Third Age'

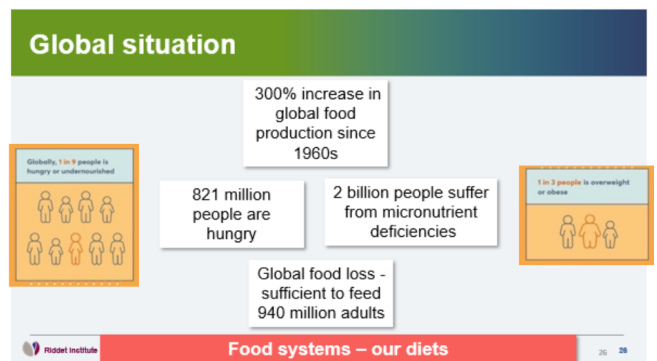
Spring Seminar Series

4 Wednesdays 2.15 to 4 pm Sep-Oct at Crossroads Church.
You will receive a flyer with more details several weeks prior.

NOTICE of AGM (U3A Manawatū)

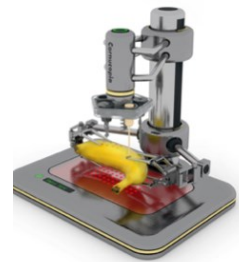
The 2021 AGM will be held at 2 pm on Wednesday 22nd September at the Quaker Meeting House, 227 College Street

'The Future of Food' continued from page 1



Globally, 1 in 9 people is hungry or undernourished. 1 in 3 people is overweight or obese

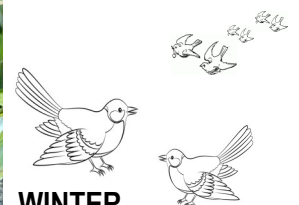
In the final seminar, Johan Potgieter, Professor of Robotics and Automation at Massey University, talked about the future of food. His focus was on 3D printing which promises to revolutionise the formulation and manufacturing of food. 3D printing involves additive manufacturing in which food is built up layer by layer. At present this is being applied mainly to 'fun food' items such as chocolate, but research into producing food of substance, such as artificial meat, is well under way. One of the goals of 3D printed food is to reduce waste. Food with tailored nutritional value can also be produced. One of the drawbacks at present is the time to produce each item of food, although supply chains will be shortened.



The series, which was conceived and coordinated by **Stuart Birks**, was well received, with over 100 people attending each seminar and large numbers staying for the Question and Answer sessions. For the first time, PowerPoint slides and audio recordings were made available on the U3A Manawatu website following each seminar: see

www.u3amanawatu.org.nz/seminars/seminar-presentations/

All images in this article were taken from the presentations



WINTER...

A skating rink for the birds!

Photo of the bird bath in our garden

by Carol Phillips

Around the groups...

NEW GROUP STARTING UP: Creative Storytelling

The purpose of this group is to learn all about Creative Storytelling: how it works, how it can be used, how to facilitate it.

Creative Storytelling can mean all sorts of things and can be used with any age group. I have used it as a method of creative engagement with people who have difficulty finding the right words. It can be very effective for people with early or mid-stage dementia. It is easy to learn and a lot of fun.

I am a qualified speech-language therapist and have worked in the Health and Disability sector for more than 30 years. I have facilitated Creative Storytelling at day programmes, rest homes and libraries, and have provided workshops for diversional therapists.

The group will run from 1.30 to 3.30 pm on the first Thursday of the month at a venue to be advised.

If you are interested in joining this group please ring me on 027 428 7016 or email me at marja.steur@icloud.com. We will hold an introductory session on 2 September.

Marja Steur



Marja Steur facilitating Creative Storytelling at the Library

PLANTING - a short story by Inda Larkin-Adams

'What a person needs in gardening is a cast iron back, with a hinge in it!' Charles Warner, USA Essayist.

'Oh there you are Grandma. I thought I'd find you out here.' I look up and see my beautiful granddaughter weaving her way between the flowerbeds. 'Your flowers are a delight,' she murmured and I was compelled to answer that her beauty outshone them all. I told her once again the quote my mother used to say: 'Your life is your garden. Your thoughts are the seeds. If your life isn't awesome, you've been watering the weeds!'

I'd done the planting some weeks ago and was now immersed in weeding and pruning. 'Look at this, Rhiannon', I said to my granddaughter, 'the neglected strawberries invaded by weeds are flourishing better than those that've been carefully looked after.'

I've noticed the same thing with people. Those who've been mollycoddled often don't struggle to reach their full potential as much as those who've had a harder time of it. There are seeds in Australia that cannot bloom until they've been burnt in a forest fire.

It's noticeable that a leaf or two or three will often cling to a branch well into winter and long after the other leaves have fallen; perhaps waiting stoically for a telegram from the queen?

I directed Rhiannon's gaze over to the new lemon tree which was barely surviving in a big pot by the path

opposite. There were the prettiest salmon pink and white petunias planted closely around it. Delightful though these petunias looked they were taking large parts of nourishment from the shallow roots of the lemon tree. I had been told in the garden shop not to plant anything around the lemon tree for the first year or two because this very thing would happen. Why did I ignore this advice? I'd thought perhaps the staff were being over cautious. The previous year I'd planted another lemon tree which had died. I'd been told again in the garden shop to not let too many lemons stay on the tree for the first year but when I saw how many beautiful golden lemons were looking so wonderful I couldn't pick any off and the tree died. I hope I've learnt my lesson this time. I'll remove the petunias and fertilise the tree's soil with citrus food and give it a big drink; hopefully it'll survive.

I asked Rhiannon if she remembered a particular incident when she was little. I had been busy in the house and she had taken her sisters down to the garden which bordered the footpath. This garden was full of the most colourful tulips. I soon heard the girls bursting excitedly through the door with a wonderful present for Grandma. Of course they had picked every single tulip and these lovely granddaughters were very impressed and excited at my emotional reaction, at my tears and my 'oh, oh, oh's' while they pressed the bunches of tulips into my arms.



**Inda Larkin-Adams is a member of the
For the Love of Plants group**

Recording and Broadcasting Group

Stuart Birks: Coordinator

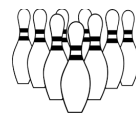
We meet monthly to keep our recording schedule on track and to also enjoy a lively social occasion with good food and coffee. Attendance was unavoidably low this month, but the 'good time' objective was nonetheless achieved. Our excuse, if one is needed, is that we are practising the art of relaxed conversation, a style that we try to use in recording sessions. To date we have recorded well over 100 people with a focus on oral history with a local flavour. A voice provides more than a written transcription alone, and many people find it easier to convey their stories in this way. 167 episodes of our **Manawatu Conversations** recordings have already been broadcast on Manawatu People's Radio, 138 of which have been uploaded to the **permanent collection on the City Archive's Manawatu Heritage website**. Production is streamlined to make it as easy as possible for people to get up to speed, and three quality sound recorders are available. You might have seen one in action at the U3A seminar series or at the military history talks at the City Library and The Globe Theatre, with these recordings later made available on the internet. New members are welcome, technical skills are not required.



Some of the members: L to R: John Ward, Iola Haggarty, Alison Mildon. Photograph by Stuart Birks

Possible new U3A group!!!

Interested in Ten Pin Bowling?



We are planning a Ten Pin Bowling social group to be held at Bowlerama on Cuba Street. It will be held on the 4th Wednesday of the month 10.00 - 12.00 am. The price is \$8.00 per game and includes the balls and shoes.

If you want to know more or are keen to become part of this please email me at gandg@inspire.net.nz or ring 353 0586

Graham Slater

Do you have an idea for a new group? Have a look at the guidelines for setting up a new group on the website at

<https://www.u3amanawatu.org.nz/learning-groups/>

U3A Manawātū - the first 20 years. By Carol Phillips

Available from the Heritage Desk, Level 2, City Library.
\$10 (cash only)

DISCONTINUATION OF CHEQUES

Are you having trouble knowing how to pay bills, etc. now that banks are no longer accepting cheques? Talk to your bank or find help here: www.mdnz.org.nz/viewpoint.
See Issue 19 June 2021

We would LOVE you to contribute to our newsletter!

Please contact the Editor
(Rosemary at 326 9598 or rksinich@gmail.com)

If you elected to receive this newsletter by mail, it will be in black and white. A colour copy can be downloaded from our website at www.u3amanawatu.org.nz

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