

## WELCOME TO NEW MEMBERS

(as at late April 2026)

Lawrie Cairns  
Arnold Chamove  
Carol Chamove  
Janet Clouston  
Peter Clouston  
Sylvia Collins  
Joy Darrock  
Marian Dean  
Kay Ellison  
Nicholas Ellison  
Ruth Evans  
Louise Ghiakopian  
Zarhui Ghiakopian  
Alistair Hall  
Joan Hobbs  
Kathleen Morse  
Irene Pearson  
Harold Pettersson  
Robert van Bentum  
Anne Whibley



### Exploring Religions

See Page 5

## IN THIS ISSUE

Notices – pp 1, 6  
From the Chair – p 2  
Autumn Seminars – p 2  
Around the Groups – pp 3, 4, 5  
“Mind Games” – p 6  
Contact details – p 7

### Changes to your contact details

If you have any changes to your contact details please advise Anne Spring, the Membership Secretary, [anne.spring35@gmail.com](mailto:anne.spring35@gmail.com) or 021 190 6322. This will ensure you continue to receive these newsletters and any other information from us.

### New email and postal address

Please note our new email and postal address (we no longer have a PO Box). Email: [u3amanawatu@gmail.com](mailto:u3amanawatu@gmail.com)  
Post: 4 Bryant Street,  
Palmerston North 4412

### Contributions to our newsletter

We would love you to contribute to our newsletter! Please contact the Editor, Rosemary Krsinich, [rkrstinich@gmail.com](mailto:rkrstinich@gmail.com) or 326 9598

# FROM THE CHAIR



Chris van der Krogt  
Chair  
U3A Manawatū

As you can tell from the weather, we are well into Autumn, time for another newsletter and for our Autumn seminar series. Throughout May, we have four free public seminars on Wednesday afternoons in the City Library on the topic of food. The series will explore the social significance of food and issues of food security with an emphasis on local initiatives.

The U3A Manawatū currently has 243 members, that is, those who paid their subscriptions by the 31<sup>st</sup> March deadline. This includes 36 new members who joined in 2026.

We have some 38 learning groups currently operating, and a number of them still have room for more members. You will find notices about a few of them elsewhere in this newsletter, and an updated list is maintained on our website (<https://www.u3amanawatu.org.nz/learning-groups/>).

If you are a reader of the Grey Power magazine (distributed free of charge around the community), you will have noticed a monthly item on one of the groups we offer.

On the Notices page of our website (<https://www.u3amanawatu.org.nz/noticeboard/>), you will now find a link to the GEMS newsletter produced by U3A Online, based in Australia. The newsletter provides links to authoritative online articles of interest on a wide range of topics including science, computing, technology, relationships, and health. Back issues are available at <https://www.u3aonline.org.au/news>.

**See you at the May seminars!**  
**Chris van der Krogt**

## Autumn 2026 Seminar Series FOOD and SOCIETY

By now, all members should have received a copy of the Free Autumn 2026 Seminar Series Flyer.

**Where: Palmerston North Central Library**  
**When: Wednesdays 1.30 to 2.45 pm**

**6<sup>th</sup> May:** More than a meal: the social power of food  
Franco Vaccarino: City Missioner

**13<sup>th</sup> May:** Think globally, act Locally: a grassroots approach to food security  
Chris Love: RECAP

**20<sup>th</sup> May:** Food rescue  
Rebecca Culver: Managing Director Just Zilch

**27<sup>th</sup> May:** Food sovereignty: a community perspective  
Daniel (Morri) Morr mire: Community Food Sovereignty Lead at Environment Network Manawatu

See the flyer on the seminars page of the website <https://www.u3amanawatu.org.nz/seminars/> for more details.

Note that the audio recordings and PowerPoint presentations of the Autumn 2026 seminar series are available on our website. For more details see:

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



# AROUND THE GROUPS

## SCI-TECH

by *Stu Schwartz: Group Coordinator*

The Sci-Tech Group is providing its attendees with programmes and speakers that address current as well as historic information on our four major themes: Science, Technology, Engineering and Environment. We have space for more U3A members to attend as we now have an overflow capacity in addition to the 30 attendees we can house in Bruce Thomson's Techno-Shed. We can accommodate at least ten more in a screening room that Bruce has set up in the recently completed home he has built directly behind his old house. So, people, please don't hesitate, come along for great talks and fellowship. We meet on the third Friday of the month at 2pm at 20B Lyndhurst where parking is not a problem!

Our May 15<sup>th</sup> talk will be from St. Peter's College Robotic Construction Team who will share with us their award-winning robot and its antics.

Our June programme will be a talk on "The Day the Dinosaurs Died" delivered by Dr Roger Reeves.

In July, we will hear from Dr Jason Wargent, Chief Science Officer and founder of BioLumic a locally-based international firm which uses light to stimulate a plant's natural genetic expression.

If anyone wishes to join Sci-Tech be sure you are first a U3A member then contact Stu Schwartz at [finearts@taylor-jensen.co.nz](mailto:finearts@taylor-jensen.co.nz) to get on our mailing list. We are of course always looking for speakers – if you can suggest someone or a company to share their research with us, please contact Stu via email.

Stu and Co-Director Bruce Thomson are also looking for folk who can help us locate potential speakers; hoping to enlarge the 'committee' which seeks those science-orientated people who can address future meetings of U3A Sci-Tech. If you are interested in being part of the administration committee of Sci-Tech please get in touch with Stu Schwartz, phone 027 355 4276 or email [finearts@taylor-jensen.co.nz](mailto:finearts@taylor-jensen.co.nz)

### Setting up new groups

Any U3A member can set up a group so if you have an idea for one, contact Chris van der Krogt to discuss it (see contact information on back page). There are also some [general guidelines](#) on our website on how to set up and run a group.

### Joining a group

If there is no space available ask the Group Coordinator to be put on a waiting list.



*Dr Johan Potgieter presenting at his talk in April on "Artificial Intelligence and Robotics: What Matters, What Doesn't and What Comes Next"*

## SKETCHING

by Pauline Wellwood: Group Coordinator

The Sketching group has been going for 10 years. We are a social group of 14, all interested in sketching. We meet once a month, usually at my home but sometimes an outside venue if the weather is suitable. We learn from each other. We usually have an exercise or subject to draw but people are free to make their own drawings. We usually have a Show and Tell of whatever people have done over the month.

There is a small waiting list at present. Please contact me for more information: Pauline Wellwood, phone 356 1977 or email [dandpwellwood@slingshot.co.nz](mailto:dandpwellwood@slingshot.co.nz)



Some Sketching group members' work

## CURRENT AFFAIRS

Bernard Letts: Group Coordinator



The Current Affairs Group is open to new members interested in talking about world events and what is happening in New Zealand. The group meets on the first and third Wednesdays of the month 10am to 12 noon. Contact Bernard Letts, phone 021 123 2673 or email [joan.bernard@xtra.co.nz](mailto:joan.bernard@xtra.co.nz) for more information.

## WFPB POTLUCK LUNCH

by Rosemary Krsinich: Group Coordinator

This group began in 2020 with 5 members. Around 7 of us have met most months since then. Imagine how many different recipes we have tried!

Last month our menu turned out to be:

*Tomato and apple soup*

*Mushroom pate with crackers*

*Aubergine & mushroom casserole with cauliflower sauce*

*Walnut and mushroom pie*

*Feijoa and apple Anzac crumble*

*Fresh fig cake*

A recent lunch



Contact Rosemary on 021 2028539 or email [rkrstinich@gmail.com](mailto:rkrstinich@gmail.com) for more information. A waiting list is available.

## EXPLORING RELIGIONS

by Chris van der Krogt: Group Coordinator



At a time of war between American Christian Nationalists and Israeli Zionists on one side and Shi'i Iranians on the other, with Sunni Arabs caught in the crossfire and the whole world suffering the economic fall out, it is hard to deny the importance of religion. Most members of the Exploring Religion group are neither religious believers nor seekers. We just want to explore this fascinating aspect of human culture that has a huge impact on the arts, politics, and ordinary lives.

Contact Chris van der Krogt on 021 122 4701 or [delftnz@gmail.com](mailto:delftnz@gmail.com) if you would like to join us on the third Tuesday afternoon of each month.

## TWO GREAT RUSSIAN NOVELS

by Stuart Lawrence: Group Coordinator

I'm looking for people to join me in analyses of two of the greatest works of world literature, Dostoyevsky's *Crime and Punishment* and Tolstoy's *Anna Karenina*. Detailed notes will be supplied. Sessions will begin in July and be held at 10 am every fourth Wednesday of the month. Please let me know if you are interested. (I have some takers already from my Ibsen group.)  
Stuart Lawrence (022 372 1792).



## Crime and Punishment

A critical masterpiece by the celebrated Russian writer Fyodor Dostoyevsky, published in 1866, *Crime and Punishment* is considered one of the greatest works of world literature. The central character, Raskolnikov, oscillating between compassion and contempt for his fellow beings, is an impoverished student renting a claustrophobic little room through a stifling Petersburg summer and brooding on whether he is a great man who can ignore conventional morality, stepping over the boundaries like Napoleon, or a 'louse' who must obey the rules. Several not entirely clear motives drive him to prove himself by killing and robbing a nasty old pawnbroker. The novel, rich in memorable characters (the author was influenced by Dickens), is told chiefly from Raskolnikov's point of view and provides a detailed and brilliant analysis of his states of mind before and after the murder. On one level it can be seen as a psychological and sociological detective story, while the author's passionate Christianity provides a larger frame for the work.

## Anna Karenina

Leo Tolstoy did not simply write a tragic romance. He created a living world filled with contradictions, moral uncertainty, and emotional realism so profound that generations of writers, philosophers, and psychologists have considered *Anna Karenina* one of the greatest novels ever written. Readers come to the book expecting a love story and discover something far larger: a meditation on happiness, society, family, faith, and the search for meaning in everyday life. First published between 1875 and 1877, the novel follows several intertwined lives within Imperial Russian society, most famously *Anna Karenina* and Count Vronsky, whose passionate relationship challenges rigid social norms. Yet equally important is Konstantin Levin's quieter journey — a deeply personal search for purpose that mirrors Tolstoy's own philosophical struggles.

Tolstoy (left) and Dostoyevsky

## MEMORY/WELLBEING STUDY INVITATION

The Emotion, Lifespan, and Memory (ELM) Group, School of Psychology, Victoria University is looking at the relationship between memory and wellbeing for adults 65 and older. An invitation for you to participate can be found at

<https://www.u3amanawatu.org.nz/wp-content/uploads/2026/02/Vic-Uni.png>.

More information about the study can be found at <https://elm-group.org>. Funded by Marsden Fund.

### “Mind Games”

#### Find the Intruder



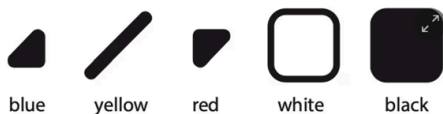
Solution in the next newsletter

#### Solution to the ColorADD puzzle

(February 2026 newsletter)

Solution:

(a) The basic symbols for ColorADD are the primary colours and black and white. New colours are created by combining symbols, thus red + yellow = orange, and so on.



Red and yellow are shown above. Since brown = red + yellow + blue, we get



b) When a colour is in a black square, the shade shown is the dark version. When a colour is in a white square with a black outline, the shade shown is the light version. Since pink = light red, and purple = red + blue, we get



The left bracket means ‘metallic’, hence silver = ‘metallic grey’. The order is thus silver, pink, dark purple and white

c) Grey is a mixture of white and black so can be written in these two ways:



#### A double acrostic by Hubert Phillips (1891-1964)

##### UPRIGHTS

*This kept - well, schoolboys oft declaim  
His feat, in stanzas pat;  
But what he kept is not the same  
As is the same as that.*

##### LIGHTS

1. This cheerily suggests the horse.
2. A bishop's to and fro.
3. So near wrapped up, yet great in force.
4. Sum up? or - in you go!
5. I part, you see, from this strange beast.
6. Go, go (a wretch sublime).
7. In such discover this at least.
8. The climax of the climb.

Solution in the next newsletter

#### Solution to Queen Victoria's double acrostic

(February 2026 newsletter)

N aple S  
E lb E  
W ashingto N  
C incinnat I  
A msterda M  
S tambou L  
T orne A  
L epant O  
E clipti C

NEWCASTLE  
COALMINES

Remember to make use of our website, source of the latest information and an easy way to subscribe: [u3amanawatu.org.nz](http://u3amanawatu.org.nz)

## U3A Manawatu

*Life-long learning in retirement*



### U3A MANAWATŪ CONTACT DETAILS

**Mail:** 4 Bryant Street, Palmerston North 4412

**Email:** [u3amanawatu@gmail.com](mailto:u3amanawatu@gmail.com)

**Website:** [u3amanawatu.org.nz](http://u3amanawatu.org.nz)

#### Committee

##### Chairperson:

Chris van der Krogt 357 7825 or 021 122 4701  
[delftnz@gmail.com](mailto:delftnz@gmail.com)

##### Secretary:

Rosemary Krsinich 326 9598 or 021 202 8539  
[rkrstinich@gmail.com](mailto:rkrstinich@gmail.com)

##### Treasurer:

Ian Boag 021 442 624 [ian.boag@gmail.com](mailto:ian.boag@gmail.com)

##### Membership Secretary:

Anne Spring 021 190 6322  
[anne.spring35@gmail.com](mailto:anne.spring35@gmail.com)

##### Learning Programme:

Mike Lawrence 021 142 5262  
[michael.lawrence97@gmail.com](mailto:michael.lawrence97@gmail.com), Stuart Birks  
021 204 7903 [kstuartbirks@gmail.com](mailto:kstuartbirks@gmail.com)

##### Seminars:

Stuart Birks 021 204 7903  
[kstuartbirks@gmail.com](mailto:kstuartbirks@gmail.com), Mike Lawrence 021  
142 5262 [michael.lawrence97@gmail.com](mailto:michael.lawrence97@gmail.com)

##### Website:

Stuart Birks 021 204 7903  
[kstuartbirks@gmail.com](mailto:kstuartbirks@gmail.com),  
Rosemary Krsinich 021 202 8539  
[rkrstinich@gmail.com](mailto:rkrstinich@gmail.com),



##### Newsletter:

Rosemary Krsinich 326 9598 or 021 202  
8539 [rkrstinich@gmail.com](mailto:rkrstinich@gmail.com)

##### Social Events:

Claire Barrett 021 379 035  
[x84661@gmail.com](mailto:x84661@gmail.com)

##### Enquiries:

Chris van der Krogt 357 7825 or 021 122  
4701 [delftnz@gmail.com](mailto:delftnz@gmail.com)

**Promotion:** Stu Schwartz 359 4423  
[finearts@taylor-jensen.co.nz](mailto:finearts@taylor-jensen.co.nz)

**Technical Equipment:** Stuart Birks 021 204  
7903 [kstuartbirks@gmail.com](mailto:kstuartbirks@gmail.com)

##### Other contributors

**Technical Equipment:** Graham Slater 353  
0586 [gandg@inspire.net.nz](mailto:gandg@inspire.net.nz)

**Catering:** Merle Smillie 357 0778  
[merleiansmillie@xtra.co.nz](mailto:merleiansmillie@xtra.co.nz)