

U3A MANAWATŪ NEWS

QUARTERLY NEWSLETTER OF U3A MANAWATŪ

WELCOME TO NEW MEMBERS

Linda Bell, Rowan Bell, Alan Crews, Alan Lessels, Robin Rutherford, Sue Stirling. Also, David Beere, Margaret Campbell, Patricia Collins, Jenny Hunt, Nicola McClatchy, Mike Oliver and Margaret Turner who joined earlier in the year.



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The AGM was held on 22nd September under Level 2 social distancing restrictions. We had just enough members attend to reach our quorum! The Chairperson's Report follows:

CHAIRPERSON'S REPORT

Graham Slater

I am pleased to present the Chairperson's Report for U3A Manawatu for the year ending September 2021.

It appears that many people have not heard of the U3A or indeed know anything about our organisation. Please take the opportunity to talk to friends about us. U3A is a great way to meet new people, learn about different topics and share ideas and knowledge. There are currently 84 active U3As in NZ. We currently have 353 members across 40 Learning groups in our U3A.

Did you know we have a website? It contains everything we are involved in. There is a "Notice Board" on the site where we try to keep information up to date. Have you been into the website? If not, go and have a look at it <https://www.u3amanawatu.org.nz>.

COVID is not going away any time soon. I urge you to get vaccinated if possible and scan or sign in to wherever you go. We are fortunate to live here where COVID is not rampant. In the words of an ex-Palmerston North icon, John Clarke, "We don't know how lucky we are!"

Our highly successful Autumn seminar series had

record attendances. We are looking forward to the Spring series entitled "Quality of Life in the Third Age".

I would like to thank the many U3A members who work behind the scenes to ensure the smooth running of each series. There is a great deal of work done to ensure these seminars are interesting, informative, and accessible.

I regret to advise of the passing of Pat Leberman, a U3A stalwart for many years.

I would like to again extend my thanks to the dedicated band of coordinators who organise and facilitate our learning group activities. There are some new groups being floated. (For your homework, go and check them out on the website.)

I would like to again recognize the sterling work of Alan Martin for his review of the Financial Statements in the Performance Report.

I would also like to express my appreciation for the tireless contributions made by Chris Phillips who is standing down after many years of faithful service, including some time in the chair. Chris puts endless hours into activities such as the website and the programme. I am pleased to hear he intends to retain some of these functions from outside the committee. I will miss him, his input, and the strong support he has given me over the years.

We have reached the end of another year in a strong position, financially secure and with a thriving learning community; we are well placed for another successful year of learning together. Stay safe!





FROM THE CHAIR

Graham Slater

Well, I did suspect that COVID would have a flick in its tail. We will need to learn to live with this for the foreseeable future.

I am pleased to report that, as a group, we seem to have avoided the problems around the changes to the banking system. We managed to achieve the payment of annual U3A subs without any major problems. The sessions we were planning to help people resolve such issues seems a bit pointless. Well done.

The Spring seminar series is shaping up to be very interesting. The theme this time will be 'The Quality of Life in the 3rd Age'. We are working with some great speakers for the series. Limitations placed on us by COVID restrictions will mean we need to limit the numbers able to attend in person.

With that in mind we are working on some creative ideas to offer alternative ways to attend the series. There will be more information to come on this.

We held our AGM in September and I was pleased to see a good turnout. There was some concern we may not get a quorum in the midst of COVID.

Learning groups have largely commenced activities albeit with numbers being down as caution is being practiced by some members not confident to venture out too often.

I would like to acknowledge the work of Chris Phillips who has stood down from the U3A committee after many years of dedicated input. I am delighted we have retained his services to oversee and run the website.

By definition, the U3A membership in COVID terms, consists of 'vulnerable people', many with underlying health conditions. In order to protect everyone, the U3A Committee has decided to deny access to our face-to-face groups and/or seminars, to those who can be vaccinated, but are not yet fully vaccinated. This will still allow those who are unable to be vaccinated for health reasons to attend because they will be protected. We also expect participants to maintain the current social distancing, mask wearing and scanning/signing in requirements.

A MOMENT OF REFLECTION

Chris Phillips

On 22nd March 2019, a week after the Christchurch mosque terrorist attacks, people in towns and cities around New Zealand stopped and remembered.

Carol and I were in Feilding town centre on that day, with my brother Ron and his wife Kry, who were

visiting from the UK. After the event, which as an outsider Ron found very moving, he wrote the poem which appears below.

Ron is a widely published poet based in Derby in the English Midlands. He has frequently performed his work to live audiences, both in Derby and in South Australia, and on the radio. Ron is a long standing member of Derby City Poets and is widely travelled. He finds travel a powerful stimulus to writing, not least on his visits to New Zealand.

FEILDING (March 2019)

Some days, though you are in the world,
you wonder where; you may be standing
in the square of an ordinary town –
where there is the usual Friday market.

In the middle of the square, a clock tower,
and round the tower, school children
gathering in their bright uniforms; a sunny
morning at the beginning of autumn;

and then the clock starting its next
chime, and before the tolling can be
over, the singing – a familiar anthem –
though you do not know the words,

for you do not belong here. You know
why everyone is singing, but you
do not belong – till a woman, whose
name you may not guess, a stranger
you can never know, who is at one
with everybody else, takes your hand.

She does not ask if she can do this; she
simply takes your hand; does not look
at you; goes on singing, but also keeps
her hold on your hand, until the singing
stops – but still you stand there, still she
stands at your side; still everyone stands.

A year on, you will picture them:
children, the elderly; so many women
and men, plucked from their ordinary
affairs, and each in a silence, that is
something they will carry with them,
and that will carry them – always.

Somewhere, on another island, both
too near and too far, voices howl
over and over; fifty-one faces: women
and men, the old and the very young,
cut forever from their lives: what
the heart must bear, and bear always.

Some days, though you are in the world,
you wonder where, but on a sunny
morning, at the beginning of autumn,
in a small town – that is both the edge
of the world and its opposite, the world's
weight and its close – you suddenly know.

Ron Phillips

AROUND THE GROUPS...

Science, Technology & Environment

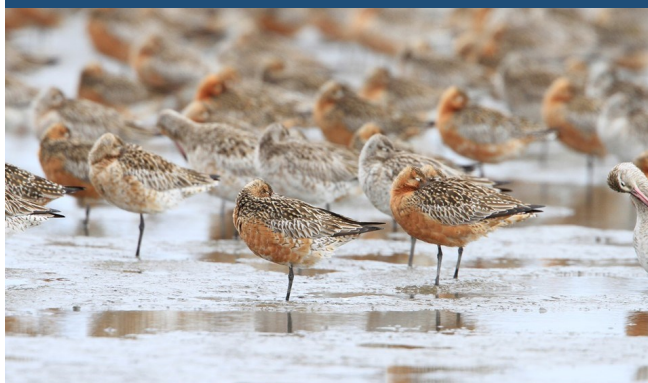
This group is a bit different from most of the other U3A groups in that any U3A member is very welcome to attend along with any guest or friend who may be interested in joining the U3A. There is currently no limit on numbers. The group had been simply 'Science for All', but we recently added 'Technology and Environment' to the name. That is because technology and environment matters have frequently been a focus of the related science. And sometimes those have been interests that our guest presenters have been talking about mostly; usually providing the science basis for their research and discussions. Meetings are quite informal and our presenters generally like the interaction. Quite different from a lecture!

So, sometimes you may see 'SciTechEnviro' as a bit of shorthand for describing us and our programme. The prime objective is to offer an interesting topic from a guest presenter, or a prepared discussion amongst ourselves, at least once a month at 2 pm on the third Fridays of February to November. Sometimes we have extra sessions on the first Fridays. Of course, this depends on Covid controls over these last two years.

We meet for about 1½ hours, generally at the PN Community Leisure Centre where we can set up for video illustrated presentations and for as many chairs to suit attendance. We are a mixed group, some with a prior involvement in an aspect of science, and others taking advantage of retirement to learn and participate in science and related lively discussions.

We have about 65 people on our email contact list; more are welcome. There is no expectation to attend all meetings, just those topics that look interesting to you. If you are interested please contact Brian by email at tapper@inspire.net.nz or phone/text 022 384 82 32.

Tracking New Zealand's godwits to China and beyond
Phil Battley, Wildlife & Ecology Group
Massey University



For the Love of Plants



Photo by
Rosalie
Heckler

Ray and Merle admiring Roger's bouquet of dried flowers at their July meeting. The group used their creative inspiration to make a stunning variety of arrangements with hydrangeas, various seedheads, eucalyptus leaves, teasels and peacock feathers.

Call for Expressions of Interest:

Braided Rugs



Are you interested in making braided rugs?

Use scraps of clothing and other excess materials to make a floor covering.

Braiding is an old and versatile technique that has been used over the years in a variety of ways.

If you are interested in joining such a group please contact Jacque Aldridge. Phone 353 7742 or email jacque.aldridge@gmail.com

HOW ABOUT LAUNCHING A LEARNING GROUP IN 2022?

Work on assembling the 2022 programme is underway. Seven new learning groups were established in 2021 and there is always room for more. The possibilities are endless!

If you would like to offer a group or discuss an idea please contact Graham Slater at gandg@inspire.net.nz or 353 0586. Guidelines for new groups are available at <https://www.u3amanawatu.org.nz/learning-groups/>

SPRING SEMINAR SERIES

'Quality of Life in the Third Age'

Crossroads Church

220 Church Street, PN

Wednesdays 2.15 - 4 pm

How to make the most of our later years? This series explores some of the significant issues relating to housing, diet, robotic assistance and end of life.

November 3rd: Why housing and neighbourhoods are important. Prof Christine Stephens, School of Psychology, MU

November 10th: Healthy aging and nutrition. Jane Coad, former Professor in Nutrition, MU

November 17th: Robotics for geriatrics: the robots are coming. Prof Johan Potgieter, Professor of Robotics, MU

November 24th: Healthy aging, and what really matters in the end ... thinking about prolonging quality of life. Kirsten Holst, Geriatrician, MidCentral DHB

Admission free. Social distancing regulations will apply.

By now, you should have received a copy of the more detailed flyer either by email or post. You can also download a copy from here:

<https://www.u3amanawatu.org.nz/seminars/>

We would love you to contribute to our newsletter!

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

And relating to our seminar series ...

An interesting opinion piece: 'We should be treating aging as an opportunity to thrive'

<https://www.stuff.co.nz/opinion/126504801/we-should-be-treating-ageing-as-an-opportunity-for-people-to-thrive>

Also of interest: Brain Health Calendar

<https://www.nzdementia.org/BrainHealthCalendar>



U3A Manawātū - the first 20 years. By Carol Phillips

Available from the Heritage Desk, Level 2, City Library.

\$10 (cash only)

Please advise Anne Spring, the Membership Secretary, (see below) if you have any changes to your contact details to ensure you continue to receive these newsletters and any other information from us.

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

Your Committee Members for 2021-2022

CHAIR: Graham Slater

TREASURER: Ron Paddock

SECRETARY: Rosemary Krsinich

Stuart Birks, Janet Black, Stu Schwartz, Anne Spring, Merle Smillie

U3A MANAWATŪ CONTACT DETAILS

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Committee

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